



RINGWOOD LONG COURSE MEET



Proposed Qualifying Meet

Sunday 29th October 2023

aquanation

Greenwood Ave, Ringwood

Session 1 10 lane, 50 metre, long course indoor pool Warm up – 7:45am Start – 8:30am

Male Events	Female Events	Age	Event
1	2	12/under	200 Individual Medley
3	4	12/under	50 Freestyle
5	6	12/under	100 Backstroke
7	8	Open	200 Butterfly
9	10	12/under	50 Breaststroke
11	12	12/under	100 Freestyle
13	14	Open	200 Backstroke
15	16	12/under	50 Butterfly
17	18	12/under	100 Breaststroke
19	20	Open	200 Freestyle
21	22	12/under	50 Backstroke
23	24	12/under	100 Butterfly
25	26	Open	200 Breaststroke
27	28	Open	400 Freestyle

Session 2 10 lane, 50 metre, long course indoor pool Warm up – 1:00 pm Start – 1:45 pm

Male Events	Female Events	Age	Event
29	30	Open	400 Individual Medley
31	32	Open	200 Freestyle
33	34	13/over	100 Backstroke
35	36	13/over	50 Butterfly
37	38	Open	200 Breaststroke
39	40	13/over	100 Freestyle
41	42	13/over	50 Backstroke
43	44	Open	200 Butterfly
45	46	13/over	100 Breaststroke
47	48	13/over	50 Freestyle
49	50	Open	200 Backstroke
51	52	13/over	100 Butterfly
53	54	13/over	50 Breaststroke
55	56	13/over	200 Individual Medley

Multi-class athletes are encouraged to enter standard events.

Entries close 8:00pm Monday 23rd October 2023 unless meet reaches capacity earlier.



Entry Information



1. This meet will be conducted under the rules of SAL and SV.
2. Entry is restricted to registered competitive swimmers, who must compete in their respective age group. Age is as of Sunday 29th October 2023
3. All events will be swum as time trials.
4. This meet is a proposed qualifying meet, subject to swimming Victoria Approval. Your assistance with timekeeping may be required to ensure this is achieved.
5. Swimming Victoria's 11/under swimsuit rule will **NOT** be enforced at this meet.
6. Medals will be awarded to the first 3 place getters in age groups 8/under, 9/10, 11/12, 13/14 & 15/over in all age events.
7. Medals will be awarded to the first 3 place getters in all open events.
8. Multi Class athletes are encouraged to enter standard events
9. Entry fee is \$13.00 per event (includes \$1 SV event levy).
10. **Entries close Monday 23rd October 2023** or earlier if maximum limits are reached. No late entries will be accepted and no refunds will be provided.
11. Individual entries via Swim Central only.
12. Start time for Session 2 will be 45 minutes after the end of session 1 and will be confirmed on the club website prior to the meet. Confirmation of the athlete roster will also be available at this time.
13. Meet Program will be available to download from the club website. Programs will not be available on the day.
14. Swimmers and spectators will have access to the grandstand seating area.
15. Spectators are not allowed on pool deck, except when they are rostered for time keeping.
16. Ringwood Swimming Club reserves the right to cancel or alter events according to entries.
17. Enquiries to: RSC Competitions Officer
comps@ringwoodswimmingclub.org.au



**There will be a raffle on the day.
Please bring some cash!**