



NSW Country Regional Meets Narromine, Tuggeranong and Woy Woy 25 - 26 January 2020

ELIGIBILITY TO SWIM

Open to all affiliated members of NSW Country Clubs. Any swimmer who has won a medal in any State Championship (Country, State Age or State Open) in either Summer or Winter from the 1st February 2019 may enter but they are **INELIGIBLE TO RECEIVE A MEDAL in that stroke/s in the All Age Events at the Regional Meets.**

Indication by these medallists at the time of entry is requested.

Members of NSW Metropolitan Clubs are able to enter these meets; however, they will be classed as visitors and will be ineligible to receive a medal in any event.

Day One Saturday 25 January, 2020				
Session One - 10:00am				
1	M	11yrs & O	400m	Individual Medley
2	W	11yrs & O	400m	Individual Medley
3	M	All Age	200m	Freestyle
4	W	All Age	200m	Freestyle
5	M	All Age	200m	Breaststroke
6	W	All Age	200m	Breaststroke
7	M	MC	100m	Freestyle
8	W	MC	100m	Freestyle
9	M	All Age	100m	Backstroke
10	W	All Age	100m	Backstroke
11	M	All Age	50m	Butterfly
12	W	All Age	50m	Butterfly
13	M	12yrs & O	1500m	Freestyle
14	W	12yrs & O	1500m	Freestyle
15	M	All Age	200m	Butterfly
16	W	All Age	200m	Butterfly
17	M	MC	50m	Butterfly
18	W	MC	50m	Butterfly
19	M	All Age	100m	Freestyle
20	W	All Age	100m	Freestyle

Day Two Sunday 26 January, 2020				
Session Two - 9:00am				
21	M	11yrs & O	800m	Freestyle
22	W	11yrs & O	800m	Freestyle
23	M	All Age	50m	Breaststroke
24	W	All Age	50m	Breaststroke
25	M	MC	50m	Freestyle
26	W	MC	50m	Freestyle
27	M	All Age	100m	Butterfly
28	W	All Age	100m	Butterfly
29	M	11yrs & O	400m	Freestyle
30	W	11yrs & O	400m	Freestyle
31	M	All Age	50m	Backstroke
32	W	All Age	50m	Backstroke
33	M	MC	50m	Backstroke
34	W	MC	50m	Backstroke
35	M	All Age	100m	Breaststroke
36	W	All Age	100m	Breaststroke
37	M	All Age	200m	Individual Medley
38	W	All Age	200m	Individual Medley
39	M	All Age	50m	Freestyle
40	W	All Age	50m	Freestyle
41	M	MC	50m	Breaststroke
42	W	MC	50m	Breaststroke
43	M	All Age	200m	Backstroke
44	W	All Age	200m	Backstroke

AGE AS AT 25 JANUARY 2020

ENTRIES CLOSE 5PM TUESDAY 14 JANUARY 2020

ENTRY FEE \$8.00 PER INDIVIDUAL EVENT (GST INCLUSIVE)

NOTE: All events will be swum as timed finals. The all age events will be swum with all age groups combined with the slowest heat first.



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No entry qualifying times are applicable except for the events listed in the table below.
800m & 1500m Freestyle entry times must be times achieved in a 400m Freestyle Event.

Qualifying Times	Male	Female
All Age 200m Freestyle	2:40.00	2:50.00
All Age 400m Freestyle	5:30.00	5:50.00
All Age 800m Freestyle	Use 400m QT for these events	
All Age 1500m Freestyle		
All Age 200m Backstroke	3:00.00	3:10.00
All Age 200m Breaststroke	3:20.00	3:35.00
All Age 200m Butterfly	3:00.00	3:10.00
All Age 200m Individual Medley	3:10.00	3:15.00
All Age 400m Individual Medley	6:30.00	6:40.00

AGE AS AT 25 JANUARY 2020

ENTRIES CLOSE 5PM TUESDAY 14 JANUARY 2020

ENTRY FEE \$8.00 PER INDIVIDUAL EVENT (GST INCLUSIVE)

NOTE:

- Following the completion of each all age event, medals will be awarded to the first 3 place-getters in each of the following age groups:
9 years & under, 10 years, 11 years, 12 years, 13 years, 14 years and 15 years & over
- For events 1 & 2 and 29 & 30, medals will be awarded to the first 3 place-getters in the following age groups:
11 years, 12 years, 13 years, 14 years and 15 years & over
- For events 13 & 14, medals will be awarded to the first 3 place-getters in the following age groups:
12-14 Years & 15 & over
- For events 21 & 22, medals will be awarded to the first 3 place-getters in the following age groups:
11-14 Years & 15 & over
- For the MC events, medals will be awarded to the first 3 place-getters in the following age groups:
12 years & under, 13-14 years and 15 years & over