



MLC MARLINS SWIM TEAM
Long Course Invitational Meet
Sunday 15th October 2023
Warm up – 1:30PM, Start – 2PM

B	G	EVENT
1	2	11 and 12 years 200m Individual Medley
3	4	13 years and over 200m Individual Medley
5	6	7-8 years 50m Backstroke
7	8	9 - 10 years 50m Backstroke
9	10	11 - 12 years 50m Backstroke
11	12	13 years and over 50m Backstroke
13	14	10 - 11 years 100m Breaststroke
15	16	12 years and over 100m Breaststroke
17	18	10 - 11 years 100m Butterfly
19	20	12 years and over 100m Butterfly
21	22	7-8 years 50m Breaststroke
23	24	9 - 10 years 50m Breaststroke
25	26	11 - 12 years 50m Breaststroke
27	28	13 years and over 50m Breaststroke
29	30	10 - 11 years 100m Freestyle
31	32	12 years and over 100m Freestyle
33	34	7-8 years 50m Butterfly
35	36	9 - 10 years 50m Butterfly
37	38	11 - 12 years 50m Butterfly
39	40	13 years and over 50m Butterfly
41	42	10 - 11 years 100m Backstroke
43	44	12 years and over 100m Backstroke
45	46	7-8 years 50m Freestyle
47	48	9 - 10 years 50m Freestyle
49	50	11 - 12 years 50m Freestyle
51	52	13 years and over 50m Freestyle
53	54	11 years and over 200m Freestyle
55	56	11 years and over 400 Freestyle

1. This Meet will be run under Swimming NSW Rules and has Metro South West Approval
2. All events will be swum as timed finals
3. Ribbons will be awarded to place getters.
4. Ages are as of 15th October 2023
5. Entry fees of \$9.50 per event, Maximum 6 entries per swimmer



6. Swimmers will have assisted self-marshalling at this meet. Each club need to provide a check starter to assist.
7. Entries are online via Swim Central
8. Entries close when the timeline has reached 6pm. No late entries will be accepted
9. Refunds: Please choose your events carefully as **"NO REFUND POLICY APPLIES TO THIS MEET"**
10. Visiting clubs will be asked to assist with timekeeping during the meet
11. Enquiries should be directed to aaebi@mlcsyd.nsw.edu.au or cwong2@mlcsyd.nsw.edu.au