



SWIMMING NORTH COAST INC
Long Course Summer Qualifying Meet
Incorporating
2025 DIVISION 2 CHAMPIONSHIPS



Saturday 8 November 2025

NORTH: Lismore Memorial Baths – Lismore

SOUTH: Port Macquarie Pool – Port Macquarie

Warm up 8.00am

Start 9.00am

Saturday 8 November 2025 Session 1		
1	Men	400m Freestyle
2	Women	400m Freestyle
3	Men	50m Backstroke Multi Class
4	Men	50m Backstroke
5	Women	50m Backstroke Multi Class
6	Women	50m Backstroke
7	Men	100m Freestyle Multi Class
8	Men	100m Freestyle
9	Women	100m Freestyle Multi Class
10	Women	100m Freestyle
11	Men	200m Backstroke
12	Women	200m Backstroke
13	Men	1500m Freestyle
14	Women	1500m Freestyle
15	Men	50m Butterfly Multi Class
16	Men	50m Butterfly
17	Women	50m Butterfly Multi Class
18	Women	50m Butterfly
19	Men	200m Individual Medley 13/o Multi Class
20	Men	200m Individual Medley
21	Women	200m Individual Medley 13/o Multi Class
22	Women	200m Individual Medley
23	Men	100m Breaststroke 13/o Multi Class
24	Men	100m Breaststroke
25	Women	100m Breaststroke 13/o Multi Class
26	Women	100m Breaststroke

Saturday 8 November 2025 Session 2		
27	Men	400m Individual Medley 11/o
28	Women	400m Individual Medley 11/o
29	Men	50m Breaststroke Multi Class
31	Men	50m Breaststroke
30	Women	50m Breaststroke Multi Class
32	Women	50m Breaststroke
33	Men	200m Freestyle 13/o Multi-Class
35	Men	200m Freestyle
34	Women	200m Freestyle 13/o Multi Class
36	Women	200m Freestyle
37	Men	100m Backstroke 13/o Multi Class
38	Men	100m Backstroke
38	Women	100m Backstroke 13/o Multi Class
40	Women	100m Backstroke
41	Men	200m Breaststroke
42	Women	200m Breaststroke
43	Men	800m Freestyle
44	Women	800m Freestyle
45	Men	100m Butterfly 13/o Multi Class
46	Men	100m Butterfly
47	Women	100m Butterfly 13/o Multi Class
48	Women	100m Butterfly
49	Men	50m Freestyle Multi-Class
50	Men	50m Freestyle
51	Women	50m Freestyle Multi-Class
52	Women	50m Freestyle
53	Men	200m Butterfly
54	Women	200m Butterfly

Age is at: Saturday 8 November 2025

Terms and Conditions of Entry

1. Open to all swimmers to gain or improve a current Qualifying Times for the upcoming SNC Division 1 Championship.
2. Any swimmer who has medalled at the 2024 SNC Long Course Division 1 Championships or the 2025 SNC Short Course Championships, are ineligible to medal that stroke and distance for the Division 2 Championships and will be swimming for a time only.
3. Division 2 medals will be awarded at both venues for every event based on the SNC Medal Matrix with the first 3 placegetters receiving medals.
4. A swimmer may enter the 50m events without a time in Results Central however must have a time for all 100m, 200m, 400m, 800m, and 1500m events.
5. If insufficient swimmers have entered Multi Class events, swimmers may be amalgamated into the able body event with results being transferred into the Multi Class event.
6. Age is at 8 November 2025.
7. Entries can only be submitted through Swim Central. Late Entries will not be accepted.
8. Closing Date Sunday 2 November 2025 at 11.59 pm
9. Entry fees are \$9.00 for Individual Events which includes the SNSW \$1.50 Meet Levy.
10. The Competition and/or Management Committee reserves the right to vary the program as required.

Any enquiries, please contact Helen Green or Jennie Riley via snccompcoordinator@gmail.com

SNC Division 2 Summer Championships Medal Matrix

		MC		8/u		9	10	11	12	13	14	15	16	17/o
Freestyle	50m	12/u	13/o	X		X	X	X	X	X	X	X	X	X
	100m	12/u	13/o	9/u			X	X	X	X	X	X	X	X
	200m		13/o	11/u					X	X	X	X	X	X
	400m			12/u						13-14		15-16		X
	800m			13/u							14/o			
	1500m			13/u							14/o			
Backstroke	50m	12/u	13/o	X		X	X	X	X	X	X	X	X	X
	100m		13/o	9/u			X	X	X	X	X	X	X	X
	200m			11/u					X	X	X	X	X	X
Breaststroke	50m	12/u	13/o	X		X	X	X	X	X	X	X	X	X
	100m		13/o	9/u			X	X	X	X	X	X	X	X
	200m			11/u					X	X	X	X	X	X
Butterfly	50m	12/u	13/o	X		X	X	X	X	X	X	X	X	X
	100m		13/o	9/u			X	X	X	X	X	X	X	X
	200m			11/u					X	X	X	X	X	X
Individual Medley	200m		13/o	9/u			X	X	X	X	X	X	X	X
	400m							11-12		13-14		15-16		X