



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



Hosted By Wagga Wagga Swimming Club
31st January & 1st February 2026

***** ENTRIES OPEN DECEMBER 2025 *****

DAY 1

Saturday 31st January 2026

Warmup: 11:00am

Start: 12:00pm

DAY 2

Sunday 1st February 2026

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 31st January 2026
- **Entries will only be accepted from swimmers who are 'First Claim' members of a SISA affiliated Club.**
- **ENTRIES** - All Individual Event Entries \$8.50. **ONLINE Entries preferred through Swim Central.**
- Electronic Entries **via club** on 'Meet Manager' or 'Team Manager' files to sisa.entries@gmail.com
- Entries Close **8pm –Monday 26th January 2026**
- 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 & Relay Events will be free of an entry fee. Seniors Events entry fee will be equal to the S NSW Meet Levy 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. Wining 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 8,9,10,11,12,13,14-15
- Any Swimmer who has qualified for the 2026 National Age Championships by 31st January 2026 (excluding MC & Open Water) is ineligible to compete in the Final Series. 8yrs are eligible for speedo finals. 7 & under along with 14-15 yrs 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 on the same day

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 supporter member of a SISA Club.

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

SISA CHAMPIONSHIP Day 1



**** ENTRIES OPEN DECEMBER 2025 ****

Saturday 31st January 2026. Wagga Oasis Swimming Pool

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

Entry Fee **\$8:50** per individual event.

Age as at 31/01/2026

- o 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

Full Swimmers can enter these events

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 on the same day

Entries close 8pm – Monday 26th January 2026

Online entries through SWIM CENTRAL Preferred.

Enquiries: SISA Entries – 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)	
7	8	8&U, 9yr,10yr, 11,12yr, 13yr,14yr, 15 & Over	100	Backstroke	
9	10	Para Sport 12&U/13&O	100	Backstroke	
11	12	Seniors	50	Butterfly	
13	14	Open	200	Butterfly	3:55
15	16	8&U, 9yr,10yr, 11yr,12yr, 13yr,14yr, 15 & Over	100	Breaststroke	
17	18	Seniors	100	Breaststroke	
19	20	Para Sport 12&U/13&O	100	Breaststroke	
21	22	Open	800	Freestyle	14:00
23	24	Seniors	50	Freestyle	
25	26	Open	400	Individual Medley	7:00
27	28	10 Yrs & Under	25	Back (Small Award)	
31	32	8&U, 9yr,10yr, 11yr,12yr, 13yr,14yr, 15 & Over	100	Butterfly	
33	34	Para Sport 12&U/13&O	100	Butterfly	
35	36	Seniors	50	Breaststroke	
37	38	Open	200	Backstroke	3:50
39	40	8&U, 9yr,10yr, 11yr,12yr, 13yr, 14yr, 15 & Over	100	Freestyle	
41	42	Para Sport 12&U/13&O	100	Freestyle	
43	44	Seniors	100	Freestyle	
45	46	13 & under, 14 & over	400	Freestyle	6:30
47	48	10 Yrs & Under	25	Breast (Small Award)	
51	52	Seniors	50	Backstroke	
53	54	Open	200	Breaststroke	4:15



SOUTHERN INLAND SWIMMING ASSOCIATION

SISA CHAMPIONSHIP Day 2



Sunday 1st February 2026. Wagga Oasis Swimming Pool

Warm up 8.00am to 8:45am

Start time 9:00am March Pass 9.05am

Entry Fee **\$8:50** per individual event.

Age as at 31/01/2026

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Full Swimmers can enter these events

Entries close: 8pm – Monday 26th January 2026 Online Entries through SWIM CENTRAL preferred

Enquiries to: SISA Entries – 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 on the same day

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



SOUTHERN INLAND SWIMMING ASSOCIATION

SPEEDO HEATS & NON CHAMP EVENTS Day 1



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Club Swimmers May enter these events

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Qualifying times apply (QT)

Male	Female	Age group	Distance	Stroke	QT
3	4	10 Yrs & Under	25	Free (Small Award)	
5	6	18 & Under	50	Freestyle Non Champ	
11	12	Seniors	50	Butterfly	
17	18	Seniors	100	Breaststroke	
23	24	Seniors	50	Freestyle	
27	28	10 Yrs & Under	25	Back (Small Award)	
29	30	18 & Under	50	Backstroke Non Champ	
35	36	Seniors	50	Breaststroke	
43	44	Senior	100	Freestyle	
47	48	10 Yrs & Under	25	Breast (Small Award)	
49	50	18 & Under	50	Breaststroke Non Champ	
51	52	Seniors	50	Backstroke	



SOUTHERN INLAND SWIMMING ASSOCIATION

SPEEDO HEATS & NON CHAMP EVENTS Day 2



Sunday 1st February 2026. Wagga Oasis Swimming Pool

Warm up 8.00am to 8:45am

Start time 9:00am March Pass 9.05am

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Male	Female	Age group	Distance	Stroke
March Past during 1500 Free (Bernie Boyd Shield)				
65	66	10 years & Under	25	Breaststroke – non championship
67	68	13 years	50	Breaststroke Speedo Sprint
69	70	12 years	50	Breaststroke Speedo Sprint
71	72	11 years	50	Breaststroke Speedo Sprint
73	74	10 years	50	Breaststroke Speedo Sprint
75	76	9 years	50	Breaststroke Speedo Sprint
77	78	8 years & Under	50	Breaststroke Speedo Sprint
79	80	14 yrs & Over (14-15 Speedo)	50	Breaststroke Speedo Sprint
83	84	Seniors	50	Breaststroke Award
85	86	10 years & Under	25	Freestyle – non championship
87	88	13 years	50	Freestyle Speedo Sprint
89	90	12 years	50	Freestyle Speedo Sprint
91	92	11 years	50	Freestyle Speedo Sprint
93	94	10 years	50	Freestyle Speedo Sprint
95	96	9 years	50	Freestyle Speedo Sprint
97	98	8 years & Under	50	Freestyle Speedo Sprint
99	100	14 yrs & Over (14-15 Speedo)	50	Freestyle Speedo Sprint
103	104	Seniors	50	Freestyle Award
30 Minute Lunch Break				
115	116	10 years & Under	25	Butterfly – non championship
117	118	13 years	50	Butterfly Speedo Sprint
119	120	12 years	50	Butterfly Speedo Sprint
121	122	11 years	50	Butterfly Speedo Sprint
123	124	10 years	50	Butterfly Speedo Sprint
125	126	9 years	50	Butterfly Speedo Sprint
127	128	8 years & Under	50	Butterfly Speedo Sprint
129	130	14 yrs & Over (14-15 Speedo)	50	Butterfly Speedo Sprint
133	134	Seniors	50	Butterfly Award
135	136	10 years & under	25	Backstroke – non championship
137	138	13 years	50	Backstroke Speedo Sprint
139	140	12 years	50	Backstroke Speedo Sprint
141	142	11 years	50	Backstroke Speedo Sprint
143	144	10 years	50	Backstroke Speedo Sprint
145	146	9 years	50	Backstroke Speedo Sprint
147	148	8 years & Under	50	Backstroke Speedo Sprint
149	150	14 yrs & Over (14-15 Speedo)	50	Backstroke Speedo Sprint
153	154	Seniors	50	Backstroke Award