



**SWIMMING NORTH COAST INC.  
2024 SHORT COURSE  
CHAMPIONSHIPS**



**Saturday 1 and Sunday 2 June 2024**

**NORTH: Evans Head Aquatic Centre – Evans Head**

**SOUTH Great Lakes Aquatic Centre - Forster**

<b>Saturday 1 June 2024</b>		
<b>Day 1</b>		
<b>Warm up 8am Start 9am</b>		
1	Men	400m Freestyle Multi Age
2	Women	400m Freestyle Multi Age
3	Mixed	12/u Medley Relay
4	Men	50m Butterfly Multi Class
5	Women	50m Butterfly Multi Class
6	Men	50m Butterfly Multi Age
7	Women	50m Butterfly Multi Age
8	Men	200m Backstroke Multi Age
9	Women	200m Backstroke Multi Age
10	Men	100m Breaststroke Multi Age
11	Women	100m Breaststroke Multi Age
12	Men	200m Individual Medley Multi Age
13	Women	200m Individual Medley Multi Age
14	Men	200m Butterfly Multi Age
15	Women	200m Butterfly Multi Age
16	Men	50m Freestyle Multi Class
17	Women	50m Freestyle Multi Class
18	Men	50m Freestyle Multi Age
19	Women	50m Freestyle Multi Age
20	Men	100m Backstroke Multi Age
21	Women	100m Backstroke Multi Age
22	Men	12/u 4x50m Medley Relay
23	Women	12/u 4x50m Medley Relay
24	Men	13/o 4x50m Medley Relay
25	Women	13/o 4x50m Medley Relay
26	Men	1500m Freestyle Multi Age
27	Women	1500m Freestyle Multi Age

<b>Sunday 2 June 2024</b>		
<b>Day 2</b>		
<b>Warm up 8am Start 9am</b>		
28	Men	400m Individual Medley Multi Age
29	Women	400m Individual Medley Multi Age
30	Mixed	Open Medley Relay
31	Men	100m Freestyle Multi Class
32	Women	100m Freestyle Multi Class
33	Men	100m Freestyle Multi Age
34	Women	100m Freestyle Multi Age
35	Men	50m Breaststroke Multi Class
36	Women	50m Breaststroke Multi Class
37	Men	50m Breaststroke Multi Age
38	Women	50m Breaststroke Multi Age
39	Men	200m Freestyle Multi Age
40	Women	200m Freestyle Multi Age
41	Men	100m Butterfly Multi Age
42	Women	100m Butterfly Multi Age
43	Men	100m Individual Medley Multi Age
44	Women	100m Individual Medley Multi Age
45	Men	200m Breaststroke Multi Age
46	Women	200m Breaststroke Multi Age
47	Men	50m Backstroke Multi Class
48	Women	50m Backstroke Multi Class
49	Men	50m Backstroke Multi Age
50	Women	50m Backstroke Multi Age
51	Men	800m Freestyle Multi Age
52	Women	800m Freestyle Multi Age
53	Men	10/u 4x50m Freestyle Relay
54	Women	10/u 4x50m Freestyle Relay
55	Men	12/u 4x50m Freestyle Relay
56	Women	12/u 4x50m Freestyle Relay
57	Men	14/u 4x50m Freestyle Relay
58	Women	14/u 4x50m Freestyle Relay
59	Men	Open 4x50m Freestyle Relay
60	Women	Open 4x50m Freestyle Relay

