



## Winter Short Course Development Meet

**Sunday 20<sup>th</sup> August 2023**

Cranbrook School - Murray Rose Aquatic and Fitness Centre

Corner of Rose Bay Ave & New South Head Rd

- Electronic timing and touch pads

- Warm up and swim down facilities

- Volunteers from each club must help out with marshalling and timekeeper duties.

Warm up: 8:00am			Start Time: 9:00am
Boys	Girls	Distance	Stroke
1	2	200 m	Freestyle
3	4	200 m	Breaststroke
5	6	100 m	Butterfly
7	8	100 m	Backstroke
9	10	50 m	Freestyle
11	12	200 m	Individual Medley
13	14	50 m	Butterfly
15	16	400 m (QT 5:30)	Freestyle
17	18	100 m	Breaststroke
19	20	50 m	Backstroke
21	22	100 m	Freestyle
23	24	50 m	Breaststroke
25	26	200 m	Backstroke
27	28	200 m	Butterfly

Entry Fee \$9.50 per event

Entries close 11:00 pm Thursday 10<sup>th</sup> August 2023

Enquiries: [CASC@cranbrook.nsw.edu.au](mailto:CASC@cranbrook.nsw.edu.au)

Entries open: 19<sup>th</sup> June 2023 Via Swim Central only

### Conditions of Entry

1. Meet approved by Metro Southeast (METSEA) and Swimming NSW (SNSW). Meet will be conducted under the rules of Swimming Australia and SNSW. Results will be submitted to METSEA and SNSW and uploaded to the National Results Database.
2. Age as of 20<sup>th</sup> August 2023.
3. Events will be conducted as timed finals.
4. The meet director reserves the right to amend program and conditions of entry.
5. Entries close once the entry limit of 350 is reached or the closing date 11:55pm 31<sup>st</sup> July, whichever occurs first. No further entries will be taken once the entry limit is reached. No late entries accepted.