



EVENT DETAILS & ENTRY INFORMATION

- **Event:** 2025 New South Wales Country Regionals
- **Locations:** Gulgong, Taree & Griffith
- **Dates:** 18th & 19th January 2025
- **Closing Date:** Entries Close at 11:59pm AEST, Tuesday 7th January 2025 or when event has reached maximum timeline capacity.
- **Age as at:** 18th January 2025
- **Event Fee:** \$10.00 Per Individual Event (GST Inclusive)
- **Qualifying Criteria:**
 - 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 (and will not be eligible for medals).
 - Results must be achieved since 1st October 2023 to be eligible for entry into this event.
 - LC & SC Times from within this period can be used to enter this meet.
 - A qualifying time must have been achieved, uploaded, approved and verified in Swim Central by the specified closing date of the meet.
- **Medal Breakdowns:**
 - 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

If you have any questions regarding this event, please contact

events@nsw.swimming.org.au



NSW Country Regional Meets Gulgong, Taree & Griffith 18-19 January 2025

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 (and will not be eligible to receive medals).

Day One Saturday 18 January 2025				
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 19 January 2025				
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 18 JANUARY 2025

ENTRIES CLOSE 11.59PM TUESDAY 7TH JANUARY 2025

OR WHEN EVENT HAS REACHED MAXIMUM TIMELINE CAPACITY

ENTRY FEE \$10.00 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.



NSW Country Regional Meets Gulgong, Taree & Griffith 18-19 January 2025

QUALIFYING TIMES:

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.

Entries must be placed via the online form here for 800m & 1500m Freestyle events.

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 18 JANUARY 2025
ENTRIES CLOSE 11.59PM TUESDAY 7TH JANUARY 2025
OR WHEN EVENT HAS REACHED MAXIMUM TIMELINE CAPACITY
ENTRY FEE \$10.00 PER INDIVIDUAL EVENT (GST INCLUSIVE)