

2011 North Coast Winter Short Course Area Championships



Session 1: Saturday 18 June 2011

Start Time: 10.00am

Event No	Gender	Age	Distance	Stroke
1	M	All Age	200m	Freestyle
2	W	All Age	200m	Freestyle
3	M	All Age	200m	Breaststroke
4	W	All Age	200m	Breaststroke
5	M / W	MC	100m	Freestyle
6	M	All Age	100m	Backstroke
7	W	All Age	100m	Backstroke
8	M	All Age	50m	Butterfly
9	W	All Age	50m	Butterfly
10	M	All Age	800m	Freestyle
11	M	All Age	1500m	Freestyle
12	W	All Age	800m	Freestyle
13	M	All Age	200m	Individual Medley
14	W	All Age	200m	Individual Medley
15	M / W	MC	50m	Butterfly
16	M	All Age	100m	Freestyle
17	W	All Age	100m	Freestyle
18	M	All age	50m	Breaststroke
19	W	All age	50m	Breaststroke
20	M / W	MC	50m	Freestyle

Session 2: Sunday 19 June

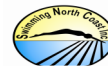
Start Time: 9.00am

Event No	Gender	Age	Distance	Stroke
21	M	All age	100m	Butterfly
22	W	All age	100m	Butterfly
23	M	All age	400m	Freestyle
24	W	All age	400m	Freestyle
25	M	All age	50m	Backstroke
26	W	All age	50m	Backstroke
27	M / W	MC	50m	Backstroke
28	M	All age	100m	Breaststroke
29	W	All age	100m	Breaststroke
30	M	All age	100m	Individual Medley
31	W	All age	100m	Individual Medley
32	M	All age	200m	Butterfly
33	W	All age	200m	Butterfly
34	M	All age	50m	Freestyle
35	W	All age	50m	Freestyle
36	M / W	MC	50m	Breaststroke
37	M	All age	200m	Backstroke
38	W	All age	200m	Backstroke
39	M	All age	4x50m	Freestyle Relay
40	W	All age	4x50m	Freestyle Relay
41	M / W	All age	400m	IM Time Trial

Terms & Conditions of Entry

- This carnival will be conducted under the rules of Swimming NSW Ltd
- The championships will be held at Trinity Lismore and Forster simultaneously, with results being merged.
- All events will be run as timed finals using the one start rule. Semi-automatic timing will be used.
- New records will be established. The swimmer in each age / event with the fastest time of the merged results will be the new record holder
- For 100m events, qualifying times and places are based on 9/under, 10, 11, 12, 13, 14 and 15/over
- For 200m events, qualifying times and places are based on 12/under, 13-14, and 15/over
- For 400m Free, qualifying times and places are based on 14/u and 15/over
- For Mens 800m Free, qualifying times and places will be for 13/under only.
- The Mens 1500m Free, Womens 800m and 100m IM are Open events only, there are no age group qualifying times or places.
- For 4x50m Free relay, qualifying times and places are based on 10/under, 11-12, 13-14 and Open
- This carnival is open to all swimmers who are registered with Swimming North Coast Inc
- Visitors from other areas are welcome to enter provided they are registered with their state association.
- Visitors are eligible for placegetter awards and will receive placegetter ribbons only. Visitors cannot score points for their club or set / break Swimming North Coast records
- Age is at 18 June 2011**
- Closing date for entries is 5.00pm Friday 3 June 2011.**
- Entry fees are \$4.50 for individual events and \$6.00 for relays.**
- Entries are to be submitted by Team Manager, Meet Manager by email to [nccompsec@hotmail.com](mailto:nccompsec@hotmail.com) or on Multiple Entry Cards and posted to Competition Secretary, PO Box 401, Macksville NSW 2447
- Cheques should be made out to Swimming North Coast Inc or payment can be made by direct debit to: Swimming North Coast Inc, BSB: 032 563, Acc: 288534
- Swimmers must not nominate for an event if they have not achieved the qualifying time.
- A summary sheet of your club's entries must be sent to the Competition Secretary whether you submit your entries by manual cards or Meet Manager or Team Manager
- In Multi Age Events (including relays) Club points will be awarded for the eighth fastest times, in age groups only. In open events, Club points will be awarded for the eighth fastest times only. In ALL events, points will only be awarded if swimmers meet the qualifying times
- For relay events - names and times must be submitted to allow for seeding.
- Qualifying times apply to all events and ages, excluding MC events.
- Results are sent to SNSW and may be used for qualifying times
- The Competition & Selection Committee reserves the right to vary the program as required.

