

M	F	QT	Age	Dist	Stroke
1	2	6.00	Open	400m	Individual Medley
3	4	1.00.00	10yr/U	50m	Freestyle
5	6	50.00	11/12yrs	50m	Freestyle
7	8	40.00	13/14yrs	50m	Freestyle
9	10	35.00	15yrs/O	50m	Freestyle
11	12	NT	MC	50m	Freestyle
13	14	3.30.00	Open	200m	Breaststroke
15	16	1.45.00	12yrs/U	100m	Backstroke
17	18	1.40.00	13/14yrs	100m	Backstroke
19	20	1.35.00	15yrs/O	100m	Backstroke
21	22	NT	MC	50m	Backstroke
23	24	5.10.00	Open	400m	Freestyle
25	26	1.10.00	10yrs/U	50m	Breaststroke
27	28	55.00	11/12yrs	50m	Breaststroke
29	30	50.00	13/14yrs	50m	Breaststroke
31	32	45.00	15yrs/O	50m	Breaststroke
33	34	NT	MC	50m	Breaststroke
35	36	3.00.00	Open	200m	Individual Medley
37	38	1.50.00	12yrs/U	100m	Butterfly
39	40	1.40.00	13/14yrs	100m	Butterfly
41	42	1.30.00	15yrs/O	100m	Butterfly
43	44	NT	MC	50m	Butterfly
45		18.10.00	Open	1500	Freestyle

M	F	QT	Age	Dist	Stroke
	46	10.15.00	Open	800m	Freestyle
47	48	1.05.00	10yrs/U	50m	Backstroke
49	50	55.00	11/12yrs	50m	Backstroke
51	52	50.00	13/14yrs	50m	Backstroke
53	54	45.00	15yrs/O	50m	Backstroke
55	56	3.10.00	Open	200m	Butterfly
57	58	1.40.00	12yrs/U	100m	Freestyle
59	60	1.25.00	13/14yrs	100m	Freestyle
61	62	1.20.00	15yrs/O	100m	Freestyle
63	64	1.10.00	10yrs/U	50m	Butterfly
65	66	55.00	11/12yrs	50m	Butterfly
67	68	50.00	13/15yrs	50m	Butterfly
69	70	45.00	15yrs/O	50m	Butterfly
71	72	2.40.00	Open	200m	Freestyle
73	74	2.00.00	12yrs/U	100m	Breaststroke
75	76	1.50.00	13/14yrs	100m	Breaststroke
77	78	1.40.00	15yrs/O	100m	Breaststroke
79	80	3.10.00	Open	200m	Backstroke
81		10.15.00	Open	800m	Freestyle
	82	20.00.00	Open	1500	Freestyle

Warm Up: 7.30am | Start 8.30am

Self marshalling rules apply

All enquires to

[race.secretary@sopacsc.com.au](mailto:race.secretary@sopacsc.com.au)

#### Meet Conditions

1. Meet is approved by Swimming NSW & 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 Swim Central**
5. Entries close Saturday 23 July 2022 OR when the limit of swimmers is reached.
6. Entry fees \$10.00 per individual event. Spectators will need to purchase a ticket via Trybooking; <https://www.trybooking.com/CAKSE>
7. Adult spectator entry \$8.00. Competitors and coaches free
8. Please check your entries NO REFUND POLICY APPLIES
9. Age at 30 July 2022.
10. Visiting clubs may be asked to time keep.

11. Once entries are closed; entry requests may be considered to fill existing heats only; please email [race.secretary@sopacsc.com.au](mailto:race.secretary@sopacsc.com.au) Any additional entries must have payments finalised via EFT by 5pm **Wednesday 27 July 2022** otherwise entries will be withdrawn.
12. Medals will be presented to 1, 2, 3 place (excluding open and multiclass events), in 8/U, 9, 10, 11, 12, combined 13/14yrs
13. Cash prizes will be presented for 1, 2, 3 place in all 15yrs/O, Open and Multiclass events
14. All results will be forwarded to Swimming NSW and Swimming Metro North West
15. NOTE events 45, 46, 81 & 82 will each consist of one heat only based on fastest qualifying times. When those events close, we will announce it on our website
16. Entry list, updates, timeline and program will be posted on the SOPAC Website.
17. Swimming heats fastest to slowest

