

2023 SMNE LC DISTANCE MEET

19th Nov 2023, at Pymble Ladies College



Sun 19 Nov 2023 8.45am (warm up 8:00am)

Mixed	Ages	Event	QT
1	10/O	Freestyle 1500m*	20:00.00
2	10/O	Freestyle 800m*	11:50.00
3	10/O	Ind Medley 400m	6:50.00
4	9/O	Freestyle 200m	3:00.00
5	10/O	Freestyle 400m	5:50.00
6	9/O	Ind Medley 200m	3:35.00

**Swimmers will need to provide a person to lap count and a person to Timekeep
Main competition Pool will be available for warm up/cool down until
8:30am and then Learn to Swim Pool thereafter*

✓ Entries

Individuals: \$13.50 per event (maximum 3). ENTRIES via SWIM CENTRAL. Includes SNSW Meet Levy, admission and downloadable program. Age as at 19th November 2023. **Entries close 5pm Thursday 9 November, 2023.** No late entries accepted under any circumstances. SMNE refund policy applies to SMNE meets. SAL rules apply for Multi Class (MC) swimmers. MC swimmers to enter on QT or actual times (email meetdirector@smne.org.au)

✓ Conditions of Entry

Only PRIMARY Club members from an SMNE Club are eligible to enter this meet. Swimmers who do not meet the criteria will be removed without refund. Swimmers who do not have the relevant QTs can apply to their coach for special entry providing their coach thinks they can make the QT. Meet Director reserves the right to scratch any swimmer they believe has entered incorrectly.

✓ Rules

SNSW approved meet under SNSW Ltd rules SwimAus Safe Sport Framework & National Integrity 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 timekeepers, 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.

✓ Important Information

Admission and parking at the pool is free. 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 20th November).

Enquiries | meetdirector@smne.org.au