



NSW Country Regional Meets Alstonville, Goulburn & Dubbo 21-22 January 2023

ELIGIBILITY TO SWIM

Open to all affiliated members of NSW Country Clubs. Members of NSW Metropolitan Clubs & other State Organisations are eligible to enter these meets, but will swim as Visitors.

Day One Saturday 21 January, 2023				
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	50m	Freestyle
10	W	All Age	50m	Freestyle
11	M	All Age	100m	Backstroke
12	W	All Age	100m	Backstroke
13	M	All Age	50m	Butterfly
14	W	All Age	50m	Butterfly
15	M	12yrs & O	1500m	Freestyle
16	W	12yrs & O	1500m	Freestyle
17	M	All Age	200m	Butterfly
18	W	All Age	200m	Butterfly
19	M	MC	50m	Butterfly
20	W	MC	50m	Butterfly
21	M	All Age	100m	Freestyle
22	W	All Age	100m	Freestyle

Day Two Sunday 22 January, 2023				
Session Two - 9:00am				
23	M	11yrs & O	800m	Freestyle
24	W	11yrs & O	800m	Freestyle
25	M	All Age	50m	Breaststroke
26	W	All Age	50m	Breaststroke
27	M	MC	50m	Freestyle
28	W	MC	50m	Freestyle
29	M	All Age	100m	Butterfly
30	W	All Age	100m	Butterfly
31	M	11yrs & O	400m	Freestyle
32	W	11yrs & O	400m	Freestyle
33	M	All Age	50m	Backstroke
34	W	All Age	50m	Backstroke
35	M	MC	50m	Backstroke
36	W	MC	50m	Backstroke
37	M	All Age	100m	Breaststroke
38	W	All Age	100m	Breaststroke
39	M	All Age	200m	Individual Medley
40	W	All Age	200m	Individual Medley
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 21 JANUARY 2023

ENTRIES CLOSE 5PM TUESDAY 10 JANUARY 2023

ENTRY FEE \$9 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 fastest 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 21 JANUARY 2023
ENTRIES CLOSE 5PM TUESDAY 10 JANUARY 2023
ENTRY FEE \$9 PER INDIVIDUAL EVENT (GST INCLUSIVE)

NOTES:

- 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 31 & 32, 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 15 & 16, medals will be awarded to the first 3 place-getters in the following age groups:
12-14 Years & 15 & over
- For events 23 & 24, 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