

WODEN SWIM CLUB LONG COURSE MEET



Australian Institute of Sport

Leverrier Crescent, BRUCE ACT

21 – 22 October 2017

Saturday 21 October 2017

Warm-up 10:00am, Start 11:00am

M	F	Event		QT (M)	QT (F)
1	2	Open	400m Freestyle	5:59.00	6:12.00
3	4	11&U	50m Butterfly	48.50	48.50
5	6	Open	50m Butterfly	33.40	37.20
7	BLOCK 1: 200m Backstroke			3:33.50	
8	BLOCK 1: 200m Freestyle			3:06.00	
9	10	10&U/11	100 Breaststroke	2:00.00	2:01.00
11	12	12/13	100m Breaststroke	1:47.00	1:47.50
13	14	14/15	100m Breaststroke	1:35.00	1:43.00
15	16	Open	100m Backstroke	1:21.50	1:29.50
17	18	10&U	50m Freestyle	41.50	42.00
19	20	11-12	50m Freestyle	39.50	39.50
21	22	13-14	50m Freestyle	35.00	36.50
23	24	Open	50m Freestyle	33.00	36.00
25	BLOCK 2: 200m Butterfly			3:43.50	
26	BLOCK 2: 200m Breaststroke			4:06.00	
27	28	10&U/11	100m Backstroke	1:44.00	1:45.00
29	30	12/13	100m Backstroke	1:33.50	1:33.50
31	32	14/15	100m Backstroke	1:23.50	1:29.50
33	34	Open	100m Breaststroke	1:35.00	1:43.00
35	Open	800m Freestyle	12:12.00		
36	Open	1500m Freestyle	22:12.00		

Multi-Class swimmers welcome – All Events – No qualifying times – email entries to mainmeet@wodenswimclub.org.au

Notes - 200m stroke events

- A swimmer may only enter one event per block. No awards for the 200m block events.
- 100m qualifying times may be used to enter 200m block events as per the table below. Only enter a 200m event on a 100m time where the 200m QT has not been achieved.
- In the online entry system, events followed by an 'A' indicate that the event is a 200m event being entered using the 100m QT (i.e. 7A 100m Backstroke is actually event 7 200m Backstroke entered on a 100m time).

QT (100m)	Freestyle	Backstroke	Breaststroke	Butterfly
(M) and (F)	1:26.00	1:38.50	1:55.00	1:38.50
Event No.s	8A, 43A	7A, 57A	26A, 44A	25A, 58A

Notes – 800/1500m events

- Each swimmer must provide at least 1 official (i.e. lap turning/timekeeper) where their parent/s is not already officiating at the meet.

Awards:

- Medals will be awarded for all events except for the 200m block events and the 800/1500m freestyle events.
- 100m events: 1st, 2nd & 3rd medals for each age in combined age events i.e. separate medals for 10&U, 11, 12, 13, 14 and 15 year olds. One set of medals for Open events.
- 50m, 200m IM and 400m events: one set of medals for each event.

Sunday 22 October 2017

Warm-up 8.30am, Start 9.30am

M	F	Event		QT (M)	QT (F)
37	38	Open	400m IM	6:36.00	6:48.00
39	40	11&U	50m Backstroke	47.00	47.50
41	42	Open	50 Backstroke	36.60	39.60
43	BLOCK 3: 200m Freestyle			3:06.00	
44	BLOCK 3: 200m Breaststroke			4:06.00	
45	46	10&U/11	100m Butterfly	1:48.00	1:48.00
47	48	12/13	100m Butterfly	1:32.00	1:33.00
49	50	14/15	100m Butterfly	1:20.50	1:26.50
51	52	Open	100m Freestyle	1:10.00	1:17.00
53	54	11&U	50m Breaststroke	54.00	54.50
55	56	Open	50m Breaststroke	40.20	45.60
57	BLOCK 4: 200m Backstroke			3:33.50	
58	BLOCK 4: 200m Butterfly			3:43.50	
59	60	10&U/11	100m Freestyle	1:30.00	1:31.00
61	62	12/13	100m Freestyle	1:20.00	1:21.00
63	64	14/15	100m Freestyle	1:12.00	1:17.50
65	66	Open	100m Butterfly	1:18.00	1:26.50
67	68	10&U	200m IM	3:43.00	3:44.50
69	70	11-12	200m IM	3:32.00	3:32.00
71	72	13-14	200m IM	3:07.00	3:15.50
73	74	Open	200m IM	2:56.50	3:12.00

ENTRIES

- Age as at 21 October 2017.
- \$7.00 (inc GST) per event.
- Swimmers enter on their fastest official long course time. Approved short course times will be accepted. Swimmers submitting short course times will be seeded after swimmers submitting long course times.
- Online entries only via link on the Woden website www.wodenswimclub.org.au and the Swimming ACT website www.swimmingact.com.au.
- Entries close midnight 11 October 2017.
- For internal club reporting TM e-file available at www.woden.swimclub.org.au.
- Refunds will be given only if a swimmer withdraws prior to the advertised closing date for entries and only if requested by email prior to the closing date to mainmeet@wodenswimclub.org.au.
- The Meet Director may stop accepting entries prior to the advertised closing date if the number of entries exceeds timeline requirements.
- Late entries will not be accepted if online entries are closed early due to timeline requirements. Otherwise, late entries will be accepted at the discretion of the Meet Director. Cost of late entries \$10 per event. Late entries will be checked against qualifying times, using times registered on National Results Database.

Swimming NSW rules apply. Swimming ACT approved. The Meet Director reserves the right to vary the program or conditions.