



Nepean Aquatic Centre Swim Club Inc

2018 Short Course Qualifying Meet

SUNDAY 19TH AUGUST – SOPAC
Olympic Boulevard, Sydney Olympic Park
NSW 2127

Qualifying times for 13 & Over State Short Course Championships achieved at this meet will be accepted by Swimming NSW (see T's&C's for process)

\$100 Prize Money and Trophy Awarded to Winning Mixed Open 4x50 Relay Team (Event #31)

DOORS OPEN- 7:30am

WARM UP- 8:30am

START- 9:00am

ENTRY LIMIT- 2200

Boys	Girls	Age	Distance	Stroke	Boys	Girls	Age	Distance	Stroke
1	2	Open	400	IM			PROPOSED LUNCH BREAK		
3	4	12 & Under	50	Freestyle	33	34	Open	400	Freestyle
5	6	13 & Over	50	Freestyle	35	36	12 & Under	50	Butterfly
7	8	12 & Under	100	Butterfly	37	38	13 & Over	50	Butterfly
9	10	13 & Over	100	Butterfly	39	40	Open	200	Breaststroke
11	12	Multi Class	100	Butterfly	41	42	12 & Under	100	Freestyle
13	14	Open	100	IM	43	44	13 & Over	100	Freestyle
15	16	12 & Under	50	Breaststroke	45	46	Multi Class	100	Freestyle
17	18	13 & Over	50	Breaststroke	47	48	12 & Under	50	Backstroke
19	20	Open	200	Freestyle	49	50	13 & Over	50	Backstroke
21	22	12 & Under	100	Backstroke	51	52	Open	200	Butterfly
23	24	13 & Over	100	Backstroke	53	54	12 & Under	100	Breaststroke
25	26	Multi Class	100	Backstroke	55	56	13 & Over	100	Breaststroke
27	28	Open	200	IM	57	58	Multi Class	100	Breaststroke
29	30	13 & Under	4 x 50	Free RELAY	59	60	Open	200	Backstroke
31		Mixed Open	4 x 50	Free RELAY					

Terms & Conditions on next page

Qualifying times for 13 & Over State Short Course Championships achieved at this meet will be accepted by Swimming NSW provided they are approved and submitted prior to the last event on Sunday 19th August 2018. Please attend records room to submit and pay for entries.

1. Meet conducted under the rules of SNSW & SAL and is Area approved.
2. All Events are Timed Finals.
3. Entries to be submitted online only. Relays via online or TM file.
4. Entry Fees: \$7.00 per event, \$10.00 per relay event (max of 2 male swimmers in event 31)
5. Entries Close: Friday 10th August 2018 for both electronic (TM) and online entries or when entry limit of 2200 is reached.
6. Age as at: 19th August 2018.
7. Pool Entry: Adults \$5-00 each.
8. Programmes: \$5-00 each.
9. Link to online entry is located on the NACSCI and Metro Southwest Swimming websites & NSW Swimming website calendar, and see below:-
<https://connect.swimming.org.au/sal-wrap-public/workflows/MEMBER.EVENT.DETAIL&dbWorkflowKey=017299>
10. No manual entries will be accepted.
11. No phone or late entries will be accepted.
12. Enquiries to Club Race Secretary - nacsci.racesecretary@gmail.com
13. Medals will be awarded to 1st, 2nd & 3rd place getters for the following age/relay groups
 - 7 Years and Under Boys and Girls
 - 8 Years Boys and Girls
 - 9 Years Boys and Girls
 - 10 Years Boys and Girls
 - 11 Years Boys and Girls
 - 12 Years Boys and Girls
 - 13 Years Boys and Girls
 - 14 Years Boys and Girls
 - 15 Years Boys and Girls
 - 16 Years and Over Boys and Girls
 - 13 Years & Under Boys & Girls Relays

Prize Money and Trophy will be awarded for Mixed Open Relay, event #31, for first place only.
EVENT 31~MIXED OPEN 4x50M FREESTYLE RELAY~PROUDLY SPONSORED BY THE FOLLOWING BUSINESS :-



Mobile Massage Therapy : Penrith/Lower Blue Mountains
[Website-www.innervatemasagetherapy.com](http://www.innervatemasagetherapy.com)
Contact- melanie@innervatemasagetherapy.com Phone- 0425249529