



The Hills 2023 LC Qualifying Meet

Sunday 5th March 2023

Waves Aquatic Centre, Baulkam Hills



WARM UP 8:30am

Entries Limited 1800 entries

START TIME 9AM

M	F	AGE	DISTANCE	STROKE	QT
1	2	OPEN	400M	IM	6:00
3	4	10 & U	50M	FLY	1:10
5	6	11/12 Yrs	50M	FLY	0:55
7	8	13 & O	50M	FLY	0:45
9	10	OPEN	200M	BREAST	3:30
11	12	12 & U	100M	FREE	1:40
13	14	13 & O	100M	FREE	1:20
15	16	10 & U	50M	BACK	1:05
17	18	11/12 Yrs	50M	BACK	0:50
19	20	13 & O	50M	BACK	0:45
21	22	OPEN	200M	FLY	3:00
23	24	12 & U	100M	BREAST	2:00
25	26	13 & O	100M	BREAST	1:40
27	28	OPEN	400M	FREE	5:20

M	F	AGE	DISTANCE	STROKE	QT
29	30	12 & U	200M	IM	3:30
31	32	13 & O	200M	IM	2:55
33	34	12 & U	100M	BACK	1:55
35	36	13 & O	100M	BACK	1:40
37	38	10 & U	50M	BREAST	1:10
39	40	11/12 Yrs	50M	BREAST	1:00
41	42	13 & O	50M	BREAST	0:50
43	44	OPEN	200M	FREE	2:50
45	46	12 & U	100M	FLY	1:50
47	48	13 & O	100M	FLY	1:40
49	50	10 & U	50M	FREE	1:00
51	52	11/12 Yrs	50M	FREE	0:50
53	54	13 & O	50M	FREE	0:40
55	56	OPEN	200	BACK	3:05
57	Mixed OPEN	800	TT	FREE	10:50
58	Mixed OPEN	1500	TT	FREE	20:00

Enquires: thehillsfnc@gmail.com

Jackie Hogan

CONDITIONS OF ENTRY:

*This Meet is conducted under the rules of SNSW and is Area Approved.

*The meet director reserves the rights to amend the program and conditions of entry

***Entries Open: TBC**

***Entries Close: Wed 22nd Feb or until timeline reached for 4pm finish, and 5pm for 800m and 1500m Freestyle**

***Cost:** \$9 per event. Entry to venue payable at the gate. Refunds will not be given unless in accordance with the the SNSW refund policy.

https://nsw.swimming.org.au/sites/default/files/assets/documents/SNSW%20Refund%20Policy%20-%20December%202018_2.pdf

***Age:** As at 5th March 2023

Entries: <https://swimcentral.swimming.org.au/>

*All events are timed finals, and a one start rule applies. Automatic timing w/touch pads will be used.

*Final results will be uploaded to swim central. Preliminary results will appear on meet mobile.

***Awards:** Will be presented to 1st, 2nd & 3rd places in the following age groups to 10/U, 11, 12, 13, 14, 15 & over

*OPEN Events will be awards will be presented to the first 3 place getters over all.

* NO Awards for T/T (Time Trial) Events

*Lunch break to be taken at the discretion of the meet director and the director reserves the right to amend program and conditions.

*Visiting Clubs may be requested to assist with Time Keeping.

* Program will be available online on Friday prior to the event.

*****PLEASE NOTE: The following events will require a separate entry on swim central only 1 event**

may be entered. These are time trial events, and no awards will be given

Event 57 - Mixed Open 800m Freestyle is Limited 2 Heats only

Event 58 - Mixed 1500 Freestyle is Limited 1 Heat only

Competitors in these distance events must provide their own lap counter.

By entering competitors or their guardians are declaring the entrant is fit to compete, in the event of a medical incident a medical clearance will need to be provided and the meet director has sole authority to adjudicate