



## Proposed Long Course Qualifying Meet

Conducted under the rules of Swimming Australia and Swimming Victoria

2nd Pennant Program - Hosted by North Albury Swimming Club

Date of Meet: 5th November 2023 Venue: Lavington Swim Centre

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

Entries close Thursday 2nd November 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	Freestyle
5		Multi Class	50m	Freestyle
6		10/Under	<b>25m</b>	Freestyle
7	8	All Age	100m	Butterfly
9/10/11		All Age	200m	<b>BBB</b> (Choice of Back/Breast/Butterfly)
12	13	All Age	50m	Backstroke
14		Multi Class	50m	Backstroke
15		10/Under	<b>25m</b>	Backstroke
16	17	All Age	100m	Breaststroke
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	Butterfly
26		Multi Class	50m	Butterfly
27		10/Under	<b>25m</b>	Butterfly
28	29	All Age	100m	Freestyle
30	31	12/Under	4 x 50m	Freestyle Relay
32	33	14/Under	4 x 50m	Freestyle Relay
34	35	All Age	50m	Breaststroke
36		Multi Class	50m	Breaststroke
37		10/Under	<b>25m</b>	Breaststroke
38	39	All Age	100m	Backstroke
40	41	Open	4 x 50m	Freestyle Relay
42	43	16/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](mailto:entries.omdsa@gmail.com)