



**SWIMMING NORTH COAST INC
2023 LONG COURSE SUMMER
DIVISION 1 CHAMPIONSHIPS**



**Saturday 25 and Sunday 26
November 2023**

**Coffs Harbour War Memorial
Swim Centre**

Saturday 25 November 2023		
Day 1		
Warm up 8am Start 9am		
1	Men	400m Freestyle Multi Age
2	Women	400m Freestyle Multi Age
3	Mixed	12/u 4x50m Medley Relay
4	Men	50m Butterfly Multi Class
5	Men	50m Butterfly 12/u Multi Age
6	Women	50m Butterfly 12/u Multi Age
7	Women	50m Butterfly Multi Class
8	Men	50m Butterfly 13/o Multi Age
9	Women	50m Butterfly 13/o Multi Age
10	Men	200m Backstroke Multi Age
11	Women	200m Backstroke Multi Age
12	Men	100m Breaststroke 12/u Multi Age
13	Women	100m Breaststroke 12/u Multi Age
14	Men	100m Breaststroke 13/o Multi Age
15	Women	100m Breaststroke 13/o Multi Age
16	Men	50m Freestyle Multi Class
17	Men	50m Freestyle 12/u Multi Age
18	Women	50m Freestyle Multi Class
19	Women	50m Freestyle 12/u Multi Age
20	Men	50m Freestyle 13/o Multi Age
21	Women	50m Freestyle 13/o Multi Age
22	Men	200m Butterfly Multi Age
23	Women	200m Butterfly Multi Age
24	Men	100m Backstroke 12/u Multi Age
25	Women	100m Backstroke 12/u Multi Age
26	Men	100m Backstroke 13/o Multi Age
27	Women	100m Backstroke 13/o Multi Age
28	Men	200m Individual Medley 12/u Multi Age
29	Women	200m Individual Medley 12/u Multi Age
30	Men	200m Individual Medley 13/o Multi Age
31	Women	200m Individual Medley 13/o Multi Age
32	Men	12/u 4x50m Medley Relay
33	Women	12/u 4x50m Medley Relay
34	Men	13/o 4x50m Medley Relay
35	Women	13/o 4x50m Medley Relay
36	Men	1500m Freestyle Multi Age
37	Women	1500m Freestyle Multi Age

Sunday 26 November 2023		
Day 2		
Warm up 8am Start 9am		
38	Men	400m Individual Medley Multi Age
39	Women	400m Individual Medley Multi Age
40	Mixed	Open 4x50m Medley Relay
41	Men	100m Freestyle Multi Class
42	Men	100m Freestyle 12/u Multi Age
43	Women	100m Freestyle Multi Class
44	Women	100m Freestyle 12/u Multi Age
45	Men	100m Freestyle 13/o Multi Age
46	Women	100m Freestyle 13/o Multi Age
47	Men	50m Breaststroke Multi Class
48	Men	50m Breaststroke 12/u Multi Age
49	Women	50m Breaststroke Multi Class
50	Women	50m Breaststroke 12/u Multi Age
51	Men	50m Breaststroke 13/o Multi Age
52	Women	50m Breaststroke 13/o Multi Age
53	Men	100m Butterfly 12/u Multi Age
54	Women	100m Butterfly 12/u Multi Age
55	Men	100m Butterfly 13/o Multi Age
56	Women	100m Butterfly 13/o Multi Age
57	Men	200m Freestyle Multi Age
58	Women	200m Freestyle Multi Age
59	Men	50m Backstroke Multi Class
60	Men	50m Backstroke 12/u Multi Age
61	Women	50m Backstroke Multi Class
62	Women	50m Backstroke 12/u Multi Age
63	Men	50m Backstroke 13/o Multi Age
64	Women	50m Backstroke 13/o Multi Age
65	Men	200m Breaststroke Multi Age
66	Women	200m Breaststroke Multi Age
67	Men	800m Freestyle Multi Age
68	Women	800m Freestyle Multi Age
69	Men	10/u 4x50m Freestyle Relay
70	Women	10/u 4x50m Freestyle Relay
71	Men	12/u 4x50m Freestyle Relay
72	Women	12/u 4x50m Freestyle Relay
73	Men	14/u 4x50m Freestyle Relay
74	Women	14/u 4x50m Freestyle Relay
75	Men	Open 4x50m Freestyle Relay
76	Women	Open 4x50m Freestyle Relay

Age is at: Saturday 11 November 2023. Entries Close: Sunday, 19 November 2023 at 11.59pm.

