

(For feedback)

NATIONAL A's LC MEET PROGRAM - 23rd & 24th SEPTEMBER, 2017

Session 1: Warm up: 1pm, Start 1:45pm		
Female	Male	Event
1	2	200 Freestyle
3	4	400 Freestyle
5	6	100 Breaststroke
7	8	100 Backstroke
9	10	50 Freestyle
11	12	200 IM
13	14	100 Butterfly
15	16	100 Freestyle

Session 2: Warm up: 10:45am, Start 11:30am		
17		4 x 50 Medley Relay
5	6	100 Breaststroke
7	8	100 Backstroke
9	10	50 Freestyle
19	20	SKINS
11	12	200 IM
13	14	100 Butterfly
15	16	100 Freestyle
18		4 x 50 Freestyle Relay

Conditions of Entry

Age as at 23rd September, 2017

Entries close Friday 1st September, 2017 at 5pm

Swimmers can compete in any events individual events (but no two coinciding events)

Finals will be held for each individual event. Top 8 "14 & Under" and Top 8 "15 & Over" per gender

Skins will be two swimmers per area (any age). They cannot be a part of the 50m Finals. (Entered on the morning of the event)

3 teams per Area may contest the relay events

Swimmers per Area per gender may contest the 400 Freestyle and have a qualifying time of 4:32.60 mins (men) or 4:41.80 mins (women)

Points will be awarded to tenth place (35, 30, 26, 23, 20, 17, 14, 11, 8, 5)

Swimmers must be a member of the Area National A's to enter

Areas must submit meet entries to SNSW for this meet before the closing time

Events 17 and 18 must include 2 members of each gender (2 males, 2 females)

Final point score will be determined based on the total point score divided by the number of Area swimmers

The Meet Director reserves the right to change the program as required

Meet Mobile will NOT be available for this meet.