

DAY 1:**Session 1**

17th January 2025 Warm up 2:00 PM

Races Start 3:00 PM

Approx. finish time 6:00 PM

EVENT	AGE	DISTANCE/STROKE
1	Open	200m IM
2	Open	400m Freestyle
3	Open	400m IM
4	Open	800m Freestyle
5	Open	1500m Freestyle

DAY 2:**Session 2**

18th January 2025

Warm up 7:45 AM – Races Start 8:45 AM

Approx. finish time 11:45 AM

EVENT	AGE	DISTANCE/STROKE
6	13/O	100m Butterfly
7	13/O	50m Freestyle
8	13/O	200m Backstroke
9	13/O	50m Butterfly
10	13/O	200m Freestyle
11	13/O	200m Breaststroke
12	13/O	50m Backstroke
13	13/O	100m Breaststroke
14	13/O	200m Butterfly
15	13/O	100m Freestyle
16	13/O	50m Breaststroke
17	13/O	100m Backstroke
18	13/O	50m Freestyle Dash for Cash


DAY 3:**Session 3 – Development Meet**

19th January 2025

Warm up 8:00 AM – Races Start 9:00 AM

Approx. finish time 12:00 PM

EVENT	AGE	DISTANCE/STROKE
19	12 / U	100m Butterfly
20	12 / U	50m Freestyle
21	12 / U	200m Backstroke
22	8 / U	25m Breaststroke
23	8 / U	25m Backstroke
24	7 / U	25m Kickboard
25	12 / U	50m Butterfly
26	12 / U	200m Freestyle
27	12 / U	200m Breaststroke
28	12 / U	50m Backstroke
29	8 / U	25m Butterfly
30	8 / U	25m Freestyle
31	12 / U	100m Breaststroke
32	12 / U	200m Butterfly
33	12 / U	100m Freestyle
34	12 / U	50m Breaststroke
35	12 / U	100m Backstroke
36	12 / U	50m Freestyle Dash for Cash

arena 
KNOX PYMBLE SWIM CLUB
Festival of Swimming

17th-19th January 2025
 Knox Grammar Aquatic Centre,
 7 Woodville Ave, Wahroonga

POOL

Heated 50m Indoor Pool
Electronic / Touchpad timing

ENTRIES

Individuals:
\$16.50 per event
Age as of 17th January 2025

CLOSING DATE

7th January 2025 at 11:59pm or time or
people capacity has been reached.
NO LATE ENTRIES

MEET DIRECTOR

- We reserve the right to vary the program
- Enquires: Martina Huynh – huynhm@knox.nsw.edu.au

PARKING

- Limited parking available under the JAPAC Building
- Entry through Woodville Ave

RULES

- SNSW approved meet under SNSW Ltd rules
- SAL rules apply for Multi Class (MC) swimmers
- All events are timed finals and will be run fastest to slowest
- Choose events carefully, as we are not able to offer refunds
- Only swimmers, coaches, technical officials, and timekeepers are permitted on the pool deck
- Swimmer entries are accepted on the basis that a parent help run the meet
- Backstroke ledges may be used at this meet

OTHER INFORMATION

- Clubs will be asked to assist with timekeeping
- Meet program will be available to download from our website
- Results will be uploaded to Swim Central & Meet Mobile

PRIZES

Dash for Cash Prizes:

- 1st 13 and over Male and Female swimmer will win \$100.00
Arena voucher and \$100.00 cash
- 1st 12 and under Male and Female swimmer will win \$50.00
Arena voucher and \$50.00 cash

Events 1 – 5: 1st = \$15.00, 2nd = \$10, 3rd = \$5.00

Events 6 – 17: 1st = \$15.00, 2nd = \$10, 3rd = \$5.00 for each
age group (13 – 14, 15 – 16 and 17 and over)

Events 19 – 36: Medals will be given to 1st, 2nd and 3rd for
each age.

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