



2022 NBSC LC QUALIFYING MEET

SUNDAY 30th January 2022

Sydney Olympic Park Aquatic Centre (SOPAC)
Olympic Blvd, Homebush

ENTRIES:

- Individual: **\$9.00** per event
- Enter via [Swim Central](#)
- Meet program will be available for free download from [Swim Central](#)

AGE:

- Age as at **30 January 2022** (min. age 8yrs)

RULES:

- SNSW approved meet under SNSW and SAL rules.
- All events are times finals, seeded and will be run from fastest to slowest.
- 50m competition pool & 25m warm up pool.
- Backstroke ledged may be used in this meet.
- Visiting Clubs will be required to assist with timekeeping duties.
- Swimmers, coaches, technical officials and timekeepers only are permitted on pool deck.
- Results will be available at [Results Central](#)

CLOSING DATE:

- Entries close **WEDNESDAY, 19 JANUARY 2022** at 11.59pm, or earlier if maximum entries reached.
- Late entries not accepted.
- Enter early to avoid disappointment.

MEET DIRECTOR:

- The Meet Director reserves the right to vary the program.

COVID SAFETY:

- Please observe all COVID protocols applicable at the time which will be published prior to the meet.
- Avoid attending the meet if you are feeling unwell or experiencing any symptoms of COVID.

ENQUIRIES:

- Race Secretary – raceseecretary.narrabeensc@gmail.com

SUNDAY, 30 JANUARY 2022				
<i>(warm-up 8.00am) START 9.00am</i>				
Male	Female	Age	Event	QT
1	2	Open	200m Freestyle	2:45.00
3	4	Open	100m Breaststroke	
5	6	Open	200m Butterfly	3:15.00
7	8	Open	50m Backstroke	
9	10	Open	100m Freestyle	
11	12	Open	200m IM	3:15.00
13	14	Open	50m Butterfly	
15	16	Open	400m Freestyle	5:25.00
17	18	Open	100m Backstroke	
19	20	Open	50m Breaststroke	
21	22	Open	100m Butterfly	
23	24	Open	200m Breaststroke	3:30.00
25	26	Open	50m Freestyle	
27	28	Open	200m Backstroke	3:10.00