



ALBURY AMATEUR SWIMMING CLUB

LONG COURSE OPEN MEET – SUNDAY 29TH OCTOBER 2023

Qualifying Meet – Approved by SISA

Albury Swim Centre – Wodonga Place Albury - (02) 6021 3011

- 50m heated outdoor pool
- 25m heated warm down pool

Warm up 9.00am **Races** 10.15am

Entry fee \$8 per event Includes Levey

Entries Close: Monday 23rd October 2023

\$\$\$ CASH PRIZES \$\$\$

1st = \$50, 2nd \$30, 3rd = \$20.

P and P Evans Trophy Event 01-

Harold Groch Trophy Event 07 –

P and W Gould Trophy Event 17 –

P and J Clemson Trophy Event 27-

Frank Hohmann Trophy Event 36-

All Entries Online only in Swim Central.

Results Posted on

[Meet Mobile.](#)

www.southerninlandnswswimming.org.au

www.omdsa.org.au

Pool Entry – Pool opens 09:00 am. Pool Entry Charges apply.

Age as at 29th October 2023

- Meet is open to swimmers registered with their state swimming body.
- An Area Approved meet conducted under the rules of SNSW Ltd. This is a qualifying meet.
- Events and heats may be combined if insufficient entries.
- All events are timed finals.
- Medals will be awarded to 1st, 2nd, 3rd places in age group 8/Under 9,10,11,12,13,14,15,16,17, M/C
- In the 50 Meter races, Free and Back, Medals for other races in age groups listed.
- Late entries will be at the discretion of the Meet Director
- Lunch break will commence between 12.30pm and 1.00pm approximately
- The Meet Director reserves the right to change the program and conditions as necessary.
- The final program and results will be available at both SISA and O&M websites
- Qualifying times on all Open 200, 400, 800 and 1500 Events.



M	F	Age	Distance	Stroke	M	F	Age	Distance	Stroke
1		Open	400	Free	23	24	12 & Under	50	Back
2		Open	400	IM	25	26	13 & Over	50	Back
101		Open MC	50	Free	27		Open	200	Free
3	4	12 & Under	50	Breast	28	29	12 & Under	100	Back
5	6	13 & over	50	Breast	30	31	13 & Over	100	Back
7		Open ,	200	Fly	104		Open M/C	50	Fly
8	9	12 & Under	100	Breast	32	33	12 & Under	50	Free
10	11	13 & Over	100	Breast	34	35	13 & Over	50	Free
102		Open M/C	50	Back	36		Open	200	Back
13	14	12 & Under	50	Fly	37	38	11-12	50	Free
15	16	13 & Over	50	Fly	39	40	13-14	50	Free
17		Open	200	Breast	41	42	12 & Under	200	IM
18	19	12 & Under	100	Fly	43	44	13 and Over	200	IM
20	21	13 & Over	100	Fly	45		Open	800	Free
103		Open M/C	50	Breast	47		Open	1500	Free

WWW.ALBURYSWIMCLUB.ORG.AU

Program Synopsis

Stroke	Distance	Age Groups
Freestyle	50	8/under, 9/10,11,12,13,14,15,16,17& over & MC
	100	10& under, 11/12, 13/14, 15/16, 17& over
	200	Open/ Qualifying time 4.00 minutes
	400	Open /Qualifying time 6.00 minutes
	800	Open/ Qualifying time 12.00 minutes
	1500	Open/ Qualifying time 25.00 minutes
Backstroke	50	8/under, 9,10,11,12,13,14,15,16,17& over & MC
	100	10& under, 11/12, 13/14, 15/16, 17& over
	200	Open/ Qualifying time 5.00 minutes
Breaststroke	50	10/under, 11/12, 13/14, 15/16, 17& over & MC
	100	12& under, 13,14,15,16,17& over
	200	Open / Qualifying time 6.00 minutes
Butterfly	50	10/ under, 11/12, 13/14, 15/16, 17& over & MC
	100	12& under, 13,14,15,16,17& over
	200	Open/ Qualifying time 5.00 minutes
IM	200	10& under, 11/12, 13/14, 15/16, 17& over
	400	Open/ Qualifying time 7.00 minutes