



# The Hills Swimming & Life Saving Club

## Short Course Qualifying Meet

**Saturday 17<sup>th</sup> August 2019**

Sydney Olympic Park Aquatic Centre

Warm up 8:00am Start 9:00am

M	F	AGE	STROKE	DIST	QT	M	F	AGE	STROKE	DIST	QT
1	2	OPEN	Free	400	5:35.00	41	42	12/U	IM	100	2:00.00
3	4	10/u	Breast	100	2:00.00	43	44	13/O	IM	100	1:45.00
5	6	11/12	Breast	100	1:55.00	45	46	OPEN	Fly	200	3:00.00
7	8	13/14	Breast	100	1:45.00	47	48	10/u	Back	100	1:45.00
9	10	15/O	Breast	100	1:40.00	49	50	11/12	Back	100	1:40.00
11	12	10/u	Fly	50	1:00.00	51	52	13/14	Back	100	1:30.00
13	14	11/12	Fly	50	55.00	53	54	15/O	Back	100	1:25.00
15	16	13/14	Fly	50	50.00	55	56	10/u	Free	50	55.00
17	18	15/O	Fly	50	45.00	57	58	11/12	Free	50	45.00
19	20	12/U	IM	200	3:25.00	59	60	13/14	Free	50	40.00
21	22	13/O	IM	200	3:15.00	61	62	15/O	Free	50	35.00
23	24	10/u	Free	100	1:40.00	63	64	OPEN	Breast	200	3:20.00
25	26	11/12	Free	100	1:30.00	65	66	10/u	Fly	100	1:55.00
27	28	13/14	Free	100	1:20.00	67	68	11/12	Fly	100	1:50.00
29	30	15/O	Free	100	1:15.00	69	70	13/14	Fly	100	1:35.00
31	32	10/u	Breast	50	1:05.00	71	72	15/O	Fly	100	1:30.00
33	34	11/12	Breast	50	55.00	73	74	10/u	Back	50	1:00.00
35	36	13/14	Breast	50	50.00	75	76	11/12	Back	50	55.00
37	38	15/O	Breast	50	45.00	77	78	13/14	Back	50	50.00
39	40	OPEN	Back	200	3:00.00	79	80	15/O	Back	50	45.00
						81	82	OPEN	Free	200	2:35.00

### Conditions of Entry:

- ❖ Meet approved by SNSW and will be conducted under SNSW rules.
- ❖ Age as at 17th August 2019
- ❖ All events are timed finals and a one start rule applies.
- ❖ Adult spectators \$5.00. Children/Competitors/Coaches free
- ❖ Entries \$8.50 per event via <https://thehills.swimming.org.au>
- ❖ Entries close 31<sup>st</sup> July or when 2000 limit reached
- ❖ Medals will be awarded: 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> for Open events, Age/u and Age/O. Medals will be given to 11yr, 12yr, 13yr & 14yr.
- ❖ All results will be forwarded to SMNW and SNSW
- ❖ Please check your entries as a NO REFUND POLICY APPLIES
- ❖ Visiting clubs may be asked to assist in timekeeping
- ❖ Program will be available to download for free from [www.thehills.swimming.org.au](http://www.thehills.swimming.org.au) before the carnival. No programs for sale on the day.
- ❖ All enquiries to The Hills Swimming & Life Saving Club Race Convenor, Danyal Bloomfield at [racesecretary@thehills.org.au](mailto:racesecretary@thehills.org.au)
- ❖ By entering, entrant's parent or guardian is declaring the entrant fit to compete. In the event that an entrant experiences a medical issue whilst competing at, or during the meet, the entrant will be required to provide a medical clearance from a healthcare professional before being allowed to resume competition at the meet. The Meet Director will have sole authority to adjudicate on this