

Hay Amateur Swimming Club



SOUTHERN INLAND SWIMMING ASSOCIATION INC

Saturday 6th January 2024.

Warm up: 1pm Start time: 2pm

John Houston Memorial Pool, Lachlan St Hay

Entry fee \$6.00 per individual event. Relays no charge, enter on the day. Age as at the day of meet. All events are timed finals/ SNSW Rules apply. Medals for 1st, 2nd & 3rd placegetters.

Age groups events are conducted concurrently as timed finals. Relay events 2 teams per Club for each relay. No medals awarded.

Male	Female	Age Group	Distance	Stroke
1	2	8&U, 9/10, 11/12, 13& Over	50	Free
3	4	10&U, 11/12, 13& Over	100	Breast
5	6	Mixed 7 & Under	25	Back
7	8	8&U, 9/10, 11/12, 13& Over	50	Back
9	10	10&U, 11/12, 13&Over	100	Fly
11	12	Mixed 7 & Under	25	Free
13	14	8&U, 9/10, 11/12, 13&Over	50	Breast
15	16	10&U, 11/12, 13& Over	100	Back
17	18	8&U, 9/10, 11/12, 13&Over	50	Fly
19	20	10 & U, 11/12, 13& Over	100	Free
21	22	Mixed 7 & Under	25	Breast
23	24	10&U, 11/12, 13&Over	200	IM
25	26	12 & Under Club Relay 4x50	4 x 50	Free Relay
27	28	13 & Over Club Relay	4 x 50	Free Relay
29	30	Dash for Cash		Invitational Only

25m Events: If you enter a 25m event you cannot enter a longer distance event in that stroke at this meet. Awards for 1st, 2nd & 3rd boy & girl in age groups listed.

All entries **ONLINE** through swim central only

Entries close Wednesday 3rd January 2024 9pm Late entries accepted at the secretary's discretion.

Any inquiries to HayASC@hotmail.com

If you do not wish your child to be photographed or filmed by media who may be in attendance, please advise the Meet Director