



Proposed Long Course Qualifying Meet

Conducted under the rules of Swimming Australia and Swimming Victoria

1st Pennant Program - Hosted by Wangaratta Stingrays

Date of Meet: 15th October 2023 Venue: Wangaratta Sports and Aquatic Centre

Warm Up: 9:00am Meet Start: 10:00am

Entries close Thursday 12th October 2023 at 8:00pm via Swim Central

| M | F | Age | Distance | Stroke |
|---------|----|-------------|------------|--|
| 1/2 | | All Age | 400m | Choice of Freestyle or Ind. Medley |
| 3 | 4 | All Age | 50m | Backstroke |
| 5 | | Multi Class | 50m | Backstroke |
| 6 | | 10/Under | 25m | Backstroke |
| 7 | 8 | All Age | 100m | Breaststroke |
| 9/10/11 | | All Age | 200m | BBB (Choice of Back/Breast/Butterfly) |
| 12 | 13 | All Age | 50m | Butterfly |
| 14 | | Multi Class | 50m | Butterfly |
| 15 | | 10/Under | 25m | Butterfly |
| 16 | 17 | All Age | 100m | Freestyle |
| 18 | 19 | All Age | 200m | Individual Medley |
| 20 | 21 | 10/under | 4 x 25m | Freestyle Relay |
| 22 | 23 | All Age | 200m | Freestyle |
| 24 | 25 | All Age | 50m | Breaststroke |
| 26 | | Multi Class | 50m | Breaststroke |
| 27 | | 10/Under | 25m | Breaststroke |
| 28 | 29 | All Age | 100m | Backstroke |
| 30 | 31 | Open | 4 x 50m | Freestyle Relay |
| 32 | 33 | 16/Under | 4 x 50m | Freestyle Relay |
| 34 | 35 | All Age | 50m | Freestyle |
| 36 | | Multi Class | 50m | Freestyle |
| 37 | | 10/Under | 25m | Freestyle |
| 38 | 39 | All Age | 100m | Butterfly |
| 40 | 41 | 12/Under | 4 x 50m | Freestyle Relay |
| 42 | 43 | 14/Under | 4 x 50m | Freestyle Relay |

- Swimmers may swim in a maximum of 4 individual events of their choice – any combination of strokes/distances – this means you may swim 50m free / 100m free / 200m free in the one day and receive points for each swim
- You may swim in 2 relays
- Can Coaches/parents/race secretaries please be mindful of what swimmers are capable of swimming.
- Age as at: 1st October 2023 - Points awarded to the following Age Groups.
8 & under/ 9 years/ 10 years/ 11 years/ 12 years/ 13 years/ 14 years/ 15 years/ 16 years/ 17 - 34, and 35 & over.
- Online entries only - via Swim Central
- The 25 metre events have been introduced to encourage younger swimmers to have a go, this is about participation.
- Results from the 25m events will not be uploaded to Swim Central.
- Relays are listed as Freestyle, however if Clubs wish to swim a Medley Relay, they will need to inform the Referee in charge prior to the commencement of the event in which the Medley Relay will swim.
- Entry fee is \$1.00 per event, except 25metre events and Relays are Free.
- **For all enquiries please contact:** entries.omdsa@gmail.com