



Nepean Aquatic Centre Swim Club Inc

2022 Long Course Qualifying Swim Meet

Sydney Olympic Park Aquatic Centre

Saturday 10th September 2022

DOORS OPEN- 7:30am WARM UP- 8:00am START- 9:00am ENTRY LIMIT- 2000

Boys	QT	Girls	QT	Age	Distance	Stroke
1	05:45.00	2	6.05.00	Open	400	IM
3	01:00.00	4	01:00.00	12 & Under	50	Freestyle
5	00:50.00	6	00:50.00	13 & Over	50	Freestyle
7	NQT	8	NQT	Multi Class	100	Butterfly
9	03:25.00	10	03:25.00	Open	200	Breaststroke
11	01:55.00	12	01:55.00	12 & Under	100	Butterfly
13	01:45.00	14	01:45.00	13 & Over	100	Butterfly
15	01:10.00	16	01:10.00	12 & Under	50	Backstroke
17	01:00.00	18	01:00.00	13 & Over	50	Backstroke
19	02:45.00	20	02:50.00	Open	200	Freestyle
21	02:05.00	22	02:05.00	12 & Under	100	Breaststroke
23	01:55.00	24	01:55.00	13 & Over	100	Breaststroke
25	NQT	26	NQT	Multi Class	100	Freestyle
27	NQT	28	NQT	12 & Under	4 x 50	Freestyle Relay
29	NQT	30	NQT	13 & Over	4 x 50	Freestyle Relay
31	10:35.00	32	11:05.00	Open	800	Freestyle
30 Minute Lunch Break						
33	05:25.00	34	05:35.00	Open	400	Freestyle
35	01:10.00	36	01:10.00	12 & Under	50	Butterfly
37	01:00.00	38	01:00.00	13 & Over	50	Butterfly
39	NQT	40	NQT	Multi Class	100	Breaststroke
41	03:15.00	42	03:20.00	Open	200	IM
43	02:05.00	44	02:05.00	12 & Under	100	Backstroke
45	01:55.00	46	01:55.00	13 & Over	100	Backstroke
47	NQT	48	NQT	Multi Class	100	Backstroke
49	03:05.00	50	03:05.00	Open	200	Butterfly
51	01:15.00	52	01:15.00	12 & Under	50	Breaststroke
53	01:05.00	54	01:05.00	13 & Over	50	Breaststroke
55	NQT	56	NQT	12 & Under	4 x 50	Medley Relay
57	NQT	58	NQT	13 & Over	4 x 50	Medley Relay
59	01:45.00	60	01:45.00	12 & Under	100	Freestyle
61	01:35.00	62	01:35.00	13 & Over	100	Freestyle
63	03:05.00	64	03:05.00	Open	200	Backstroke

Conditions of Entry

1. Meet conducted under the rules of SNSW & SAL and is Area approved.
2. All Events are Timed Finals.
3. Individual Entries to be submitted online only via Swim Central. Relays via online via Swim Central.
4. Entry Fees: \$10.00 per event (incl. pool entry fee), \$15.00 per relay event (only 2 relay teams per club)
5. Entries Close: Friday 1st September 2022 at 5pm for online entries or when entry limit of 2000 is reached
6. Age as at: 10th September 2022.
7. Programmes will be available online by Thursday 8th September 2022.
8. No manual entries will be accepted, No phone or late entries will be accepted.
9. Clubs will be asked to assist with timekeeping.
10. Medals will be awarded to 1st, 2nd & 3rd place getters for the following age groups for 12& U and 13 and O events:
7 Y & Under, 8Y, 9Y, 10 Y, 11 Y, 12 Y, 13 Y, 14 Y, 15 Y, 16 Y and Over.
Relays will be medalled: 12 Yrs & Under Relays & 13 Yrs and over Relay
Open events will be Medaled 1st, 2nd & 3rd only.
11. Enquiries to Club Race Secretary - nacsci.racesecretary@gmail.com