



**SOUTHERN INLAND
SWZ QUALIFYING MEET No. 2
COOTAMUNDRA
Warm Up 8.30 am for 9.30 am Start
Sunday 3rd December 2023**

				Qualify Time	Break Time
1	2	OPEN	800m FREESTYLE MEDAL	15.00.00	
3	4	All-Age	100m FREESTYLE		
5	6	Para Sport	50m BREASTSTROKE MEDAL		
7	8	Masters 21+	50m BREASTSTROKE MEDAL		
9	10	20 yrs. & under	50m BREASTSTROKE MEDAL		
11	12	10 & under	25m BREASTSTROKE		30.00
13	14	All-Age	200m BUTTERFLY	3.55.00	
15	16	OPEN	100m BACKSTROKE MEDAL		
17	18	Para Sport	50m BUTTERFLY		
19	20	All-Age	50m BUTTERFLY		
21	22	10 & under	25m BUTTERFLY		30.00
23	24	OPEN	200m BREASTSTROKE MEDAL	4.15.00	
LUNCH					
27		I & J SIMPSON RELAY	4 x 50m Medley, 12 yrs. & under	Boys	
28		I & J SIMPSON RELAY	4 x 50m Medley, 12 yrs. & under	Girls	
29	30	All-Age	200m BACKSTROKE	3.50.00	
31	32	All-Age	100m BREASTSTROKE		
33	34	Para Sport	50m FREESTYLE		
35	36	OPEN	50m FREESTYLE MEDAL		
37	38	10 & under	25m FREESTYLE		25.00
39	40	All-Age	200m INDIVIDUAL MEDLEY	5.00.00	
41	42	All Age	100m BUTTERFLY MEDAL		
43	44	Para Sport	50m BACKSTROKE		
45	46	Masters 21+	50m BACKSTROKE AWARD		
47	48	20 yrs. & under	50m BACKSTROKE		
49	50	10 & under	25m BACKSTROKE		30.00
51	52	All-Age	200m FREESTYLE	3.30.00	

Rules and Conditions as per South West Zone, SISA, Swimming NSW & SAL Ltd

ENTRIES - All Individual Event Entries \$4.00 plus S NSW Meet Entry Fee (\$1.50) and all Relay Entries with swimmers in order, ONLINE Via SWIM CENTRAL PREFERRED or by CLUB RACE SECRETARIES ONLY on 'Meet Manager' or 'Team Manager' files to Cootamundra Entries at cootaswim@gmail.com by 8.00pm Sunday prior to the Meet.

Direct Deposits made payable to Yass Swimming Club Inc. to be paid prior to the start of the meet.

Medal Events: - **50 m Age Events** - Medals to first three place getters in each age group. Ribbons to first three place getters in each other grade in each age group as per Cut-Off Times (PTO)

Master 21+ - Medals or Awards to first three place getters, **Awards to be provided by host club**

100 m Age Events - Medals to first three place getters in each age group.

50m Open Events - Medals to first three fastest times. Ribbons to first three place getters in each age group and Grade as per Cut-Off Times (PTO)

100m Open Events - Medals to first three fastest times. Ribbons to first three place getters in each age group

200m & Over Open Events - Medals to first three place getters.

All Other Events: - **25m Events** - Ribbons to first three place getters in age groups, 8 & under and 9 & 10. Swimmers who swim in 25m event cannot swim any other distance of the same stroke or any Individual Medley

50m Events - Ribbons to first three place getters in each age group & Grade as per Cut-Off Times (PTO)

100m Events - Ribbons to first three place getters in each age group

200m Events **Individual Medley** - Ribbons to first three place getters in each age group

All Other 200m Events - Ribbons to first three place getters

Relay Entries: Relay amendments will be accepted before **Event 11**. Exhibition teams at Meet Directors discretion

"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"