

## JARRINGAN WARRINGAH AQUATIC SWIM CLUB Winter Mini Meet

Saturday 19th August, 2023 9:00am-11:00am

Event	Mixed	Age	Event	QT
1	Mixed	10/0	400m Individual Medley	*
2	Mixed	10/0	400m Freestyle	*
3	Mixed	8/0	50m Breaststroke	
4	Mixed	9/0	100m Butterfly	
5	Mixed	8/0	50m Backstroke	
6	Mixed	8/0	100m Freestyle	
7	Mixed	9/0	200m Individual Medley	
8	Mixed	8/0	50m Butterfly	
9	Mixed	9/0	100m Breaststroke	
10	Mixed	9/0	100m Individual Medley	
11	Mixed	8/0	50m Freestyle	
12	Mixed	9/0	100m Backstroke	
13	Mixed	9/0	200m Breaststroke	*
14	Mixed	9/0	200m Butterfly	*
15	Mixed	9/0	200m Backstroke	*
16	Mixed	9/0	200m Freestyle	*

\*Requires Coach Approval first - discuss with your coach before entering

## ENTRIES

- Enter via Swim Central
- Maximum 3 events per swimmer
- \$5.00 per individual event
- We regret we are unable to offer refunds
- Age is at 19 August 2023
- Normal pool entry fees applicable
- Entries close 5pm Thurs 17th Aug
- Swimmers must discuss their entries with their coaches, especially for the 200m and 400m events. Swimmers who enter inappropriately will be scratched.

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CONTACT
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## 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 Warringah Aquatic Swim Club Only
- Swimmers' entries are accepted on the basis that a parent or guardian timekeeps, 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
- We regret we are not able to offer refunds
- We reserve the right to vary the program
- Results will be uploaded to Swim Central and available on our website

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