



# Nepean Aquatic Centre Swim Club Inc

## 2019 Short Course Qualifying Meet

**SUNDAY 18<sup>TH</sup> AUGUST – SOPAC**

**Sydney Olympic Park Aquatic Centre**

**\$100 Prize Money and Trophy Awarded to Winning Mixed Open 4x50 Relay Team (Event #31)**

**DOORS OPEN- 7:30am**

**WARM UP- 8:30am**

**START- 9:00am**

**ENTRY LIMIT- 2200**

| Boys | Girls | Age         | Distance | Stroke       | Boys | Girls | Age                  | Distance | Stroke       |
|------|-------|-------------|----------|--------------|------|-------|----------------------|----------|--------------|
| 1    | 2     | Open        | 400      | IM           |      |       | PROPOSED LUNCH BREAK |          |              |
| 3    | 4     | 12 & Under  | 50       | Freestyle    | 33   | 34    | Open                 | 400      | Freestyle    |
| 5    | 6     | 13 & Over   | 50       | Freestyle    | 35   | 36    | 12 & Under           | 50       | Butterfly    |
| 7    | 8     | 12 & Under  | 100      | Butterfly    | 37   | 38    | 13 & Over            | 50       | Butterfly    |
| 9    | 10    | 13 & Over   | 100      | Butterfly    | 39   | 40    | Open                 | 200      | Breaststroke |
| 11   | 12    | Multi Class | 100      | Butterfly    | 41   | 42    | 12 & Under           | 100      | Freestyle    |
| 13   | 14    | Open        | 100      | IM           | 43   | 44    | 13 & Over            | 100      | Freestyle    |
| 15   | 16    | 12 & Under  | 50       | Breaststroke | 45   | 46    | Multi Class          | 100      | Freestyle    |
| 17   | 18    | 13 & Over   | 50       | Breaststroke | 47   | 48    | 12 & Under           | 50       | Backstroke   |
| 19   | 20    | Open        | 200      | Freestyle    | 49   | 50    | 13 & Over            | 50       | Backstroke   |
| 21   | 22    | 12 & Under  | 100      | Backstroke   | 51   | 52    | Open                 | 200      | Butterfly    |
| 23   | 24    | 13 & Over   | 100      | Backstroke   | 53   | 54    | 12 & Under           | 100      | Breaststroke |
| 25   | 26    | Multi Class | 100      | Backstroke   | 55   | 56    | 13 & Over            | 100      | Breaststroke |
| 27   | 28    | Open        | 200      | IM           | 57   | 58    | Multi Class          | 100      | Breaststroke |
| 29   | 30    | 13 & Under  | 4 x 50   | Free RELAY   | 59   | 60    | Open                 | 200      | Backstroke   |
| 31   |       | Mixed Open  | 4 x 50   | Free RELAY   |      |       |                      |          |              |

### Terms & Conditions

1) Meet conducted under the rules of SNSW & SAL and is Area approved. 2) All Events are Timed Finals. 3) Individual Entries to be submitted online only via Swim Central. Relays via online or TM file. 4) Entry Fees: \$7.50 per event, \$10.00 per relay event (max of 2 male swimmers in event 31) 5) Entries Close: Friday 9th August 2019 for online entries or when entry limit of 2200 is reached. 6) Age as at: 18th August 2019. 7) Pool Entry & Parking: Adults \$5-00 each, children under 16 free, competitors free. 4 hours free parking – validate ticket at SOPAC front desk. 8) Programmes: Available Online 9) No manual entries will be accepted. 10) No phone or late entries will be accepted. 11) Enquiries to Club Race Secretary - [nacsci.racesecretary@gmail.com](mailto:nacsci.racesecretary@gmail.com) 12) Medals will be awarded to 1st, 2nd & 3rd place getters for the following age groups : 7 Yrs & Under Boys and Girls, 8 Yrs Boys & Girls, 9 Yrs Boys & Girls, 10 Yrs Boys & Girls, 11 Yrs Boys & Girls, 12 Yrs Boys & Girls, 13 Yrs Boys & Girls, 14 Yrs Boys & Girls, 15 Yrs Boys & Girls, 16 Yrs & Over Boys & Girls, 13) Medals will be awarded to 1st, 2nd & 3rd place getters for the following Multi Class age groups: 12Yrs and under Boys & Girls, 13 Yrs and over Boys & Girls, 14) Medals will be awarded to 1st, 2nd & 3rd place getters for the 13 Yrs & Under Boys & Girls Relays. 15) Medal man available on the day for medal engraving at \$5.00ea medal. 16) Prize Money and Trophy will be awarded for Mixed Open Relay, event #31, for first place only.

