



swimming
act

TIME TRIALS

Sunday 19 December 2021
Stromlo Leisure Centre

Indoor 50m Pool – Warm up – 8.30am – Start 10.00am

Long Course

Semi Automatic Timing

See Swimming ACT's web site at act.swimming.org.au for meet information

ENTRIES

- **\$8.00** per event
- Maximum of 5 entries per swimmer
- Age as at 19 December 2021
- **Entries** close at 8:00pm on Wednesday 15 December 2021
- Online entries through Swim Central.
- Visitors welcome (subject to COVID restrictions)
- Meet information on the Swimming ACT website (act.swimming.org.au) from the Home Page scroll down until you reach Events then click on December Time Trials.
- Long course and short course times will be accepted however a qualifying long course time will be used in preference to a short course time.

COVID 19 RESTRICTIONS

- The meet is subject to prevailing ACT government COVID 19 restrictions.
- Entry fees will be refunded where a swimmer is unable to attend the meet due to imposed restrictions
- In the situation where spectator number limits apply you will be advised ahead of the meet.

The Meet Director reserves the right to amend the program.

Swimming NSW rules apply. Swimming ACT approved.

Enquiries to Lorraine Wuth - email meets@swimmingact.com.au

Version: 24 November 2021

PROGRAM

EVENT		PROGRAM			QUALIFYING TIMES	
		Age			Boys	Girls
		Open			See	below
1	2	200m	Backstroke	Open	See	below
3	4	50m	Freestyle	10 & U	41.50	42.00
				11	39.50	39.50
				12	38.00	38.50
5	6			13 & O	35.00	36.50
7	8	100m	Breaststroke	10 & U	2:00.00	2:01.00
				11	1:54.00	1:54.50
				12	1:47.00	1:47.50
9	10			13 & O	1:41.00	1:44.50
11	12	200m	Butterfly	Open	See	below
13	14	50m	Backstroke	10 & U	46.00	47.50
				11	44.00	44.00
				12	42.00	42.00
15	16			13 & O	36.50	39.50
17	18	100m	Freestyle	10 & U	1:30.00	1:31.00
				11	1:24.50	1:26.00
				12	1:20.00	1:21.00
19	20			13 & O	1:15.50	1:18.50
21	22	200m	Breaststroke	Open	See	below
23	24	50m	Butterfly	10 & U	48.00	48.50
				11	44.00	44.00
				12	41.50	42.00
25	26			13 & O	38.00	40.00
27	28	100m	Backstroke	10 & U	1:44.00	1:45.00
				11	1:38.50	1:38.50
				12	1:33.50	1:33.50
29	30			13 & O	1:27.50	1:30.00
31	32	200m	Individual Medley	10 & U	3:43.00	3:44.50
				11	3:32.00	3:32.00
				12	3:21.00	3:21.50
33	34			13 & O	3:07.00	3:15.50
35	36	50m	Breaststroke	10 & U	54.00	53.00
				11	51.50	50.50
				12	48.00	48.50
37	38			13 & O	42.50	45.50
39	40	100m	Butterfly	10 & U	1:48.00	1:48.00
				11	1:38.50	1:38.50
				12	1:32.50	1:33.00
41	42	200m	Freestyle	13 & O	1:24.50	1:29.00
				Open	See	below

200m events

To enter the 200m freestyle, backstroke, breaststroke or butterfly events the swimmer must have achieved the qualifying time for their age in the 100m distance for that stroke.

Entries for these events that do not comply with this rule will be rejected and no refund provided.