



SOUTHERN INLAND

SWZ QUALIFYING MEET No. 3

Cootamundra

Warm Up 8.30am for 9.30 am Start
Sunday 13th December 2026

				Qualify Time	Break Time
1	2	OPEN	400m INDIVIDUAL MEDLEY MEDAL	8.00.00	
3	4	Para Sport	100m BREASTSTROKE		
5	6	All-Age	100m BREASTSTROKE		
7	8	Masters 21+	50m FREESTYLE MEDAL		
9	10	Para Sport	50m FREESTYLE MEDAL		
11	12	20yrs. & under	50m FREESTYLE MEDAL		
13	14	10yrs. & under	25m FREESTYLE		25.00
15	16	Open	200m BACKSTROKE	3.50.00	
17	18	Para Sport	100m BUTTERFLY		
19	20	OPEN	100m BUTTERFLY MEDAL		
21	22	Para Sport	50m BACKSTROKE		
23	24	All-Age	50m BACKSTROKE		
25	26	10yrs. & under	25m BACKSTROKE		30.00
27	28	OPEN	200m FREESTYLE MEDAL	3.30.00	
30		LYNCH RELAY	4 x 50m Freestyle, 10 yrs. & under		Boys and/or Girls
LUNCH					
33		GEORGE IRELAND RELAY	6 x 50m Freestyle	Open Men	
36		PARAGON RELAY	4 x 50m Freestyle	Open Women	
41	42	All-Age	200m INDIVIDUAL MEDLEY	5.00.00	
43	44	Para Sport	100m FREESTYLE		
45	46	Masters 21+	100m FREESTYLE AWARD		
47	48	20yrs. & under	100m FREESTYLE		
49	50	Para Sport	50m BREASTSTROKE		
51	52	OPEN	50m BREASTSTROKE MEDAL		
53	54	10yrs. & under	25m BREASTSTROKE		30.00
55	56	Open	200m BUTTERFLY	3.55.00	
57	58	Para Sport	100m BACKSTROKE		
59	60	All-Age	100m BACKSTROKE MEDAL		
61	62	Para Sport	50m BUTTERFLY		
63	64	All-Age	50m BUTTERFLY		
65	66	10yrs. & under	25m BUTTERFLY		30.00
67	68	Open	200m BREASTSTROKE	4.15.00	

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 (50m up \$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 cootawim@gmail.com by 8.00pm Sunday prior to the Meet.

Direct Deposits made payable to Cootamundra 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 a 25m event are not eligible to swim any other distance or a leg of the relays in that 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"