

Sawtell Swimming Club

Explosion Qualifying Meet

Date: 6th December 2025



Location: The Sawtell Swim Centre (Sawtell Swimming Pool)

Warm up - 8am-8.45am

Meet Commencement - 9:00am

Closing Date – 29th November 2025

Boys	Girls	Age	Distance	Stroke	Boys	Girls	Age	Distance	Stroke
1	2	Open TT	400m	IM	23	24	Multi-age	50m	Fly
3	4	Open TT	400m	Free	25	26	Multi-age	100m	Free
5	6	Multi-age	25m	Breast	27	28	Multi-age	200m	IM
7	8	Multi-age	50m	Breast			Lunch Break		
9	10	Open TT	200m	Back	29	30	Multi-age	100m	Breast
11	12	Multi-age	100m	Fly	31	32	Open TT	200m	Free
13	14	Multi-age	25m	Free	33	34	Multi-age	100m	IM
15	16	Multi-age	50m	Free	35	36	Multi-age	25m	Back
17	18	Multi-age	100m	Back	37	38	Multi-age	50m	Back
19	20	Open TT	200m	Breast	39	40	Open TT	200m	Fly
21	22	Multi-age	25m	Fly	41	The Super Fun Relay			
					42	The Sawtell Cup			

Meet details

- The carnival will be conducted under the rules of SA & SNSW.
- Age is as at 6th December 2025
- All events are conducted as timed finals. Semi-automatic timing will be used.
- Normal pool entry will apply.
- Cash will be awarded to the first three male and female placegetters in the following divisions.
 - 25m events – 7yrs and under, 8yrs (\$3, \$2, \$1)
 - 50m events – 7yrs and under, 8-9, 10-11 12-13, 14-15, 16yrs and over (\$6, \$4, \$2)
 - 100m events and 200m IM – 8yrs and under, 9-10, 11-12, 13-14, 15yrs and over (\$6, \$4, \$2)
- Additionally, ribbons will be awarded in the above divisions to all swimmers 10yrs and under.
- 25m swimmers are not eligible to enter 50m & over events in that stroke.
- 200m (excluding IM) and 400m events are time trials only.
- The BBQ will be operating on the day for breakfast and lunch. All coaches attending the day will receive a free item of their choice.
- For all queries, please contact Paul Stevens on 0458 585 080 or sawtellswimmingclub@outlook.com
- All clubs will be asked to supply timekeepers.
- The program will be made available the day prior to the carnival on Swim Central and Swimming North Coast website. Follow 'Sawtell Swimming Club Community' Facebook page for updates.
- Entry fee **\$6.50 per individual event.**



The Super Fun Relay

- Details and entries for 'The Super Fun Relay' to be provided on the day.
- Entry to 'The Super Fun Relay' is Free

The Sawtell Cup

- The Sawtell Cup will be awarded to the winning open 4x50m mixed medley relay team. Prize money per team will be awarded as follows 1st **\$100**, 2nd **\$60** and 3rd **\$40**.
- The cup is open to the first five clubs to submit a team entry request to sawtellswimmingclub@outlook.com
- The winning teams will retain 'The Sawtell Cup' until October 2026.
- All participants must have entered at least 4 events throughout the day.
- Relay entry fee is **\$10 per team**.



The Sawtell Cup is proudly sponsored by

