



WARRINGAH AQUATIC SWIM CLUB SC QUALIFYING MEET

Sunday 7th May 8:30am - 4:00pm at Warringah Aquatic Centre
(Warm up 8:00am & 30 minute lunch break)

Thank you to
our sponsors



Boys	Girls	Age	Event	QT
1	Mixed	10/O	200m Individual Medley	3:30.00
2	3	8/O	50m Breaststroke	
4	5	9/O	100m Butterfly	
6	7	8/O	50m Backstroke	
8	9	8/O	100m Freestyle	
10	Mixed	10/O	100m Individual Medley	1:45.00
11	Mixed	11/O	200m Breaststroke	3:25.00
12	Mixed	11/O	200m Butterfly	3:10.00
13	Mixed	10/O	200m Backstroke	3:10.00
14	15	8/O	50m Freestyle	
16	17	9/O	100m Breaststroke	
18	19	8/O	50m Butterfly	
20	21	9/O	100m Backstroke	
22	Mixed	10/O	200m Freestyle	2:50.00
23	24	12/U	50m FR Dash for Cash Events	
25	26	13/O	50m FR Dash for Cash Events	

**CASH
TO BE WON**

ENTRIES

- Enter via Swim Central \$10.00 per individual event
- Age is at 7 May 2023
- Normal pool entry fees applicable
- **Entries close 5:00pm Sun 30 April** (or earlier if maximum entries reached)
- Late entries may be accepted to fill lanes only
- **We regret we are not able to offer refunds**
- Events 23-26 will be selected from the top 8 in each age bracket from events 14 & 15. Fastest eight 12/U & 13/O males & females in each age group will get to contest the Dash for Cash events - Top 1st, 2nd, 3rd in each event (23-26) wins cash

COVID SAFETY

Our primary concern remains the health and safety of all our patrons. We ask for your support in our efforts to prevent COVID-19 and be vigilant in your personal hygiene, social distancing and avoid attending our meet if unwell.

RULES

- All events are timed finals and will be run fastest to slowest
- SNSW approved meet under SNSW Ltd rules
- Entries accepted from primary members of invited Clubs only
- Only swimmers, coaches, technical officials and timekeepers are permitted on pool deck.
- Swimmers' entries are accepted on the basis that a parent or guardian timekeepers, officiates or assists as required to help run the meet
- Backstroke ledges may be used at this meet.
- SAL rules apply for Multi Class (MC) swimmers
- Clubs will be asked to assist with timekeeping & other duties
- Meet program will be available to download from our website
- We reserve the right to vary the program
- Results will be uploaded to Results database and available on our website

CONTACT

Meet Director Ariel Darley admin@warringahasc.com.au