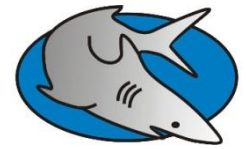


# Woden Swim Club Annual Qualifying Meet & Steve Young Memorial Skins Challenge

Australian Institute of Sport

Leverrier Crescent, BRUCE ACT 2617



19 – 20 October 2019

## Saturday 19 October 2019 Warm-up 10:00am, Start 11:00am

M	F	Event		QT (M)	QT (F)
1	2	Open	400m Freestyle	5:59.00	6:12.00
3	4	10&U	50m Butterfly	48.00	48.50
5	6	11-12	50m Butterfly	44.00	44.00
7	8	Open	50m Butterfly	33.40	37.20
9	10	11&U	200m Backstroke	3:31.00	3:33.50
11	12	12-13	200m Backstroke	3:23.00	3:23.00
13	14	14-15	200m Backstroke	3:02.00	3:14.50
15	16	Open	200m Backstroke	3:02.00	3:13.00
17	18	11&U	100m Breaststroke	2:00.00	2:01.00
19	20	12-13	100m Breaststroke	1:47.00	1:47.50
21	22	14-15	100m Breaststroke	1:34.00	1:43.00
23	24	Open	100m Breaststroke	1:33.50	1:38.00
25	26	10&U	50m Freestyle	41.50	42.00
27	28	11-12	50m Freestyle	39.50	39.50
29	30	13-14	50m Freestyle	35.00	36.50
31	32	15-16	50m Freestyle	33.00	36.00
33	34	Open	50m Freestyle	30.70	34.20
35	36	11&U	200m Breaststroke	4:03.50	4:06.00
37	38	12-13	200m Breaststroke	3:50.50	3:53.50
39	40	14-15	200m Breaststroke	3:29.50	3:45.50
41	42	Open	200m Breaststroke	3:26.00	3:43.00
43	44	11&U	100m Backstroke	1:43.00	1:45.00
45	46	12-13	100m Backstroke	1:33.50	1:33.50
47	48	14-15	100m Backstroke	1:23.50	1:29.50
49	50	Open	100m Backstroke	1:19.00	1:29.50
51	52	Open	800m Freestyle	12:12.00	12:12.00

### ENTRY CONDITIONS

- Age as at 19 October 2019.
- \$7.50 per event.
- Swimmers enter on their fastest official long course time. Approved short course times will be accepted. Swimmers submitting short course times will be seeded after swimmers submitting long course times.
- **Multi-Class swimmers welcome – All Events – No qualifying times – email entries to [race.secretary@wodenswimclub.org.au](mailto:race.secretary@wodenswimclub.org.au)**
- Online entries are through Swim Central. Further information can be found on the home page of the Swimming ACT website [www.act.swimming.org.au](http://www.act.swimming.org.au)
- Entries close midnight 09 October 2019.
- Refunds will be only be given if a swimmer withdraws by email to [mainmeet@wodenswimclub.org.au](mailto:mainmeet@wodenswimclub.org.au) prior to the advertised closing date for entries.
- The Meet Director may stop accepting entries prior to the advertised closing date if the number of entries exceeds timeline requirements.
- Late entries will not be accepted if online entries are closed early. Otherwise, late entries will be accepted at the discretion of the Meet Director. Cost of late entries \$15 per event. Late entry times will be checked against National Results Database.
- Swimming NSW rules apply. Swimming ACT approved.

The Meet Director reserves the right to vary the program or conditions.

