



**Long Course Qualifying Meet
Sunday 17th March 2019**

Ripples Leisure Centre, Charles Hackett Dr ST MARYS

*****LAST CHANCE TO QUALIFY FOR NSW JUNIOR STATE AGE CHAMPIONSHIPS*****

Warm Up 8.00am

Start 9.00am

Event Number		Age	Distance	Stroke	QT	Event Number		Age	Distance	Stroke	QT
Boys	Girls					Boys	Girls				
1	2	OPEN (TT)	200m	Backstroke	3:00.00	42	Mixed	13/Over	4x50m Relay	Medley	NT
3	4	10/Under	50m	Butterfly	1:10.00	43	Mixed	12/Under	4x50m Relay	Medley	NT
5	6	11/12 Years	50m	Butterfly	55.00	44	Mixed	10/Under	4x50m Relay	Medley	NT
7	8	13/14 Years	50m	Butterfly	50.00	45	46	13/ Over	200m	IM	3:00.00
9	10	15/Over	50m	Butterfly	45.00	47	48	10/Under	50m	Breaststroke	1:10.00
11	12	10/Under	100m	Breaststroke	2:00.00	49	50	11/12 Years	50m	Breaststroke	1:00.00
13	14	11/12 Years	100m	Breaststroke	1:55.00	51	52	13/14 Years	50m	Breaststroke	55.00
15	16	13/14 Years	100m	Breaststroke	1:50.00	53	54	15/Over	50m	Breaststroke	50.00
17	18	15/Over	100m	Breaststroke	1:45.00	55	56	OPEN (TT)	200m	Freestyle	2:40.00
19	20	10/Under	50m	Freestyle	1:00.00	57	58	10/Under	100m	Butterfly	2:00.00
21	22	11/12 Years	50m	Freestyle	50.00	59	60	11/12 Years	100m	Butterfly	1:55.00
23	24	13/14 Years	50m	Freestyle	45.00	61	62	13/14 Years	100m	Butterfly	1:50.00
25	26	15/Over	50m	Freestyle	40.00	63	64	15/Over	100m	Butterfly	1:45.00
27	28	OPEN (TT)	200m	Butterfly	3:10.00	65	66	10/Under	50m	Backstroke	1:05.00
29	30	10/Under	100m	Backstroke	1:45.00	67	68	11/12 Years	50m	Backstroke	55.00
31	32	11/12 Years	100m	Backstroke	1:40.00	69	70	13/14 Years	50m	Backstroke	50.00
33	34	13/14 Years	100m	Backstroke	1:35.00	71	72	15/Over	50m	Backstroke	45.00
35	36	15/Over	100m	Backstroke	1:30.00	73	74	OPEN (TT)	200m	Breaststroke	3:30.00
37	38	12/Under	200m	IM	3:30.00	75	76	10/Under	100m	Freestyle	1:45.00
39	Mixed	13/Over	4x50m Relay	Freestyle	NT	77	78	11/12 Years	100m	Freestyle	1:40.00
40	Mixed	12/Under	4x50m Relay	Freestyle	NT	79	80	13/14 Years	100m	Freestyle	1:35.00
41	Mixed	10/Under	4x50m Relay	Freestyle	NT	81	82	15/Over	100m	Freestyle	1:30.00

Conditions Of Entry:

- Meet is conducted under the rules of SNSW Ltd and is an Area approved meet. One Start rule applies.
- A LUNCH BREAK will be taken at the discretion of the Meet Director. The Meet Director reserves the right to amend program and conditions.
- 3. ONLINE entries via the Ripples Website <https://ripplesstmarys.swimming.org.au>
Entries close on Sunday 10th March at 11.59pm or when our 5:00pm Timeline has been met.
SWIMMERS WHO HAVE QUALIFIED FOR EVENTS TO BE HELD ON DAY 3 OF THE NSW STATE OPEN CHAMPIONSHIPS (SUNDAY 17TH MARCH) ARE INELIGIBLE TO ENTER THIS MEET**
- 7.00 per individual event - Please check entries carefully as there is a 'no refund' policy.
- Age as at Sunday 17th March 2019
- 6. Enquiries: Charmaine Auld Email: Ripples_RaceSec@outlook.com**
- Pool Entry: \$5.00 Adults. Swimmers and Children FREE. **(Cash Only - No Card Facilities for Door Entry)**
- Printable Program will be available for Download from Thursday 14th March 2019
- 9. Awards:**
 - * All Events - Medals will be awarded in the following Age Groups: 8&Under,9,10,11,12,13 & 14
 - * Cash Prizes to be awarded for 15/Over
 - * No medals will be awarded for (TT) Time Trial Events.
- Results will be submitted to Area and Swimming NSW and published on our website.
- 11. Mixed Relay Team Combinations: 1 girl/3 boys; OR 2 girls/2 boys; OR 3 girls/1 boy**
 - * \$10 per Relay Team Entry - Race Secretaries to submit Relays through ClubLane
 - * Medals awarded to 1st, 2nd and 3rd Place in Each Relay Event
- BBQ will be in operation on the day
- Plenty of room for to bring your Portable Shade Shelters and Chairs