



2022 ACT CHAMPIONSHIPS
5-6 February 2022
Australian Institute of Sport
Bruce, ACT



Revised program (14 January 2022)

Entry and Meet Rules

Age as at 5 February 2022

Entries: \$8.00 per event.

Online entries only through Swim Central.

Entries close at 8:00pm on Tuesday 1 February 2022.

The Championships are open to all swimmers registered as first claim members of clubs affiliated with Swimming ACT.

Entry times: Swimmers must have an official long course (LC) or short course (SC) time achieved since 1 October 2020 to enter an event. SC times will be seeded after LC times. Specific entry qualifying times apply to events 400m freestyle and IM and 200m backstroke, breaststroke and butterfly (see table below).

MC Championship events: a swimmer must hold a current Multi Class classification for the given stroke and have an official time (LC or SC) recorded for that event achieved since 1 October 2020.

Swimming NSW Rules apply.

Normal pool entry fees apply.

The Meet Director reserves the right to amend program if necessary.

Enquiries to meets@swimmingact.com.au

Saturday 5 February Warm Up 9:30am, Start 11:00am					
M	W	Dist	Stroke		Age
1	2	400m	Freestyle		9 & Over
3	4			MC	9 & Over
5	6	50m	Backstroke		9-12
7	8				13 & Over
9	10			MC	9 & Over
11	12	100m	Breaststroke		9-12
3	14				13 & Over
15	16			MC	9 & Over
17	18	200m	Butterfly		9 & Over
19	20	100m	Backstroke		9-12
21	22				13 & Over
23	24			MC	9 & Over
25	26	50m	Freestyle		9-12
27	28				13 & Over
29	30			MC	9 & Over
31	32	200m	Breaststroke		9 & Over

Sunday 6 February Warm Up 8:30am, Start 10:00am					
M	W	Dist	Stroke		Age
33	34	400m	Individual Medley		11 & Over
35	36	50m	Butterfly		9-12
37	38				13 & Over
39	40			MC	9 & Over
47	48	200m	Backstroke		9 & Over
41	42	100m	Freestyle		9-12
43	44				13 & Over
45	46			MC	9 & Over
61	62	200m	Individual Medley		9-12
63	64				13 & Over
65	66			MC	9 & Over
49	50	50m	Breaststroke		9-12
51	52				13 & Over
53	54			MC	9 & Over
55	56	100m	Butterfly		9-12
57	58				13 & Over
59	60			MC	9 & Over
67	68	200m	Freestyle		9 & Over

The 8 & under Championship events (50m freestyle, backstroke, breaststroke and butterfly) will be swum in conjunction with the Speedo Sprint heats on Sunday 30 January 2022.

The championship points for the 800m and 1500m freestyle will be determined using the best official long course time achieved for the 800m and 1500m freestyle by each swimmer who swam one or both of these events between 1 February 2021 and 5 February 2022 providing the qualifying time (see below) was met.

Awards

Championship events: Medals presented to the 1st, 2nd and 3rd placegetters with

- 9, 10, 11, 12, 13, 14 years and 15 & over medals awarded in 100m events, 50m freestyle and 200m individual medley
- 9-10, 11-12, 13-14 and 15 & over medals awarded in the 200m freestyle
- 9-12, 13-14 and 15 & over medals awarded in the 200m backstroke, breaststroke and butterfly and 400m freestyle
- 11-14 and 15 & over medals awarded in the 400m individual medley
- 9, 10, 11, 12 years medals awarded in the 9-12 years 50m backstroke, breaststroke and butterfly
- All other events - one set of medals per event

MC Championship events: Medals presented to the 1st, 2nd and 3rd swimmers.

2022 Swimming ACT Championships

Swimming ACT 2022 Age Champions

Individual championship points will be determined using HY-TEK age points.

For MC events, the MC pointscore system will be used.

ACT Age Champions (male and female) will be determined as follows:

8&U Age Champions - 8&U Age Champions (boys and girls) will be determined using the 50m Freestyle, Backstroke, Breaststroke and Butterfly events swum as part of the Speedo Sprint Series ACT heats.

9-18&O Age Champions (9, 10, 11, 12, 13, 14, 15, 16, 17 and 18&O) and MC Champion (Open) - The **Age Champions** (boys and girls) will be determined using the seven (7) highest points gained in Championship events, provided the swimmer competed in at least five (5) events. The **MC Champions** (male and female) will be determined using the seven (7) highest pointing MC events for that swimmer from points gained in MC events.

Swimming ACT 2022 Men and Women's Champion Club

Points awarded to the first eight finishing competitors for each age group (8&U, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18&O) in non MC events and the first eight finishing competitors in MC events.

Points: 1st -35, 2nd - 30, 3rd - 26, 4th - 23, 5th - 20, 6th - 17, 7th - 14 and 8th - 11.

2022 ACT Championships - Qualifying Times

GIRLS		15&O	14yrs	13yrs	12yrs	11yrs	10yrs	9yrs
FREE	400m	5:23.50	5:24.50	5:35.50	5:41.00	5:53.00	6:45.00	6:45.00
	800m	10:45.50	11:11.00	11:27.50	11:27.50	11:27.50		
	1500m	20:37.50	20:48.50	21:43.50				
BACK	200m	2:58.00	2:58.00	3:02.50	3:06.00	3:16.00	3:32.00	3:51.00
BREAST	200m	3:25.00	3:27.00	3:30.00	3:34.50	3:48.00	4:04.00	4:37.50
FLY	200m	3:01.50	3:05.50	3:08.00	3:16.00	3:24.00	3:38.00	4:09.00
IM	400m	6:06.50	6:12.00	6:16.00	6:24.00	6:47.00		

BOYS		15&O	14yrs	13yrs	12yrs	11yrs	10yrs	9yrs
FREE	400m	5:06.50	5:06.50	5:14.50	5:40.00	5:52.00	6:45.00	6:45.00
	800m	10:49.00	11:00.00	11:00.00	11:00.00			
	1500m	20:27.50	20:48.50					
BACK	200m	2:47.00	2:50.50	2:56.00	3:04.50	3:18.00	3:29.50	3:51.00
BREAST	200m	3:12.00	3:14.00	3:21.00	3:31.00	3:47.50	4:02.00	4:37.50
FLY	200m	2:43.00	2:45.00	2:53.50	3:07.00	3:23.00	3:38.00	4:09.00
IM	400m	5:46.50	5:52.00	6:03.00	6:12.00	6:46.00		

The ACT Government assists
Swimming ACT through
Sport and Recreation Services