

Cowra Amateur Swimming Club Inc.

Annual Qualifying Meet: Saturday 18th and Sunday 19th November 2017

18th Nov: W-up 4.00pm, Start 5.00pm

19th Nov: W-up 8.00am, Marshall: 8.45am

M	F	AGE	EVENT
1	2	OPEN	200m Breaststroke
3	4	OPEN	400m Freestyle
5	6	OPEN	200m Backstroke
7	8	OPEN	200m Butterfly
9	10	OPEN	400 IM
11	12	OPEN	800m/1500m Freestyle

Cowra Aquatic Centre Heated 50m, 7 lane
Taragala Street, Outdoor pool
COWRA NSW 2794 Semi-Automatic Timing

Meet Information:

- The Meet Director reserves the right to amend the program if required.
- The meet offers all races required for a Qualifying Meet (under the SNSW Competition Strategy) with optional extra Races of 800m/1500m Freestyle, 400m IM, 4 x 50m Freestyle and Medley relays.
- A BBQ will run on Sunday morning and lunch time.
- Full canteen facilities available.
- Teams requiring accommodation are encouraged to contact the Meet Director.
- Enquiries to the Meet Director:
Hugh Scammell - 0417 410 928



M	F	AGE	EVENT
13	14	OPEN	200 IM
15	16	8 yrs & under	50 m Butterfly
17	18	9 - 10 yrs	50 m Butterfly
19	20	11 - 12 yrs	50 m Butterfly
21	22	13 - 14 yrs	50 m Butterfly
23	24	15 yrs & over	50 m Butterfly
25	26	Beginners	25 m Butterfly
27	28	Multiclass	50 m Butterfly
29	30	All Age	100 m Backstroke
31	32	Medley Relay	4 x 50 m
33	34	8 yrs & under	50 m Freestyle
35	36	9 - 10 yrs	50 m Freestyle
37	38	11 - 12 yrs	50 m Freestyle
39	40	13 - 14 yrs	50 m Freestyle
41	42	15 yrs & over	50 m Freestyle
43	44	Beginners	25 m Freestyle
45	46	Multiclass	50m Freestyle
47	48	All Age	100m Breaststroke
49	50	9 yrs & under	100 IM
		Proposed	Lunch Break
51	52	8 yrs & under	50 m Breaststroke
53	54	9 - 10 yrs	50 m Breaststroke
55	56	11 - 12 yrs	50 m Breaststroke
57	58	13 - 14 yrs	50 m Breaststroke
59	60	15 yrs & over	50 m Breaststroke
61	62	Beginners	25 m Breaststroke
63	64	Multiclass	50m Breaststroke
65	66	All Age	100 m Butterfly
67	68	OPEN	200 m Freestyle
69	70	Dobinson Cup	4 x 50m Free relay
71	72	8 yrs & under	50 m Backstroke
73	74	9 - 10 yrs	50 m Backstroke
75	76	11 - 12 yrs	50 m Backstroke
77	78	13 - 14 yrs	50 m Backstroke
79	80	15 yrs & over	50 m Backstroke
81	82	Beginners	25 m Backstroke
83	84	Multiclass	50 m Backstroke
85	86	All Age	100 m Freestyle

Conditions of Entry:

1. Entries close on **Friday 10th November 2017, NO LATE ENTRIES OR PHONE ENTRIES ACCEPTED. ONLINE ENTRIES PREFERRED. ENTRIES MUST BE ACCOMPANIED BY ENTRY FEE.**
2. Qualifying Carnival approved by Mountains & Plains SA.
3. Swimming NSW rules will apply.
4. Online entries are welcome and encouraged. See Cowra Stingrays website <http://cowra.swimming.org.au/> or SNSW. Relay entries taken on the day. Medley relay entry due before Event 13, Dobson Cup relay entry due before Event 48. Enquiries: racesecretarycowrastingsrays@gmail.com
5. **Entry fee is \$4.00 per event.** Program is \$5.00.
6. Age as at 18th November 2017.
7. All events will be timed finals. Clubs will be allocated lanes to assist in timekeeping.
8. Medals will be awarded for 1st, 2nd and 3rd in all U8 yrs and Beginner events and for each age in All Age events in the following age groups: U/9 yrs, 10 yrs and 11 yrs. A Cash prize system will be awarded to swimmers in 12 yrs, 13 yrs, 14 yrs and 15 & over yrs age groups. (1st = \$10, 2nd = \$6, 3rd = \$4).
9. OPEN races will be awarded the Cash prize system: 1st = \$10, 2nd = \$6, 3rd = \$4. Events 31, 32 and 69, 70 will have ribbon awards for team members placing 1st, 2nd and 3rd.
10. Normal pool entry applies.
11. Swimmers must enter 25 m **OR** 50 m events, **NOT** both. Also swimmers must not enter both 200 IM and 100 IM.
12. **Dobinson Cup** relay winner is judged as the 4 x 50m team (either MALE or FEMALE) closest to their nominated entry time. As well as this the first 3 teams will also be awarded ribbons. Entries will be completed on the day before Event 48.
13. **Events 1 - 12 will not be amalgamated** to allow competitors adequate time for recovery between events.
14. For events **11/12**, nominate **800 or 1500m** at start of session. Please bring time keepers and lap counters for these events.
15. Forward all enquiries to:
racesecretarycowrastingsrays@gmail.com
CARNIVAL SECRETARY
COWRA AMATEUR SWIMMING CLUB INC
PO Box 141
COWRA NSW 2794
16. Cheques payable to **Cowra Amateur Swimming Club Inc.**