

Swimming ACT Qualifying Meet #3

Saturday and Sunday, 2-3 March 2024

Australian Institute of Sport (AIS)

Leverrier Street, Bruce, ACT, 2617



8 lane, 50 metre indoor pool
Full electronic timing

Saturday 2 March

Warm up 12:00 noon | Start 1:00pm

Sunday 3 March

Warm up 8:00am | Start 9:30am

M	W	Event	QT		M	W	Event	QT	
			Men	Women				Men	Women
1	2	14 & over 400m Freestyle	5:59.00	6:12.00	21	22	13 & under 400m Freestyle	5:59.00	6:12.00
3	4	14 & Over 50m Butterfly	37.00	40.00	23	24	10 & Under 50m Butterfly	48.00	48.50
5	6	14 & over 200m Backstroke	3:02.00	3:14.50			11-12 50m Butterfly	44.00	44.00
7	8	14 & Over 100m Breaststroke	1:34.00	1:43.00			13 years 50m Butterfly	37.00	40.00
9	10	14 & Over 50m Freestyle	35.00	36.50	25	26	12 & Over 400 IM	6:36.00	6:48.00
11	12	14 & Over 200m IM	2:57.00	3:12.00	27	28	11 & Under 200m Backstroke	3:31.00	3:33.50
13	14	14 & over 1500m Freestyle	22:12.00	22:12.00			12-13 200m Backstroke	3:23.00	3:23.00
15	16	14 & over 800m Freestyle	12:12.00	12:12.00	29	30	11 & Under 100m Breaststroke	2:00.00	2:01.00
17	18	14 & Over 100m Backstroke	1:23.50	1:29.50			12-13 100m Breaststroke	1:47.00	1:47.50
19	20	14 & Over 200m Breaststroke	3:29.50	3:45.50	31	32	11 & Under 100m Freestyle	1:29.00	1:31.00
							12-13 100m Freestyle	1:18.50	1:20.50
							14 & Over 100m Freestyle	1:11.50	1:17.00
					33	34	10 & U 50m Backstroke	46.50	47.50
							11-12 50m Backstroke	44.00	44.50
							13 & Over 50m Backstroke	39.50	43.00
					35	36	11 & Under 200m Breaststroke	4:03.50	4:06.00
							12-13 200m Breaststroke	3:50.50	3:53.50
					37	38	11 & Under 100m Butterfly	1:47.00	1:48.00
							12-13 100m Butterfly	1:32.00	1:33.00
							14 & Over 100m Butterfly	1:20.00	1:26.50
					39	40	11 & Under 200m IM	3:42.00	3:44.50
							12-13 200m IM	3:20.50	3:20.50
					41	42	10 & Under 50m Freestyle	41.50	42.00
							11-12 50m Freestyle	39.50	39.50
							13 50m Freestyle	35.00	36.50
					43	44	11 & Under 100m Backstroke	1:43.00	1:45.00
							12-13 100m Backstroke	1:33.50	1:33.50
					45	46	10 & U 50m Breaststroke	54.00	54.50
							11-12 50m Breaststroke	51.50	51.50
							13 & O 50m Breaststroke	43.00	48.00
					47	48	11 & Under 200m Butterfly	3:42.00	3:43.50
							12-13 200m Butterfly	3:31.00	3:36.00
							14 & Over 200m Butterfly	3:08.00	3:21.00
					49	50	11 & Under 200m Freestyle	3:04.00	3:06.00
							12-13 200m Freestyle	2:55.00	2:57.50
							14 & Over 200m Freestyle	2:37.00	2:47.00
					51	52	12-13 years 800m Freestyle	12:12.00	12:12.00
					53	54	13 years 1500m Freestyle	22:12.00	22:12.00

Conditions of entry:

1. Age as at 3 February 2024
2. Entry fee: **\$10.00 per event [includes Swimming NSW event levy of \$1.50]**
3. Online entries available through Swim Central. Link on the Swimming ACT website swimmingact.com.au
4. **Entries close 8:00pm** Tuesday 27 February 2024. The Meet Director may stop accepting entries prior to the advertised closing date if the number of entries exceed the timeline requirements. Refunds will only be given if a swimmer withdraws through Swim Central prior to the advertised closing date for entries.
5. **MC swimmers** are welcome. No qualifying times apply. Email entries to meets@swimmingact.com.au
6. The swimmers best short or long course time accepted.
7. The Meet Director reserves the right to change the program and conditions as necessary.
8. Swimming NSW rules apply.

Enquiries: meets@swimmingact.com.au

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