**EVENT 31 ~ MIXED OPEN 4x50M FREESTYLE RELAY~PROUDLY SPONSORED BY:-**

**OSKAR QUALITY PAINTING SERVICES**

**Michael Staniucha, Mobile – 0402 736 462, Email - [mstaniucha@hotmail.com](mailto:mstaniucha@hotmail.com)**

Nepean Aquatic Centre Swim Club Inc  
2019 Short Course Qualifying Meet  
Qualifying Times

SUNDAY 18<sup>TH</sup> AUGUST – SOPAC  
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| Qualifying Times - Boys |               |         |                   |         |                   |                      |                    |                 |         |     |
|-------------------------|---------------|---------|-------------------|---------|-------------------|----------------------|--------------------|-----------------|---------|-----|
|                         |               | Open    | 16yrs<br>& Over   | 15yrs   | 13/14yrs          | 11/12yrs             | 10                 | 9               | 8       | 7/U |
| Free                    | 50m           |         | 34:00             | 35:00   | 13/14yrs: 40.00   | 11/12yrs: 50.00      | 1:00.00            | 1:10.00         | 1:30.00 |     |
|                         | 100m          |         | 15/16yrs: 1:20.00 |         | 13/14yrs: 1:25.00 | 11/12yrs:<br>1:30.00 | 10/9/8yrs: 1:50.00 |                 |         |     |
|                         | 200m          | 2:40    |                   |         |                   |                      |                    |                 |         |     |
|                         | 400m          | 5:40    |                   |         |                   |                      |                    |                 |         |     |
| Back                    | 50m           |         | 47:00             | 50:00   | 13/14yrs: 55.00   | 11/12yrs:<br>1:00.00 | 1:10.00            | 1:20.00         | 1:30.00 |     |
|                         | 100m          |         | 1:20.00           | 1:25.00 | 13/14yrs: 1:35.00 | 11/12yrs:<br>1:45.00 | 10/9yrs: 1:55.00   |                 | 2:00.00 |     |
|                         | 200m          | 3:00.00 |                   |         |                   |                      |                    |                 |         |     |
| Breast                  | 50m           |         | 48:00             | 50:00   | 13/14yrs: 55.00   | 11/12yrs:<br>1:05.00 | 1:15.00            | 1:25.00         | 1:30.00 |     |
|                         | 100m          |         | 1:40.00           | 1:45.00 | 13/14yrs: 1:55.00 | 11/12yrs:<br>2:00.00 | 2:10.00            | 9/8yrs: 2:20.00 |         |     |
|                         | 200m          | 3:25.00 |                   |         |                   |                      |                    |                 |         |     |
| Fly                     | 50m           |         | 48:00             | 50:00   | 13/14yrs: 55.00   | 11/12yrs:<br>1:00.00 | 10/9yrs: 1:15.00   |                 | 1:20.00 |     |
|                         | 100m          |         | 1:25.00           | 1:30.00 | 13/14yrs: 1:35.00 | 11/12yrs:<br>1:55.00 | 2:00.00            | 9/8yrs: 2:10.00 |         |     |
|                         | 200m          | 3:15.00 |                   |         |                   |                      |                    |                 |         |     |
| Medley                  | 100m          | 1:30.00 |                   |         |                   |                      |                    |                 |         |     |
|                         | 200m          | 3:30.00 |                   |         |                   |                      |                    |                 |         |     |
|                         | 400m          | 5:50.00 |                   |         |                   |                      |                    |                 |         |     |
| Relay                   | 4x50m<br>Free |         |                   |         | 13&U              |                      |                    |                 |         |     |

