



2019 NSW LONG COURSE QUALIFYING MEET @ SOPAC

19TH – 20TH OCTOBER 2019

13 Representatives attended this target meet which is designed for athletes to specifically seek individual qualifying times for the upcoming major long course season championships MSW REGION /METROPOLITAN/STATE-AGE & OPEN /NATIONAL-AGE & OPEN. The NACSC caps were worn in competition by the following athletes:-

Holly Amies; Jordan Amies; Liam Bullard, Cameron Taylor; Rebecca Hall; Lucienne Heffernan; Chloe Kimmings; Caitlin Medak; Kiani Slaughter; Ryan Slaughter; Oskar Staniucha; Riley Stevens; Arianne Thomas

CONGRATULATIONS TEAM !

52 EVENTS CONTESTED WITH 27 LONG COURSE PERSONAL BEST TIMES (To entry times) @52% CONVERSION RATE

It is acknowledged that Swim Central did create a little havoc in regard to entry times for some events however, the overall competition was strongly contested with many heats in circle seeding format. There were some fast times being set which made it exciting for spectators yet the meet had a particularly relaxed atmosphere for athletes who were able to attend marshalling after reporting at an earlier time to register & 'mark off'.

NACSC representatives had some excellent results and I was particularly pleased that the times swum were either best times or very close to times recorded towards the end of the previous long course season. Jordan Amies, Chloe Kimmings, Ryan Slaughter & Riley Stevens showed promise for early conversion to possible new national qualifying times through their posting of promoted times. As did Taylor Cameron who was entered in events on the able bodied qualifying time but used it to her advantage to race hard and record the biggest pb of the team by slicing 8 seconds off her previous best long course 400 f/s effort.

Special mention to Rebecca Hall who put in a particularly polished performance in achieving a 100% pb rate with her six events. It was very obvious that Rebecca has developed well in her skills and speed over the past short course season to record some new qualifying times for State Age.

Well Done – Keep up the training efforts and hopefully we can convert some of our virtually swims to actual state or national qualifying times at the Metro South West Championships in two weeks....