## Sunday 20 October 2019 Warm-up 8.30am, Start 9.30am

M	F	Event		QT (M)	QT (F)
53	54	Open	400m IM	6:36.00	6:48.00
55	56	10&U	50m Backstroke	46.50	47.50
57	58	11-12	50m Backstroke	44.00	44.00
59	60	Open	50m Backstroke	36.60	39.60
61	62	11&U	200m Freestyle	3:04.00	3:06.00
63	64	12-13	200m Freestyle	2:55.00	2:57.50
65	66	14-15	200m Freestyle	2:37.00	2:47.00
67	68	Open	200m Freestyle	2:31.00	2:47.00
69	70	11&U	100m Butterfly	1:47.00	1:48.00
71	72	12-13	100m Butterfly	1:32.00	1:33.00
73	74	14-15	100m Butterfly	1:20.00	1:26.50
75	76	Open	100m Butterfly	1:17.50	1:26.50
77	78	Open	50m Freestyle - Steve Young Memorial Challenge	Top 8	Top 8
79	80	Open	1500 Freestyle	22:12.00	22:12.00
81	82	10&U	50m Breaststroke	54.00	54.50
83	84	11-12	50m Breaststroke	51.50	51.50
85	86	Open	50m Breaststroke	40.20	45.60
87	88	11&U	200m Butterfly	3:42.00	3:43.50
89	90	12-13	200m Butterfly	3:31.00	3:36.00
91	92	14-15	200m Butterfly	3:08.00	3:21.00
93	94	Open	200m Butterfly	2:57.50	3:17.50
95	96	11&U	100m Freestyle	1:29.00	1:31.00
97	98	12-13	100m Freestyle	1:18.50	1:20.50
99	100	14-15	100m Freestyle	1:11.50	1:17.00
101	102	Open	100m Freestyle	1:08.50	1:15.50
103	104	11&U	200m IM	3:42.00	3:44.50
105	106	12-13	200m IM	3:20.50	3:20.50
107	108	14-15	200m IM	2:57.00	3:12.00
109	110	Open	200m IM	2:53.00	3:12.00

**Note – 800/1500m events** - Each swimmer must provide at least 1 lap turner/timekeeper where a parent is not already officiating at the meet.

### Awards:

- For Open events one set of medals for will be presented to 1st, 2nd, 3rd place.
- For the age events one set of medals will be awarded to 1st, 2nd and 3rd place for swimmers in the 10 & under, 11, 12, 13, 14, 15 and 16 age groups, where applicable.

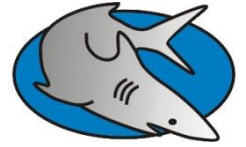
### Steve Young Memorial Challenge (Skins Racing):

- Steve Young was an integral part of Woden Swimming Club and ACT Swimming community for over a decade.
- The Steve Young Memorial Challenge is a tribute to Steve as skins racing was a personal favourite of his. Steve enjoyed the mental and physical challenge the race presents.
- The top 8 male and female swimmers (fastest times) from events 25 to 34 will be invited to swim in events 77 and 78 respectively if they have entered in all 50m events.
- The final two swimmers in event 77 & 78 will swim off head to head for the 1st & 2nd prizes listed in on page 2 of this flyer.
- There is no entry fee for the swimmers selected to race.

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19 – 20 October 2019

## Steve Young Memorial Skins Challenge, Elimination Racing

The fastest eight male and eight female swimmers from races 25 to 34 (50 m Freestyle) that have entered in all four 50m strokes will be invited to swim in the Steve Young Memorial Skins Challenge.

The skins format will be swum as follows:

### Event 77

Round 1: Fastest 8 male competitors swim 50m freestyle, fastest 6 progress to the next round

Round 2: Fastest 6 male competitors from Round 1 swim 50m freestyle, fastest 4 progress to the next round

Round 3: Fastest 4 male competitors from Round 2 swim 50m freestyle, fastest 3 progress to the next round

Round 4: Fastest 3 male competitors from Round 3 swim 50m freestyle, fastest 2 progress to the final

Round 5: Fastest 2 male finalists from Round 4 compete head to head for the first and second place prizes

### Event 78

Round 1: Fastest 8 female competitors swim 50m freestyle, fastest 6 progress to the next round

Round 2: Fastest 6 female competitors from Round 1 swim 50m freestyle, fastest 4 progress to the next round

Round 3: Fastest 4 female competitors from Round 2 swim 50m freestyle, fastest 3 progress to the next round

Round 4: Fastest 3 female competitors from Round 3 swim 50m freestyle, fastest 2 progress to the final

Round 5: Fastest 2 female finalists from Round 4 compete head to head for the first and second place prizes

- Timing will be on a continuous clock of 2-minute intervals.
- The remaining competitors will be required to be ready for their next start.
- Lanes will be allocated for Round 1. Swimmers will remain in their allocated lane in each subsequent round.
- 3<sup>rd</sup> place will be the highest placed swimmer not to progress to the head to head round.
- 2<sup>nd</sup> place will receive \$50 Rebel Voucher and Silver Medal.
- 1<sup>st</sup> place will receive \$100 Rebel Voucher, Gold Medal and Trophy.

This event is not just about speed in the pool, it's about tactics and endurance.

Good Luck