



SOUTHERN INLAND SWZ QUALIFYING MEET No. 1 Cootamundra

Warm Up 8.30am for 9.30am Start
24th November 2024

				Qualify Time	Break Time
1	2	OPEN	400m FREESTYLE MEDAL	7.00.00	
3	4	Para Sport	100m BUTTERFLY		
5	6	All-Age	100m BUTTERFLY		
7	8	Masters 21+	50m BACKSTROKE MEDAL		
9	10	Para Sport	50m BACKSTROKE MEDAL		
11	12	20yrs. & under	50m BACKSTROKE MEDAL		
13	14	10yrs. & under	25m BACKSTROKE		30.00
15	16	Open	200m BREASTSTROKE	4.15.00	
17	18	Para Sport	100m FREESTYLE		
19	20	OPEN	100m FREESTYLE MEDAL		
21	22	Para Sport	50m BREASTSTROKE		
23	24	All-Age	50m BREASTSTROKE		
25	26	10yrs. & under	25m BREASTSTROKE		30.00
27	28	OPEN	200m BACKSTROKE MEDAL	3.50.00	
LUNCH					
33		BURGESS SHEILD RELAY	4 x 50m Freestyle 16 yrs. & under	Boys	
	36	GWEN NICHOLSON RELAY	4 x 50m Freestyle 16 yrs. & under	Girls	
41	42	Open	200m BUTTERFLY	3.55.00	
43	44	Para Sport	100m BACKSTROKE		
45	46	All-Age	100m BACKSTROKE		
47	48	Para Sport	50m BUTTERFLY		
49	50	OPEN	50m BUTTERFLY MEDAL		
51	52	10yrs. & under	25m BUTTERFLY		30.00
53	54	Open	200m FREESTYLE	3.30.00	
55	56	Para Sport	100m BREASTSTROKE		
57	58	All Age	100m BREASTSTROKE MEDAL		
59	60	Masters 21+	50m FREESTYLE AWARD		
61	62	Para Sport	50m FREESTYLE		
63	64	20yrs. & under	50m FREESTYLE		
65	66	10yrs. & under	25m FREESTYLE		25.00
67	68	OPEN	200m INDIVIDUAL MEDLEY MEDAL	5.00.00	

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 cootaswim@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 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

Any swimmer entering more than one event in the same stroke & distance e.g. Para, Master & All Age. Can only score points & collect awards in one event & swim as an Exhibition swimmer in the other event/s

"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"