



2019-20 SISA SWZ Qualifying Meet No.1

Yass Swimming Pool 24th Nov. 2019

Aqua Shop
The Swimming Specialists

All swimmers will receive a \$25 voucher from Aqua Shop

The Swimming Specialists

Online entries through Swim Central are now available!

For those entering online for the first time, please follow these simple steps:

1. Sign into SWIM CENTRAL, unlock your family pin and impersonate your swimmer to enter.
2. Search in your EVENTS calendar for Sunday 24 November 2019 and select 2019-20 SISA SWZ Qualifying Meet No 1 to nominate your entries.

For assistance, please contact yassracesecretary@outlook.com or see the attached flyer for additional information.

You can also contact us through the Yass Swimming Club Facebook page.

All Swimmers entering the Yass Carnival will receive a \$25 Aqua Shop Voucher!

An advertisement for Aqua Shop. The main image shows a swimmer in a pool with the Aqua Shop logo in the top left. Below the swimmer, the text reads "AUSTRALIA'S SWIMMING SPECIALISTS", "Over 20 years of knowledge and experience in race suits and technical training accessories", "www.aquashop.com.au • 1300 132 852", and "Branches: Brisbane, Sydney, Melbourne, Gold Coast". To the right of the main image is a collage of four smaller images: a swimmer in a race suit, a swimmer in a yellow cap, a swimmer in a black cap, and a swimmer in a black cap.



SOUTHERN INLAND SWZ QUALIFYING MEET No. 1 YASS

**Warm Up 9.00am for 10.00am Start
Sunday 24th November 2019**

				Qualify Time	Break Time
1	2	OPEN	400m FREESTYLE MEDAL	7.00.00	
3	4	All-Age	100m BUTTERFLY		
5	6	MC	50m BACKSTROKE		
7	8	All Age	50m BACKSTROKE MEDAL		
9	10	10 yrs. & under	25m BACKSTROKE		30.00
11	12	All-Age	200m BREASTSTROKE	4.15.00	
13	14	OPEN	100m FREESTYLE MEDAL		
15	16	MC	50m BREASTSTROKE		
17	18	All-Age	50m BREASTSTROKE		
19	20	10 yrs. & under	25m BREASTSTROKE		30.00
21	22	OPEN	200m BACKSTROKE MEDAL	3.50.00	
LUNCH					
23		BURGESS SHEILD RELAY	4 x 50m Freestyle 16 yrs. & under		Boys
	24	GWEN NICHOLSON RELAY	4 x 50m Freestyle 16 yrs. & under		Girls
25	26	All-Age	200m BUTTERFLY	3.55.00	
27	28	All-Age	100m BACKSTROKE		
29	30	MC	50m BUTTERFLY		
31	32	OPEN	50m BUTTERFLY MEDAL		
33	34	10 yrs. & under	25m BUTTERFLY		30.00
35	36	All-Age	200m FREESTYLE	3.30.00	
37	38	All Age	100m BREASTSTROKE MEDAL		
39	40	MC	50m FREESTYLE		
41	42	All-Age	50m FREESTYLE		
43	44	10 yrs. & under	25m FREESTYLE		25.00
45	46	OPEN	200m INDIVIDUAL MEDLEY MEDAL	5.00.00	

Rules and Conditions as per South West Zone, SISA, Swimming NSW & SAL Ltd

ENTRIES - All Individual Event Entries \$3.00 and all Relay Entries with swimmers in order, FROM CLUB RACE SECRETARIES ONLY. Electronic Entries ONLY on 'Meet Manager' or 'Team Manager' files to Yass Entries at swimclubyass@outlook.com or online if available by 7.00pm Sunday 7 days prior to the Meet.

Cheques made payable to Yass Swimming Club Inc. to be paid on the day

- Medal Events:** - **50 m Age Events** - Medals to first three place getters in each age group. Ribbons to first three place getters in each other grade in each age group as per Cut-Off Times (PTO)
- 100 m Age Events** - Medals to first three place getters in each age group.
- 50m Open Events** - Medals to first three fastest times. Ribbons to first three place getters in each age group and Grade as per Cut-Off Times (PTO)
- 100m Open Events** - Medals to first three fastest times. Ribbons to first three place getters in each age group
- 200m & Over Open Events** - Medals to first three place getters.
- All Other Events:** - **25m Events** - Ribbons to first three place getters in age groups, 8 & under and 9 & 10. Swimmers who swim in 25m event cannot swim 50m, 100m or 200m of same stroke at same meet
- 50m Events** - Ribbons to first three place getters in each age group & Grade as per Cut-Off Times (PTO)
- 100m Events** - Ribbons to first three place getters in each age group
- 200m Events** **Individual Medley** - Ribbons to first three place getters in each age group
- All Other 200m Events** - Ribbons to first three place getters

Relay Entries: Relay amendments will be accepted before **Event 11**.

"Media may be in attendance at this meet for purpose of obtaining film and/or photographs of competitors. If you do not wish your child to be photographed or filmed, please inform the Meet Director"