



Nepean Aquatic Centre Swim Club Inc

2019 Short Course Qualifying Meet

SUNDAY 18TH AUGUST – SOPAC

Sydney Olympic Park Aquatic Centre

\$100 Prize Money and Trophy Awarded to Winning Mixed Open 4x50 Relay Team (Event #31)

DOORS OPEN- 7:30am

WARM UP- 8:30am

START- 9:00am

ENTRY LIMIT- 2200

Boys	Girls	Age	Distance	Stroke	Boys	Girls	Age	Distance	Stroke
1	2	Open	400	IM			PROPOSED LUNCH BREAK		
3	4	12 & Under	50	Freestyle	33	34	Open	400	Freestyle
5	6	13 & Over	50	Freestyle	35	36	12 & Under	50	Butterfly
7	8	12 & Under	100	Butterfly	37	38	13 & Over	50	Butterfly
9	10	13 & Over	100	Butterfly	39	40	Open	200	Breaststroke
11	12	Multi Class	100	Butterfly	41	42	12 & Under	100	Freestyle
13	14	Open	100	IM	43	44	13 & Over	100	Freestyle
15	16	12 & Under	50	Breaststroke	45	46	Multi Class	100	Freestyle
17	18	13 & Over	50	Breaststroke	47	48	12 & Under	50	Backstroke
19	20	Open	200	Freestyle	49	50	13 & Over	50	Backstroke
21	22	12 & Under	100	Backstroke	51	52	Open	200	Butterfly
23	24	13 & Over	100	Backstroke	53	54	12 & Under	100	Breaststroke
25	26	Multi Class	100	Backstroke	55	56	13 & Over	100	Breaststroke
27	28	Open	200	IM	57	58	Multi Class	100	Breaststroke
29	30	13 & Under	4 x 50	Free RELAY	59	60	Open	200	Backstroke
31		Mixed Open	4 x 50	Free RELAY					

Terms & Conditions

1) Meet conducted under the rules of SNSW & SAL and is Area approved. 2) All Events are Timed Finals. 3) Individual Entries to be submitted online only via Swim Central. Relays via online or TM file. 4) Entry Fees: \$7.50 per event, \$10.00 per relay event (max of 2 male swimmers in event 31) 5) Entries Close: Friday 9th August 2019 for online entries or when entry limit of 2200 is reached. 6) Age as at: 18th August 2019. 7) Pool Entry & Parking: Adults \$5-00 each, children under 16 free, competitors free. 4 hours free parking – validate ticket at SOPAC front desk. 8) Programmes: Available Online 9) No manual entries will be accepted. 10) No phone or late entries will be accepted. 11) Enquiries to Club Race Secretary - nacsci.racesecretary@gmail.com 12) Medals will be awarded to 1st, 2nd & 3rd place getters for the following age groups : 7 Yrs & Under Boys and Girls, 8 Yrs Boys & Girls, 9 Yrs Boys & Girls, 10 Yrs Boys & Girls, 11 Yrs Boys & Girls, 12 Yrs Boys & Girls, 13 Yrs Boys & Girls, 14 Yrs Boys & Girls, 15 Yrs Boys & Girls, 16 Yrs & Over Boys & Girls, 13) Medals will be awarded to 1st, 2nd & 3rd place getters for the following Multi Class age groups: 12Yrs and under Boys & Girls, 13 Yrs and over Boys & Girls, 14) Medals will be awarded to 1st, 2nd & 3rd place getters for the 13 Yrs & Under Boys & Girls Relays. 15) Medal man available on the day for medal engraving at \$5.00ea medal. 16) Prize Money and Trophy will be awarded for Mixed Open Relay, event #31, for first place only.

EVENT 31 ~ MIXED OPEN 4x50M FREESTYLE RELAY~PROUDLY SPONSORED BY:-

OSKAR QUALITY PAINTING SERVICES

Michael Staniucha, Mobile – 0402 736 462, Email - mstaniucha@hotmail.com

Nepean Aquatic Centre Swim Club Inc
2019 Short Course Qualifying Meet
Qualifying Times

SUNDAY 18TH AUGUST – SOPAC
Sydney Olympic Park Aquatic Centre

Qualifying Times - Boys										
		Open	16yrs & Over	15yrs	13/14yrs	11/12yrs	10	9	8	7/U
Free	50m		34:00	35:00	13/14yrs: 40.00	11/12yrs: 50.00	1:00.00	1:10.00	1:30.00	
	100m		15/16yrs: 1:20.00		13/14yrs: 1:25.00	11/12yrs: 1:30.00	10/9/8yrs: 1:50.00			
	200m	2:40								
	400m	5:40								
Back	50m		47:00	50:00	13/14yrs: 55.00	11/12yrs: 1:00.00	1:10.00	1:20.00	1:30.00	
	100m		1:20.00	1:25.00	13/14yrs: 1:35.00	11/12yrs: 1:45.00	10/9yrs: 1:55.00		2:00.00	
	200m	3:00.00								
Breast	50m		48:00	50:00	13/14yrs: 55.00	11/12yrs: 1:05.00	1:15.00	1:25.00	1:30.00	
	100m		1:40.00	1:45.00	13/14yrs: 1:55.00	11/12yrs: 2:00.00	2:10.00	9/8yrs: 2:20.00		
	200m	3:25.00								
Fly	50m		48:00	50:00	13/14yrs: 55.00	11/12yrs: 1:00.00	10/9yrs: 1:15.00		1:20.00	
	100m		1:25.00	1:30.00	13/14yrs: 1:35.00	11/12yrs: 1:55.00	2:00.00	9/8yrs: 2:10.00		
	200m	3:15.00								
Medley	100m	1:30.00								
	200m	3:30.00								
	400m	5:50.00								
Relay	4x50m Free				13&U					

Qualifying Times – Mixed Relay										
		Open	16yrs & Over	15yrs	13/14yrs	11/12yrs	10	9	8	7/U
Relay	4x50m Free									

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Qualifying Times - Girls										
		Open	16yrs & Over	15yrs	13/14yrs	11/12yrs	10	9	8	7/U
Free	50m		34:00	35:00	13/14yrs: 40.00	11/12yrs: 50.00	1:00.00	1:10.00	1:30.00	
	100m		13/14yrs: 1:20.00		13/14yrs: 1:25.00	11/12yrs: 1:30.00	10/9/8yrs: 1:50.00			
	200m	2:40								
	400m	5:40								
Back	50m		47:00	50:00	13/14yrs: 55.00	11/12yrs: 1:00.00	1:10.00	1:20.00	1:30.00	
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	200m	3:25.00								
Fly	50m		48:00	50:00	13/14yrs: 55.00	11/12yrs: 1:00.00	10/9yrs: 1:15.00		1:20.00	
	100m		1:25.00	1:30.00	13/14yrs: 1:35.00	11/12yrs: 1:55.00	2:00.00	9/8yrs: 2:10.00		
	200m	3:15.00								
Medley	100m	1:30.00								
	200m	3:30.00								
Relay	4x50m Free				13&U					