

**SOPAC Swim Team**  
In conjunction with the  
**Sydney Olympic Park Aquatic Centre**  
Long Course Qualifying Meet  
Saturday 29<sup>th</sup> October 2011  
\*\*\* ENTRIES LIMITED TO 1600 \*\*\*

Warm Up: 8.00am

Start: 9.00am

M	F	Age	Distance	Stroke	Q.T	M	F	Age	Distance	Stroke	Q.T
1	2	Open	400m	Freestyle	5.20.00	35	36	15yrs/O	200m	Ind Medley	2.50.00
3	4	12yrs/U	200m	Ind Medley	3.30.00	37	38	13/14yrs	50m	Breaststroke	50.00
5	6	13/14yrs	50m	Butterfly	45.00	39	40	15yrs/O	50m	Breaststroke	45.00
7	8	15yrs/O	50m	Butterfly	40.00	41	42	12yrs/U	50m	Breaststroke	N.A
9	10	12yrs/U	50m	Butterfly	N.A	43	44	Open	200m	Freestyle	2.25.00
11	12	13/14yrs	200m	Ind Medley	3.10.00	45	46	13/14yrs	100m	Backstroke	1.30.00
13	14	15yrs/O	100m	Freestyle	1.15.00	47	48	15yrs/O	100m	Backstroke	1.25.00
15	16	12yrs/U	100m	Freestyle	N.A	49	50	12yrs/U	100m	Backstroke	N.A
17	18	13/14yrs	100m	Freestyle	1.25.00	51	52	Open	200m	Breaststroke	3.15.00
19	20	Open	200m	Butterfly	3.00.00	53	54	13/14yrs	50m	Freestyle	40.00
21	22	12yrs/U	50m	Backstroke	N.A	55	56	15yrs/O	50m	Freestyle	35.00
23	24	15yrs/O	50m	Backstroke	45.00	57	58	12yrs/U	50m	Freestyle	N.A
25	26	13/14yrs	50m	Backstroke	50.00	59	60	13/14yrs	100m	Butterfly	1.35.00
27	28	12yrs/U	100m	Breaststroke	N.A	61	62	15yrs/O	100m	Butterfly	1.30.00
29	30	15yrs/O	100m	Breaststroke	1.40.00	63	64	12yrs/U	100m	Butterfly	N.A
31	32	13/14yrs	100m	Breaststroke	1.45.00	65	66	Open	400m	Ind Medley	5.40.00
33	34	Open	200m	Backstroke	2.50.00						

1. Meet is approved by SNSW.
2. Conducted under the rules of SNSW. One start rule applies.
3. Entries to be submitted on SNSW multi entry cards and accompanied by a summary sheet. E-entries encouraged and welcomed. E-file available from: [sopacswimmers@hotmail.com](mailto:sopacswimmers@hotmail.com)
4. **ENTRIES CLOSE MONDAY 10<sup>th</sup> October 2011.**
5. Entry fees \$6.00 per individual event.
6. Pool entry \$4.00 (competitors FREE), Programs \$4.00.
7. All events are timed finals.
8. Medals will be presented to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place (excluding the Open events) in the following age groups: 8, 9, 10, 11, 12, and combined 13/14 years.
9. Cash prizes for 1st, 2nd and 3rd in all 100m and 200m events in the 15yrs/O.
10. Cash prizes for 1st, 2nd and 3<sup>rd</sup> place in all Open events.
11. All results will be forwarded to SNSW and uploaded onto our website: [www.aquaticcentre.com.au](http://www.aquaticcentre.com.au)
12. Lunch break only if time permits.
13. Age as of October 29<sup>th</sup> 2011.
14. No late or phone entries will be accepted.
15. **Cheques to be made out to: SOPAC Swim Team Inc**
16. **Entries to: PO Box 446 Concord NSW 2137**
17. Enquiries to: Race Secretary Terry Fotaras 0438 532 635.