



# Nepean Aquatic Centre Swim Club Inc

## 2023 Short Course Qualifying Meet Sunday

Sunday 7th May

Sydney Olympic Park Aquatic Centre

DOORS OPEN- 7:30am

WARM UP- 8:00am

START- 9:00am

ENTRY LIMIT- 2000

Boys	Girls	Age	Distance	Stroke	Boys	Girls	Age	Distance	Stroke
1	2	Open	400	IM			PROPOSED LUNCH BREAK		
3	4	12 & Under	50	Freestyle	33	34	Open	400	Freestyle
5	6	13 & Over	50	Freestyle	35	36	12 & Under	50	Butterfly
7	8	12 & Under	100	Butterfly	37	38	13 & Over	50	Butterfly
9	10	13 & Over	100	Butterfly	39	40	Open	200	IM
11	12	Multi Class	50	Butterfly	41	42	12 & Under	100	Freestyle
13	14	12 & Under	100	IM	43	44	13 & Over	100	Freestyle
15	16	Open	800	Freestyle	45	46	Multi Class	50	Freestyle
17	18	12 & Under	50	Breaststroke	47	48	13 & Over	100	IM
19	20	13 & Over	50	Breaststroke	49	50	Open	200	Butterfly
21	22	Open	200	Freestyle	51	52	12 & Under	50	Backstroke
23	24	12 & Under	100	Backstroke	53	54	13 & Over	50	Backstroke
25	26	13 & Over	100	Backstroke	55	56	Multi Class	50	Breaststroke
27	28	Multi Class	50	Backstroke	57	58	12 & Under	100	Breaststroke
29	30	Open	200	Breast	59	60	13 & Over	100	Breaststroke
31		Mixed 12 & Under	4 x 50	Free RELAY	61	62	Open	200	Backstroke
32		Mixed 13 & Over	4 x 50	Free RELAY					

Age as at: 7th May 2023.

Qualifying Times are on the Next pages.

### Conditions of Entry

1. Meet conducted under the rules of SNSW & SAL and is Area approved.
2. All Events are Timed Finals.
3. Individual Entries to be submitted online only via Swim Central. Relays can be entered via swim central or on the day by 10am with payment.
4. Entry Fees: \$8.00 per event and \$12.00 per relay event (max of 2 male swimmers in event 30 & 31, only 2 relay teams per club) NOTE: This event has a reduced entry fee due to our club receiving a Local Sports Grant from the NSW Government.
5. Entries Close: Monday 1st May 2023 at 11.59pm or when entry limit of 2000 is reached.
6. Parking: 4 hours free parking – tickets at SOPAC front desk.
7. Programs will be available online by Thursday 4th May 2023
8. No manual/late entries will be accepted.
9. Medals will be awarded to 1st, 2nd & 3rd place getters for the following age groups for 12/U and 13/O events: 7/U, 8, 9, 10, 11, 18, 13, 14, 15, 16/O.  
Relays will be medaled: 12/ U & 13/O  
Open events will be medaled 1st, 2nd & 3rd only.
10. No Refunds will be accepted unless a medical certificate is provided to the Race Secretary prior to the event.
11. All enquires to Club Race Secretary - nacsci.racesecretary@gmail.com

**Nepean Aquatic Centre Swimming Club  
Short Course Qualifying Meet 7<sup>th</sup> May 2023  
Qualifying Times Boys**

		Open	16yrs & Over	15yrs	13/14yrs	11/12yrs	10	9	8 & Under	Multi- Class
Free	50m		35:00	40:00	50.00	1:00.00	1:05.00	1:10.00	1:15.00	N/A
	100m		15 & over: 1:30.00		1:40.00	1:50.00	10 & under: 2:00.00			
	200m	2:50								
	400m	5:30								
	800	10:40								
Back	50m		50:00	55:00	1:00.00	1:10.00	1:15.00	1:20.00	1:30.00	N/A
	100m		1:25.00	1:30.00	1:50.00	1:55.00	10/9yrs: 2:05.00		2:10.00	
	200m	3:10.00								
Breast	50m		50:00	55:00	1:05.00	1:15.00	1:20.00	1:25.00	1:30.00	N/A
	100m		1:45.00	1:50.00	1:55.00	2:05.00	2:10.00	9 & under: 2:20.00		
	200m	3:25.00								
Fly	50m		50:00	55:00	1:00.00	1:10.00	10/9yrs: 1:15.00		1:20.00	N/A
	100m		1:35.00	1:40.00	1:45.00	1:55.00	2:00.00	9 & under: 2:10.00		
	200m	3:15.00								
Medley	100m		15 & over: 1:30.00		13/14 yrs: 1:45.00	12/11/10 yrs: 2:10.00		9 & Under: 2:00:00		
	200m	3:30.00								
	400m	5:55.00								

**Nepean Aquatic Centre Swimming Club  
Short Course Qualifying Meet 7<sup>th</sup> May 2023  
Qualifying Times Girls**

		Open	16yrs & Over	15yrs	13/14yrs	11/12yrs	10	9	8 & Under	Multi- Class
Free	50m		40:00	45:00	55.00	1:00.00	1:05.00	1:10.00	1:15.00	N/A
	100m		15 & over: 1:35.00		1:45.00	1:50.00	10 & under: 2:00.00			
	200m	2:50								
	400m	5:30								
	800	10:40								
Back	50m		55:00	1:00.00	1:05.00	1:10.00	1:15.00	1:20.00	1:30.00	N/A
	100m		1:30.00	1:35.00	1:50.00	1:55.00	10/9yrs: 2:05.00		2:10.00	
	200m	3:10.00								
Breast	50m		55:00	1:00.00	1:10.00	1:15.00	1:20.00	1:25.00	1:30.00	N/A
	100m		1:50.00	1:55.00	2:00.00	2:05.00	2:10.00	9 & under: 2:20.00		
	200m	3:25.00								
Fly	50m		55:00	1:00.00	1:05.00	1:10.00	10/9yrs: 1:15.00		1:20.00	N/A
	100m		1:40.00	1:45.00	1:50.00	1:55.00	2:00.00	9 & under: 2:10.00		
	200m	3:15.00								
Medley	100m		15 & over: 1:30.00		13/14 yrs: 1:45.00	12/11/10 yrs: 2:10.00		9 & Under: 2:00:00		
	200m	3:30.00								
	400m	5:55.00								

Mixed Relays

Free	4 x50m Relay	3:00.00								
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