



# Southern Inland Swimming Association SISA Long Course Championship Meet & Speedo Heats



Hosted By Young Amateur Swimming Club  
1<sup>st</sup> & 2<sup>nd</sup> February 2025

**\*\*\* ENTRIES OPEN DECEMBER 2024 \*\*\***

## DAY 1

Saturday 1<sup>st</sup> February 2025

Warmup: 11:00am

Start: 12:00pm

## DAY 2

Sunday 2<sup>nd</sup> February 2025

Warmup: 8:00am

Start: 9:00am

- All events to be conducted as timed finals per SISA, Swimming NSW and SAL rules
- All Qualifying Times will be upheld in regards to entries and results.
- Age as at 1<sup>st</sup> February 2025
- **Entries will only be accepted from swimmers who are 'First Claim' members of a SISA affiliated Club.**
- **ENTRIES** - All Individual Event Entries \$8.00. **ONLINE Entries preferred through Swim Central.**
- Electronic Entries **via club** on 'Meet Manager' or 'Team Manager' files to [sisa.entries@gmail.com](mailto:sisa.entries@gmail.com)
- Entries Close **8pm –Monday 27th January 2025**
- Cheques made payable to Southern Inland Swimming Association to be paid on the day or by direct deposit prior to the meet: Bank Account Details BSB 062621 Acc. No. 10129024
- **Late or amended entries may be accepted at the Meet Director's discretion.**
- 25m and Senior Events will be free of the entry fee.
- Depth at start end is 2.4m
- **RELAY ENTRIES:- will be no charge. Relay entries preferred by closing date. Relay Events restricted to 2 teams per club per event. No medals will be awarded for relays. Winning Clubs will be awarded SISA Shields.**

## SPEEDO

- Speedo Convenor: Jason Ologhlin (SISA Coaching Convenor)
- All eligible SISA swimmers may contest the Speedo Heats
- As per Swimming NSW any swimmer can enter the Speedo Sprint Heats in the correct age group
- Any Swimmer who has qualified for the 2025 National Age Championships by 31<sup>st</sup> January 2025 (excluding MC & Open Water) is ineligible to compete in the Final Series. 8yrs are eligible for speedo finals. 7 & under are not eligible for speedo finals.
- Up to four (4) swimmers per event from each area are eligible to compete in the finals.
- Eligible swimmers wishing to contest the Speedo finals must advise the convenor as soon as possible after results are posted on the day of the heats.
- Speedo Ribbons to first three place getters

## Championship Events

- Championship Medals will be presented to SISA registered swimmers as follows
- **50m SISA Champ Events** - First 3 place getters
- **100m Champ Events, 200m Freestyle & Individual Medley Champ Events** - First 3 place getters in listed age group
- **200m Form Strokes, 400, 800 & 1500 Freestyle & 400IM Champ Events** - First 3 place getters

## Non-Champ Events

- **25m Events** – Awards or Ribbons to first three place getters
- **Seniors Events** – Awards or Ribbons to first three place getters

**Note:- Swimmers who swim in a 25m event are not permitted to swim any other distance or a leg of the relays in that stroke or any Individual Medley**

**Senior Events (over 18 yrs) will be conducted over 50m &/or 100m of each stroke. Seniors preferred to be registered with SNSW as a swimmer or dry member of a SISA Club. These events are free entry.**

**There will be a March Pass after the Warmup on Day 2 during the 1500 Freestyle.**

*"Media may be in attendance at this meet for purpose of obtaining film and/or photographs of competitors. If you do not wish your child to be photographed or filmed, please inform the Meet Director"*

**COVID - Attendees at the SISA Long Course Championship Meet & Speedo Heats will need to comply with the Terms and Conditions of COVID Safety Plans of the Young Swimming Pool and the SISA Long Course Championships and Speedo Sprints.**



# SOUTHERN INLAND SWIMMING ASSOCIATION

## SPEEDO HEATS & SISA CHAMPIONSHIP Day 1



**\*\*\*\* ENTRIES OPEN DECEMBER 2024 \*\*\*\***

**Saturday 1<sup>st</sup> February 2025. Young Swimming Pool**

**Warm up 11:00am to 11.45am: Start time 12:00pm**

Entry Fee **\$8:00** per individual event.

