



Griffith Swimming Club Long Course Meet - Day 1

Date Saturday 3rd of December 2022. Warm up: 11:00am Start time: 12.00pm

Pool Opens 8:30am. 50m Pool.

Griffith Regional Aquatic Leisure Centre, Wayeela Street, Griffith, NSW, 2680

Entry Fee **\$8.00** per individual event - Relay Entry Fee **\$20.00** - Age as at 3rd December 2022.

Male	Female	Age group	Distance	Stroke
1 (101)	2 (102)	13yrs & Under, 14yrs & Over	1500m	Freestyle
3	4	9yrs – 12yrs	4 x 50m	Freestyle Relay
5		Para Mixed	100m	Backstroke
6		Masters Mixed	100m	Backstroke
7	8	8 & Under, 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs & Over	100m	Backstroke
9	10	10yrs & Under, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs & Over	200m	Freestyle
11		Mixed 7yrs & Under	25m	Breaststroke
12		Para Mixed	50m	Breaststroke
13		Masters Mixed	50m	Breaststroke
14	15	8yrs & Under, 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs & Over	50m	Breaststroke
16	17	13yrs – 14yrs	4 x 50m	Freestyle Relay
18		Masters Relay	4 x 50m	Freestyle Relay
19	20	10 & U, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs & Over	200m	Individual Medley
21		Para Mixed	100m	Breaststroke
22		Masters Mixed	100m	Breaststroke
23	24	8 & Under, 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs & Over	100m	Breaststroke
25		Mixed 7yrs & Under	25m	Freestyle
26		Para Mixed	50m	Freestyle
27		Masters Mixed	50m	Freestyle
28	29	8 & Under, 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs & Over	50m	Freestyle
30	31	15yrs & Over	4 x 50m	Freestyle Relay
32	33	13yrs & Under, 14yrs & Over	200m	Butterfly

Online entries via Swim Central Only – Entries close Tuesday 22nd November 2022 at 8PM

Enquiries – President@griffithswimclub.org.au or Entries@griffithswimclub.org.au



Griffith Swimming Club Long Course Meet - Day 2

Date Sunday 4th of December 2022. Warm up: 9:00am Start time: 10.00am

Pool Opens 8:30am. 50m Pool.

Griffith Regional Aquatic Leisure Centre, Wayeela Street, Griffith.

Entry Fee **\$8.00** per individual event - Age as at 3rd December 2022. All events are timed finals.

Male	Female	Age group	Distance	Stroke
34 (134)	35 (135)	13yrs & Under, 14yrs & Over	400m	Freestyle
36	37	9yrs – 12yrs	4 x 50m	Medley Relay
38	39	13yrs & Under, 14yrs & Over	200m	Backstroke
40		Para Mixed	100m	Freestyle
41		Masters Mixed	100m	Freestyle
42	43	8 & Under, 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs & Over	100m	Freestyle
44		Mixed 7yrs & Under	25m	Butterfly
45		Para Mixed	50m	Butterfly
46		Masters Mixed	50m	Butterfly
47	48	8yrs & Under, 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs & Over	50m	Butterfly
49 (149)	50 (150)	13yrs & Under, 14yrs & Over	400m	Individual Medley
51	52	13yrs – 14yrs	4 x 50m	Medley Relay
53		Mixed 7yrs & Under	25m	Backstroke
54		Para Mixed	50m	Backstroke
55		Masters Mixed	50m	Backstroke
56	57	8 & Under, 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs & Over	50m	Backstroke
58	59	13yrs & Under, 14yrs & Over	200m	Breaststroke
60		Para Mixed	100m	Butterfly
61		Masters Mixed	100m	Butterfly
62	63	8 & Under, 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs & Over	100m	Butterfly
64	65	15yrs & Over	4 x 50m	Medley Relay
66(166)	67(167)	13yrs & Under, 14yrs & Over	800m	Freestyle

Online entries via Swim Central Only – **Entries close Tuesday 22nd November 2022 at 8PM**

Enquiries – President@griffithswimclub.org.au or Entries@griffithswimclub.org.au



Griffith Swimming Club Long Course Meet

Saturday 3rd and Sunday 4th of December 2022

POOL ENTRY

Normal pool entry fee applies and is paid at the front counter.

