



Swimming Metro South West
Long Course Qualifying Meet
Sunday 8th January 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	1:05.00	4	1:05.00	11/Under	50m	Back
5	55.00	6	55.00	12/Over	50m	Back
7	1:50.00	8	1:50.00	11/Under	100m	Fly
9	1:40.00	10	1:40.00	12/Over	100m	Fly
11	2:40.00	12	2:45.00	Open	200m	Free
13	1:10.00	14	1:10.00	11/Under	50m	Breast
15	1:00.00	16	1:00.00	12/Over	50m	Breast
17	1:50.00	18	1:50.00	11/Under	100m	Back
19	1:40.00	20	1:40.00	12/Over	100m	Back
21	3:20.00	22	3:20.00	Open	200m	Breast
23	11:00.00 (800)	Mixed	21:00.00 (1500)	Open	800m/1500m	Free
30 minute break						
25	5:20.00	26	5:30.00	Open	400m	Free
27	3:10.00	28	3:15.00	Open	200m	I.M.
29	55.00	30	55.00	11/Under	50m	Free
31	45.00	32	45.00	12/Over	50m	Free
33	2:00.00	34	2:00.00	11/Under	100m	Breast
35	1:50.00	36	1:50.00	12/Over	100m	Breast
37	3:00.00	38	3:00.00	Open	200m	Back
39	1:05.00	40	1:05.00	11/Under	50m	Fly
41	55.00	42	55.00	12/Over	50m	Fly
43	1:40.00	44	1:40.00	11/Under	100m	Free
45	1:30.00	46	1:30.00	12/Over	100m	Free
47	3:00.00	48	3:00.00	Open	200m	Fly

THIS MEET WILL BE LIMITED TO THE FIRST 2000 ENTRIES

Swimmers from all Areas are welcome to attend

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
4. Entry Fees \$10.00 per individual event
5. Entries Close: Wednesday 28/12/2022 (or earlier if limit is reached)
6. Age as at 8th January 2023
7. Programs available on MSW website for free on the Thursday prior to the meet. **NO PROGRAMS WILL BE SOLD ON THE DAY.**
8. Medals will be awarded as follows:
 - i. 50m events – 8/U, 9, 10, 11, 12, 13, 14, 15/O
 - ii. 100m events – 10/U, 11, 12, 13, 14, 15/O
 - iii. 200/400m events – Open Event
 - iv. 800/1500 – is a Time Trial Event and no medals will be awarded.
9. No Phone or Late Entries will be accepted.
10. Multi-Class swimmers outside the qualifying times may email a request to swim
11. The Meet Director reserves the right to amend the program & conditions of entry.

Enquiries: Kathy Thompson 0419144524 (after 4:30pm please)

Online Entries: <https://metrosw.org.au/>

Email: registrar@metrosw.org.au