Age as at 01/02/2025

- Cheques made payable to **Southern Inland Swimming Association** to be paid on the day or by direct deposit prior to the meet: Bank Account Details BSB 062621 Acc. No. 10129024

Relays, Senior & 25m entries will not be subject to an entry fee.

**Note:- Swimmers who swim in a 25m event are not permitted to swim any other distance or a leg of the relays in that stroke or any Individual Medley**

**Entries close 8pm – Monday 27<sup>th</sup> January 2025**

**Online entries through SWIM CENTRAL Preferred.**

Enquiries: SISA Entries – [sisa.entries@gmail.com](mailto:sisa.entries@gmail.com)

Depth at start end is 2.4m

**Qualifying times apply (QT)**

Male	Female	Age group	Distance	Stroke	QT
1	2	10 & under, 11yr,12yr, 13-14yr, 15 & over	200	Freestyle	3:30
3	4	10 Yrs & Under	25	Free (Small Award)	Untimed
7	8	8&U, 9yr,10yr, 11,12yr, 13yr,14yr, 15 & Over	100	Backstroke	
9	10	<b>Para Sport 12&amp;U/13&amp;O</b>	<b>100</b>	<b>Backstroke</b>	
11	12	<b>Seniors</b>	<b>50</b>	<b>Butterfly</b>	
13	14	Open	200	Butterfly	3:55
15	16	8&U, 9yr,10yr, 11yr,12yr, 13yr,14yr, 15 & Over	100	Breaststroke	
17	18	<b>Seniors</b>	<b>100</b>	<b>Breaststroke</b>	
19	20	<b>Para Sport 12&amp;U/13&amp;O</b>	<b>100</b>	<b>Breaststroke</b>	
21	22	Open	800	Freestyle	14:00
23	24	<b>Seniors</b>	<b>50</b>	<b>Freestyle</b>	
25	26	Open	400	Individual Medley	7:00
27	28	10 Yrs & Under	25	Back (Small Award)	Untimed
31	32	8&U, 9yr,10yr, 11yr,12yr, 13yr,14yr, 15 & Over	100	Butterfly	
33	34	<b>Para Sport 12&amp;U/13&amp;O</b>	<b>100</b>	<b>Butterfly</b>	
35	36	<b>Seniors</b>	<b>50</b>	<b>Breaststroke</b>	
37	38	Open	200	Backstroke	3:50
39	40	8&U, 9yr,10yr, 11yr,12yr, 13yr, 14yr, 15 & Over	100	Freestyle	
41	42	<b>Para Sport 12&amp;U/13&amp;O</b>	<b>100</b>	<b>Freestyle</b>	
43	44	<b>Senior</b>	<b>100</b>	<b>Freestyle</b>	
45	46	13 & under, 14 & over	400	Freestyle	6:30
47	48	10 Yrs & Under	25	Breast (Small Award)	Untimed
51	52	<b>Seniors</b>	<b>50</b>	<b>Backstroke</b>	
53	54	Open	200	Breaststroke	4:15



# SOUTHERN INLAND SWIMMING ASSOCIATION

## SPEEDO HEATS & SISA CHAMPIONSHIP Day 2



**Sunday 2<sup>nd</sup> February 2025. Young Swimming Pool**

**Warm up 8.00am to 8:45am**

**Start time 9:00am March Pass 9.05am**

Entry Fee **\$8:00** per individual event.

