



**Summer Long Course Qualifying Meet**  
**Sunday 4<sup>th</sup> December 2022**

**Ripples Leisure Centre, 119 Station St, PENRITH**

**Warm Up 8am**

**Start 9am**

Boys	Girls	QT	Age	Distance	Stroke
1	2	11:35.00	TIME TRIAL - (12Y/OVER)	800m	Freestyle
3	4	1:05.00	8/Under	50m	Freestyle
5	6	1:00.00	9/10 Years	50m	Freestyle
7	8	50.00	11/12 Years	50m	Freestyle
9	10	45.00	13/Over	50m	Freestyle
11	12	3:10.00	OPEN TIME TRIAL	200m	Backstroke
13	14	2:05.00	10/Under	100m	Breaststroke
15	16	1:55.00	11/12 Years	100m	Breaststroke
17	18	1:50.00	13/Over	100m	Breaststroke
19	20	1:10.00	8/Under	50m	Butterfly
21	22	1:05.00	9/10 Years	50m	Butterfly
23	24	55.00	11/12 Years	50m	Butterfly
25	26	50.00	13/Over	50m	Butterfly
27	28	6:15.00	OPEN TIME TRIAL	400m	Individual Medley
29	30	1:55.00	10/Under	100m	Backstroke
31	32	1:50.00	11/12 Years	100m	Backstroke
33	34	1:45.00	13/Over	100m	Backstroke
35	36	3:40.00	10/Under	200m	Individual Medley
37	38	3:30.00	11/12 Years	200m	Individual Medley
39	40	3:15.00	13/Over	200m	Individual Medley
LUNCH BREAK					
41	42	6:00.00	OPEN TIME TRIAL	400m	Freestyle
43	44	1:10.00	8/Under	50m	Breaststroke
45	46	1:05.00	9/10 Years	50m	Breaststroke
47	48	1:00.00	11/12 Years	50m	Breaststroke
49	50	55.00	13/Over	50m	Breaststroke
51	52	2:50.00	OPEN TIME TRIAL	200m	Freestyle
53	54	2:00.00	10/Under	100m	Butterfly
55	56	1:55.00	11/12 Years	100m	Butterfly
57	58	1:50.00	13/Over	100m	Butterfly
59	60	3:30.00	OPEN TIME TRIAL	200m	Breaststroke
61	62	1:10.00	8/Under	50m	Backstroke
63	64	1:05.00	9/10 Years	50m	Backstroke
65	66	1:00.00	11/12 Years	50m	Backstroke
67	68	50.00	13/Over	50m	Backstroke
69	70	3:10.00	OPEN TIME TRIAL	200m	Butterfly
71	72	1:45.00	10/Under	100m	Freestyle
73	74	1:40.00	11/12 Years	100m	Freestyle
75	76	1:35.00	13/Over	100m	Freestyle
77	MIXED	NT	12/Under	4x50m Relay	Freestyle
78	MIXED	NT	13/Over	4x50m Relay	Freestyle

## Conditions of Entry:

1. Meet is conducted under the rules of SNSW Ltd and is an Area approved meet. One Start rule applies.
2. A LUNCH BREAK will be taken after Event 40 at the discretion of the Meet Director. The Meet Director reserves the right to amend program and conditions.
3. **ONLINE entries via SwimCentral close Friday 25/11/22 at 11:59pm or when 5pm Timeline is met**
4. \$5.50 per individual event - Refunds considered in line with Swimming NSW Refund Policy Guidelines
5. Age as at Sunday 4th December 2022
6. **Enquiries: Charmaine Auld Email: Ripples\_RaceSec@outlook.com**
7. **Pool Entry Fees of \$3 for Spectators only to be paid on entry to the pool**  
**- *Ripples Penrith Pool is a CASHLESS Facility so payment by Card only.***
8. Printable Program will be available for Download from Thursday 1st December 2022
9. Results will be submitted to Area and Swimming NSW and published on our website.
10. Mixed Relay Team Combinations: 1 girl/3 boys; OR 2 girls/2 boys; OR 3 girls/1 boy  
\$10 per Relay Team Entry - Race Secretaries can submit Relays via email to Ripples\_Racesec@outlook.com or Relay entries will be accepted on the day prior to the Lunch Break
11. BBQ will be in operation on the day - **No Cash - Payment by Card Only**
12. Plenty of room for your Portable Shade Shelters and Chairs.
13. Assisted Self Marshalling with fastest heat swimming first.
14. **Awards:**
  - 50m Events - Medals awarded in the following Age Groups: 8/U,9,10,11,12,13 & 14
  - 100m Events - Medals awarded in the following Age Groups: 10/U, 11, 12, 13 & 14
  - 200m Individual Medley - Medals awarded in the following Age Groups: 10/U, 11, 12, 13 & 14
  - Cash Prizes to be awarded for 15/Over in the 50m & 100m Events and the 200I.M
  - Medals awarded to 1st, 2nd and 3rd Place in Each Relay Event
15. **TIME TRIAL EVENTS – NO MEDALS AWARDED (T/T Events 1,2,11,12,27,28,41,41,51,52,59,60,69,70)**