

Brand New  
Competition  
Blocks

# Ripples

St Marys Swimming Club Inc.

New Location  
Ripples  
Penrith

Summer Long Course Qualifying Meet  
Sunday 24th November 2019

Ripples Leisure Centre, 119 Station St, PENRITH

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	400m	Freestyle	5:30.00	45	46	OPEN	400m	IM	6:00.00
3	4	10/Under	50m	Freestyle	1:05.00	47	48	10/Under	50m	Breaststroke	1:10.00
5	6	11/12 Years	50m	Freestyle	50.00	49	50	11/12 Years	50m	Breaststroke	1:00.00
7	8	13/14 Years	50m	Freestyle	45.00	51	52	13/14 Years	50m	Breaststroke	55.00
9	10	15/Over	50m	Freestyle	40.00	53	54	15/Over	50m	Breaststroke	50.00
11	12	OPEN	200m	Backstroke	3:10.00	55	56	OPEN	200m	Freestyle	2:45.00
13	14	10/Under	100m	Breaststroke	2:00.00	57	58	10/Under	100m	Butterfly	2:00.00
15	16	11/12 Years	100m	Breaststroke	1:55.00	59	60	11/12 Years	100m	Butterfly	1:55.00
17	18	13/14 Years	100m	Breaststroke	1:50.00	61	62	13/14 Years	100m	Butterfly	1:50.00
19	20	15/Over	100m	Breaststroke	1:45.00	63	64	15/Over	100m	Butterfly	1:45.00
21	22	OPEN	200m	Butterfly	3:10.00	65	66	10/Under	50m	Backstroke	1:05.00
23	24	10/Under	50m	Butterfly	1:10.00	67	68	11/12 Years	50m	Backstroke	55.00
25	26	11/12 Years	50m	Butterfly	55.00	69	70	13/14 Years	50m	Backstroke	50.00
27	28	13/14 Years	50m	Butterfly	50.00	71	72	15/Over	50m	Backstroke	45.00
29	30	15/Over	50m	Butterfly	45.00	73	74	OPEN	200m	Breaststroke	3:30.00
31	32	10/Under	100m	Backstroke	1:50.00	75	76	10/Under	100m	Freestyle	1:45.00
33	34	11/12 Years	100m	Backstroke	1:40.00	77	78	11/12 Years	100m	Freestyle	1:40.00
35	36	13/14 Years	100m	Backstroke	1:35.00	79	80	13/14 Years	100m	Freestyle	1:35.00
37	38	15/Over	100m	Backstroke	1:30.00	81	82	15/Over	100m	Freestyle	1:30.00
39	40	OPEN	200m	IM	3:45.00	83	Mixed	11/Under	4x50m Relay	Freestyle	NT
41	Mixed	11/Under	4x50m Relay	Medley	NT	84	Mixed	12/Over	4x50m Relay	Freestyle	NT
42	Mixed	12/Over	4x50m Relay	Medley	NT						

### 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.
- ONLINE entries via SwimCentral close Sunday 17/11/19 at 11:59pm or when 5pm Timeline is met**
- 7.00 per individual event - Please check entries carefully as there is a 'no refund' policy.
- Age as at Sunday 24th November 2019
- 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 21st November 2019
- Awards:**
  - \* 50m Events - Medals will be awarded in the following Age Groups: 8&Under,9,10,11,12,13 & 14, 15/Over
  - \* 100m Events - Medals will be awarded in the following Age Groups: 10/Under, 11, 12, 13, 14, 15/Over
  - \* Cash Prizes to be awarded for All OPEN EVENTS
- Results will be submitted to Area and Swimming NSW and published on our website.
- 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 via email to Ripples\_RaceSec@outlook.com
  - \* 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
- 14. BRAND NEW ADJUSTABLE COMPETITION BLOCKS**
- ALL Clubs** will be required to Assist with Timekeeping on the day