Entry Fees: Individual \$8.50 per Event. (This includes the SNSW \$1.50 Event Levy)

Relay Teams: \$10 per team.



SWIMMING NORTH COAST INC 2023 LONG COURSE SUMMER DIVISION 1 CHAMPIONSHIPS



QUALIFYING TIMES MEN

		9/u	10	11	12	13	14	15	16	17/0
FREESTYLE	50m	44.00	42.00	38.00	36.50	33.00	32.00	31.00	31.00	31.00
	100m	1.38.00	1.30.00	1.25.00	1.20.00	1.16.00	1.12.00	1.10.00	1.10.00	1.10.00
	200m	2.50.00			2.45.00	2.40.00	2.30.00	2.25.00	2.25.00	2.25.00
	400m	5.20.00				5.05.00		5.00.00		5.00.00
	800m	11.25.00					11.00.00			
	1500m	22.30.00					22.00.00			
BACKSTROKE	50m	55.00	52.00	49.00	46.00	43.00	40.00	38.00	38.00	37.00
	100m	1.50.00	1.47.00	1.42.00	1.35.00	1.31.00	1.26.00	1.20.00	1.20.00	1.20.00
	200m	3.10.00			3.05.00	2.55.00	2.50.00	2.40.00	2.40.00	2.40.00
BREASTSTROKE	50m	1.03.00	1.00.00	54.00	52.00	50.00	45.00	41.00	41.00	41.00
	100m	2.07.00	2.00.00	1.54.00	1.46.00	1.41.00	1.35.00	1.32.00	1.32.00	1.32.00
	200m	3.45.00			3.35.00	3.30.00	3.20.00	3.15.00	3.15.00	3.15.00
BUTTERFLY	50m	52.00	50.00	48.00	43.00	40.00	38.00	35.00	35.00	35.00
	100m	1.55.00	1.50.00	1.45.00	1.45.00	1.37.00	1.30.00	1.25.00	1.25.00	1.25.00
	200m	3.10.00			3.08.00	3.00.00	2.55.00	2.50.00	2.50.00	2.50.00
INDIVIDUAL MEDLEY	200m	3.50.00	3.40.00	3.25.00	3.20.00	3.10.00	3.00.00	2.50.00	2.45.00	2.45.00
	400m	6.00.00				5.40.00		5.30.00		5.30.00
FREESTYLE RELAY	4x50m	3.36.00 -10/U			3.00.00 - 12/U		2.43.00 - 14/U		2.32.00 - Open	
MEDLEY RELAY	4x50m	3.45.00 – 12/U				3.00.00 – 13/O				

WOMEN

		9/u	10	11	12	13	14	15	16	17/0
FREESTYLE	50m	45.00	43.00	40.00	38.00	36.00	35.00	34.00	33.00	33.00
	100m	1.38.00	1.35.00	1.30.00	1.25.00	1.20.00	1.15.00	1.12.00	1.12.00	1.12.00
	200m	2.52.00			2.47.00	2.45.00	2.40.00	2.30.00	2.30.00	2.30.00
	400m	5.20.00				5.10.00		5.10.00		5.10.00
	800m	11.45.00					11.30.00			
	1500m	23.00.00					22.30.00			
BACKSTROKE	50m	56.00	53.00	49.00	47.00	44.00	42.00	40.00	38.00	38.00
	100m	1.52.00	1.49.00	1.45.00	1.40.00	1.35.00	1.30.00	1.25.00	1.23.00	1.23.00
	200m	3.10.00			3.03.00	2.58.00	2.53.00	2.45.00	2.45.00	2.45.00
BREASTSTROKE	50m	1.04.00	1.02.00	58.00	54.00	52.00	47.00	45.00	45.00	43.00
	100m	2.03.00	1.59.00	1.52.00	1.49.00	1.42.00	1.37.00	1.37.00	1.35.00	1.35.00
	200m	3.45.00			3.38.00	3.32.00	3.25.00	3.20.00	3.20.00	3.20.00
BUTTERFLY	50m	52.00	50.00	48.00	45.00	41.00	39.00	37.00	37.00	37.00
	100m	1.55.00	1.50.00	1.48.00	1.40.00	1.35.00	1.33.00	1.30.00	1.25.00	1.25.00
	200m	3.10.00			3.08.00	3.00.00	2.55.00	2.50.00	2.50.00	2.50.00
INDIVIDUAL MEDLEY	200m	3.50.00	3.40.00	3.35.00	3.27.00	3.25.00	3.10.00	3.05.00	2.55.00	2.55.00
	400m	6.00.00				5.45.00		5.40.00		5.40.00
FREESTYLE RELAY	4x50m	3.39.00 -10/U			3.11.00 12/U		2.53.00- 14/U		2.51.00 - Open	
MEDLEY RELAY	4x50m	3.45.00 – 12/U				3.24.00 – 13/O				

