



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



Hosted By Wagga Wagga Swimming Club  
31<sup>st</sup> January & 1<sup>st</sup> February 2026

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

## DAY 1

Saturday 31<sup>st</sup> January 2026

Warmup: 11:00am

Start: 12:00pm

## DAY 2

Sunday 1<sup>st</sup> 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 31<sup>st</sup> 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](mailto: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 Ologlin (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 31<sup>st</sup> 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 31<sup>st</sup> 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

- 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 26<sup>th</sup> January 2026      *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	<b>3:30</b>
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	<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	<b>3:55</b>
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	<b>14:00</b>
23	24	<b>Seniors</b>	<b>50</b>	<b>Freestyle</b>	
25	26	Open	400	Individual Medley	<b>7:00</b>
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	<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	<b>3.50</b>
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>Seniors</b>	<b>100</b>	<b>Freestyle</b>	
45	46	13 & under, 14 & over	400	Freestyle	<b>6:30</b>
47	48	10 Yrs & Under	25	Breast (Small Award)	
51	52	<b>Seniors</b>	<b>50</b>	<b>Backstroke</b>	
53	54	Open	200	Breaststroke	<b>4:15</b>



# SOUTHERN INLAND SWIMMING ASSOCIATION

## SISA CHAMPIONSHIP Day 2

Sunday 1<sup>st</sup> 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

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

Entries close: 8pm – Monday 26<sup>th</sup> January 2026 *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 on the same day**

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 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 <b>Para points to apply</b>
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 <b>Para points to apply</b>
103	104	Seniors	50	Freestyle Award
109	110	12 years & Under	4 x 50m	Freestyle Relay (Poynter, Mawbey)
111	112	13 years & Over	4 x 50m	Medley Relay (Murphy, Corcoran)
30 Minute Lunch Break				
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 <b>Para points to apply</b>
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 <b>Para points to apply</b>
153	154	Seniors	50	Backstroke 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	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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Depth at start end is 2.4m

*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	<b>Seniors</b>	<b>50</b>	<b>Butterfly</b>	
17	18	<b>Seniors</b>	<b>100</b>	<b>Breaststroke</b>	
23	24	<b>Seniors</b>	<b>50</b>	<b>Freestyle</b>	
27	28	10 Yrs & Under	25	Back (Small Award)	
29	30	18 & Under	50	Backstroke Non Champ	
35	36	<b>Seniors</b>	<b>50</b>	<b>Breaststroke</b>	
43	44	<b>Senior</b>	<b>100</b>	<b>Freestyle</b>	
47	48	10 Yrs & Under	25	Breast (Small Award)	
49	50	18 & Under	50	Breaststroke Non Champ	
51	52	<b>Seniors</b>	<b>50</b>	<b>Backstroke</b>	



# SOUTHERN INLAND SWIMMING ASSOCIATION

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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 <b>Speedo</b> Sprint
69	70	12 years	50	Breaststroke <b>Speedo</b> Sprint
71	72	11 years	50	Breaststroke <b>Speedo</b> Sprint
73	74	10 years	50	Breaststroke <b>Speedo</b> Sprint
75	76	9 years	50	Breaststroke <b>Speedo</b> Sprint
77	78	8 years & Under	50	Breaststroke <b>Speedo</b> Sprint
79	80	14 yrs & Over (14-15 Speedo)	50	Breaststroke <b>Speedo</b> Sprint
83	84	Seniors	50	Breaststroke Award
85	86	10 years & Under	25	Freestyle – non championship
87	88	13 years	50	Freestyle <b>Speedo</b> Sprint
89	90	12 years	50	Freestyle <b>Speedo</b> Sprint
91	92	11 years	50	Freestyle <b>Speedo</b> Sprint
93	94	10 years	50	Freestyle <b>Speedo</b> Sprint
95	96	9 years	50	Freestyle <b>Speedo</b> Sprint
97	98	8 years & Under	50	Freestyle <b>Speedo</b> Sprint
99	100	14 yrs & Over (14-15 Speedo)	50	Freestyle <b>Speedo</b> 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 <b>Speedo</b> Sprint
119	120	12 years	50	Butterfly <b>Speedo</b> Sprint
121	122	11 years	50	Butterfly <b>Speedo</b> Sprint
123	124	10 years	50	Butterfly <b>Speedo</b> Sprint
125	126	9 years	50	Butterfly <b>Speedo</b> Sprint
127	128	8 years & Under	50	Butterfly <b>Speedo</b> Sprint
129	130	14 yrs & Over (14-15 Speedo)	50	Butterfly <b>Speedo</b> Sprint
133	134	Seniors	50	Butterfly Award
135	136	10 years & under	25	Backstroke – non championship
137	138	13 years	50	Backstroke <b>Speedo</b> Sprint
139	140	12 years	50	Backstroke <b>Speedo</b> Sprint
141	142	11 years	50	Backstroke <b>Speedo</b> Sprint
143	144	10 years	50	Backstroke <b>Speedo</b> Sprint
145	146	9 years	50	Backstroke <b>Speedo</b> Sprint
147	148	8 years & Under	50	Backstroke <b>Speedo</b> Sprint
149	150	14 yrs & Over (14-15 Speedo)	50	Backstroke <b>Speedo</b> Sprint
153	154	Seniors	50	Backstroke Award

