



Swimming Metro South West
Short Course Qualifying Meet
Saturday 6th August 2022
Sydney Olympic Park Aquatic Centre

** Warm Up 8:00am

**Start 9.00 am

M	QT	F	QT	AGE	DIST	STROKE
1	5:40.00	2	6:00.00	Open	400m	I.M.
3	45.00	4	45.00	11/Under	50m	Free
5	36.00	6	36.00	12/Over	50m	Free
7	1:50.00	8	1:50.00	11/Under	100m	Breast
9	1:40.00	10	1:40.00	12/Over	100m	Breast
11	2:50.00	12	2:50.00	Open	200m	Back
13	55.00	14	55.00	11/Under	50m	Fly
15	45.00	16	45.00	12/Over	50m	Fly
17	1:30.00	18	1:30.00	11/Under	100m	Free
19	1:20.00	20	1:20.00	12/Over	100m	Free
21	2:50.00	22	2:50.00	Open	200m	Fly
23/24	10:00.00 (800)	Mixed	19:30.00 (1500)	Open	800m/1500m	Free
30 minute break						
25	5:00.00	26	5:10.00	Open	400m	Free
27	2:50.00	28	2:55.00	Open	200m	I.M.
29	55.00	30	55.00	11/Under	50m	Back
31	45.00	32	45.00	12/Over	50m	Back
33	1:40.00	34	1:40.00	11/Under	100m	Fly
35	1:30.00	36	1:30.00	12/Over	100m	Fly
37	2:30.00	38	2:40.00	Open	200m	Free
39	1:00.00	40	1:00.00	11/Under	50m	Breast
41	50.00	42	50.00	12/Over	50m	Breast
43	1:40.00	44	1:40.00	11/Under	100m	Back
45	1:30.00	46	1:30.00	12/Over	100m	Back
47	3:05.00	48	3:10.00	Open	200m	Breast

Swimmers from all Areas are welcome to attend
 MSW Area clubs will be required to assist with timekeeping
*****RESTRICTED TO 2000 ENTRIES*****

CONDITIONS OF ENTRY

1. Meet conducted under the rules of SNSW Ltd and is an Area approved/conducted Meet
2. All Events are Timed Finals.
3. **Entries to be submitted via Swim Central only**
4. **Entry Fees \$10.00** per individual event
5. **Entries Close: Tuesday 26th July 2022 or when entry limits are reached**
6. Age as at 6th August 2022
8. Medals will be awarded as follows:
 - 50m events – 8/U, 9, 10, 11, 12, 13, 14, 15/O
 - 100m events – 10/U, 11, 12, 13, 14, 15/O
 - 200/400m events – Open Event
 - 800/1500 – is a Time Trial Event and no medals will be awarded.
9. No Phone or Late Entries will be accepted.
10. The Meet Director reserves the right to amend the program & conditions of entry.
11. **Enquiries:** **Kathy Thompson 0419144524**

Online Entries:

<https://swimcentral.swimming.org.au/bounce?returnUrl=%2Fevents%2F55a82284-ad9f-48d4-8a2a-238bf0a098fb%2Fdetail>

Email:

registrar@metrosw.org.au