



**Swimming Metro South West**  
**Short Course Qualifying Meet**  
**Sunday 30 July 2023**  
**Sydney Olympic Park Aquatic Centre**

\*\* Warm Up 8:00am

\*\*Start 9.00 am

M	QT	F	QT	AGE	DIST	STROKE
1	5:40.00	2	6:00.00	Open	400m	I.M.
3	42.00	4	42.00	11/Under	50m	Free
5	34.00	6	34.00	12/Over	50m	Free
7	1:50.00	8	1:50.00	11/Under	100m	Breast
9	1:40.00	10	1:40.00	12/Over	100m	Breast
11	2:50.00	12	2:50.00	Open	200m	Back
13	50.00	14	50.00	11/Under	50m	Fly
15	42.00	16	42.00	12/Over	50m	Fly
17	1:30.00	18	1:30.00	11/Under	100m	Free
19	1:20.00	20	1:20.00	12/Over	100m	Free
21	2:50.00	22	2:50.00	Open	200m	Fly
23/24	10:00.00 (800)	Mixed	19:30.00 (1500)	Open	800m/1500m	Free
30 minute break						
25	5:00.00	26	5:10.00	Open	400m	Free
27	2:50.00	28	2:55.00	Open	200m	I.M.
29	50.00	30	50.00	11/Under	50m	Back
31	42.00	32	42.00	12/Over	50m	Back
33	1:40.00	34	1:40.00	11/Under	100m	Fly
35	1:30.00	36	1:30.00	12/Over	100m	Fly
37	2:30.00	38	2:40.00	Open	200m	Free
39	55.00	40	55.00	11/Under	50m	Breast
41	46.00	42	46.00	12/Over	50m	Breast
43	1:40.00	44	1:40.00	11/Under	100m	Back
45	1:30.00	46	1:30.00	12/Over	100m	Back
47	3:05.00	48	3:10.00	Open	200m	Breast

**Swimmers from all Areas are welcome to attend**  
 MSW Area clubs will be required to assist with timekeeping  
**\*\*\*RESTRICTED TO 2000 ENTRIES\*\*\***

**CONDITIONS OF ENTRY**

1. Meet conducted under the rules of SNSW Ltd and is an Area approved/conducted Meet
2. All Events are Timed Finals.
3. **Entries to be submitted via Swim Central only**
4. **Entry Fees \$10.00** per individual event
5. **Entries Close: Tuesday 18<sup>th</sup> July 2023 or when entry limits are reached**
6. Age as at 30 July 2023
8. Medals will be awarded as follows:
  - 50m events – 8/U, 9, 10, 11, 12, 13, 14, 15/O
  - 100m events – 10/U, 11, 12, 13, 14, 15/O
  - 200/400m events – Open Event
  - 800/1500 – is a Time Trial Event and no medals will be awarded.
9. No Phone or Late Entries will be accepted.
10. The Meet Director reserves the right to amend the program & conditions of entry.
11. **Enquiries:** **Kathy Thompson      0419144524**  
**Online Entries:**  
**Email:** [registrar@metrosw.org.au](mailto:registrar@metrosw.org.au)