



SOUTHERN INLAND

SWZ QUALIFYING MEET No. 5

TEMORA

Warm Up 8.30 am for 9.30 am Start
Saturday 7th March 2026

| | | | | Qualify Time | Break Time |
|-----------|----|----------------------------|--|-----------------|---|
| 1 | 2 | Open | 200m BACKSTROKE | 3.50.00 | |
| 3 | 4 | 10yrs. & under | 25m FREESTYLE | | 25.00 |
| 5 | 6 | 20yrs. & under | 50m FREESTYLE | | |
| 7 | 8 | Masters 21+ | 50m FREESTYLE AWARD | | |
| 9 | 10 | Para Sport | 50m FREESTYLE | | |
| 11 | 12 | All-Age | 100m BACKSTROKE | | |
| 13 | 14 | Para Sport | 100m BACKSTROKE | | |
| 15 | 16 | Open | 200m BUTTERFLY | 3.55.00 | |
| 17 | 18 | 10yrs. & under | 25m BREASTSTROKE | | 30.00 |
| 19 | 20 | All-Age | 50m BREASTSTROKE | | |
| 21 | 22 | Para Sport | 50m BREASTROKE | | |
| 23 | 24 | All-Age | 100m BUTTERFLY | | |
| 25 | 26 | Para Sport | 100m BUTTERFLY | | |
| 27 | 28 | All-Age | 200m INDIVIDUAL MEDLEY | 5.00.00 | |
| 33 | | TRACEY SUITOR RELAY | 4 x 50m Freestyle 9 yrs. & under | | Boys and/or Girls |
| 36 | | WARD SHIELD RELAY | 6 x 50m Freestyle, 14 yrs. & under, 3 Boys & 3 Girls | | (Girls laps 1, 3 & 5, Boys laps 2, 4 & 6) |

Lunch

March Past

| | | | | | |
|----|----|----------------|-------------------------|---------|-------|
| 41 | 42 | Open | 200m FREESTYLE | 3.30.00 | |
| 43 | 44 | 10yrs. & under | 25m BACKSTROKE | | 30.00 |
| 45 | 46 | All-Age | 50m BACKSTROKE | | |
| 47 | 48 | Para Sport | 50m BACKSTROKE | | |
| 49 | 50 | All-Age | 100m FREESTYLE | | |
| 51 | 52 | Para Sport | 100m FREESTYLE | | |
| 53 | 54 | Open | 200m BREASTSTROKE | 4.15.00 | |
| 55 | 56 | 10yrs. & under | 25m BUTTERFLY | | 30.00 |
| 57 | 58 | All-Age | 50m BUTTERFLY | | |
| 59 | 60 | Para Sport | 50m BUTTERFLY | | |
| 61 | 62 | Masters 21+ | 100m BREASTSTROKE AWARD | | |
| 63 | 64 | 20yrs. & under | 100m BREASTSTROKE | | |
| 65 | 66 | Para Sport | 100m BREASTSTROKE | | |

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 Temora Entries at temoraswimmingentries@gmail.com by 8.00pm Sunday prior to the Meet.

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

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)

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

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

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"