



# SWIMMING METRO NORTH EAST Inc.

## 2019 SMNE LC Distance Summer Events

**SUNDAY 27th OCTOBER 2019**

*Pymble Ladies College, Avon Road, Pymble*

### ENTRIES

**Individuals: \$10.00 per event - ONLINE ENTRIES ONLY**

(includes Admission and downloadable Program)

Enter via link on SMNE website at: [www.smne.org.au](http://www.smne.org.au)

**NO LATE ENTRIES ACCEPTED**

### RULES

SNSW approved meet under SNSW Ltd rules

SAL Safe Sport Framework applies to all meet attendees

SNSW Spectator/Parent Behaviour Etiquette applicable

Entries accepted from SMNE Area and invited Clubs

No spectators or parents permitted on pool deck from the start of the first event as this space is required for emergency exits.

Swimmers entries are accepted on the basis that a parent or guardian timekeeps, officiates, or assists as requested to help run the meet.

SAL rules apply for Multi Class (MC) swimmers

MC swimmers to enter on Q.T. or actual times

Both SC and LC times from approved meets accepted

Clubs will be asked to assist with timekeeping & other duties

All events are timed finals

Swimming NSW no refund policy applies to SMNE Meets

### MEET DIRECTOR

Reserves the right to vary the program

**Enquiries: [meetdirector@smne.org.au](mailto:meetdirector@smne.org.au)**

### POOL

50m Competition Pool; Lane for warm up/swim down

### RESULTS

Uploaded to Results Central & published on SMNE website

### MEET CLOSING DATE

**SUNDAY 13 OCTOBER 2019**

*(unless maximum entry reached prior)*

### AGE

As at 27 October 2019

**This Meet will run as a "Positive Check-In Meet" which means swimmers will be required to "check in upon arrival" or no later than 45 minutes prior to the start of their first event. Swimmers who fail to check in at least 45 minutes prior to the start of their event will be scratched. This style of check in will eliminate heats with multiple "no-shows" thus significantly shortening the Meet for all swimmers and spectators. After the check-in period has elapsed the heat and lane assignments for the event will be posted. Swimmers are expected to be at checkstarting in plenty of time for their race.**

**All heats in all events will be swum from fastest to slowest, meaning the fastest swimmers will be in the first heat and the slowest swimmers in the last heat etc.**

**On the day of the meet, all competitors, coaches and spectators are permitted only in the Aquatic Centre and carpark. Entry into the basketball courts, tennis courts, or any other school areas is not permitted.**

**Swimmers without relevant QTs should discuss event entries with their coach.**

<b>SUNDAY 27th October 2019</b>			
<b>(Warm up 7:00am) START 7:30am</b>			
<b>Mixed</b>	<b>Age</b>	<b>Event</b>	<b>QT</b>
1	Open	200m IM	3:30.00
2	Open	400m Freestyle	5:50.00
3	Open	1500m Freestyle	22:00.00
4	Open	800m Freestyle	11:50.00
5	Open	400m IM	6:50.00
6	Open	200m Freestyle	2:50.00