



Mingara Aquatic Swimming Club

SUMMER LONG COURSE OPEN MEET

Sunday 26 February 2023

MINGARA DRIVE, TUMBI UMBI



Indoor grandstand, grassed area, ample free parking available
Kiosk available - Limited entries based on timeline

Warm up 8:00am

| B | G | AGE | DIST | STROKE |
|----|----|----------|------|----------------|
| 1 | 2 | 9-10yrs | 200m | Ind Medley |
| 3 | 4 | 11-13yrs | 200m | Ind Medley |
| 5 | 6 | 14yrs/O | 200m | Ind Medley |
| 7 | 8 | 10yrs/U | 50m | Freestyle |
| 9 | 10 | Open | 50m | Freestyle (MC) |
| 11 | 12 | 11-13yrs | 50m | Freestyle |
| 13 | 14 | 14yrs/O | 50m | Freestyle |
| 15 | 16 | 10yrs/U | 100m | Breaststroke |
| 17 | 18 | 11-13yrs | 100m | Breaststroke |
| 19 | 20 | 14yrs/O | 100m | Breaststroke |
| 21 | 22 | 10yrs/U | 50m | Butterfly |
| 23 | 24 | Open | 50m | Butterfly (MC) |
| 25 | 26 | 11-13yrs | 50m | Butterfly |
| 27 | 28 | 14yrs/O | 50m | Butterfly |
| 29 | 30 | Open | 200m | Freestyle |
| 31 | 32 | 10yrs/U | 100m | Backstroke |
| 33 | 34 | 11-13yrs | 100m | Backstroke |
| 35 | 36 | 14yrs/O | 100m | Backstroke |

Start 9:00am

| B | G | AGE | DIST | STROKE |
|----|----|----------|------|-------------------|
| 37 | 38 | Open | 200m | Butterfly |
| 39 | 40 | 10yrs/U | 50m | Breaststroke |
| 41 | 42 | Open | 50m | Breaststroke (MC) |
| 43 | 44 | 11-13yrs | 50m | Breaststroke |
| 45 | 46 | 14yrs/O | 50m | Breaststroke |
| 47 | 48 | Open | 200m | Backstroke |
| 49 | 50 | 10yrs/U | 100m | Freestyle |
| 51 | 52 | 11-13yrs | 100m | Freestyle |
| 53 | 54 | 14yrs/O | 100m | Freestyle |
| 55 | 56 | 10yrs/U | 50m | Backstroke |
| 57 | 58 | Open | 50m | Backstroke (MC) |
| 59 | 60 | 11-13yrs | 50m | Backstroke |
| 61 | 62 | 14yrs/O | 50m | Backstroke |
| 63 | 64 | Open | 200m | Breaststroke |
| 65 | 66 | 10yrs/U | 100m | Butterfly |
| 67 | 68 | 11-13yrs | 100m | Butterfly |
| 69 | 70 | 14yrs/O | 100m | Butterfly |

CONDITIONS OF ENTRY

- Meet is approved by Swimming NSW Ltd and Coast & Valley Swimming Association
- Meet is conducted under the rules of SNSW - One start rule will apply. All events are timed finals.
- Semi - Automatic timing (8 lane-50m Indoor Pool)
- Entries are online through SwimCentral
- The meet program, entries listing & results will be listed under the Events tab at <https://mingaraswimclub.com.au/>
- The Meet Director reserves the right to combine events where there is insufficient entries, amend the program and conditions of entry.
- Entries close: Sunday 12 February 2023 or when the timeline of 3pm is reached
- Entry fees \$6.50 per individual event.
- Minimum age for 200m events is 9yrs old.
- Age as at 26 February 2023
- Pool entry applies
- Please choose your events carefully as "NO REFUND POLICY APPLIES TO THIS MEET"
- Results will be available on meet mobile (unofficial)
- Visiting clubs will be asked to assist with timekeeping during the meet

AWARDS

- Medals will be awarded to the first 3 place getters for all 50m in the following age groups: 8yrs/U, 9yrs, 10yrs, 11yrs, 12yrs, 13yrs. This includes MC events
- Medals will be awarded to the first 3 place getters for all 100m & 200IM events in the following age groups: 10yrs/U, 11-13yrs.
- Cash prizes will be awarded to the first 3 place getters in the 14yrs/O events
- Medals will be award to the first 3 place getters (regardless of age) for all Open events.
- All enquiries to the Race Secretary Email: secretary@mingaraaquatic.com

MINGARA AQUATIC SWIMMING CLUB IS PROUDLY SPONSORED BY MINGARA RECREATION CLUB