# WIAQ Summer Long Course Meet Saturday 2<sup>nd</sup> February 2019

University Recreation and Aquatic Centre Northfields Avenue, Wollongong NSW 2500



### Saturday 2<sup>nd</sup> February 2019

#### Warm up: 12.00pm Start 1.00pm

| Boys | Girls | Age         | Distance | Stroke       | Boys | Girls | Age         | Distance | Stroke       |
|------|-------|-------------|----------|--------------|------|-------|-------------|----------|--------------|
| 1    | 2     | 13/Under    | 400      | Freestyle    | 61   | 62    | 10/Under    | 100      | Freestyle    |
| 3    | 4     | 14/Over     | 400      | Freestyle    | 63   | 64    | 11/12 years | 100      | Freestyle    |
| 5    | 6     | 9/Under     | 50       | Butterfly    | 65   | 66    | 13/14 years | 100      | Freestyle    |
| 7    | 8     | 10/11 years | 50       | Butterfly    | 67   | 68    | 15/Over     | 100      | Freestyle    |
| 9    | 10    | 12/13 years | 50       | Butterfly    | 69   | 70    | 9/Under     | 50       | Breaststroke |
| 11   | 12    | 14/15 years | 50       | Butterfly    | 71   | 72    | 10/11 years | 50       | Breaststroke |
| 13   | 14    | 16/Over     | 50       | Butterfly    | 73   | 74    | 12/13 years | 50       | Breaststroke |
| 15   | 16    | 12/Under    | 200      | Backstroke   | 75   | 76    | 14/15 years | 50       | Breaststroke |
| 17   | 18    | 13/14 years | 200      | Backstroke   | 77   | 78    | 16/Over     | 50       | Breaststroke |
| 19   | 20    | 15/Over     | 200      | Backstroke   | 79   | 80    | 10/Under    | 100      | Butterfly    |
| 21   | 22    | 10/Under    | 100      | Breaststroke | 81   | 82    | 11/12 years | 100      | Butterfly    |
| 23   | 24    | 11/12 years | 100      | Breaststroke | 83   | 84    | 13/14 years | 100      | Butterfly    |
| 25   | 26    | 13/14 years | 100      | Breaststroke | 85   | 86    | 15/Over     | 100      | Butterfly    |
| 27   | 28    | 15/Over     | 100      | Breaststroke | 87   | 88    | 12/Under    | 200      | Freestyle    |
| 29   | 30    | 9/Under     | 50       | Freestyle    | 89   | 90    | 13/14 years | 200      | Freestyle    |
| 31   | 32    | 10/11 years | 50       | Freestyle    | 91   | 92    | 15/Over     | 200      | Freestyle    |
| 33   | 34    | 12/13 years | 50       | Freestyle    | 93   | 94    | 9/Under     | 50       | Backstroke   |
| 35   | 36    | 14/15 years | 50       | Freestyle    | 95   | 96    | 10/11 years | 50       | Backstroke   |
| 37   | 38    | 16/Over     | 50       | Freestyle    | 97   | 98    | 12/13 years | 50       | Backstroke   |
| 39   | 40    | 12/Under    | 200      | Butterfly    | 99   | 100   | 14/15 years | 50       | Backstroke   |
| 41   | 42    | 13/14 years | 200      | Butterfly    | 101  | 102   | 16/Over     | 50       | Backstroke   |
| 43   | 44    | 15/Over     | 200      | Butterfly    | 103  | 104   | 13/Under    | 400      | IM           |
| 45   | 46    | 10/Under    | 100      | Backstroke   | 105  | 106   | 14/Over     | 400      | IM           |
| 47   | 48    | 11/12 years | 100      | Backstroke   | 107  | 108   | 12/Under    | 200      | Breaststroke |
| 49   | 50    | 13/14 years | 100      | Backstroke   | 109  | 110   | 13/14 years | 200      | Breaststroke |
| 51   | 52    | 15/Over     | 100      | Backstroke   | 111  | 112   | 15/Over     | 200      | Breaststroke |
| 53   | 54    | 12/Under    | 200      | IM           |      |       |             |          |              |
| 55   | 56    | 13/14 years | 200      | IM           |      |       |             |          |              |
| 57   | 58    | 15/Over     | 200      | IM           |      |       |             |          |              |
| 59   | 60    | Open        | 800      | Freestyle    |      |       |             |          |              |

## **WIAQ Summer Long Course Meet**

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### **Qualifying Times**

|                   | 12/Under | 13/14 years | 15 & Over |  |
|-------------------|----------|-------------|-----------|--|
| 200m Freestyle    | 2.58:50  | 2.56:00     | 2.53:50   |  |
| 200m Backstroke   | 3.15:50  | 3.12:50     | 3.06:00   |  |
| 200m Butterfly    | 3.18:00  | 3.12:50     | 3.05:00   |  |
| 200m Breaststroke | 3.45:00  | 3.40:00     | 3.34:00   |  |
| 200m IM           | 3.17:00  | 3.12:50     | 3.07:00   |  |
|                   |          | 13 / Under  | 14 / Over |  |
| 400m Freestyle    |          | 5.41:00     | 5.25:00   |  |
| 400m IM           |          | 6.20:00     | 6.05:00   |  |
|                   |          |             | Open      |  |
| 800m Freestyle    |          |             | 15.00:00  |  |

#### **Conditions of Entry**

- 1. Meet approved by SESA and SNSW. Conducted under the rules of Swimming Australia and SNSW. Results will be submitted to SESA and SNSW and uploaded to the National Results Database.
- 2. Age as at 2<sup>nd</sup> February 2019.
- 3. Short course and long course times accepted.
- 4. Entry fee \$6.00 per individual event. Entry fee refunds will be subject to the Swimming NSW Refund Policy.
- 5. URAC Pool entry: Swimmers \$5.00 / Spectators \$2.00 / Program \$6 / Parking Free.
- 6. Medals awarded per each event with additional medals as follows only:
  - In 10 & under events to 1st, 2nd & 3rd place getters in 8 & under, 9/10 years
  - In 12 & under events to 1st, 2nd & 3rd place getters in 10 & under, 11/12 years
  - Participation ribbons will be awarded to all 8 & under swimmers who do not medal
- 7. The meet director reserves the right to amend program and conditions of entry.
- 8. Events will be conducted as timed finals and may run as mixed gender races.
- 9. Lunch break of 30 minutes will be taken during the day (to be set by the meet director)
- 10. Online entries via the SESA website, <u>www.southeasternnsw.swimming.org.au</u> and Wests Illawarra Aquatic website, <u>www.wiaq.swimming.org.au</u> Competitors will require their Swimming NSW username/password and a credit card.
- All events open to *Multi Class* swimmers. Multi Classification events may be submitted using either the Online Entries or the E Entries System. All Multi-classification entries must be accompanied by an email to <u>wiaqmeetdirector@gmail.com</u> with notification of the athlete's current classification information to claim exceptions. Athletes are required to show their current Swimming Australia classification card to the Referee prior to competing.
- 12. Entries Open 15th October 2018 and will close once the entry limit is reached or the closing date 5:00pm 18<sup>th</sup> January 2019, whichever occurs first. No further entries will be taken once the entry limit is reached. **No late entries accepted**.
- 13. Enquiries: wiaqmeetdirector@gmail.com
- 14. Check <u>http://www.wiaq.swimming.org.au/</u> for more details.

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- 15. All clubs will be asked to supply timekeepers.
- 16. All 800m Swimmers will be required to supply an adult for lap counting.
- 17. BBQ and Café available.