

# 2024 SMNE LC DISTANCE MEET

20 Oct 2024, at Pymble Ladies College



## Sun 20 Oct 2024 8.30am (warm up 7:30am)

Boys	Girls	Ages	Event	QT
1	2	10/O	Freestyle 1500m*	20:00.00
3	4	10/O	Freestyle 800m*	11:50.00
5	6	10/O	Ind Medley 400m	6:50.00
7	8	9/O	Freestyle 200m	3:00.00
9	10	10/O	Freestyle 400m	5:50.00
11	12	9/O	Ind Medley 200m	3:30.00

\*Swimmers may 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  
8:15am and then only in lane 8 (no diving)

### ✓ Entries

Individuals: \$13.50 per event (maximum 3). ENTRIES via SWIM CENTRAL. Includes SNSW Meet Levy, admission and downloadable program. Age as at 20 October 2024.

**Entries close 11:59pm Thursday 10 October, 2024.** No late entries accepted under any circumstances. SAL rules apply for Multi Class (MC) swimmers. MC swimmers to enter on QT or actual times (email [meetdirector@smne.org.au](mailto:meetdirector@smne.org.au)).

Where a reduction in the number of heats is possible owing to the withdrawal of swimmers, the Meet Director or Referee shall have the power to amalgamate or reseed two or more heats into one heat which may be mixed gender

### ✓ Conditions of Entry

Only **PRIMARY Club members from SMNE Clubs** 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. 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 12pm 21 October).

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