

2016-17 ACT Summer Distance Series



Sunday 19 March 2017

AIS Swimming Hall, Bruce ACT

Warm up: time to be advised

First Event: Following the Relay Championships but not before 4:00pm

Expected start time will be posted on the Swimming ACT website and notified to clubs on Thursday 16 March

Event #	Event	Qualifying Time	Alternate Distance Qualifying Time
50	BLOCK 1: 9 & over 200m Butterfly	See below	
51	BLOCK 1: 9 & over 200m Backstroke	See below	
52	BLOCK 1: 9 & over 200m Breaststroke	See below	
53 & 53A	11 & over 400m Individual Medley	7:00.00	3:21.50 for 200m
54 & 54A	9 & over 400m Freestyle	6:12.00	3:17.00 for 200m
55 & 55A	13 & over 1500m Freestyle	22:12.00	12:12.00 for 800m
56 & 56A	11 & over 800m Freestyle	12:12.00	6:12.00 for 400m
57	BLOCK 2: 9 & over 200m Butterfly	See below	
58	BLOCK 2: 9 & over 200m Backstroke	See below	
59	BLOCK 2: 9 & over 200m Breaststroke	See below	

Age as at 19 March 2017

Entries close 10:00pm on Tuesday 14 March 2017

Entries: Online entries (see notes below).

\$6.00 per event.

Entry times can be long course or short course times.

Swimmers are limited to two events.

Swimmers should only enter one event per 200m form stroke block as heats may be combined.

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

NOTE 200m events: 100m times are being used as the qualifying times to enter the 200m events. The following qualifying times apply:

Girls	13 & 0	12	11	10	9
Backstroke	1:30.00	1:33.50	1:38.50	1:45.00	1:54.50
Breaststroke	1:44.50	1:47.50	1:54.50	2:01.00	2:17.50
Butterfly	1:29.00	1:33.00	1:38.50	1:48.00	2:03.50
Boys	13 & 0	12	11	10	9
Backstroke	1:27.50	1:33.50	1:38.50	1:44.00	1:54.50
Breaststroke	1:41.00	1:47.00	1:54.00	2:00.00	2:17.50
Butterfly	1:24.50	1:32.00	1:38.50	1:48.00	2:03.50

There will be four meets in the 2016-17 ACT Summer Distance Series:
 Meet 1: Sunday 25 September (CISAC)
 Meet 2: Sunday 23 October (AIS)
 Meet 3: Sunday 11 December (Goulburn)
 Meet 4: Sunday 19 March 2017 (AIS)

The distance meets will be swum following each of the Summer Development Series Meets.

NOTE Events 53 to 56: These events appear twice in the online entry system. Firstly as the actual event with the associated qualifying time, then as the event number followed by an A where the swimmer is entering using the alternate distance qualifying time. For example, 56A 11 & over 400m freestyle is actually the 800m freestyle entered using the 400m qualifying time of 6:12.00. Similarly, 55A 13 & over 800m freestyle is the 1500m event entered using the 800m qualifying time of 12:12.00. Please ensure that you enter the correct event for the distance you intend to swim i.e. if you intend to swim the 800m freestyle you need to enter either event 56 or 56A.

Normal pool entry applies to swimmers and spectators.

Swimming ACT approved. Swimming NSW rules apply.

Enquiries: Lorraine Wuth (Phone 02 6231 0017) or email lwuth@hups.net



The ACT Government assists Swimming ACT through Sport and Recreation Services