



Proposed Long Course Qualifying Meet

Conducted under the rules of Swimming Australia and Swimming Victoria

3rd Pennant Program - Hosted by Albury Swimming Club

Date of Meet: 12th November 2023 Venue: Albury Swim Centre

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

Entries close Thursday 9th November 2023 at 8:00pm via Swim Central

Mixed	Age	Distance	Stroke
1/2	All Age	400m	Choice of Freestyle or Ind. Medley
3	All Age	50m	Breaststroke
4	Multi Class	50m	Breaststroke
5	10/Under	25m	Breaststroke
6	All Age	100m	Backstroke
7/8/9	All Age	200m	BBB (Choice of Back/Breast/Butterfly)
10	All Age	50m	Freestyle
11	Multi Class	50m	Freestyle
12	10/Under	25m	Freestyle
13	All Age	100m	Butterfly
14	All Age	200m	Individual Medley
15	10/under	4 x 25m	Freestyle Relay
16	All Age	200m	Freestyle
17	All Age	50m	Backstroke
18	Multi Class	50m	Backstroke
19	10/Under	25m	Backstroke
20	All Age	100m	Breaststroke
21	Open	4 x 50m	Freestyle Relay
22	16/Under	4 x 50m	Freestyle Relay
23	All Age	50m	Butterfly
24	Multi Class	50m	Butterfly
25	10/Under	25m	Butterfly
26	All Age	100m	Freestyle
27	12/Under	4 x 50m	Freestyle Relay
28	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.
- Mixed Relays must comprise of 2 x Male and 2 x Female swimmers.
- Entry fee is \$1.00 per event, except 25metre events and Relays are Free.
- **For all enquiries please contact: entries.omdsa@gmail.com**