



# ACT SHORT COURSE CHAMPIONSHIPS

10-11 August 2024

Australian Institute of Sport, Bruce, ACT

Fully automatic timing

## ENTRY AND MEET RULES

Entries: \$10.00 per event

Age as at 10 August 2024

Entries via Swim Central. Entries close 8:00pm on Monday 5 August 2024. Entries will close earlier if the maximum timeline has been reached.

The meet is open to all registered swimmers.

**Note:** Swimmers enter using their best official short or long course (unconverted) time since 1 April 2022.

Refer to the 2024 ACT Championships Qualifying Times Table for relevant qualifying times.

Multi-Class (MC) events are open to swimmers who hold a current MC classification for the given stroke and have an official short or long course time for that event achieved since 1 April 2022.

**No Late Entries and No Time Trials.**

**Refunds** will only be given if withdrawn through Swim Central prior to the advertised closing date for entries, i.e. 8:00pm Monday 5 August 2024.

Swimming NSW Rules apply.

Normal pool entry fees apply.

**Medals** will be presented to the 1st, 2nd, 3rd placegetters:

- For 12 & under championships events: 10 & under, 11, 12
- For 11 & under championship events: 10 & under, 11
- For all other events only one set of medals

**A CHAMPIONSHIP TROPHY WILL BE AWARDED TO THE FIRST PLACED SACT CLUB**

**THE MEET DIRECTOR RESERVES THE RIGHT TO AMEND PROGRAM IF NECESSARY.**

Enquiries to [meets@swimmingact.com.au](mailto:meets@swimmingact.com.au)

Saturday Warm up 8:30am Start 10:00am		
M	W	Event
1	2	14 & Under 400m Freestyle
3	4	15 & Over 400m Freestyle
5	6	12 & under 100m Breaststroke
7	8	Open MC 100m Freestyle
9	10	13 years 100m Freestyle
11	12	14 years 100m Freestyle
13	14	15 & Over 100m Freestyle
15	16	11 & Under 50m Backstroke
17	18	Open 50m Butterfly
19	20	9-12 200m Butterfly
21	22	13-14 200m Backstroke
23	24	15 & Over 200m Backstroke
25	26	12 & under 100m Freestyle
27	28	Open MC 100m Breaststroke
29	30	13 years 100m Breaststroke
31	32	14 years 100m Breaststroke
33	34	15 & Over 100m Breaststroke
35	36	11 & Under 50m Butterfly
37	38	Open 50m Backstroke
39	40	9-12 200m Backstroke
41	42	13-14 200m Butterfly
43	44	15 & Over 200m Butterfly
45	46	Open 100m IM
Sunday Warm up 8:00am Start 9:30am		
M	W	Event
47	48	11-14 400m IM
49	50	15 & Over 400m IM
51	52	12 & Under 200m Freestyle
53	54	13-14 years 200m Freestyle
55	56	15 & Over 200m Freestyle
57	58	12 & under 100m Butterfly
59	60	Open MC 100m Backstroke
61	62	13 years 100m Backstroke
63	64	14 years 100m Backstroke
65	66	15 & Over 100m Backstroke
67	68	11 & Under 50m Breaststroke
69	70	Open 50m Breaststroke
71	72	12 & under 200m IM
73	74	13-14 years 200m IM
75	76	15 & Over 200m IM
77	78	12 & under 100m Backstroke
79	80	Open MC 100m Butterfly
81	82	13 years 100m Butterfly
83	84	14 years 100m Butterfly
85	86	15 & Over 100m Butterfly
87	88	9-12 200m Breaststroke
89	90	13-14 200m Breaststroke
91	92	15 & Over 200m Breaststroke
93	94	12 & Under 50m Freestyle
95	96	Open MC 50m Freestyle
97	98	13 years 50m Freestyle
99	100	14 years 50m Freestyle
101	102	15 & Over 50m Freestyle



## 2024 ACT Short Course Championships Qualifying Times Table

Event	Male Open	Male 15 & Over	Male 14 Years	Male 13 Years	Male 12 Years	Male 11 Years	Male 10 & Under	Female Open	Female 15 & Over	Female 14 Years	Female 13 Years	Female 12 Years	Female 11 Years	Female 10 & Under
<b>Freestyle</b>														
50m		31.50	32.00	33.50	36.00	37.50	39.50		34.50	34.50	35.50	36.50	37.50	40.50
100m		1:08.00	1:10.00	1:12.50	1:17.00	1:23.00	1:26.00		1:14.50	1:14.50	1:16.00	1:18.50	1:23.00	1:26.00
200m		2:16.50	2:21.00	2:26.50	2:36.00	2:45.00	2:49.00		2:29.50	2:28.50	2:31.50	2:37.00	2:45.00	2:51.00
400m		5:02.00	5:02.00	5:07.00	5:25.50	5:25.50	5:25.50		5:17.50	5:19.00	5:22.00	5:30.00	5:30.00	5:30.00
<b>Backstroke</b>														
50m	33.00					40.50	47.00	35.00					40.50	47.50
100m		1:18.50	1:20.50	1:24.00	1:29.00	1:35.00	1:38.50		1:26.00	1:26.00	1:26.50	1:29.50	1:35.50	1:38.50
200m		2:40.50	2:43.00	2:48.50	2:58.00	3:06.00	3:14.50		2:50.00	2:51.00	2:52.00	2:59.00	3:07.50	3:17.50
<b>Breaststroke</b>														
50m	37.50					47.00	54.50	39.00					47.50	54.50
100m		1:29.50	1:30.00	1:36.00	1:42.00	1:50.50	1:52.00		1:38.50	1:38.50	1:41.00	1:43.00	1:49.00	1:52.00
200m		3:01.50	3:06.00	3:12.50	3:20.00	3:33.50	3:47.00		3:14.50	3:14.00	3:19.00	3:25.50	3:38.00	3:47.00
<b>Butterfly</b>														
50m	30.50					39.00	45.50	33.00					39.00	45.00
100m		1:17.50	1:18.00	1:23.00	1:29.50	1:37.00	1:41.00		1:25.00	1:25.00	1:27.00	1:29.50	1:37.00	1:40.00
200m		2:41.50	2:50.50	2:52.50	3:02.50	3:12.50	3:25.50		2:51.50	2:54.00	2:56.00	3:07.00	3:13.50	3:26.00
<b>IM</b>														
100m	1:11.50							1:18.50						
200m		2:36.00	2:39.00	2:45.00	2:55.50	3:05.50	3:16.00		2:48.50	2:48.50	2:51.00	2:57.00	3:06.50	3:14.50
400m		5:26.50	5:32.00	5:44.00	6:03.00	6:03.00			5:52.00	5:57.50	6:03.00	6:12.00	6:12.00	