



TOONGABBIE SWIM CLUB

WARM UP 7:30AM

AQUABLITZ LONG COURSE

QUALIFYING MEET

SUNDAY 29TH SEPTEMBER 2019

SOPAC AQUATIC CENTRE

ENTRIES LIMITED - 2200 ENTRIES

START TIME 8:30AM

M	F	AGE	DISTANCE	STROKE	QT
1		MIXED OPEN	1500M	FREESTYLE (T/T)	20:00
2		MIXED OPEN	800M	FREESTYLE (T/T)	10:30
3	4	12 & UNDER	100M	FREESTYLE	1:40
5	6	13 & OVER	100M	FREESTYLE	1:25
7	8	OPEN	200M	BREASTSTROKE	3:10
9	10	10 & UNDER	50M	BACKSTROKE	1:05
11	12	11-12 YEARS	50M	BACKSTROKE	55
13	14	13 & OVER	50M	BACKSTROKE	50
15	16	12 & UNDER	100M	BREASTSTROKE	2:00
17	18	13 & OVER	100M	BREASTSTROKE	1:45
19	20	OPEN	200M	FREESTYLE	2:50
21	22	10 & UNDER	50M	BUTTERFLY	1:05
23	24	11-12 YEARS	50M	BUTTERFLY	55
25	26	13 & OVER	50M	BUTTERFLY	50
27	28	OPEN	400M	INDIVIDUAL MEDLEY	5:30

M	F	AGE	DISTANCE	STROKE	QT
29	30	12 & UNDER	200M	INDIVIDUAL MEDLEY	3:30
31	32	13 & OVER	200M	INDIVIDUAL MEDLEY	3:00
33	34	10 & UNDER	50M	BREASTSTROKE	1:05
35	36	11-12 YEARS	50M	BREASTSTROKE	55
37	38	13 & OVER	50M	BREASTSTROKE	50
39	40	OPEN	400M	FREESTYLE	4:50
41	42	12 & UNDER	100M	BUTTERFLY	2:00
43	44	13 & OVER	100M	BUTTERFLY	1:45
45	46	OPEN	200M	BACKSTROKE	3:10
47	48	10 & UNDER	50M	FREESTYLE	1:00
49	50	11-12 YEARS	50M	FREESTYLE	50
51	52	13 & OVER	50M	FREESTYLE	45
53	54	12 & UNDER	100M	BACKSTROKE	2:00
55	56	13 & OVER	100M	BACKSTROKE	1:45
57	58	OPEN	200M	BUTTERFLY	3:10

CONDITIONS OF ENTRY:

NO Refunds Rule applies therefore check entries before completing.

Meet conducted under SNSW Ltd Rules and is a area approved meet. One start rule will apply.

Entries Open: 1st August 2019

Entries Close: 19th September 2019 or Entry Limited 2200 for 5pm Finish

Cost: \$10 per event and includes **FREE** Pool Entry + Downloadable Program on Aquablitz Website

Age: As as 29th September 2019 **Entries:** <https://swimcentral.swimming.org.au/>

Awards: Medals for 1st, 2nd & 3rd places apply to 10/U, 11, 12, 13, 14, 15 & Over

OPEN Events will be awarded medals for the first 3 placegetters

Events 1 and 2 are run as time trials - NO Awards for T/T (Time Trial) Events

CONDITIONS OF ENTRY CONTINUED:

Lunch break to be taken at the discretion of the meet director and reserves the right to amend program and conditions.

Visiting Clubs may be requested to assist with Time Keeping

PLEASE NOTE: MANUAL ENTRIES ONLY -

Event 1 - Mixed Open 1500m Freestyle is Limited 1 Heat (first entry bases)

Event 2 - Mixed 800M Freestyle is Limited 2 Heats (first entry bases)

Please email racesec.aquablitz@gmail.com with all details below:

NAME

CLUB

DOB

EVENT

ENTRY TIME

Once payment has been received you will receive confirmation of entry

For all enquiries please email Julie Temmo: racesec.aquablitz@gmail.com