

Lower Blue Mountains Swim Club - Winter Short Course

Sunday, 10th August 2025

Warm Up: 8am

Springwood Aquatic Centre

Racing Starts: 9am

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	MC	50	Free	
15	16	All Age	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	Free	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

Rule and Conditions of Entry

LBMSC Winter Short Course 2025 is an Area-approved meet and will be conducted under Swimming NSW rules. Results will be available on Meet Mobile and will be submitted to Swimming NSW.

- Age as at 10th August 2025.
- \$9.50 entry fee per event, entries via Swim Central.
- Entries close 8pm, Friday, 1st August 2025, and no further changes will be allowed after this.
- Medals will be awarded in 50m and 100m events for each age category: 8/U, 9, 10, 11, 12. Cash prizes will be awarded in 50m and 100m events for 13, 14, 15, 16, 17/O. 200IM will be awarded as 12/U (medals) and 13/O (cash prizes).
- All other 200m and 400m events are open and the top three place getters overall will receive cash prizes.
- Cash prizes are; 1st - \$10, 2nd - \$7, 3rd - \$5.
- All participants in 25m races will receive a ribbon.
- Athletes with a disability must identify themselves to the event referee before the start of the session they are competing in, in order to contest MC events. MC events will be run concurrently with the heats for the regular events of the same distance and stroke.
- The Start List, Timeline and Meet Programme will be available to download from Swim Central.
- Semi-Automatic Timing will be used.
- **Assistance with timekeeping from all families participating is required, according to the published roster. This is a condition of entry.**
- Normal pool entry fee applies.
- LBMSC will be running a Barbeque throughout the day.
- Space and seating are limited. Visitors are encouraged to bring their own chairs.
- Please 'like' us on Facebook to stay up to date with information: Lower Blue Mountains Swim Club.

As we are using a small venue, certain marked areas will be kept free of chairs and other objects to allow free movement. Patrons are required to comply with any requests from Pool Staff or LBMSC Committee Members 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.



Thank you to our amazing sponsors!