| Qualifying Times – Mixed Relay |               |      |                 |       |          |          |    |   |   |     |
|--------------------------------|---------------|------|-----------------|-------|----------|----------|----|---|---|-----|
|                                |               | Open | 16yrs<br>& Over | 15yrs | 13/14yrs | 11/12yrs | 10 | 9 | 8 | 7/U |
| Relay                          | 4x50m<br>Free |      |                 |       |          |          |    |   |   |     |

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| Qualifying Times - Girls |               |         |                   |         |                   |                      |                    |                 |         |     |
|--------------------------|---------------|---------|-------------------|---------|-------------------|----------------------|--------------------|-----------------|---------|-----|
|                          |               | Open    | 16yrs<br>& Over   | 15yrs   | 13/14yrs          | 11/12yrs             | 10                 | 9               | 8       | 7/U |
| Free                     | 50m           |         | 34:00             | 35:00   | 13/14yrs: 40.00   | 11/12yrs: 50.00      | 1:00.00            | 1:10.00         | 1:30.00 |     |
|                          | 100m          |         | 13/14yrs: 1:20.00 |         | 13/14yrs: 1:25.00 | 11/12yrs:<br>1:30.00 | 10/9/8yrs: 1:50.00 |                 |         |     |
|                          | 200m          | 2:40    |                   |         |                   |                      |                    |                 |         |     |
|                          | 400m          | 5:40    |                   |         |                   |                      |                    |                 |         |     |
| Back                     | 50m           |         | 47:00             | 50:00   | 13/14yrs: 55.00   | 11/12yrs:<br>1:00.00 | 1:10.00            | 1:20.00         | 1:30.00 |     |
|                          | 100m          |         | 1:20.00           | 1:25.00 | 13/14yrs: 1:35.00 | 11/12yrs:<br>1:45.00 | 10/9yrs: 1:55.00   |                 | 2:00.00 |     |
|                          | 200m          | 3:00.00 |                   |         |                   |                      |                    |                 |         |     |
| Breast                   | 50m           |         | 48:00             | 50:00   | 13/14yrs: 55.00   | 11/12yrs:<br>1:05.00 | 1:15.00            | 1:25.00         | 1:30.00 |     |
|                          | 100m          |         | 1:40.00           | 1:45.00 | 13/14yrs: 1:55.00 | 11/12yrs:<br>2:00.00 | 2:10.00            | 9/8yrs: 2:20.00 |         |     |
|                          | 200m          | 3:25.00 |                   |         |                   |                      |                    |                 |         |     |
| Fly                      | 50m           |         | 48:00             | 50:00   | 13/14yrs: 55.00   | 11/12yrs:<br>1:00.00 | 10/9yrs: 1:15.00   |                 | 1:20.00 |     |
|                          | 100m          |         | 1:25.00           | 1:30.00 | 13/14yrs: 1:35.00 | 11/12yrs:<br>1:55.00 | 2:00.00            | 9/8yrs: 2:10.00 |         |     |
|                          | 200m          | 3:15.00 |                   |         |                   |                      |                    |                 |         |     |
| Medley                   | 100m          | 1:30.00 |                   |         |                   |                      |                    |                 |         |     |
|                          | 200m          | 3:30.00 |                   |         |                   |                      |                    |                 |         |     |
| Relay                    | 4x50m<br>Free |         |                   |         | 13&U              |                      |                    |                 |         |     |