

Randwick City Swim Club
Long Course Invitational Meet
Des Renford Aquatic Centre
 18th-20th October 2019



Friday Night 18th October (Distance Trials)

Session One

Warm Up: 3.30 pm Start: 4.30 pm

F	M	AGE	Distance	Stroke
1		Open	400	Free
2		Open	800*	Free
3		Open	1500*	Free

- Limited to Club Coach swimmer selection and approval only – entries are to be provided through the race secretary of each club

Saturday 19th October

Session Two

Warm Up: 7.00 am Start: 8.15 am

Session Three

Warm Up: 11.45 am Start: 12.45 pm

F	M	AGE	Distance	Stroke	F	M	AGE	Distance	Stroke
4	5	11/12 yrs	200	Free	24		Open	400*	IM
6	7	10/U	100	Fly	25	26	15/Over	200	Free
8	9	11/12 yrs	100	Fly	27	28	13/14 yrs	100	Fly
10	11	10/U	50	Back	29	30	15/Over	100	Fly
12	13	11/121 yrs	200	Back	31	32	13/14 yrs	200	Back
14	15	10/U	100	Breast	33	34	15/Over	200	Back
16	17	11/12 yrs	100	Breast	35	36	13/14 yrs	100	Breast
18	19	10/U	50	Free	37	38	15/Over	100	Breast
20	21	11/12 yrs	50	Free	39	40	13/14 yrs	50	Free
22	23	10/U	200	IM	41	42	15/Over	50	Free
					43	44	13/14 yrs	200	IM

Sunday 20th October

Session Four

Warm Up: 7.00 am Start: 8.15 am

Session Five

Warm Up: 11.45 am Start: 12.45 pm

F	M	AGE	Distance	Stroke	F	M	AGE	Distance	Stroke
45	46	10/U	200	Free	65		Open	400*	IM
47	48	11/12 yrs	200	Fly	66	67	13/14 yrs	200	Free
49	50	10/U	50	Fly	68	69	15/Over	200	Fly
51	52	11/12 yrs	100	Back	70	71	13/14 yrs	200	Fly
53	54	10/U	100	Back	72	73	15/Over	100	Back
55	56	11/12 yrs	200	Breast	74	75	13/14 yrs	100	Back
57	58	10/U	50	Breast	76	77	15/Over	200	Breast
59	60	11/12 yrs	100	Free	78	79	13/14 yrs	200	Breast
61	62	10/U	100	Free	80	81	15/Over	100	Free
63	64	11/12 yrs	200	IM	82	83	13/14 yrs	100	Free
					84	85	15/Over	200	IM

* Limited to Club Coach swimmer selection and approval only – entries are to be provided through the race secretary of each club

1. Meet is approved by Swimming NSW and METSEA
2. Conducted under the rules of SNSW. One start rule applies. All events are timed finals
3. The Meet Director reserves the right to vary the program
4. Entries are online via AnotherPB <https://www.anotherpb.com> or Swim Central <https://swimcentral.swimming.org.au/>
5. **Entries will OPEN** on Tuesday 10th September
6. **ENTRIES CLOSE** Thursday 10th October or when an entry limit of 2000 is reached
7. Once entries are closed, entry requests made are considered to fill existing heats please email: rcsc@randwick.nsw.gov.au. Any additional entries must have payments finalised via EFT by 4.00 pm Friday 18th October otherwise entries will be withdrawn
8. Entry fees \$7.00. Distance events \$10.00. Late Entries \$10.00
9. Adult Spectator Entry \$3.00, competitors and coaches with a pass FREE
10. RCSC will be applying different marshalling procedures throughout the carnival so please collect an instruction sheet on the day located at Customer Service information booth. Instruction sheets will also be posted on the RCSC website closer to the meet.
11. Heat sheets will be displayed in the warm up pool, spectator stand and in the swimmers' tent
12. Entry list, updates and timeline will be posted on the Randwick City Swim Club website randwickcity.swimming.org.au closer to the date.
13. Age as of 18th October 2019
14. Please check your entries carefully as NO REFUND POLICY APPLIES
15. All results will be forwarded to Swimming NSW and Swimming Metro South East
16. All enquires to Race Secretary - rcsc@randwick.nsw.gov.au
17. Spectator stand available and some space exists to erect outdoor shelters (limited to some grass areas)