

M	F	QT	Age	Dist	Stroke
1		10:15.00	Open	800	Freestyle
	2	10:15.00	Open	800	Freestyle
3	4	NT	MC	50	Breaststroke
5	6	5:45.00	Open	400m	Individual Medley
7	8	1:00.00	12yrs/U	50m	Freestyle
9	10	50.00	13yrs/O	50m	Freestyle
11	12	NT	MC	50m	Freestyle
13	14	3:30.00	Open	200m	Breaststroke
15	16	1:45.00	12yrs/U	100m	Backstroke
17	18	1:40.00	13/14yrs	100m	Backstroke
19	20	1:35.00	15yrs/O	100m	Backstroke
21	22	NT	MC	50m	Backstroke
23	24	02:40.00	Open	200m	Freestyle
25	26	1:15.00	12yrs/U	50m	Breaststroke
27	28	1:05.00	13yrs/O	50m	Breaststroke
29	30	01:50.00	12yrs/U	100m	Butterfly
31	32	01:40.00	13/14yrs	100m	Butterfly
33	34	01:30.00	15yrs/O	100m	Butterfly
35	36	NT	MC	50m	Butterfly
	37	18:10.00	Open	1500	Freestyle
38		19:30.00	Open	1500	Freestyle

M	F	QT	Age	Dist	Stroke
39	40	05:10.00	Open	400m	Freestyle
41	42	1.10.00	12yrs/U	50m	Backstroke
43	44	01:00.00	13yrs/O	50m	Backstroke
45	46	03:05.00	Open	200m	Butterfly
47	48	01:40.00	12yrs/U	100m	Freestyle
49	50	01:30.00	13/14yrs	100m	Freestyle
51	52	1.20.00	15yrs/O	100m	Freestyle
53	54	01.10.00	12yrs/U	50m	Butterfly
55	56	50.00	13yrs/O	50m	Butterfly
57	58	03:00.00	Open	200m	Individual Medley
59	60	2.00.00	12yrs/U	100m	Breaststroke
61	62	1.45.00	13/14yrs	100m	Breaststroke
63	64	1.35.00	15yrs/O	100m	Breaststroke
65	66	3.00.00	Open	200m	Backstroke

Doors Open & Warm Up: 7.30am | Start 8.30am

Self marshalling rules apply

All enquires to

race.secretary@sopacsc.com.au

Meet Conditions

- Meet is Conducted under the rules of SNSW & SAL and is approved by Swimming Metro North West. **THIS MEET IS A SELF MARSHALLING MEET**
- One start rule applies. All events are timed finals.
- The Meet Director reserves the right to vary the program.
- **Individual entries to be submitted online only via Swim Central**
- Entry fees are \$10.00 per individual event plus \$1.50 SNSW levy.
- Spectators will need to purchase a ticket via Trybooking
- Adult spectator entry \$10.00 via Trybooking. No entry fee for children (16U), competitors and coaches
- Please check your entries **NO REFUND POLICY APPLIES**
- Entries close Sunday 25th February 2024 **or when the meet capacity is reached.**
- Late entries will be accepted where possible. A late entry fee of an additional \$5 per event is applied.
- Visiting clubs may be requested to time keep. 1500 / 800m entries may be asked to assist timekeep that event.
- NOTE events 1, 2, 37, 38 will each consist of **one heat only based on fastest qualifying times**. When those events close, we will announce it on our website. If appropriate, depending on entries, events 1 & 2 will be combined into 1 race and events 35 & 36 will be combined into one race.
- Age at 09 March 2024.
- Medals will be presented to 1st,2nd,3rd in 8/U,9,10,11,12,13,14,& 15yrs/O age groups.
- Open and multi-class events will be awarded 1st,2nd &3rd per event.
- All results will be forwarded to Swimming NSW and Swimming Metro North West at the completion of the meet.
- Entry list, updates, timeline and program will be posted on the SOPAC Website by 5th March 2024
- Swimming heats from fastest to slowest

