

# SMNE LC SUMMER CHAMPIONSHIPS

4th-5th Nov 2023, at SOPAC

Warm up 1 hour prior to start each day



## Qualifying Times - BOYS

Events	15/O	13/14	11/12	10/U
Freestyle 50m	29.00	32.00	35.00	42.00
	1:01.00	1:04.00	1:18.00	1:30.00
Backstroke 50m	33.00	37.00	42.00	52.00
	1:11.00	1:20.00	1:35.00	1:48.00
Breaststroke 50m	39.00	45.00	48.00	1:00.00
	1:25.00	1:39.00	1:48.00	1:59.00
Butterfly 50m	33.00	35.00	42.50	52.00
	1:12.00	1:21.00	1:32.00	1:40.00

Ind Medley 200m	14/O	2:39.00	10-13	3:15.00
Freestyle 200m	14/O	2:16.00	10-13	2:36.00
Backstroke 200m	14/O	2:42.00	10-13	3:10.00
Breaststroke 200m	14/O	3:09.00	10-13	3:32.00
Butterfly 200m	14/O	2:55.00	10-13	3:12.00

## Qualifying Times - GIRLS

Events	15/O	13/14	11/12	10/U
Freestyle 50m	31.50	33.00	35.50	42.00
	1:05.50	1:09.00	1:19.00	1:33.00
Backstroke 50m	36.00	38.00	42.50	52.00
	1:18.00	1:20.00	1:36.00	1:48.00
Breaststroke 50m	41.00	45.00	48.00	1:00.00
	1:30.00	1:41.00	1:50.00	1:59.00
Butterfly 50m	34.00	35.00	43.50	52.00
	1:18.00	1:24.00	1:35.00	1:40.00

Ind Medley 200m	14/O	2:45.00	10-13	3:18.00
Freestyle 200m	14/O	2:25.50	10-13	2:38.00
Backstroke 200m	14/O	2:50.00	10-13	3:15.00
Breaststroke 200m	14/O	3:15.00	10-13	3:39.00
Butterfly 200m	14/O	3:05.00	10-13	3:20.00

## Day 1 Sat 4 Nov 12:00pm

Boys	Girls	Ages	Event
1	2	14/O	Butterfly 200m
3	4	10-13	Butterfly 200m
5	6	15/O	Breaststroke 100m
7	8	13-14	Breaststroke 100m
9	10	11-12	Breaststroke 100m
11	12	9-10	Breaststroke 100m
13	14	15/O	Freestyle 50m
15	16	13-14	Freestyle 50m
17	18	11-12	Freestyle 50m
19	20	8-10	Freestyle 50m
21	22	14/O	Backstroke 200m
23	24	10-13	Backstroke 200m
25	26	14/O	4x50 Medley Relay
27	28	13/U	4x50 Medley Relay
29	30	14/O	Breaststroke 200m
31	32	10-13	Breaststroke 200m
33	34	15/O	Butterfly 50m
35	36	13-14	Butterfly 50m
37	38	11-12	Butterfly 50m
39	40	8-10	Butterfly 50m

All SMNE Meets follow the SMNE Refund Policy. Refund requests must be submitted via email with a medical certificate to the Meet Director within 24 hours of the last day of the meet (ie by 5pm 6th November).

- There will be a 30 minute lunch break on Sunday

## Awards

**Age Champions:** Certificates awarded for each age group 9 Yrs-14/Over (relays do not score points).

**Relays:** Medals awarded to placegetters for each relay event.

8 yr olds permitted to swim but do not earn medals.

**Individual Events:** Medals awarded to placegetters for each age in 50m and 100m events (9, 10, 11, 12, 13, 14 & 15/O).

There is one set of medals for the 1st, 2nd, 3rd placegetters in each 200m event.

## Entries

**Individuals:** \$13.50 per event (which includes the SNSW meet levy), relays \$15 per event - ENTRIES via SWIM CENTRAL only. Includes admission and downloadable program. Age as at 4th November 2023.

Maximum 12 events per swimmer.

**Entries close 5pm Wednesday 25th October, 2023.** No late entries accepted under any circumstances.

MC Swimmers to enter on QT or actual times, contact Meet Director for entries.

## Day 2 Sun 5 Nov 09:00am

Boys	Girls	Ages	Event
41	42	14/O	Freestyle 200m
43	44	10-13	Freestyle 200m
45	46	15/O	Breaststroke 50m
47	48	13-14	Breaststroke 50m
49	50	11-12	Breaststroke 50m
51	52	8-10	Breaststroke 50m
53	54	15/O	Backstroke 100m
55	56	13-14	Backstroke 100m
57	58	11-12	Backstroke 100m
59	60	9-10	Backstroke 100m
61	62	15/O	Butterfly 100m
63	64	13-14	Butterfly 100m
65	66	11-12	Butterfly 100m
67	68	9-10	Butterfly 100m
69	70	14/O	4x50 Free Relay
71	72	13/U	4x50 Free Relay
73	74	15/O	Backstroke 50m
75	76	13-14	Backstroke 50m
77	78	11-12	Backstroke 50m
79	80	8-10	Backstroke 50m
81	82	15/O	Freestyle 100m
83	84	13-14	Freestyle 100m
85	86	11-12	Freestyle 100m
87	88	9-10	Freestyle 100m
89	90	14/O	Ind Medley 200m
91	92	10-13	Ind Medley 200m

## Rules

SNSW approved meet under SNSW Ltd rules  
SAL Safe Sport Framework applies to all meet attendees. SNSW Spectator/Parent Behaviour Etiquette applicable. Swimmers' entries are limited to Primary Swimmers of SMNE Clubs only. No spectators or parents permitted on pool deck. Swimmers entries are accepted on the basis that a parent/guardian timekeeps, officiates, or assists as requested to help run the meet. Both SC and LC times from approved meets accepted. Clubs will be asked to assist with timekeeping & other duties. All events are timed finals swum fastest to slowest.

## Pool Admission & Parking

Pool entry is free for spectators and athletes. 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.

Parking Fees: Set by the venue.

Enquiries | [meetdirector@smne.org.au](mailto:meetdirector@smne.org.au)