**Age is at: 1 June 2024**

**Individual Entries Close: Sunday 26 May 2024 at 11.59pm**

**Relay Entries Close: Monday 27 May 2024 at 11.59pm**

**Entry Fees: Individual \$8.50 per Event. Relay Teams: \$10 per team**



# SWIMMING NORTH COAST INC 2024 SHORT COURSE CHAMPIONSHIPS



## QUALIFYING TIMES

### MEN

		9/u	10	11	12	13	14	15	16	17/0	
FREESTYLE	50m	56.80	56.80	44.80	44.80	40.60	40.60	37.80	37.80	35.00	
	100m	1.55.00	1.50.00	1.45.00	1.40.00	1.30.00	1.30.00	1.25.00	1.25.00	1.20.00	
	200m	3.20.00			3.10.00	3.00.00	2.50.00	2.40.00	2.40.00	2.30.00	
	400m	5.50.00				5.25.00		5.15.00		5.15.00	
	800m	11.20.00					11.00.00				
	1500m	22.30.00					22.00.00				
BACKSTROKE	50m	1.06.40	1.06.40	57.40	57.40	48.10	48.10	44.90	44.90	43.00	
	100m	2.10.00	2.10.00	2.00.00	2.00.00	1.55.00	1.55.00	1.50.00	1.50.00	1.45.00	
	200m	3.40.00			3.40.00	3.30.00	3.30.00	3.10.00	3.10.00	3.00.00	
BREASTSTROKE	50m	1.16.00	1.16.00	1.05.90	1.05.90	1.00.00	1.00.00	55.00	55.00	55.00	
	100m	2.30.00	2.30.00	2.15.00	2.15.00	2.00.00	2.00.00	1.55.00	1.55.00	1.50.00	
	200m	4.10.00			4.00.00	3.50.00	3.40.00	3.35.00	3.35.00	3.30.00	
BUTTERFLY	50m	1.02.40	1.02.40	54.60	54.60	50.00	50.00	47.20	47.20	45.00	
	100m	2.20.00	2.20.00	2.00.00	2.00.00	1.55.00	1.55.00	1.50.00	1.50.00	1.40.00	
	200m	3.40.00			3.40.00	3.20.00	3.20.00	3.10.00	3.10.00	3.00.00	
INDIVIDUAL MEDLEY	100m	2.10.00	2.10.00	2.00.00	2.00.00	1.50.00	1.50.00	1.45.00	1.45.00	1.40.00	
	200m	4.15.00	4.15.00	3.55.00	3.55.00	3.40.00	3.40.00	3.30.00	3.30.00	3.25.00	
	400m	6.20.00				6.14.50		5.45.50		5.45.50	
FREESTYLE RELAY	4x50m	3.36.00 -10/U			2.59.20- 12/U		2.42.40- 14/U		2.31.40 - Open		
MEDLEY RELAY	4x50m	3.44.70 – 12/U				2.59.20 – 13/O					

### WOMEN

		9/u	10	11	12	13	14	15	16	17/0	
FREESTYLE	50m	56.80	56.80	46.90	46.90	43.40	43.40	42.00	42.00	40.00	
	100m	1.55.00	1.50.00	1.45.00	1.40.00	1.35.00	1.35.00	1.30.00	1.30.00	1.25.00	
	200m	3.30.00			3.20.00	3.10.00	3.00.00	2.55.00	2.55.00	2.45.00	
	400m	6.00.00				5.25.00		5.15.00		5.15.00	
	800m	12.25.00					12.10.00				
	1500m	24.30.00					24.00.00				
BACKSTROKE	50m	1.06.40	1.06.40	58.10	58.10	52.60	52.60	49.10	49.10	47.00	
	100m	2.10.00	2.10.00	2.00.00	2.00.00	1.55.00	1.55.00	1.50.00	1.50.00	1.45.00	
	200m	3.40.00			3.40.00	3.30.00	3.30.00	3.10.00	3.10.00	3.05.00	
BREASTSTROKE	50m	1.16.00	1.16.00	1.06.50	1.06.50	1.00.00	1.00.00	56.00	56.00	56.00	
	100m	2.30.00	2.30.00	2.15.00	2.15.00	2.00.00	2.00.00	1.55.00	1.55.00	1.50.00	
	200m	4.10.00			4.00.00	3.50.00	3.45.00	3.40.00	3.40.00	3.35.00	
BUTTERFLY	50m	1.02.40	1.02.40	54.60	54.60	50.00	50.00	47.20	47.20	47.20	
	100m	2.20.00	2.20.00	2.05.00	2.05.00	2.00.00	2.00.00	1.55.00	1.55.00	1.45.00	
	200m	3.40.00			3.40.00	3.20.00	3.20.00	3.15.00	3.15.00	3.10.00	
INDIVIDUAL MEDLEY	100m	2.10.00	2.10.00	2.00.00	2.00.00	1.55.00	1.55.00	1.50.00	1.50.00	1.45.00	
	200m	4.15.00	4.15.00	3.55.00	3.55.00	3.50.00	3.50.00	3.45.00	3.45.00	3.40.00	
	400m	6.20.00				6.14.50		6.08.45		6.08.45	
FREESTYLE RELAY	4x50m	3.39.00 -10/U			3.10.40- 12/U		2.53.60- 14/U		2.50.80 - Open		
MEDLEY RELAY	4x50m	3.44.70 – 12/U				3.23.70 – 13/O					

