

SOPAC Swim Team
In conjunction with the
Sydney Olympic Park Aquatic Centre
SOPAC Swim Team Long Course Qualifying Meet
ALL MULTI CLASS SWIMMERS WELCOME
Saturday 21st March 2020

Warm Up: 7.30am

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

Start 8.30am

M	F	Q.T	Age	DIST	STROKE	M	F	Q.T	Age	DIST	STROKE
1	2	6.00.00	OPEN	400	Individual Medley		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	2.40.00	OPEN	200m	Freestyle
37	38	1.50.00	12yrs/U	100m	Butterfly	81		10.15.00	OPEN	800m	Freestyle
39	40	1.40.00	13/14yrs	100m	Butterfly		82	20.00.00	OPEN	1500m	Freestyle
41	42	1.30.00	15yrs/O	100m	Butterfly						
43	44	N.T	MC	50m	Butterfly						
45		18.10.00	OPEN	1500m	Freestyle						

*All MC Events will be swum in the morning session

1. Meet is approved by Swimming NSW and Swimming Metro North West
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 the SOPAC Swim Team website: www.sopac.swimming.org.au
5. ENTRIES CLOSE Saturday 29th February 2020 or when an entry limit of 2000 is reached.
6. Once entries are closed, entry requests made be considered to fill existing heats only, please email: racesecretarysopacswimclub@gmail.com c/- Rachel Tauroa. Any additional entries must have payments finalised via EFT by 5pm Wednesday 4th March 2020 otherwise entries will be withdrawn.
7. Entry fees \$8.00 per individual event. Late entries \$10 per event
8. Adult Spectator Entry \$5.00, competitors and coaches with a pass FREE
9. 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
10. Cash prizes for 1st, 2nd and 3rd place in all 15 years/Over, Open and Multi Class events
11. All results will be forwarded to Swimming NSW and Swimming Metro North West
12. Age as of 21 March 2020
13. Visiting clubs may be asked to assist in timekeeping
14. Please check your entries carefully as NO REFUND POLICY APPLIES
15. NOTE: Events 45,46, 81 & 82 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
16. All enquiries to Race Secretary Rachel Tauroa: racesecretarysopacswimclub@gmail.com
17. 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