

Time Trials after Brophy

Sunday 24 March at the AIS Pool
Warm up following Brophy (expected to be 3:00pm)
Start expected to be 3:45pm



Swimming ACT will be conducting time trials following the Brophy meet on Sunday 24 March 2019 for swimmers attempting to gain Age National qualifying times.

To enter, swimmers must have a recognised long course or short course time no more than:

0.5 seconds off the Age National Qualifying time for	50m freestyle
1.5 seconds off the Age National Qualifying time for	100m freestyle, backstroke, breaststroke or butterfly
3 seconds off the Age National Qualifying time for	200m freestyle, backstroke, breaststroke, butterfly, individual medley or 4x50m relays
6 seconds off the Age National Qualifying time for	400m, 800m or 1500m freestyle or the 400m individual medley or 4x100m or 4x200m relays

Entries that do not meet the specified entry time (i.e. are not within the specified margin of the Age National qualifying time for the age, stroke and distance) will be rejected and no refund given.

The order of events is expected to be 50m free followed by 100m events, then 200m events, then longer individual events and then relays.

Normal pool entry applies. No additional pool entry for Brophy competitors and spectators.

Cost per entry: \$10 (both individual and relay).

Online entries for individual events. Link on the Swimming ACT website.

Relay entries can be completed online or by email to Lorraine Wuth at lwuth@hups.net with subject line "Post Brophy Time Trials" and the following details: swimmer names and dates of birth, sex and club along with relay event they want to swim.

Entries close at 5:00pm on Friday 22 March 2019. A start list will be posted on the Swimming ACT website following the close of entries on Friday 22 March.

Please check the Swimming ACT website (www.swimmingact.com.au) for updates.

Enquiries to Lorraine Wuth at lwuth@hups.net or phone 02 6231 0017.