



SOUTHERN INLAND SWIMMING ASSOCIATION INC.

DENILQUIN A.S. & LSC Inc.

Saturday 11th January, 2020. Warm up 11:00 am: Start time 12:00noon

Denilquin Swim Centre, Poitiers Street, Denilquin.

Entry Fee \$6:00 per individual event. Relays no charge – enter on day Age as at day of meet.

Entries via Swim Central

Entries close **7th January 2020**

All events are timed finals. SNSW & SAL Rules apply. Medals for 1st, 2nd and 3rd placegetters.

***Competitors in 7 & under 25m events are not permitted to swim other events in that stroke. No refunds given.

Age groups events are conducted concurrently as timed finals.

*****Come and try & Swimmers with disabilities may enter 25m events on the day*****.

Enquires to Chris Hayes on **0427961305**

| Male | Female | Age group | Distance | Stroke |
|------|--------|--------------------|----------|-------------------|
| 1 | 2 | Open | 200m | Freestyle |
| 3 | 4 | 7 & under *** | 25 | Freestyle |
| 5 | 6 | 8 & under | 50 | Freestyle |
| | | 9/10 | 50 | Freestyle |
| | | 11/12 | 50 | Freestyle |
| | | 13/14 | 50 | Freestyle |
| | | 15 & over | 50 | Freestyle |
| 7 | 8 | 9 & under | 100 | Breaststroke |
| | | 10/11 | 100 | Breaststroke |
| | | 12/13 | 100 | Breaststroke |
| | | 14 & over | 100 | Breaststroke |
| 9 | 10 | 7 & under *** | 25 | Backstroke |
| 11 | 12 | 8 & under | 50 | Backstroke |
| | | 9/10 | 50 | Backstroke |
| | | 11/12 | 50 | Backstroke |
| | | 13/14 | 50 | Backstroke |
| | | 15 & over | 50 | Backstroke |
| 13 | 14 | 11 & under | 100 | Butterfly |
| | | 12/13 | 100 | Butterfly |
| | | 14 & over | 100 | Butterfly |
| 15 | 16 | 7 & under *** | 25 | Breaststroke |
| 17 | 18 | 8 & under | 50 | Breaststroke |
| | | 9/10 | 50 | Breaststroke |
| | | 11/12 | 50 | Breaststroke |
| | | 13/14 | 50 | Breaststroke |
| | | 15 & over | 50 | Breaststroke |
| 19 | 20 | 9 & under | 100 | Backstroke |
| | | 10/11 | 100 | Backstroke |
| | | 12/13 | 100 | Backstroke |
| | | 14 & over | 100 | Backstroke |
| 21 | 22 | 7 & under *** | 25 | Butterfly |
| 23 | 24 | 8 & under | 50 | Butterfly |
| | | 9/10 | 50 | Butterfly |
| | | 11/12 | 50 | Butterfly |
| | | 13/14 | 50 | Butterfly |
| | | 15 & over | 50 | Butterfly |
| 25 | 26 | 9 & under | 100 | Freestyle |
| | | 10/11 | 100 | Freestyle |
| | | 12/13 | 100 | Freestyle |
| | | 14 & over | 100 | Freestyle |
| 27 | 28 | 9 & under | 200 | Individual Medley |
| | | 10/11 | 200 | Individual Medley |
| | | 12/13 | 200 | Individual Medley |
| | | 14 & over | 200 | Individual Medley |
| 29 | 30 | Open | 400 | Freestyle |
| 31 | 32 | Club Relay 4 x 50m | 200 | Freestyle Relay |