



SOUTHERN INLAND SWIMMING ASSOCIATION INC.

DENILIQUNA.S. & LSC Inc.

Saturday 7th January, 2023. Warm up 11:00 am: Start time 12:00noon

Deniliquin Swim Centre, Poictiers Street, Deniliquin.

SISA approved Qualifying Meet.

Competitors, officials and spectators **may** be required to comply with the COVID Plan at that time. Attendees will be notified on the club Facebook, **Deniliquin Swim Club**, in the week prior to the meet if this is necessary.

Entry Fee: **\$7:00** per individual event. Each family will receive one free program and lucky door number on entry.

Relays no charge – enter on day.

All events are timed finals conducted in “all age” format. Age is as at day of meet.

NNSW & SA Rules apply.

Medals for 1st, 2nd and 3rd placegetters in the specified age groups

*****Competitors in 7 & under, 25m events are not permitted to swim other events in that stroke.**

Para Swimmers are welcome to enter and may tryout in 25m events.

No refunds given.

Entries via Swim Central

Entries close **30th December 2022**

Enquires to Chris Hayes on **0427961305**

Male	Female	Age group		Stroke
1	2	Open	200m	Freestyle
3	4	7 & under ***	25m	Freestyle
5	6	8 & under,9/10,11/12,13/14,15 & over	50m	Freestyle
7	8	9 & under,10/11,12/13,14 & over	100m	Breaststroke
9	10	7 & under ***	25m	Backstroke
11	12	8 & under,9/10,11/12,13/14,15 & over	50m	Backstroke
13	14	11 & under,12/13,14 & over	100m	Butterfly
15	16	7 & under ***	25m	Breaststroke
17	18	9 & under,10/11,12/13,14 & over	50m	Breaststroke
19	20	9 & under,10/11,12/13,14 & over	100m	Backstroke
21	22	7 & under ***	25m	Butterfly
23	24	8 & under,9/10,11/12,13/14,15 & over	50m	Butterfly
25	26	9 & under,10/11,12/13,14 & over	100m	Freestyle
27	28	9 & under,10/11,12/13,14 & over	200m	Individual Medley
29	30	Open	400m	Freestyle
31	32	Club Relay 4 x 50m – conditions permitting	200m	Freestyle Relay