



NELSON BAY Swimming Club

Qualifying Carnival.

FRI, SAT 11, 12 JANUARY 2019

Tomaree Aquatic Centre, Aquatic Close, Salamander Bay

FRI 11 JANUARY									
WARM UP 3:30PM, START 5:00PM									
M	F	Age	Event		M	F	Age	Event	
1	2	OPEN	1500	Freestyle	7	8	Multi- Age	200	Butterfly
3	4	Multi-Age	200	Breaststroke	9	10	OPEN	800	Freestyle
5	6	Multi- Age	200	Backstroke					
SATURDAY 12 JANUARY									
WARM UP 8:00AM, START 9:00AM									
M	F	Age	Event		M	F	Age	Event	
11	12	12/u	100	Freestyle	33	34	12/u	200	Medley
13	14	13/o	100	Freestyle	35	36	13/o	200	Medley
15	16	12/u	100	Breaststroke	37	38	12/u	100	Butterfly
17	18	13/o	100	Breaststroke	39	40	13/o	100	Butterfly
19	20	12/u	50	Butterfly	41	42	12/u	100	Backstroke
21	22	13/o	50	Butterfly	43	44	13/o	100	Backstroke
23	24	OPEN	400	Medley	45	46	12/u	50	Breaststroke
25	26	12/u	50	Backstroke	47	48	13/o	50	Breaststroke
27	28	13/o	50	Backstroke	49	50	OPEN	400	Freestyle
29	30	12/u	200	Freestyle	51	52	12/u	50	Freestyle
31	32	13/o	200	Freestyle	53	54	13/o	50	Freestyle

Conditions of Entry

1. This is a Coast and Valley Area approved meet. **Electronic timing will be used.**
2. Meet will be conducted under the rules of Swimming N.S.W.
3. **Entries to be submitted on line only.** See [NBSC](#) or [CVSA](#) website.
4. Entries \$6 per event.
5. Pool entry for all swimmers and spectators. Free entry for all coaches.
6. Age as at January 11, 2019. Qualifying times will apply.
7. **Entries close Sunday 6th January, 2019.** Enquiries to Race Secretary, Tom Davis, 0432941086 or nelsonbayswimclub@gmail.com
8. Medals and Prize money will be awarded for first three places as follows:
 - a. 400 metre and above: Prize money each age group (12/u, 13-14, 15/o)
 - b. 100 & 200 metre events: 10&under, 11-12 years – medals;
13-14 years; 15/O: prize money.
 - c. 50 metre events: Prize money for each age group (10/u; 11-12; 13-14; 15/o)
- combined times, (must swim all 4);
Medals for individual events 10/u; 11-12.
9. **LIMITED ENTRIES:** Entries will be limited to allow the carnival to finish at 4pm on Saturday 12th.
10. To swim the 800 metre or 1500 metre swimmers must have swum the 400 metre qualifying time.
11. Visiting clubs will be required to assist with time keeping on the day.
12. **ALL UNCLAIMED MEDALS AND PRIZE MONEY WILL BE FORFEITED IF NOT COLLECTED BY THE END OF THE CARNIVAL.**

QUALIFYING TIMES

Males

		Open	15yrs/O	13-14 yrs	11-12yrs	10yrs/U
Free	50m		36.00	40.00	44.00	49.00
	100m		1:11.50	1:23.50	1:32.00	1:38.00
	200m		2:28.50	2:48.50	12yrs/U 2:56.00	
	400m	5:25.50				
Back	50m		40.00	45.00	51.50	56.00
	100m		1:32.00	1:34.50	1:45.50	1:50.50
	200m		2:50.50	3:06.00	12yrs/U 3:15.50	
Breast	50m		45.50	48.50	55.50	59.00
	100m		1:40.00	1:53.00	2:03.50	2:06.50
	200m		3:13.50	3:27.00	12yrs/U 3:40.00	
Fly	50m		38.50	41.50	46.00	51.00
	100m		1:23.50	1:25.00	1:36.00	1:50.00
	200m		2:45.00	2:57.00	12yrs/U 3:05.00	
Medley	200m		2:50.50	3:07.00	12yrs/U 3:12.50	
	400m	6:05.00				

Females

		Open	15yrs/O	13-14 yrs	11-12 yrs	10yrs/U
Free	50m		40.00	43.00	46.00	52.00
	100m		1:19.00	1:28.00	1:33.50	1:38.00
	200m		2:39.50	2:53.50	12yrs/U 2:58.50	
	400m	5:41.00				
Back	50m		43.00	49.50	55.50	1:02.00
	100m		1:34.50	1:38.00	1:47.00	1:52.50
	200m		3:01.50	3:12.50	12yrs/U 3:20.00	
Breast	50m		49.50	56.00	1:02.00	1:09.00
	100m		1:44.50	1:54.50	2:04.50	2:07.00
	200m		3:23.50	3:35.00	12yrs/U 3:45.00	
Fly	50m		40.50	45.00	51.50	59.00
	100m		1:28.00	1:37.00	1:48.00	2:00.00
	200m		2:52.50	3:12.50	12yrs/U 3:18.00	
Medley	200m		3:01.50	3:17.00	12yrs/U 3:23.50	
	400m	6:20.00				