



# WARRINGAH AQUATIC SWIM CLUB

## LC SUMMER QUALIFIER

Sunday 22nd October 8:45-4:30pm (Warm up 8:00)

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

Thank you to  
our sponsors



*There will be a lunch break around 12.30*

### ENTRIES

- Enter via Swim Central
- \$11.50 per individual event (incl SNSW Meet Levy)
- Age is at 22 Oct 2023
- Normal Council entry fees applicable
- Entries close 5:00pm Tue 17th Oct (or earlier if maximum entries reached)
- No late entries accepted
- Events 19-22 will be selected from the top 8 in each age bracket from events 14 & 15. Fastest eight 12/U & 13/O in each age group & gender will get to contest the Dash for Cash events

### HEALTH SAFETY

Our primary concern remains the health and safety of all our patrons. We ask for your support in our efforts to prevent the spread of illness 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 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
- Clubs will be asked to assist with timekeeping & other duties
- We regret we are not able to offer refunds
- Meet program will be available to download from our website
- We reserve the right to vary the program
- Results will be uploaded to Swim Central and available on our website

### CONTACT

Meet Director Ariel Darley admin@warringahasc.com.au