



Swimming North Coast Inc. 2025 Speedo Sprint Heats & Qualifying Meet

Saturday, 1 February 2025

North: Maclean Olympic Pool – Maclean

South: Port Macquarie War Memorial Olympic Swimming Pool – Port Macquarie

Warm up: 8.00am. Start 9.00am Electronic Timing

Male	Female	Age	Distance	Stroke	Event	Male	Female	Age	Distance	Stroke	Event
1	2	Open	200m	Back		59	60	MC	50m	Back	
3	4	7yrs/U	25m	Free		61	62	14yrs/O	50m	Back	
5	6	MC	50m	Free		63	64	13yrs	50m	Back	Speedo
7	8	14yrs/O	50m	Free		65	66	12yrs	50m	Back	Speedo
9	10	13yrs	50m	Free	Speedo	67	68	11yrs	50m	Back	Speedo
11	12	12yrs	50m	Free	Speedo	69	70	10yrs	50m	Back	Speedo
13	14	11yrs	50m	Free	Speedo	71	72	9yrs	50m	Back	Speedo
15	16	10yrs	50m	Free	Speedo	73	74	8yrs	50m	Back	Speedo
17	18	9yrs	50m	Free	Speedo	75	76	7 yrs	50m	Back	
19	20	8yrs	50m	Free	Speedo	77	78	13yrs/O	100m	Fly	
21	22	7 yrs	50m	Free		79	80	12yrs/U	100m	Fly	
23	24	13yrs/O	100m	Back		81	82	Open	200m	Free	
25	26	12yrs/U	100m	Back		83	84	7yrs/U	25m	Breast	
27	28	Open	200m	Breast		85	86	MC	50m	Breast	
29	30	7yrs/U	25m	Fly		87	88	14yrs/O	50m	Breast	
31	32	MC	50m	Fly		89	90	13yrs	50m	Breast	Speedo
33	34	14yrs/O	50m	Fly		91	92	12yrs	50m	Breast	Speedo
35	36	13yrs	50m	Fly	Speedo	93	94	11yrs	50m	Breast	Speedo
37	38	12yrs	50m	Fly	Speedo	95	96	10yrs	50m	Breast	Speedo
39	40	11yrs	50m	Fly	Speedo	97	98	9yrs	50m	Breast	Speedo
41	42	10yrs	50m	Fly	Speedo	99	100	8yrs	50m	Breast	Speedo
43	44	9yrs	50m	Fly	Speedo	101	102	7yrs	50m	Breast	
45	46	8yrs	50m	Fly	Speedo	103	104	13yr/O	100m	Free	
47	48	7 yrs	50m	Fly		105	106	12yrs/U	100m	Free	
49	50	MC	100m	Free		107	108	13yr/O	200m	IM	
51	52	13yrs/O	100m	Breast		109	110	12yrs/U	200m	IM	
53	54	12yrs/U	100m	Breast		111	112	Open	400m	Free	Time Trial
55	56	Open	200m	Fly		113	114	Open	400m	IM	Time Trial
57	58	7yrs/U	25m	Back							

Terms and Condition of Entry

- SNC Speedo Sprint Heats and Qualifying Meets will be held at Maclean and Port Macquarie and will be conducted under the Rules of NSW and SAL. All events will be run as timed finals. Semi-Automatic Timing will be used.
- Age is at 1 February 2025. Entry fees are \$7.50 per event with the exception of the 25m events which are \$6.00 per event.**
- Entries can only be submitted ONLINE via Swim Central.
- Closing Date for Entries: Friday 24 January 2025 at 11.59pm**
- Late Entries will not and cannot be Accepted.**
- Swimmers who have qualified for the 2025 National Age Championships at the completion of the 2025 Speedo Heats (excluding MC & Open Water) will be ineligible to compete in the Final Series.
- 25m swimmers cannot enter 50m or 100m or over events of the same stroke.
Rule tolerance will apply to 25m events only. These events will not be uploaded to Swim Central.
- Ribbons will be awarded as follows to the first 3 placegetters:
Speedo Sprint Events – 8yrs, 9yrs, 10yrs, 11yrs, 12yrs, 13yrs
25m events – 7yrs, 6yrs & Under
50m events – 14ys and 15yrs & Over
100m events and 200 IM – 10yrs/U, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs/o
Multi- Class Events – first 3 place getters
200m event – 12yrs & under and 13yrs & Over
400m Time Trials – No ribbons
- SNC Speedo Sprint Heats events will be held at Maclean and Port Macquarie simultaneously, with the Speedo Sprint Heats events results being merged. SNC Ribbons will be presented for the Speedo Sprint events at each venue. The Speedo Sprints Ribbons will be presented once the Speedo Sprint events results have been merged.
- Swimmers do not need to be registered with a club to compete in the Heats, however registration to a Swimming North Coast club is a requirement to contest the Final Series. State Finals will be held on Saturday 1 March 2025 at SOPAC.
- The SNC Competition Committee reserves the right to vary the program as required.

Any enquiries please contact Andrew Jones 0428663766 or swimmingnorthcoastcomp@gmail.com

POOL ENTRY FEES DO APPLY AT BOTH VENUES