



SAT 11/01/2025



SOPAC



2/01/2025*

*OR WHEN TIMELINE IS REACHED - NO LATE ENTRIES ACCEPTED



Terms & Conditions

- Meet conducted under the rules of SNSW Ltd and is a SMNW approved Meet.
- All Events are Timed Finals.
- Entries via Swim Central.
- Entry Fees: \$13:50 per event (includes the SNSW Meet Levy Fee). SNSW refund policy applies.
- Entries Close: 11:59pm, 2nd January 2025.
- No Late Entries will be accepted.
- No backstroke ledges will be used.
- Entries limited to a 4pm finish.
- Age as at 11th January 2025.
- Multi Class events will be medalled 1st, 2nd & 3rd Overall.
- 50m events will be medalled in each age group 8&u-17&o.
- 100m, 200m & 400m events will be medalled 10&u, 11, 12, 13, 14, 15&o.
- Assisted self marshalling will be used at this meet.
- Visiting clubs will be required to assist with timekeeping.
- The Meet Director reserves the right to amend the program and conditions of entry.
- All enquiries: Belinda - racesecnwsc@gmail.com

PROUDLY POWERED BY



NORWEST LC QUALIFYING MEET

Morning Session

Boys	Girls	Ages	Event	
1	2	Open	Freestyle	400m
3	4	12/u	Backstroke	100m
5	6	13/o	Backstroke	100m
7	8	12/u	Butterfly	50m
9	10	13/o	Butterfly	50m
11	12	Open MC	Butterfly	50m
13	14	13/o	Breaststroke	200m
15	16	12/u	Freestyle	50m
17	18	13/o	Freestyle	50m
19	20	Open MC	Freestyle	50m
21	22	Open	Backstroke	200m
23	24	12/u	Breaststroke	100m
25	26	13/o	Breaststroke	100m
27	28	12/u	Medley	200m
29	30	13/o	Medley	200m

Afternoon Session

Boys	Girls	Ages	Event	
31	32	Open	Medley	400m
33	34	12/u	Freestyle	100m
35	36	13/o	Freestyle	100m
37	38	12/u	Breaststroke	50m
39	40	13/o	Breaststroke	50m
41	42	Open MC	Breaststroke	50m
43	44	Open	Butterfly	200m
45	46	12/u	Backstroke	50m
47	48	13/o	Backstroke	50m
49	50	Open MC	Backstroke	50m
51	52	Open	Freestyle	200m
53	54	12/u	Butterfly	100m
55	56	13/o	Butterfly	100m

QTs

Stroke	Distance		
Back	50m	12/u 1:00	13/o 50
Back	100m	12/u 1:45	13/o 1:25
Back	200m	Open	3:20
Breast	50m	12/u 1:05	13/o 55
Breast	100m	12/u 1:55	13/o 1:35
Breast	200m	Open	3:35
Fly	50m	12/u 55	13/o 50
Fly	100m	12/u 1:45	13/o 1:25
Fly	200m	Open	3:10
Medley	200m	12/u 3:20	13/o 3:00
Medley	400m	Open	6:00
Free	50m	12/u 50	13/o 40
Free	100m	12/u 1:30	13/o 1:15
Free	200m	Open	3:00
Free	400m	Open	5:20
All MC Events	50m	Open	No QT