Age as at 1/02/2025

Cheques made payable to **Southern Inland Swimming Association** to be paid on the day or by direct deposit prior to the meet: Bank Account Details BSB 062621 Acc. No. 10129024

Relays, Seniors & 25m entries will not be subject to an entry fee

**Entries close: 8pm – Monday 27<sup>th</sup> January 2025 Online Entries through SWIM CENTRAL preferred**

Enquiries to: SISA Entries – [sisa.entries@gmail.com](mailto:sisa.entries@gmail.com)

All events are conducted as timed finals. SNSW Rules apply. Depth at start end is 2.4m

**Note:- Swimmers who swim in a 25m event are not permitted to swim any other distance or a leg of the relays in that stroke or any Individual Medley**

Male	Female	Age group	Distance	Stroke
61	62	Open	1500	Freestyle <b>QT 23:00.00</b>
March Past during 1500 Free (Bernie Boyd Shield)				
65	66	10 years & Under	25	Freestyle – non championship
67	68	13 years	50	Freestyle <b>Speedo</b> & SISA Sprint
69	70	12 years	50	Freestyle <b>Speedo</b> & SISA Sprint
71	72	11 years	50	Freestyle <b>Speedo</b> & SISA Sprint
73	74	10 years	50	Freestyle <b>Speedo</b> & SISA Sprint
75	76	9 years	50	Freestyle <b>Speedo</b> & SISA Sprint
77	78	8 years & Under	50	Freestyle <b>Speedo</b> & SISA Sprint
79	80	14 years & Over	50	Freestyle SISA Sprint
81	82	12 & U / 13 & O	50	Para-Sport Freestyle <b>Para points to apply</b>
83	84	Seniors	50	Freestyle Award
85	86	10 years & Under	25	Butterfly – non championship
87	88	13 years	50	Butterfly <b>Speedo</b> & SISA Sprint
89	90	12 years	50	Butterfly <b>Speedo</b> & SISA Sprint
91	92	11 years	50	Butterfly <b>Speedo</b> & SISA Sprint
93	94	10 years	50	Butterfly <b>Speedo</b> & SISA Sprint
95	96	9 years	50	Butterfly <b>Speedo</b> & SISA Sprint
97	98	8 years & Under	50	Butterfly <b>Speedo</b> & SISA Sprint
99	100	14 years & Over	50	Butterfly SISA Sprint
101	102	12 & U / 13 & O	50	Para-Sport Butterfly <b>Para points to apply</b>
103	104	Seniors	50	Butterfly Award
30 Minute Lunch Break				
109	110	12 years & Under	4 x 50m	Medley Relay (Hayes, Foley)
111	112	13 years & Over	4 x 50m	Freestyle Relay (Penny, Donnelly)
115	116	10 years & Under	25	Backstroke – non championship
117	118	13 years	50	Backstroke <b>Speedo</b> & SISA Sprint
119	120	12 years	50	Backstroke <b>Speedo</b> & SISA Sprint
121	122	11 years	50	Backstroke <b>Speedo</b> & SISA Sprint
123	124	10 years	50	Backstroke <b>Speedo</b> & SISA Sprint
125	126	9 years	50	Backstroke <b>Speedo</b> & SISA Sprint
127	128	8 years & Under	50	Backstroke <b>Speedo</b> & SISA Sprint
129	130	14 years & Over	50	Backstroke SISA Sprint
131	132	12 & U / 13 & O	50	Para-Sport Backstroke <b>Para points to apply</b>
133	134	Seniors	50	Backstroke Award
135	136	10 years & under	25	Breaststroke – non championship
137	138	13 years	50	Breaststroke <b>Speedo</b> & SISA Sprint
139	140	12 years	50	Breaststroke <b>Speedo</b> & SISA Sprint
141	142	11 years	50	Breaststroke <b>Speedo</b> & SISA Sprint
143	144	10 years	50	Breaststroke <b>Speedo</b> & SISA Sprint
145	146	9 years	50	Breaststroke <b>Speedo</b> & SISA Sprint
147	148	8 years & Under	50	Breaststroke <b>Speedo</b> & SISA Sprint
149	150	14 years & Over	50	Breaststroke SISA Sprint
151	152	12 & U / 13 & O	50	Para-Sport Breaststroke <b>Para points to apply</b>
153	154	Seniors	50	Breaststroke Award
155	156	10 & U, 11, 12, 13-14, 15 & O	200	Individual Medley <b>QT 5:00</b>
159	160	12 years & Under	4 x 50m	Freestyle Relay (Poynter, Mawbey)
161	162	13 years & Over	4 x 50m	Medley Relay (Murphy, Corcoran)