PLEASE NOTE: There are no qualifying times for all Multi-Class (MC) events.

Terms and Conditions of Entry

1. SNC reserves the right to alter the program and accept and reject entries.
2. SNC Long Course Area Championships will be conducted under the Rules of SNSW, SAL and FINA.
3. New SNC Area Long Course 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 Relays. Entry times must come from the National Results Database (NRD).**
5. Qualifying Times are shown on page 2 above. Medals are based on the SNC Medal Matrix (page 4 below) with the first 3 placegetters receiving medals.
6. **QUALIFYING TIMES:** It is the responsibility of the person processing the online entries to ensure that all times listed in the system are legal and valid to the swimmer. Errors can happen in the Swim Central system from time to time so we trust that stakeholders will not take advantage of this and use incorrect times to process entry into events they do not actually qualify for. If the swimmer enters an event on an incorrect time they will be withdrawn from the event without a refund.
7. **Relays:** Relay entry times are calculated from the sum of the team's 50m times. **No Lead Leg times from this meet will be available for use as QT's.** All swimmers in a team must be from the same club. SNC Relay forms only need to be submitted if the relay team has changed.
8. **Freestyle Relay:** Swimmers may swim in a maximum of two (2) freestyle relay teams for which their age qualifies them. These can be either two (2) age group relays or one (1) age group relay plus one (1) open relay. Open is any age swimmer.
9. **Medley Relay:** The medley relay teams are as the age stated in the program, 12yrs/Under or 13yrs/Over. A swimmer can only swim in 1 medley relay team that they qualify for.
10. **Mixed Medley Relay:** 2 male and 2 female swimmers only.
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. **Age is at: Saturday 11 November 2023**
13. **Qualifying Times must be achieved since the 1 May 2022**
14. Entries can be submitted by the following methods:
 - Online entries – Via Swim Central for all individual entries
 - Online entries -via Swim Central available for relays
 - Team or Meet Manager Files emailed to swimmingnorthcoastcomp@gmail.com for relays only
15. Closing Date of online Swim Central Individual/ relay entries: Sunday, 19 November 2023 at 11.59pm
16. Closing Date of Club Relay Entry via TM or MM: Monday 20 November 2023 at 11.59pm
17. **Entry fees are \$8.50 for Individual Events (This includes the SNSW \$1.50 Event Levy) and \$10.00 for Relays.**
18. Entry Fee for Relay Only direct deposit
 - Direct Deposit Swimming North Coast Inc.
BSB 032 563 Account 288534 payment must be finalised prior to the start of Session 1 Day 1
19. **Late Entries cannot and will not be accepted.**
20. The Competition Committee reserves the right to vary the program as required.
Any enquiries please contact us via email swimmingnorthcoastcomp@gmail.com

SNC Division 1 Summer Championships 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	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

- Age Champion Trophies** will be awarded to the highest pointscore 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 200m Individual Medley and all 50m and 100m events.
- Multi-Class Swimmers of the Meet Trophies** will be awarded to the highest male and female point scorer in the Multi-Class events only.
- Distance Swimmers of the Meet Trophies** will be awarded to the highest pointscore 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 Formstrokes and the 400m Individual Medley.
- Male & Female Open Point Score Trophies** will be awarded to Open Point Score Champion male and female (Please Note that the Open Point Score Trophies will be presented to the winners at 2024 SNC Winter SC Championships).
- Rex Clark Memorial Mixed Medley Relay Trophy** will be awarded to the fastest Open Mixed Medley Relay team.
- Tim Mullens 13yrs Boys Memorial Trophy** will be awarded to the fastest 13yrs male in the Multi Age 100m Freestyle.
- 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).