



**Long Course Qualifying Meet
Saturday 7 October 2023
Sydney Olympic Park Aquatic Centre**

Warm Up: 8:00am

Start: 9:00am

MEET PROGRAM												
M	F	Age	Dist.	Stroke	QT		M	F	Age	Dist.	Stroke	QT
1	2	13 & O	200	IM	3:00		29	30	Open	200	Free	2:50
3	4	12 & U	200	IM	3:30		31	32	Open	400	IM	6:00
5	6	Open	400	Free	5:20		33	34	13 & O	50	Fly	0:50
7	8	13 & O	50	Breast	0:50		35	36	11 - 12	50	Fly	0:55
9	10	11 - 12	50	Breast	1:00		37	38	10 & U	50	Fly	1:10
11	12	10 & U	50	Breast	1:10		39	40	13 & O	100	Free	1:25
13	14	13 & O	100	Back	1:45		41	42	12 & U	100	Free	1:40
15	16	12 & U	100	Back	2:00		43	44	13 & O	50	Back	0:50
17	18	13 & O	50	Free	0:45		45	46	11 - 12	50	Back	0:55
19	20	11 - 12	50	Free	0:50		47	48	10 & U	50	Back	1:05
21	22	10 & U	50	Free	1:00		49	50	Open	200	Fly	3:10
23	24	13 & O	100	Fly	1:45		51	52	13 & O	100	Breast	1:45
25	26	12 & U	100	Fly	2:00		53	54	12 & U	100	Breast	2:00
27	28	Open	200	Breast	3:30		55	56	Open	200	Back	3:10

CONDITIONS OF ENTRY

1. Meet is conducted under the rules of SNSW and is Area approved
2. Membership for season 2023/2024 required
3. The Meet Director reserves the right to amend the program and conditions of entry
4. All events are timed finals
5. Entries limited to 2000 or for timeline to finish at 5:00pm
6. **Entries close: Friday 29 September 2023 (unless entry limit reached prior).**
7. Online entries only via swim central <https://swimcentral.swimming.org.au/>
8. **Entry fees: \$12.00 per individual event**
9. SNSW Meet Levy costs are included in the entry fee
10. A no refund policy applies to this meet
11. **Age at 07 October 2023**
12. All Adults, Swimmers and Children will receive pool entry free
13. Meet program will be available online
14. Age medals awarded to 1st, 2nd and 3rd place getters as follows:
 - a. 50m events: 8&U, 9, 10 11, 12, 13, 14, 15&O
 - b. 100m events: 9&U, 11, 12, 13, 14, 15&O
 - c. 200m medley: 10&U, 11, 12, 13, 14, 15&O
 - d. 200m events: 13&U, 14/15, 16&O
 - e. 400m events: 13&U, 14/15, 16&O
15. Assisted self-marshalling will be adopted with heats swimming fastest to slowest
16. Once entries are closed requests to fill vacant lanes will be reviewed
17. Visiting clubs may be required to assist in timekeeping
18. Enquiries via email to Mathew O'Donohue: racesec.aquablitz@gmail.com