

Warm Up: 7.30am

****ENTRIES LIMITED TO 2000****

Start 8.30am

M F M F

1	2	2.40.00	OPEN	200m	Freestyle	46	10.15.00	OPEN	800m	Freestyle	
3	4	1.00.00	10yrs/U	50m	Freestyle	47	48	1.05.00	10yrs/U	50m	Backstroke
5	6	50	11/12yrs	50m	Freestyle	49	50	55	11/12yrs	50m	Backstroke
7	8	40	13/14yrs	50m	Freestyle	51	52	50	13/14yrs	50m	Backstroke
9	10	35	15yrs/O	50m	Freestyle	53	54	45	15yrs/O	50m	Backstroke
11	12	N.T	MC	50m	Freestyle	55	56	3.10.00	OPEN	200m	Butterfly
13	14	3.30.00	OPEN	200m	Breaststroke	57	58	1.40.00	12yrs/U	100m	Freestyle
15	16	1.45.00	12yrs/U	100m	Backstroke	59	60	1.25.00	13/14yrs	100m	Freestyle
17	18	1.40.00	13/14yrs	100m	Backstroke	61	62	1.20.00	15yrs/O	100m	Freestyle
19	20	1.35.00	15yrs/O	100m	Backstroke	63	64	1.10.00	10yrs/U	50m	Butterfly
21	22	N.T	MC	50m	Backstroke	65	66	55	11/12yrs	50m	Butterfly
23	24	5.10.00	OPEN	400m	Freestyle	67	68	50	13/14yrs	50m	Butterfly
25	26	1.10.00	10yrs/U	50m	Breaststroke	69	70	45	15yrs/O	50m	Butterfly
27	28	55	11/12yrs	50m	Breaststroke	71	72	3.10.00	OPEN	200m	Backstroke
29	30	50	13/14yrs	50m	Breaststroke	73	74	2.00.00	12yrs/U	100m	Breaststroke
31	32	45	15yrs/O	50m	Breaststroke	75	76	1.50.00	13/14yrs	100m	Breaststroke
33	34	N.T	MC	50m	Breaststroke	77	78	1.40.00	15yrs/O	100m	Breaststroke
35	36	3.00.00	OPEN	200m	Individual medley	79	80	6.00.00	OPEN	400	Individual Medley
37	38	1.50.00	12yrs/U	100m	Butterfly	*All MC Events will be swum in the morning session					
39	40	1.40.00	13/14yrs	100m	Butterfly						
41	42	1.30.00	15yrs/O	100m	Butterfly						
43	44	N.T	MC	50m	Butterfly						
45		18.10.00	OPEN	1500m	Freestyle						

- Meet is approved by Swimming NSW and Swimming Metro North West
- Conducted under the rules of SNSW. One start rule applies. All events are timed finals.
- The Meet Director reserves the right to vary the program
- Entries are online via the SOPAC Swim Team website: www.sopac.swimming.org.au
- ENTRIES CLOSE Saturday 16th March 2019 8.00PM or when an entry limit of 2000 is reached.
- Once entries are closed, entry requests made be considered to fill existing heats only, please email: raceseecretarysopacswimclub@gmail.com c/- Rachel Tauroa. Any additional entries must have payments finalised via EFT by 5pm Wednesday 20th March 2019 otherwise entries will be withdrawn.
- Entry fees \$8.00 per individual event. Late entries \$10 per event
- Adult Spectator Entry \$5.00, competitors and coaches with a pass FREE
- Medals will be presented to 1st, 2nd and 3rd place (excluding the Open and Multi Class events), in the following age groups: 8/Under, 9, 10, 11, 12 years, combined 13/14 years
- Cash prizes for 1st, 2nd and 3rd place in all 15 years/Over, Open and Multi Class events
- All results will be forwarded to Swimming NSW and Swimming Metro North West
- Age as of 23 March 2019
- Visiting clubs may be asked to assist in timekeeping
- Please check your entries carefully as NO REFUND POLICY APPLIES
- NOTE: Events 45 & 46 will each consist of 1 heat only, based on fastest qualifying times. When those events close, we will announce it on our website www.sopac.swimming.org.au**
- All enquiries to Race Secretary Rachel Tauroa: raceseecretarysopacswimclub@gmail.com
- Entry list, updates, timeline and full program will be posted on the SOPAC website: www.sopac.swimming.org.au. Full program will be sold on the day