

NSW Country Regional Meets Orange, Taree & Oak Flats

23-24 January 2021

ELIGIBILITY TO SWIM

Open to all affiliated members of NSW Country Clubs. Any swimmer who has won a medal in any State Championship (Country, State Age or State Open) in either Summer or Winter from the 1st February 2020 may enter but they are **INELIGIBLE TO RECEIVE A MEDAL in that stroke/s in the All Age Events at the Regional Meets.**

Indication by these medallists at the time of entry is requested.

Due to an entry limit of 250 competitors per meet, **Members of NSW Metropolitan Clubs are ineligible** to enter these meets.

| Day One Saturday 23 January, 2021 | | | | |
|-----------------------------------|---|-----------|-------|-------------------|
| Session One - 10:00am | | | | |
| 1 | M | 11yrs & O | 400m | Individual Medley |
| 2 | W | 11yrs & O | 400m | Individual Medley |
| 3 | M | All Age | 200m | Freestyle |
| 4 | W | All Age | 200m | Freestyle |
| 5 | M | All Age | 200m | Breaststroke |
| 6 | W | All Age | 200m | Breaststroke |
| 7 | M | MC | 100m | Freestyle |
| 8 | W | MC | 100m | Freestyle |
| 9 | M | All Age | 100m | Backstroke |
| 10 | W | All Age | 100m | Backstroke |
| 11 | M | All Age | 50m | Butterfly |
| 12 | W | All Age | 50m | Butterfly |
| 13 | M | 12yrs & O | 1500m | Freestyle |
| 14 | W | 12yrs & O | 1500m | Freestyle |
| 15 | M | All Age | 200m | Butterfly |
| 16 | W | All Age | 200m | Butterfly |
| 17 | M | MC | 50m | Butterfly |
| 18 | W | MC | 50m | Butterfly |
| 19 | M | All Age | 100m | Freestyle |
| 20 | W | All Age | 100m | Freestyle |

| Day Two Sunday 24 January, 2021 | | | | |
|---------------------------------|---|-----------|------|-------------------|
| Session Two - 9:00am | | | | |
| 21 | M | 11yrs & O | 800m | Freestyle |
| 22 | W | 11yrs & O | 800m | Freestyle |
| 23 | M | All Age | 50m | Breaststroke |
| 24 | W | All Age | 50m | Breaststroke |
| 25 | M | MC | 50m | Freestyle |
| 26 | W | MC | 50m | Freestyle |
| 27 | M | All Age | 100m | Butterfly |
| 28 | W | All Age | 100m | Butterfly |
| 29 | M | 11yrs & O | 400m | Freestyle |
| 30 | W | 11yrs & O | 400m | Freestyle |
| 31 | M | All Age | 50m | Backstroke |
| 32 | W | All Age | 50m | Backstroke |
| 33 | M | MC | 50m | Backstroke |
| 34 | W | MC | 50m | Backstroke |
| 35 | M | All Age | 100m | Breaststroke |
| 36 | W | All Age | 100m | Breaststroke |
| 37 | M | All Age | 200m | Individual Medley |
| 38 | W | All Age | 200m | Individual Medley |
| 39 | M | All Age | 50m | Freestyle |
| 40 | W | All Age | 50m | Freestyle |
| 41 | M | MC | 50m | Breaststroke |
| 42 | W | MC | 50m | Breaststroke |
| 43 | M | All Age | 200m | Backstroke |
| 44 | W | All Age | 200m | Backstroke |

AGE AS AT 23 JANUARY 2021

**ENTRIES CLOSE 5PM TUESDAY 12 JANUARY 2021 OR WHEN ENTRY LIMIT OF 250 COMPETITORS PER MEET IS MET
ENTRY FEE \$8.00 PER INDIVIDUAL EVENT (GST INCLUSIVE)**

NOTE: All events will be swum as timed finals. The all age events will be swum with all age groups combined with the slowest heat first.

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No entry qualifying times are applicable except for the events listed in the table below.
800m & 1500m Freestyle entry times must be times achieved in a 400m Freestyle Event.

| Qualifying Times | Male | Female |
|--------------------------------|---|---------|
| All Age 200m Freestyle | 2:40.00 | 2:50.00 |
| All Age 400m Freestyle | 5:30.00 | 5:50.00 |
| All Age 800m Freestyle | Use 400m QT for these events | |
| All Age 1500m Freestyle | | |
| All Age 200m Backstroke | 3:00.00 | 3:10.00 |
| All Age 200m Breaststroke | 3:20.00 | 3:35.00 |
| All Age 200m Butterfly | 3:00.00 | 3:10.00 |
| All Age 200m Individual Medley | 3:10.00 | 3:15.00 |
| All Age 400m Individual Medley | 6:30.00 | 6:40.00 |

AGE AS AT 23 JANUARY 2020

**ENTRIES CLOSE 5PM TUESDAY 12 JANUARY 2021 OR
WHEN ENTRY LIMIT OF 250 COMPETITORS PER MEET IS MET**

ENTRY FEE \$8.00 PER INDIVIDUAL EVENT (GST INCLUSIVE)

NOTE:

- Following the completion of each all age event, medals will be awarded to the first 3 place-getters in each of the following age groups:
9 years & under, 10 years, 11 years, 12 years, 13 years, 14 years and 15 years & over
- For events 1 & 2 and 29 & 30, medals will be awarded to the first 3 place-getters in the following age groups:
11 years, 12 years, 13 years, 14 years and 15 years & over
- For events 13 & 14, medals will be awarded to the first 3 place-getters in the following age groups:
12-14 Years & 15 & over
- For events 21 & 22, medals will be awarded to the first 3 place-getters in the following age groups:
11-14 Years & 15 & over
- For the MC events, medals will be awarded to the first 3 place-getters in the following age groups:
12 years & under, 13-14 years and 15 years & over