The meet will be run in a 50m pool – 10 lanes. 25m indoor pool will be available for warmup during the meet. Programs will be available once you enter the outdoor area of the Griffith Regional Aquatic Leisure Centre. Programs are \$10.00 and will include 2 raffle tickets. The raffle will also be on sale during the day for those wanting additional tickets. BBQ will be available and the GRALC Canteen will be open.

MEET CONDITIONS

- The meet will be conducted as per the rules of Swimming NSW, Swimming Australia and is Area approved.
- The meet is a Masters Swimming NSW co-sanctioned event.
- All competitors must be registered swimming members with their State Swimming Body.
- All events are timed finals. SAT timing in use.
- The Gem Cup Handicap – The Aggregate Score for each Club is the total Team Points scored. The Handicap Score is the Aggregate Points divided by the Total Number of Full Swimmer Club Memberships. The Club with the highest Handicap Score will be declared the Gem Cup winner. Masters not included.
- A 30-minute break will be scheduled on both Saturday and Sunday, time TBA once entries are received and will be advertised on the printed Meet program.
- Para Events – If any swimmer is attempting a record, please notify by email prior to the entries closing date.
- Qualifying times apply to the 400m Free, 400m IM, 800m Free and 1500m Free, please see below.
- Medals will be awarded for the 1st, 2nd, 3rd Male and Female in age groups listed.
- 25m Events - If you enter a 25m event you cannot enter a longer distance event in that stroke at this meet.
- This swim meet will be conducted with Assisted Self-Marshalling and heats swimming fastest to slowest.
- Late entries will be at the discretion of the Meet Director.
- Online Entries via Swim Central only, no entries will be accepted on the day of the meet with the exception of the Masters Relay which will be entered on the day by submitting your teams entry time to the recording table. The winning Masters relay team will be the team that records a time closest to their entry time.
- Media may be in attendance at this meet for purpose of obtaining film and/or photographs of competitors. If you do not wish for you or your child to be photographed or filmed, please inform the Meet Director.
- The Meet Director and Referee reserve the right to alter the Program and Conditions as necessary.
- Events and Heats may be combined if insufficient entries are received.
- The Meet Director may stop accepting entries prior to the advertised closing date if the number of entries exceed the timeline requirements.
- A no refund policy applies to this meet as per SNSW event entry refund guidelines.
- All Clubs will be allocated a Time Keeping lane, lanes or sharing a lane depending on the Clubs individual entries, please make arrangements to fill your clubs allocated times.

ASSISTED SELF MARSHALLING

Swimmers must know their event, heat and lane number and are to report to marshalling: -

- First event ten (10) minutes prior to the advertised start time
- Four (4) heats prior to their heat for 25m, 50m, 100m and 200m events
- Two (2) heats prior to their heat for 400m and longer distance events

Swimmers should remain in the marshalling area until directed by Officials to move to the starting area to be ready for the Referee's whistle to step onto the starting platform.

QUALIFYING TIMES – FOR SWIM CENTRAL ENTRIES

Event 1 & 2 1500m Freestyle 21:00.00 or Event 101 & 102 using alternate QT 12:12.00 for 800m Freestyle
Event 34 & 35 400m Freestyle 6:00.00 or Event 134 & 135 using alternate QT 3:00.00 for 200m Freestyle
Event 49 & 50 400m Individual Medley 6:50.00 or Event 149 & 150 using alternate QT 3:25.00 200m IM
Event 66 & 67 800m Freestyle 12:12.00 or Event 166 & 167 using alternate QT 6:00.00 for 400m Freestyle

Enquiries – President@griffithswimclub.org.au or Entries@griffithswimclub.org.au