



PROUD SPONSOR OF



swimming
act

TIME TRIALS

**Thursday 6 and Friday 7 January
2022**

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 4 entries per day
- Age as at 6 January 2022. Minimum age: 9 years
- **Entries** close at 8:00pm on Tuesday 4 January 2022
- Online entries through Swim Central.
- Open to swimmers who are members of a Swimming ACT affiliated club plus Cooma and Yass swim clubs.
- Meet information on the Swimming ACT website (act.swimming.org.au) from the Home Page scroll down until you reach Events then click on January 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.

Why are 50m events restricted to 12 & over?

The 50m events have been restricted to swimmers aged 12 and over as they are the priority ahead of Senior State. Younger swimmers will have an opportunity to swim 50m events prior to ACT Championships at the Speedo Sprint heats being held on Sunday 30 January.

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

The proceeds from these time trials as well as the December ones will be distributed to our clubs either directly or through the Club Buffer Fund.

Program

Thursday 6 January 2022

EVENT	Qualifying distance & time
1 400m Freestyle	200m free 3:17.00
2 400m IM	200m IM 3:20.50
3 50m Backstroke (12 & Over)	
4 100m Breaststroke	
5 200m Butterfly	See below
6 50m Freestyle (12 & Over)	
7 100m Backstroke	
8 200m Breaststroke	See below
9 50m Butterfly (12 & Over)	
10 100m Freestyle	
11 200m Backstroke	See below
12 50m Breaststroke (12 & Over)	
13 100m Butterfly	
14 200m Freestyle	See below
15 800m Freestyle	400m free 6:12.00
16 1500m Freestyle	400m free 6:12.00
17 200m IM	

Friday 7 January 2022

EVENT	Qualifying distance & time
18 800m Freestyle	400m free 6:12.00
19 1500m Freestyle	400m free 6:12.00
20 200m IM	
21 200m Freestyle	See below
22 100m Butterfly	
23 50m Breaststroke (12 & Over)	
24 200m Backstroke	See below
25 100m Freestyle	
26 50m Butterfly (12 & Over)	
27 200m Breaststroke	See below
28 100m Backstroke	
29 50m Freestyle (12 & Over)	
30 200m Butterfly	See below
31 100m Breaststroke	
32 50m Backstroke (12 & Over)	
33 400m IM	200m IM 3:20.50
34 400m Freestyle	200m free 3:17.00

200m events

To enter the 200m free, back, breast or fly events the swimmer must have achieved the qualifying time for their age in the 100m distance for that stroke

Girls	13 & O	12	11	10	9
Free	1:18.50	1:21.00	1:26.00	1:31.00	1:50.50
Back	1:30.00	1:33.50	1:38.50	1:45.00	1:54.50
Breast	1:44.50	1:47.50	1:54.50	2:01.00	2:17.50
Fly	1:29.00	1:33.00	1:38.50	1:48.00	2:03.50
Boys	13 & O	12	11	10	9
Free	1:15.50	1:20.050	1:24.50	1:30.00	1:50.50
Back	1:27.50	1:33.50	1:38.50	1:44.00	1:54.50
Breast	1:41.00	1:47.00	1:54.00	2:00.00	2:17.50
Fly	1:24.50	1:32.00	1:38.50	1:48.00	2:03.50

400m Freestyle and IM

To enter the 400m freestyle or IM the swimmer must have achieved the qualifying time in the 200m distance.

800m and 1500m Freestyle

Swimmers will be able to request a 800m split time in a 1500m swim.

To enter the 800m or 1500m freestyle the swimmer must have achieved the qualifying time in the 400m distance.

