

M	F	Age	Distance	Stroke	QT
1	2	Open	200m	Freestyle	2:40.00
3	4	12 & Under	100m	Breaststroke	2:00.00
5	6	13-14 Years	100m	Breaststroke	1:50.00
7	8	15 & Over	100m	Breaststroke	1:40.00
9	10	10 & Under	50m	Butterfly	1:05.00
11	12	11-12 Years	50m	Butterfly	55.00
13	14	13-14 Years	50m	Butterfly	50.00
15	16	15 & Over	50m	Butterfly	45.00
17	18	MC	50m	Butterfly	NT
19	20	12 & Under	100m	IM	2:00.00
21	22	13 & Over	100m	IM	1:45.00
23	24	12 & Under	100m	Freestyle	1:30.00
25	26	13-14 Years	100m	Freestyle	1:15.00
27	28	15 & Over	100m	Freestyle	1:10.00
29	30	10 & Under	50m	Backstroke	1:05.00
31	32	11-12 Years	50m	Backstroke	1:00.00
33	34	13-14 Years	50m	Backstroke	50.00
35	36	15 & Over	50m	Backstroke	45.00
37	38	MC	50m	Backstroke	NT
39	40	Open	400m	Freestyle	5.10.00

M	F	Age	Distance	Stroke	QT
41	42	12 & Under	100m	Butterfly	1:50.00
43	44	13-14 Years	100m	Butterfly	1:40.00
45	46	15 & Over	100m	Butterfly	1:30.00
47	48	Open	200m	Backstroke	3:00.00
49	50	10 & Under	50m	Breaststroke	1:10.00
51	52	11-12 Years	50m	Breaststroke	1:05.00
53	54	13-14 Years	50m	Breaststroke	50:00
55	56	15 & Over	50m	Breaststroke	45:00
57	58	MC	50m	Breaststroke	NT
59	60	12 & Under	200m	IM	3:20.00
61	62	13 & Over	200m	IM	3:10.00
63	64	12 & Under	100m	Backstroke	1:45.00
65	66	13-14 Years	100m	Backstroke	1:40.00
67	68	15 & Over	100m	Backstroke	1:35.00
69	70	Open	200m	Butterfly	3:00.00
71	72	10 & Under	50m	Freestyle	1:00.00
73	74	11-12 Years	50m	Freestyle	50.00
75	76	13-14 Years	50m	Freestyle	40:00
77	78	15 & Over	50m	Freestyle	35.00
79	80	MC	50m	Freestyle	NT
81	82	Open	200m	Breaststroke	3:20.00

There will be a lunch break of approximately 30 minutes at the conclusion of Event 40.

Warm Up: 8:00am Start: 9:00am Entry Limit: 2,000

CONDITIONS OF ENTRY

1. Race entries cost \$12.00 per event including \$1.50 SNSW meet levy.
2. Pool entry FREE but parking costs will apply when using SOPAC carparks.
3. Entries are online via Swim Central.
4. Entries close 9pm Monday 17th June 2024 or when entry limit of 2000 is reached.
5. Meet conducted under the rules of SNSW - results will be forwarded to Swimming NSW and Swimming Metro North West for approval.
6. All events are timed finals. Swimming heats fastest to slowest.
7. Age as at 29th June 2024.
8. Timeline and Program will be available online at <https://castlehilldolphins.com.au/> by Thursday before meet.
9. No programs sold on the day.
10. Late entries may be accepted where possible. A late entry fee of an additional \$5.00 per event will be applied.
11. No Refunds will be accepted unless a medical certificate is provided to the Race Secretary prior to the event.
12. All enquires to Race Secretary – racese secretary@castlehilldolphins.com.au
13. Results will be available on meet mobile (unofficial). Official results on paper will be posted at the pool during the meet.
14. Visiting clubs may be asked to assist with timekeeping during the meet.
15. The Meet Director reserves the right to amend the program and conditions of entry.

MEDALS

1. Awarded to 1st, 2nd and 3rd in 8&U, 9, 10, 11, 12, 13, 14, 15&O age groups
2. Open and MC Events: First 3 placegetters only

