

LBMSC Short Course Qualifying Meet 2024

Sunday, 4th August 2024

Springwood Aquatic & Fitness Centre, Plateau Road, Springwood

PROGRAM OF EVENTS

Warm up: 7.30am Start: 8.15am

M	F	Age	Distance	Stroke	QT
1	2	All Age	200	IM	4:00.00
3	4	9/U	25	Breast	
5	6	All Age	50	Breast	
7	8	MC	50	Breast	
9	10	All Age	200	Back	4:20.00
11	12	9/U	25	Free	
13	14	All Age	50	Free	
15	16	MC	50	Free	
17	18	All Age	100	Fly	2:00.00
19	20	All Age	200	Breast	4:00.00
21	22	All Age	400	Free	6:00.00
23	24	All Age	100	Back	2:00.00
Lunch					
25	26	All Age	400	IM	6:00.00
27	28	10/U	100	IM	3:00.00
29	30	9/U	25	Fly	
31	32	All Age	50	Fly	1:00.00
33	34	MC	50	Fly	
35	36	All Age	200	Free	4:00.00
37	38	All Age	100	Breast	2:00.00
39	40	9/U	25	Back	
41	42	All Age	50	Back	
43	44	MC	50	Back	
45	46	All Age	200	Fly	4:00.00
47	48	All Age	100	Free	2:00.00

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Rules and Conditions of Entry

LBMSC Short Course Qualifying Meet 2024 is an Area approved meet and will be conducted under the NSW Swimming Rules. Results will be available on Meet Mobile and submitted to NSW Swimming.

- Age as at 4th August 2024.
- \$9.50 (plus GST) entry fee per individual event.
- Online entries only via Swim Central. Competitors must be registered with NSW Swimming to enter.
- **Entries will close at 5pm on Friday 26th July 2024, or earlier if entry limit is exceeded.**
- Medals will be awarded for 50m and 100m events in each age category from 8/U, 9, 10, 11 and 12.
- 200IM will be awarded as 12/Under (medals) and 13/Over (cash prizes – see below).
- All other 200m events are Open and will be awarded cash prizes – see below.
- Cash Prizes will be awarded for 50m and 100m events in the following age groups: 13-14, 15-16 and 17+.
- Cash prizes: 1st place = \$10, 2nd place = \$7, 3rd place = \$5.
- All 25m swimmers will receive a ribbon and certificate for each race entered. Swimmers that enter a 25m event are ineligible to enter the 50m or 100m event of the same stroke.
- Athletes with a disability must identify themselves to the referee before the start of the session they are competing in, in order to contest MC events.
- The start list, program and timeline will be available to download.
- Semi-automatic timing will be used.
- Assistance with timekeeping by ALL clubs will be required, according to the published roster.
- A BBQ will operate throughout the day.
- Normal pool entry applies.
- Space and seating are extremely limited. Visitors are encouraged to bring their own chairs.
- Please 'like' us on Facebook to remain up to date with information: Lower Blue Mountains Swim Club.
- Patrons are encouraged to bring extra chairs.
- **As we are using a small venue, important marked areas will be kept free of chairs and other objects to enable free movement. Patrons are required to comply with any requests to move seats or belongings. The Meet Director reserves the right to ask non-compliant families to leave the venue. Entry fees will be refunded in this case.**