



**Swimming Metro South East
2011 Summer Championships
19 and 20 November 2011
Sydney Olympic Park Aquatic Centre**

Saturday 19 November 2011			Sunday 20 November 2011		
Day 1 Warm up: 8am Start 9am			Day 2 Warm up: 8am Start 9am		
M	F	Event	M	F	Event
1	2	All Age 200m Butterfly	47	48	All Age 200m Backstroke
3	4	9/10 Yrs 50m Breaststroke	49		Mixed MC 50m Butterfly
5	6	11/12 Yrs 50m Breaststroke	51	52	9/10 Yrs 100m Butterfly
7	8	13/14 Yrs 50m Breaststroke	53	54	11/12 Yrs 100m Butterfly
9	10	15 & O 50m Breaststroke	55	56	13/14 Yrs 100m Butterfly
11	12	12 & U 200m IM	57	58	15 & O 100m Butterfly
13	14	13/14 Yrs 200m IM	59		Mixed MC 50m Freestyle
15	16	15 & O 200m IM	61	62	9/10 Yrs 50m Freestyle
17	18	9/10 Yrs 100m Freestyle	63	64	11/12 Yrs 50m Freestyle
19	20	11/12 Yrs 100m Freestyle	65	66	13/14 Yrs 50m Freestyle
21	22	13/14 Yrs 100m Freestyle	67	68	15 & O 50m Freestyle
23	24	15 & O 100m Freestyle	69		Open Mixed 1500m Freestyle
25		Open Mixed 800m Freestyle	Proposed Lunch Break		
		Proposed Lunch Break	71	72	12 & U 200m Freestyle
27	28	All Age 200m Breaststroke	73	74	13/14 Yrs 200m Freestyle
29	30	9/10 Yrs 50m Butterfly	75	76	15 & O 200m Freestyle
31	32	11/12 Yrs 50m Butterfly	77		Mixed MC 50m Backstroke
33	34	13/14 Yrs 50m Butterfly	79	80	9/10 Yrs 50m Backstroke
35	36	15 & O 50m Butterfly	81	82	11/12 Yrs 50m Backstroke
37	38	Open 400m Freestyle	83	84	13/14 Yrs 50m Backstroke
39	40	9/10 Yrs 100m Backstroke	85	86	15 & O 50m Backstroke
41	42	15 & O 100m Backstroke	87	88	Open 400m IM
43	44	13/14 Yrs 100m Backstroke	89		Mixed MC 50m Breaststroke
45	46	11/12 Yrs 100m Backstroke	91	92	9/10 Yrs 100m Breaststroke
			93	94	15 & O 100m Breaststroke
			95	96	13/14 Yrs 100m Breaststroke
			97	98	11/12 Yrs 100m Breaststroke

MC Events have no qualifying time

Qualifying Times – Men & Boys

	Open	15yrs/Over	14 Yrs	13 Yrs	12 Yrs	11 Yrs	11yrs/Under	10 / 9 yrs
Freestyle								
50m		34.00	35.00	36.00	38.00	41.00		42.00 / 48.00
100m		1:10.00	1:10.50	1:16.00	1:20.00	1:26.00		1:28.00
200m		2:20.00	2:22.00	2:28.00	2:38.00		2:48.50	
400m	5:27.00							
800m	11:00.00							
1500m	19:45.00							
Backstroke								
50m		43.00	45.00	46.00	47.00	50.00		51.00 / 57.00
100m		1:22.00	1:22.50	1:28.00	1:33.00	1:38.00		1:40.00
200m		2:42.00	2:43.00	2:51.00	3:01.00		3:11.00	
Breaststroke								
50m		48.00	49.00	50.00	52.00	55.00		57.00 / 1:02.00
100m		1:33.00	1:32.00	1:38.00	1:47.00	1:53.00		1:55.00
200m		3:02.50	3:06.00	3:11.50	3:24.00		3:39.00	
Butterfly								
50m		40.00	41.00	42.00	43.00	48.00		51.00 / 57.00
100m		1:19.00	1:19.50	1:26.00	1:36.00	1:41.00		1:44.00
200m		2:41.00	2:46.50	2:53.00	3:08.00		3:20.00	
IM								
200m		2:38.00	2:40.00	2:47.00	2:59.50	3:11.50		3:21.00
400m	6:00.00							

