



Lismore Workers Swim Team

ANNUAL LC QUALIFYING MEET

Saturday 16th November 2019
at Lismore Memorial Baths

WARM UP 8:00AM

SEMI-AUTOMATIC TIMING

START 9:00 AM

Male	Female	Age	Dist	Stroke	Male	Female	Age	Dist	Stroke
1	2	Open	400	Free	37	38	Open	400	IM
3	4	8 & U	25	Fly	39	40	8 & U	25	Free
5	6	Multi Class	50	Fly	41	42	Multi Class	50	Free
7	8	Multi Age	50	Fly	43	44	Multi Age	50	Free
9	10	Open	200	Back	45	46	Open	200	Breast
11	12	10 & U	100	Breast	47	48	10 & U	100	Back
13	14	11-12	100	Breast	49	50	11-12	100	Back
15	16	13-14	100	Breast	51	52	13-14	100	Back
17	18	15 & O	100	Breast	53	54	15 & O	100	Back
19	20	8 & U	25	Back	55	56	8 & U	25	Breast
21	22	Multi Class	50	Back	57	58	Multi Class	50	Breast
23	24	Multi Age	50	Back	59	60	Multi Age	50	Breast
25	26	Open	200	Free	61	62	Open	200	Fly
27	28	10 & U	100	Fly	63	64	Multi Class	100	Free
29	30	11-12	100	Fly	65	66	10 & U	100	Free
31	32	13-14	100	Fly	67	68	11-12	100	Free
33	34	15 & O	100	Fly	69	70	13-14	100	Free
35	36	Open	200	IM	71	72	15 & O	100	Free
20 minute lunch break if time permits					73	74	Open	4x50	Free Relay
					Relay Cash prizes: 1 st \$60, 2 nd \$40, 3 rd \$20 A maximum of 2 relay teams per club per event are permitted.				

Conditions of Entry

- Swimmers must be registered with Swimming NSW or equivalent state body.
- The carnival will be conducted under the rules of SAL and SNSW. Event will be swum as timed finals.
- Assistance with timekeeping duties from participating clubs will be required.
- Age is at 16th November 2019.**
- Entry fee per individual event is \$5.00 Entry fee per relay team is \$10.00 Programs \$4.00**
- Normal pool entry fees will apply.
- Swimmers in the 25m events are not permitted to enter any longer distance event in the same stroke. Rule considerations will be applied to swimmers in the 25m events.
- In 25m events medals will be awarded to 1st, 2nd and 3rd placegetters in ages 7&under, 8yrs.
- In 50m Multi Age events medals will be awarded to 1st, 2nd and 3rd placegetters in ages 8&under, 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16&over.
- In 100m events medals will be awarded to 1st, 2nd and 3rd placegetters overall in each event.
- In Open 200m and 400m events medals will be awarded to 1st, 2nd and 3rd placegetters overall in each event.
- In the Multi Class events, medals will be awarded to 1st, 2nd and 3rd placegetters in each event, with places determined by the Multi Class Pointscore.
- Events 73 and 74 are open freestyle relay events. Teams may have swimmers of any age. 2 teams per club per event max.
- The Meet Director reserves the right to amend the program.
- Entries close Monday 11th November 2019.**
- Enter online via Swim Central.** Sign into your Swim Central account, click the Events tile and find this meet in the calendar.
- Manual entries** on summary sheet only.
- Post entry form with fees to: **The Race Secretary, Lismore Workers Swim Team, PO Box 168, Lismore NSW 2480.**
- E-entries:** Team Manager events file will be available from the Lismore Workers Swim Team web site.
- Send **Team Manager e-entries to:** info@lismoreswimteam.org.au
- Entry Fee Report and Entry Report** with Sort by Name ticked must be emailed with the TM file.
- Hard copy of these reports from Team Manager must also be mailed with the payment if posting a cheque.
- Direct Deposit details for Lismore Workers Swim Team: BSB 728 728 A/C No 22297569.
- All entry fees must be paid by Thursday 14th November 2019.**
- Enquiries:** Graham - mobile: 0401 566 994 or email: info@lismoreswimteam.org.au