



RINGWOOD TWILIGHT SPRINT MEET



Proposed Qualifying Meet
Sunday 10th December 2023

aquanation

Greenwood Ave, Ringwood

Session 1 10 lane, 50 metre, long course indoor pool Warm up - 1:30pm Start – 2:30pm

Event number	Age	Event
1	Open	50m Butterfly
2	Open	50m Backstroke
3	Open	50m Breaststroke
4	Open	50m Freestyle

Session 2 10 lane, 50 metre, long course indoor pool Start right after session 1 – 6:00pm

Event number	Age	Event
5	12/under	4 x 50m Freestyle Relay - Mixed
6	13/14	4 x 50m Freestyle Relay - Mixed
7	15/over	4 x 50m Freestyle Relay - Mixed
8	Open	4 x 50m Freestyle Relay - Boys
9	Open	4 x 50m Freestyle Relay - Girls

Multi-class competitors are encouraged to enter standard events



There will be a raffle, lucky envelopes and sausage sizzle on the day.

Please bring some cash!

Entry Information

1. This meet will be conducted under the rules of SAL and SV.
2. Entry is restricted to registered swimmers; Age is as of Sunday 10th December 2023.
3. All events will be swum as timed finals.
4. This meet is a proposed qualifying meet, subject to swimming Victoria Approval.
5. Swimming Victoria's 11/under swimsuit rule will **NOT** be enforced at this meet
6. All individual events will be seeded as open-mixed events.
7. Warm-up / cool down lanes available on the shallow end of the pool.
8. Medals will be awarded to the first 3 male and female place getters in age groups 10/under, 11/12, 13/14 & 15/over. No medals rewarded for the relays.
9. Multi Class athletes are encouraged to enter standard events
10. Entry fee is \$13.00 per event and \$20 per relay (includes \$1 SV event levy).
11. **Entries close 8:00am Monday 4th December 2023** or earlier if maximum limits are reached. No late entries will be accepted and no refunds will be provided.
12. Individual and relay entries via Swim Central only. For relays only the coaches can enter the relays via Swim Central.
13. Meet Program will be available to download from the club website www.ringwood.swimmingclub.org.au. Programs will not be available on the day.
14. Meet mobile will be live on the day.
15. Swimmers and spectators will have access to the grandstand seating area.
16. Spectators are **NOT** allowed on pool deck, except when they are rostered for time keeping.
17. Ringwood Swimming Club reserves the right to cancel or alter events according to entries.
18. Enquiries to: RSC Competitions Officer
comps@ringwoodswimmingclub.org.au