Qualifying Times – Women & Girls

	Open	15yrs/Over	14 Yrs	13 Yrs	12 Yrs	11 Yrs	11yrs/Under	10 / 9 yrs
Freestyle								
50m		34.50	35.50	36.50	38.00	41.00		42.00 / 48.00
100m		1:15.00	1:15.00	1:18.00	1:20.00	1:26.00		1:28.00
200m		2:29.00	2:29.00	2:32.50	2:40.00		2:50.00	
400m	5:32.00							
800m	11:00.00							
1500m	19:45.00							
Backstroke								
50m		44.00	45.00	46.00	47.00	50.00		51.00 / 57.00
100m		1:27.00	1:26.50	1:31.00	1:33.00	1:38.00		1:40.00
200m		2:52.00	2:52.50	2:54.00	3:02.00		3:13.00	
Breaststroke								
50m		48.00	49.00	50.00	52.00	55.00		57.00 / 1:02.00
100m		1:38.50	1:38.50	1:41.00	1:47.00	1:53.00		1:55.00
200m		3:16.50	3:18.00	3:20.00	3:24.50		3:40.00	
Butterfly								
50m		40.00	41.00	42.00	43.00	48.00		51.00 / 57.00
100m		1:25.50	1:25.50	1:29.00	1:36.00	1:41.00		1:44.00
200m		2:55.00	2:57.50	3:01.00	3:12.00		3:21.10	
IM								
200m		2:50.00	2:50.00	2:53.50	3:01.00	3:11.50		3:22.00
400m	6:10.00							



MetSEA 2011 Summer Championships

Conditions of Entry

Venue	SOPAC
Dates	Saturday 19 November 2011 Sunday 20 November 2011
Starting Times	Warm Up: 8am Start: 9am both days Finish Time: 4pm ½ lunch
Age as at	Saturday 19 November 2011
Entry Fee	\$6.00 per event
Entries Open	Entries will open 17 October 2011
Closing Date	Thursday 3 November 2011 at 7 pm
Entry Conditions	Entries will only be accepted via Clubsonline entry system. A link will be placed on the Area website to Clubsonline. Entries for MC swimmers and events 400m and over accepted by efile to Area also. Entries for Day 1 and Day 2 will be accepted separately. Entries will close when entry limit for each day is reached OR the closing date (whichever occurs first).
Pool Entry	Free at SOPAC
Program	Free, available to print from Area website. See more information under Special Conditions
E-file	Team Manager file for MC entries and distance events will be sent to Race Secretaries. Only those entries will be imported.
Results	PDF results will be available from Area website
Meet Director reserves the right to vary the program and conditions of entry.	
No Late entries will be accepted	

Special Conditions	Meet conducted according to Swimming NSW rules.
	Swimmers who do not swim the qualifying time will not be awarded points or medals.
	After entries have closed a start list will be placed on Area website by 9pm, swimmers will have 72 hours to check events they have entered. Report any errors via email to competition@metsea.org.au NO additional entries will be accepted.
	Program will be placed on the Area website on Wednesday 16 November 2011. Swimmers, coaches and parents will be able to print a program for the meet. NO late entries accepted even if there is a spare lane.
Medals	<p>Medals will be awarded to the first three placegetters (must make the qualifying time) in the following:</p> <ul style="list-style-type: none"> • Medals will be awarded for all 50m and 100m events. • In the All Age 200m events medals will be awarded for 15 & Over, 14 yrs, 13 yrs, 12yrs, 11yrs & under. In the 12 & Under 200m IM medals will be awarded for 12yrs, 11yrs and 10yrs & under. • Medals will be awarded in all double age group events. • Separate medals for male and female will be awarded in the 800m and 1500m events. • Medals will be awarded to the first three placegetters in the MC events.
Ribbons	JX Tier ribbons will be available for swimmers aged 9 to 13 years who swim the appropriate time. Ribbons to be collected on the day. NO ribbons will be sent to clubs.
Age Champions	<p>A trophy will be awarded to the age champion (boy and girl) in the following age groups:</p> <ul style="list-style-type: none"> • 9 years, 10, 11, 12, and 13 years <p>In the 14 yrs and 15 years and over age groups the top three (male and female) highest overall point scorers will receive a cash prize as follows:</p> <p>1st - \$100, 2nd - \$75 and 3rd - \$50</p> <p>To be eligible for the prize money swimmers must have entered and swum a minimum of 5 events.</p>