

2018-19 ACT Summer Distance Series

Includes 5km time trial

Sunday 12 November 2018

AIS, Bruce ACT

Warm up: time to be advised

First Event: Following the Development Meet but not before 2:00pm



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	3:20.50 for 200m
54 & 54A	11 & over 800m Freestyle	12:12.00	6:12.00 for 400m
55 & 55A	13 & over 1500m Freestyle	22:12.00	12:12.00 for 800m
56 & 56A	9 & over 400m Freestyle	6:12.00	3:17.00 for 200m
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	
60	13 & over 5km time trial	12:12.00 for 800m freestyle	

Entries close 10:00pm on Tuesday 6 November 2018

Entries: Online entries (see notes below).

\$7.00 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 & O	12	11	10	9
Backstroke	1:29.00	1:33.50	1:38.50	1:45.00	1:54.50
Breaststroke	1:44.50	1:47.50	1:54.00	2:01.00	2:17.50
Butterfly	1:28.00	1:33.00	1:38.50	1:48.00	2:03.50
Boys	13 & O	12	11	10	9
Backstroke	1:26.50	1:33.50	1:38.50	1:43.00	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	1:47.00	2:03.50

There will be four meets in the 2018-19 ACT Summer Distance Series:

Meet 1: Sunday 30 September (CISAC)

Meet 2: Sunday 11 November (AIS)

Meet 3: Sunday 9 December (Goulburn)

Meet 4: Sunday 17 March 2018 (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, 54A 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 54 or 54A.

Normal pool entry applies to swimmers and spectators.

Swimming ACT approved. Swimming NSW rules apply.

Enquiries: Lorraine Wuth email lwuth@hups.net



The ACT Government assists Swimming ACT through Sport and Recreation Services