

RETURN TO **Goulburn**

Sunday 5 December 2021

At the Goulburn Aquatic and Leisure Centre, 85 Deccan St., Goulburn

Outdoor 50m Pool – Warm up – **9.00am** – **Start 10.00am**

Semi automatic timing

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

ENTRIES

- **\$5.00** per event
- Age as at 5 December 2021
- Maximum of **4** events per swimmer
- **Entries** close at 8:00pm on Tuesday 30 November 2021
- Online entries for swimming club members through Swim Central.
- Open to members of Swimming ACT clubs and Yass Swim Club.
- All previously registered swimmers must be registered for 2021-22 to enter this meet.
- Swimmers who have never been a registered member of a swimming club are welcome to attend this meet. Email meets@swimmingact.com.au for entry details.
- Meet information on the Swimming ACT website (act.swimming.org.au) from the Home Page scroll down until you reach Events then click on **Return to Goulburn**.

MEET RULES

- 200m events are restricted to swimmers aged 9 and over
- The meet will be swum in two divisions: development and qualifiers. The development break time set for the 2021-22 season (see the details on the event page on the Swimming ACT website) will be used to assign entries into the development or qualifier events.
- Entry time must be the swimmer's best time (long or short course) for that event ever achieved.
- All events will be swum as mixed events.
- All events will be timed finals.

25M EVENTS

A swimmer may only enter a **25m event** if they have never swum a longer distance in that stroke at any meet (including club nights and school meets) where the time achieved has been recorded as an official time. Any swimmer entering a 25m event cannot enter a longer distance in that stroke at this meet.

Multi-class swimmers may enter 25m events regardless of age or other restrictions.

NEW SWIMMERS

New swimmers age 10 and under can only enter 25m events unless they have achieved a time faster than 30.00 seconds for a given stroke. If they have achieved a time faster than 30.00 seconds for the 25m of a given stroke they are permitted to enter the 50m event for that stroke.

A new swimmer is a swimmer who does not have an officially recognised time (long course or short course) at the 50m distance for a given stroke.

AWARDS

Ribbons for the 1st, 2nd and 3rd boy and girl for 8 & under, 9, 10, 11, 12 and 13 & over in Development events.

COVID 19 RESTRICTIONS

The meet is subject to prevailing NSW government COVID 19 restrictions.

ACT residence must adhere to applicable COVID 19 cross border restrictions.

Entry fees will be refunded where a swimmer is unable to attend the meet due to imposed restrictions

Swimming NSW rules apply. Swimming ACT approved.

Enquiries - email meets@swimmingact.com.au

PROGRAM

200m	Freestyle
25m	Butterfly
50m	Butterfly
100m	Backstroke
25m	Freestyle
50m	Freestyle
100m	Butterfly
25m	Breaststroke
50m	Breaststroke
100m	Freestyle
25m	Backstroke
50m	Backstroke
100m	Breaststroke
200m	Individual Medley

To enter the **200m freestyle** the swimmer must have achieved the following time for their age for the 100m freestyle:

	Boys	Girls
10 & under	1:30.00	1:31.00
11	1:24.50	1:26.00
12	1:20.00	1:21.00
13 & Over	1:15.50	1:18.50