



Swimming North Coast Inc. 2024 Speedo Sprint Heats & Qualifying Meet

Saturday, 3 February 2024

North: Casino Memorial Pool – Casino

South: Manning Aquatic and Leisure Centre - Taree

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	Free		55	56	MC	50m	Breast	
3	4	7yrs/U	25m	Fly		57	58	14yrs/0	50m	Breast	
5	6	MC	50m	Fly		59	60	13yrs	50m	Breast	Speedo
7	8	14yrs/O	50m	Fly		61	62	12yrs	50m	Breast	Speedo
9	10	13yrs	50m	Fly	Speedo	63	64	11yrs	50m	Breast	Speedo
11	12	12yrs	50m	Fly	Speedo	65	66	10yrs	50m	Breast	Speedo
13	14	11yrs	50m	Fly	Speedo	67	68	9yrs	50m	Breast	Speedo
15	16	10yrs	50m	Fly	Speedo	69	70	8yrs	50m	Breast	Speedo
17	18	9yrs	50m	Fly	Speedo	71	72	13yrs/O	100m	Fly	
19	20	8yrs	50m	Fly	Speedo	73	74	12yrs/U	100m	Fly	
21	22	13yrs/O	100m	Breast		75	76	Open	200m	Breast	
23	24	12yrs/U	100m	Breast		77	78	7yrs/U	25m	Free	
25	26	Open	200m	Fly		79	80	MC	50m	Free	
27	28	7yrs/U	25m	Back		81	82	14yrs/O	50m	Free	
29	30	MC	50m	Back		83	84	13yrs	50m	Free	Speedo
31	32	14yrs/O	50m	Back		85	86	12yrs	50m	Free	Speedo
33	34	13yrs	50m	Back	Speedo	87	88	11yrs	50m	Free	Speedo
35	36	12yrs	50m	Back	Speedo	89	90	10yrs	50m	Free	Speedo
37	38	11yrs	50m	Back	Speedo	91	92	9yrs	50m	Free	Speedo
39	40	10yrs	50m	Back	Speedo	93	94	8yrs	50m	Free	Speedo
41	42	9yrs	50m	Back	Speedo	95	96	13yr/O	100m	Back	
43	44	8yrs	50m	Back	Speedo	97	98	12yrs/U	100m	Back	
45	46	MC	100m	Free		99	100	13yr/O	200m	IM	
47	48	13yrs/O	100m	Free		101	102	12yrs/U	200m	IM	
49	50	12yrs/U	100m	Free		103	104	Open	400m	Free	Time Trial
51	52	Open	200m	Back		105	106	Open	400m	IM	Time Trial
53	54	7yrs/U	25m	Breast							

Terms and Condition of Entry

- SNC Speedo Sprint Heats and Qualifying Meets will be held at Casino and Taree and will be conducted under the Rules of SNSW and SAL. All events will be run as timed finals. Semi-Automatic Timing will be used.
- Age is at 3 February 2024. 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: Monday 29 January 2024 at 11.59pm**
- Late Entries will not and cannot be Accepted.**
- Swimmers who have qualified for the 2024 National Age Championships at the completion of the 2024 Speedo Heats (excluding MC & Open Water) will be ineligible to compete in the Final Series.
- Swimmers who have won a medal in an individual event at the 2023/24 NSW Senior State Age Championship are eligible to compete at the Heat series, however, is ineligible in the stroke which they have won the medal, at the Finals Series
- 25m swimmers cannot enter 100m or over events.
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 Casino and Taree 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 2 March 2024 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