*Please allow for postal delays as LATE ENTRIES or Phone entries will NOT be accepted.*



**2011 North Coast Winter Short Course Area Championships**  
**SNC Short Course Area Championship Qualifying Times**

**MALE**

		9 / u	10	11	12	13	14	15/over
Free	50	48.60	46.80	41.60	###	37.70	37.70	35.10
	100	1.45.30	1.41.40	1.34.40	.31.4	1.26.32	1.21.90	1.17.35
	200	12/u: 3.15.75			13-14: 2.58.10			2.45.10
	400	14/u: 6.24.75						5.51.00
	800	13/u: 12.40.50					N/A	N/A
	1500	Open: 22.45.00						

		9 / u	10	11	12	13	14	15/over
Back	50	54.70	52.65	52.65	50	45.50	45.50	42.90
	100	1.58.10	1.53.75	1.49.20	.45.6	1.37.50	1.33.60	1.31.00
	200	12/u: 3.42.75			13-14: 3.28.00			3.13.70

		9 / u	10	11	12	13	14	15/over
Breast	50	1.03.05	1.00.70	1.00.70	###	52.65	52.65	48.75
	100	2.19.50	2.13.90	2.08.20	.04.1	1.57.00	1.50.50	1.46.60
	200	12/u: 4.09.75			13-14: 3.51.40			3.41.00

		9 / u	10	11	12	13	14	15/over
Fly	50	52.10	50.20	50.20	###	44.20	44.20	41.60
	100	2.08.25	2.03.50	1.49.20	.45.0	1.37.00	1.33.35	1.31.00
	200	12/u: 3.56.25			13-14: 3.29.95			3.13.70

		9 / u	10	11	12	13	14	15/over
Medley	100	Open: 2.19.50						
	200	12/u: 3.44.10			13-14: 3.22.80			3.15.00

		9 / u	10	11	12	13	14	15/over
Free Relay	4x50	10/u: 3.14.40		11-12: 2.46.40		13-14: 2.30.80		Open: 2.20.40

**FEMALE**

		9 / u	10	11	12	13	14	15/over
Free	50	49.95	48.10	44.20	###	40.30	40.30	39.65
	100	1.45.30	1.41.40	1.35.70	.34.1	1.29.70	1.28.15	1.25.15
	200	12/u: 3.19.80			13-14: 3.05.90			2.58.10
	400	14/u: 6.45.00						6.14.40
	800	Open: 12.40.50						
	1500	N/A						

		9 / u	10	11	12	13	14	15/over
Back	50	55.35	53.30	53.30	###	48.75	48.75	46.80
	100	2.00.15	1.55.70	1.49.85	.47.2	1.40.50	1.39.85	1.38.15
	200	12/u: 3.49.50			13-14: 3.29.95			3.28.00

		9 / u	10	11	12	13	14	15/over
Breast	50	1.05.35	1.02.90	1.02.90	.01.1	59.90	59.90	53.95
	100	2.19.05	2.13.90	2.04.80	.01.5	1.57.00	1.55.70	1.54.40
	200	12/u: 4.23.25			13-14: 4.01.80			3.52.70

		9 / u	10	11	12	13	14	15/over
Fly	50	52.10	50.20	50.20	###	46.80	46.80	45.75
	100	2.08.25	2.03.50	1.50.50	.46.6	1.38.80	1.37.75	1.37.50
	200	12/u: 4.03.00			13-14: 3.34.50			3.28.00

		9 / u	10	11	12	13	14	15/over
Medley	100	Open: 2.19.05						
	200	12/u: 3.48.15			13-14: 3.29.30			3.25.40

		9 / u	10	11	12	13	14	15/over
Free Relay	4x50	10/u: 3.19.80		11-12: 2.56.80		13-14: 2.41.20		Open: 2.38.60