## Terms and Conditions of Entry

1. SNC Winter SC Area Championships will be held at Foster & Evans Head simultaneously, with the results being merged.
2. SNC Winter SC Area Championships will be conducted under the Rules of SNSW and SAL and all events will be run as timed finals. Semi-automatic timing will be used.
3. New SNC Area SC records will be established when swimmers or relay teams swim faster than the current records.
4. **Qualifying Times apply to all events and ages except Multi Class events and Mixed Medley Relay.**
5. Qualifying Times and Medals are based on the SNC Medal Matrix (shown below) with the first 3 placegetters receiving medals.
6. **Relays:** Relay qualifying times are calculated from the sum of the team's 50m times. **No Lead Leg times will be available for use as QT's.** All swimmers in a team must be from the same club. **Clubs can only enter 2 relay teams per event.**
7. **Freestyle Relay:** Swimmers may swim in 2 freestyle relay teams that they qualify for. For example, a 10-year-old may swim in the 10/u and 12/u but no other relay team. Open is any age swimmer.
8. **Medley Relay:** The medley relay teams are as the age stated in the program, 12yrs/Under or 13yrs/Over. A swimmer can swim in 1 medley relay team only that they qualify for.
9. **Mixed Medley Relay:** 2 male and 2 female swimmers only.
10. SNC Relay forms must be submitted prior to the start of the session for that relay if the relay team that was entered has changed.
11. Swimmers registered with SNC are eligible for points, medals and records with Multi Age Events points being awarded to the ten fastest times, in age groups as per SNC Medal Matrix. Points will only be awarded if swimmers meet the qualifying times.
12. **Visitors** are welcome, provided they are registered with their State Association. Visitors are eligible for placegetter awards and will receive medals. Visitors cannot score points, set or break SNC Records or claim prizes.
13. **Age is at 1 June 2024**
14. **Qualifying Times must be achieved since the 1 January 2023. A qualifying time is a time that has been approved by Swimming North Coast and Swimming NSW and is on the Results Central Database.**
15. ALL Entries (individual and relay) can only be submitted online.
16. Closing Date for Individual Entries: Sunday 26 May 2024 at 11.59pm.  
Closing Date for Relay Entries: Monday 27 May 2024 at 11.59pm
17. **Entry fees are \$8.50 for Individual Events and \$10.00 for Relays.** Payment MUST be finalised at the close of entry.
18. **Late Entries cannot be Accepted.**
19. The Competition Committee reserves the right to vary the program and the Terms and Condition of Entry as required.

**Any inquires please contact Andrew Jones 0428663766 or**  
[snccompcoordinator@gmail.com](mailto:snccompcoordinator@gmail.com)

## SNC Medal Matrix

		MC	9/u	10	11	12	13	14	15	16	17/0
FREESTYLE	50m	X	x	x	x	x	x	x	x	x	X
	100m	X	x	x	x	x	x	x	x	x	x
	200m		11/u			x	x	x	x	x	X
	400m		12/u			13-14		15-16		17/o	
	800m		13/u				14/O				
	1500m		13/u				14/O				
BACKSTROKE	50m	X	x	x	x	x	x	x	x	x	x
	100m		x	x	x	x	x	x	x	x	x
	200m		11/u			x	x	x	x	x	x
BREASTSTROKE	50m	X	x	x	x	x	x	x	x	x	x
	100m		x	x	x	x	x	x	x	x	x
	200m		11/u			x	x	x	x	x	x
BUTTERFLY	50m	x	x	x	x	x	x	x	x	x	x
	100m		x	x	x	x	x	x	x	x	x
	200m		11/u			x	x	x	x	x	x
INDIVIDUAL MEDLEY	100m		x	x	x	x	x	x	x	x	X
	200m		x	x	x	x	x	x	x	x	X
	400m		12/u			13-14		15-16		17/o	
FREESTYLE RELAY	4x50m		10/u		12/u		14/u		Open		
MEDLEY RELAY	4x50m		12/u				13/O				
MIXED MEDLEY RELAY	4X50m		12/u				Open				

## Championship Trophies

1. **Age Champion Trophies** will be awarded to the highest point scorer male and female in each age group: 9yrs/U, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs, 17yrs&O. Events used to determine age champions will include the 100m & 200m Individual Medley and all 50m and 100m events.
2. **Multi-Class Swimmers of the Meet Trophies** will be awarded to the highest male and female point scorer in the Multi-Class events only.
3. **Distance Swimmers of the Meet Trophies** will be awarded to the highest point scorer Junior (13yrs & Under) and Senior (14yrs & Over) male and female. Events used to determine Distance Swimmers of the Meet will include 200m, 400m, 800m, & 1500m Freestyle, 200m Form strokes and the 400m Individual Medley.
4. **Male & Female Open Point Score Trophies** will be awarded to Open Point Score Champion male and female
5. **Keith Midgley Memorial Mixed Medley Relay Trophy** will be awarded to the fastest Open Mixed Medley Relay team.
6. **SNC Premiership Plaques** will be awarded to the top three winning clubs of Point Score. (Please Note SNC Premiership Plaques will be presented to the winning clubs at Swimming North Coast AGM).