



Woy Woy Swim Club

2023 Long Course Qualifying Meet

Peninsula Leisure Centre

Date Sunday 22nd October

DOORS OPEN- 7:45am

WARM UP- 8:00am

START- 9:00am

ENTRY LIMIT- Based on 4pm Finish

Boys	QT	Girls	QT	Age	Distance	Stroke
1	05:50.00	2	06:10.00	Open	400	IM
3	00:50.00	4	00:50.00	12 & Under	50	Freestyle
5	00:38.00	6	00:39.00	13 & Over	50	Freestyle
7	NQT	8	NQT	Multi Class	100	Butterfly
9	03:35.00	10	03:35.00	Open	200	Breaststroke
11	01:50.00	12	01:50.00	12 & Under	100	Butterfly
13	01:28.50	14	01:30.50	13 & Over	100	Butterfly
15	00:53.00	16	00:53.00	12 & Under	50	Backstroke
17	00:44.00	18	00:46.00	13 & Over	50	Backstroke
19	02:41.00	20	02:42.50	Open	200	Freestyle
21	02:00.00	22	02:00.00	12 & Under	100	Breaststroke
23	01:39.00	24	01:42.50	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	05:10.00	34	05:30.00	Open	400	Freestyle
35	00:53.00	36	00:53.00	12 & Under	50	Butterfly
37	00:41.50	38	00:44.00	13 & Over	50	Butterfly
39	NQT	40	NQT	Multi Class	100	Breaststroke
41	03:15.00	42	03:20.00	Open	200	IM
43	01:45.00	44	01:45.00	12 & Under	100	Backstroke
45	01:30.00	46	01:30.00	13 & Over	100	Backstroke
47	NQT	48	NQT	Multi Class	100	Backstroke
49	03:15.00	50	03:15.00	Open	200	Butterfly
51	01:05.00	52	01:05.00	12 & Under	50	Breaststroke
53	00:50.00	54	00:52.00	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	01:35.00	60	01:35.00	12 & Under	100	Freestyle
61	01:15.50	62	01:20.00	13 & Over	100	Freestyle
63	03:05.00	64	03:05.00	Open	200	Backstroke



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Conditions of Entry

1. Meet conducted under the rules of SNSW & SAL and is Coast and Valley 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. Maximum 10 entries per swimmer (excluding relays)
5. Entry Fees: \$9.50 per event, \$15.00 per relay event (2 teams per club). \$5.50 pool entry fee applies for swimmers and spectators (Fitness Passport is not accepted). Entry fee to be paid via Swim Central prior to entry
6. Refunds as per Swimming NSW guidelines – no refunds for change of mind, medical certificate is to be provided
7. Entries Close: Monday 16th October at 5pm for online entries or when entry capacity is reached (based on 4m finish)
8. Age as at: 22nd October 2023
9. Official entry times from 1st January 2022 will be accepted from Long and Short Course
10. Programmes will be available online by Thursday before the meet. No printed copies of the programme will be available to purchase.
11. No manual entries will be accepted. No phone or late entries will be accepted.
12. Clubs will be asked to assist with timekeeping.
13. Medals will be awarded to 1st, 2nd & 3rd place getters for the following age groups for 12& U and 13 and O events (except Multi-Class):
 - 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 medalled 1st, 2nd & 3rd only.
14. Enquiries to Woy Woy Swim Club Race Secretary - wwscracesec@gmail.com