

PORT MACQUARIE SWIM CLUB

2023 LONG COURSE QUALIFYING MEET

Port Macquarie Pool—Gordon Street, Port Macquarie

50m Outdoor Pool with Grandstand

ONLINE ENTRIES ONLY

S A T ELECTRONIC TIMING

Saturday 30th September and Sunday 1st October 2023



Saturday 30 th September 2023 Day 1 Warm up 8am Start 9am		
1	Men	400m Freestyle Open
2	Women	400m Freestyle Open
3	Men	25m Butterfly 7/under
4	Women	25m Butterfly 7/under
5	Men	50m Butterfly Multi Class
6	Men	50m Butterfly Multi Age
7	Women	50m Butterfly Multi Class
8	Women	50m Butterfly Multi Age
9	Men	200m Backstroke Multi Age
10	Women	200m Backstroke Multi Age
11	Men	100m Breaststroke Multi Age
12	Women	100m Breaststroke Multi Age
13	Men	25m Freestyle 7/under
14	Women	25m Freestyle 7/under
15	Men	50m Freestyle Multi Class
16	Men	50m Freestyle Multi Age
17	Women	50m Freestyle Multi Class
18	Women	50m Freestyle Multi Age
19	Men	200m Butterfly Multi Age
20	Women	200m Butterfly Multi Age
21	Men	100m Backstroke Multi Age
22	Women	100m Backstroke Multi Age
23	Men	200m Individual Medley Multi Age
24	Women	200m Individual Medley Multi Age
25	Men	1500m Freestyle Open
26	Women	1500m Freestyle Open

Sunday 1st October 2023 Day 2 Warm up 8am Start 9am		
27	Men	400m Individual Medley Open
28	Women	400m Individual Medley Open
29	Men	200m Breaststroke Multi Age
30	Women	200m Breaststroke Multi Age
31	Men	100m Freestyle Multi Class
32	Men	100m Freestyle Multi Age
33	Women	100m Freestyle Multi Age
34	Women	100m Freestyle Multi Age
35	Men	250m Freestyle Multi Age
36	Women	25m Breaststroke 7/under
37	Men	50m Breaststroke Multi Class
38	Men	50m Breaststroke Multi Age
39	Women	50m Breaststroke Multi Age
40	Women	50m Breaststroke Multi Age
41	Men	500m Breaststroke Multi Age
42	Women	100m Butterfly Multi Age
43	Men	200m Butterfly Multi Age
44	Women	200m Freestyle Multi Age
45	Men	250m Backstroke Multi Age
46	Women	25m Backstroke 7/under
47	Men	50m Backstroke Multi Class
48	Men	50m Backstroke Multi Age
49	Women	50m Backstroke Multi Age
50	Women	50m Backstroke Multi Age
51	Men	800m Freestyle Open
52	Women	800m Freestyle Open

PLEASE NOTE QUALIFYING TIMES APPLY FOR THE FOLLOWING EVENTS:-

Events 1 and 2 need a 200 freestyle time of 4:20 Events 25 and 26 need a 400 freestyle time of 6:45
Events 27 and 28 need a 200 IM time of 4:20 Events 51 and 52 400 freestyle time of 6:45

- An area approved meet conducted under rules of SAL and SNSW Ltd. This is a qualifying meet.
- Online entries only and available from SNC website and Swimming NSW website.
- All events are timed finals.
- Entry Fee \$7.50 per event, which includes SNSW \$1.50 Levy. Entry fee for 25m events \$6.00** NORMAL POOL ENTRY WILL APPLY
- Medals will be awarded for 1st, 2nd and 3rd places in 50m & 100m events - to each age group as follows 6/under, 7/8, 9/10. Prize money will be awarded for 1st, 2nd and 3rd place getters in 50m and 100m events to each age group as follows 11/12, 13/14, 15/16, 17/ over. Prize money will be awarded to 1st, 2nd and 3rd for each Open event irrespective of age, and 1st, 2nd and 3rd in 200m events to each age group 12/u and 13/ over.
- Entries close Midnight Sunday 24th September 2023, Unless meet is filled beforehand**
- Age as at 30th September 2023**
- Meet Director reserves the right to amend the program and conditions of entry. Refunds WILL NOT BE ISSUED for ineligible entries.
- Please make sure all swimmers are registered with appropriate bodies before the commencement of the meet
- Swimmers entering in 25m events are not eligible to enter another event in the same stroke. Rule consideration will apply for 25m events. All competitors will receive ribbons. **25m events will not be timed.**
- Visiting clubs will be required to assist with time keeping duties
- BBQ will be in operation
- Conditions subject to change due to Covid 19 requirements

Enquiries: Alex Phillips - Race Secretary: 0448 899 745 Warren Phillips - President 0414 781 565, pmsc.president.2444@gmail.com