Griffith Swimming Club Long Course Meet

Date: Sunday 29th November 2026. Warm up: 9:00am. Start time: 10.00am

Pool Opens 8:30am. 50m Pool.

Griffith Regional Aquatic Leisure Centre, Wayeela Street, Griffith.

Entry Fee **$8** per individual event (50m+), **$5** for 25m events - Age as at day of the meet.

All events are timed finals.

Male	Female	Age group	Distance	Stroke
1	2	Open	400m	Freestyle
3	4	Open	200m	Backstroke
5	6	8 & U, 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs & over, Ev.39&40 Para	50m	Breaststroke
7		Mixed 10yrs & Under	25m	Breaststroke
8	9	8 & U, 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs & over, Ev.43&44 Para	100m	Freestyle
10	11	10 & U, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs & over	200m	IM
12	13	8 & U, 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs & over, Ev.49&50 Para	100m	Butterfly
14	15	8 & U, 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs & over, Ev.37&38	50m	Backstroke
16		Mixed 10yrs & Under	25m	Backstroke
17	18	Open	200m	Freestyle
BREAK 30 MIN				
19	20	Open	400m	IM
21	22	8 & U, 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs & over, Ev.47&48	100m	Breaststroke
23	24	8 & U, 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs & over, Ev.41&42	50m	Butterfly
25		Mixed 10yrs & Under	25m	Butterfly
26	27	Open	200m	Breaststroke
28	29	8 & U, 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs & over, Ev.45&46	100m	Backstroke
30	31	Open	200m	Butterfly
32		Mixed 10yrs & Under	25m	Freestyle
33	34	8 & U, 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs & over, Ev.35&36	50m	Freestyle

Online entries via Swim Central Only – **Entries close Tuesday 24th November 2026 at 8PM**

Enquiries – entries@griffithswimclub.org.au

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Pool Opens 8:30am. 50m Pool.

POOL ENTRY

Entry to the pool is paid at the front counter. The meet will be run in a 50m pool – 10 lanes. The Indoor 25m Pool will be available for warm up during the meet. **Programs will be emailed to all entrants prior to the meet.** Griffith Swimming Club will be running a BBQ on the day, Bacon and Egg Rolls, Sausage Sandwiches and Steak Sandwiches will be available together with other offerings, a coffee cart will be available and the GRALC Canteen will also be open.

MEET CONDITIONS

- Entry Fee $8.00 per individual event. Only $5 for 25m events
- Age as at day of meet Sunday 29th November 2026.
- The meet will be conducted as per the rules of NSW Swimming and is approved.
- All competitors must be registered swimming members of Swimming NSW.
- All events are timed finals. SAT timing in use.
- No qualifying times apply.
- Medals will be awarded for the 1st, 2nd, 3rd boy and girl in age groups listed.
- **25m Events - If you enter a 25m event you cannot enter a longer distance event in that stroke at this meet.**
- This swim meet will be conducted with Assisted Self-Marshalling.
- Late entries will be at the discretion of the Meet Director.
- No entries will be accepted on the day of the meet.
- No refunds will be given after the close of entries.

TIME KEEPING

Griffith Swimming Club Long Course Meet will have three-time keepers per lane. Clubs will be allocated a lane or sharing with another club on the day. This information will be distributed after entries close.

ASSISTED SELF MARSHALLING

Swimmers must know their event, heat and lane number.
Swimmers are to report to marshalling: -

- First event ten (10) minutes prior to the advertised start time
- Four (4) heats prior to their heat for 25m, 50m, 100m and 200m events
- Two (2) heats prior to their heat for 400m and longer distance events

For other events swimmers should report to marshalling four heats prior to their scheduled event. Swimmers should remain in the marshalling area until directed by Officials to move to the starting area to be ready for the Referee's whistle to step onto the starting platform.

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