



**2019 SMNE LC QUALIFYING MEET
 SYDNEY OLYMPIC PARK AQUATIC CENTRE
 24 MARCH 2019**

Session One Sunday 24 Mar 9.00AM		Session Two Sunday 24 Mar NOT BEFORE 11:00AM	
1	Men's 100m Freestyle	13	Men's 200m Individual Medley
2	Women's 100m Freestyle	14	Women's 200m Individual Medley
3	Men's 400m Individual Medley	15	Men's 100m Butterfly
4	Women's 400m Individual Medley	16	Women's 100m Butterfly
5	Men's 100m Backstroke	17	Men's 400m Freestyle
6	Women's 100m Backstroke	18	Women's 400m Freestyle
7	Men's 50m Freestyle	19	Men's 100m Breaststroke
8	Women's 50m Freestyle	20	Women's 100m Breaststroke
9	Men's 200m Butterfly	21	Men's 200m Backstroke
10	Women's 200m Butterfly	22	Women's 200m Backstroke
11	Men's 200m Breaststroke	23	Men's 200m Freestyle
12	Women's 200m Breaststroke	24	Women's 200m Freestyle

Qualifying Times - Men

		17/Over	16yrs	15yrs	14yrs	13yrs
FREESTYLE	50m	26.80	27.20	27.80	28.90	29.50
	100m	56.50	57.00	1:00.00	1:01.50	1:03.50
	200m	2:04.00	2:06.00	2:11.50	2:13.00	2:16.00
	400m	4:31.00	4:35.00	4:38.50	4:42.00	4:46.00
BACKSTROKE	100m	1:06.50	1:08.00	1:10.50	1:14.50	1:15.50
	200m	2:29.00	2:31.00	2:33.00	2:38.50	2:42.00
BREASTSTROKE	100m	1:17.50	1:18.50	1:20.00	1:22.50	1:25.50
	200m	2:47.50	2:51.50	2:54.50	2:58.50	3:02.50
BUTTERFLY	100m	1:02.00	1:05.50	1:08.00	1:10.50	1:13.50
	200m	2:24.00	2:28.50	2:33.00	2:37.00	2:37.50
INDIVIDUAL MEDLEY	200m	2:24.00	2:25.00	2:28.50	2:33.50	2:37.00
	400m	5:12.00	5:15.00	5:17.00	5:25.00	5:30.00

Qualifying Times - Women

		17/Over	16yrs	15yrs	14yrs	12-13yrs
FREESTYLE	50m	30.10	30.10	30.10	30.50	30.90
	100m	1:03.00	1:03.50	1:04.50	1:05.00	1:07.50
	200m	2:18.50	2:18.50	2:19.50	2:20.00	2:24.00
	400m	4:49.00	4:52.00	4:56.00	4:58.00	5:05.00
BACKSTROKE	100m	1:14.00	1:14.50	1:15.50	1:17.00	1:19.50
	200m	2:41.00	2:41.00	2:42.00	2:44.00	2:48.00
BREASTSTROKE	100m	1:25.00	1:26.50	1:27.50	1:28.50	1:31.50
	200m	3:05.00	3:07.00	3:07.50	3:08.00	3:11.00
BUTTERFLY	100m	1:12.50	1:13.50	1:14.50	1:15.50	1:18.50
	200m	2:43.00	2:45.00	2:46.50	2:48.50	2:51.00
INDIVIDUAL MEDLEY	200m	2:38.50	2:40.00	2:41.50	2:43.50	2:45.00
	400m	5:33.50	5:35.00	5:38.00	5:40.00	5:45.00

AGE AS AT 24 MARCH, 2019

Online entries close 5pm Tuesday 12 March, 2019 (or earlier if maximum entries reached).
 Entry fee \$10.00 per individual event (GST inclusive). Both SC & LC Times accepted from approved Meets

NOTE: ALL EVENTS WILL BE SEEDED AND SWUM FASTEST TO SLOWEST



2019 SMNE LC QUALIFYING MEET SYDNEY OLYMPIC PARK AQUATIC CENTRE 24 MARCH 2019

Meet Director

The Meet Director for this meet is **Ariel Darley**. Enquiries to meetchief@smne.org.au

Rules

- The Meet is an approved Meet and will be conducted under SNSW Rules.
- SAL Safe Sport Framework applies to all meet attendees. SNSW Spectator/Parent Behaviour Etiquette applicable.
- Entries accepted from SMNE Area and invited Clubs
- Only swimmers, coaches, technical officials and timekeepers are permitted on pool deck
- Clubs will be asked to assist with timekeeping and other duties
- Swimmers entries are accepted on the basis that a parent or guardian timekeeps, officiates, or assists as requested to help run the meet
- All events are timed finals
- SNSW no refund policy applies to SMNE Meets

Marshalling

Please note the Marshalling Procedure, GR9.1.1 "For Heats, Semi-Finals and Finals, swimmers shall report to the Clerk of the Course at a time determined by the event management. A swimmer failing to do so shall be deemed to be withdrawn. Once reported, a swimmer is not permitted to leave the marshalling area unless approval is first obtained from the Clerk of the Course. All heats of each event shall be deemed to be one event for the purpose of this Rule." For this meet, Event Management has determined that swimmers must ensure they report to the Clerk of the Course to be marked present at least two events ahead of their scheduled event, or 10 minutes prior to the start of a Sessions if swimming in the first two events. "For example if entered in Event 9, the swimmer must have reported to the Clerk of the Course before the start of the first heat of Event 7" GR9.1.1

Withdrawals

Please advise the Clerk of the Course in advance if a swimmer is not competing in a race in which they are entered. This can allow for early amalgamations or reseeds of Events.

Backstroke Ledges

Backstroke Ledges will be used during this Meet. A swimmer is not required to use the Ledge for the start of a backstroke race. The ledges will be set to "0" (zero) by an Official and it will be the swimmer's responsibility to adjust the ledge, and to make sure that it is locked in place after this adjustment.

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