



2020 Battle of the Beaches
MANLY BOY CHARLTON AQUATIC CENTRE
23 February 2020



Qualifying Times - Men

		16/Over	15yrs	14yrs	13yrs	12&U
FREESTYLE	50m	28.50	29.80	31.50	32.50	34.00
	100m	1:00.00	1:01.50	1:03.50	1:05.50	1:12.50
	200m	2:12.00	2:14.00	2:16.00	2:20.00	2:25.00
	400m	4:39.00	4:44.00	4:50.00	5:05.00	5:15.00
BACKSTROKE	50m	40.00				
	100m	1:14.00	1:15.00	1:18.00	1:20.50	1:26.00
	200m	2:32.00	2:37.00	2:40.00	2:43.00	2:52.00
BREASTSTROKE	50m	47.00				
	100m	1:23.00	1:24.50	1:26.00	1:32.00	1:37.00
	200m	2:52.00	2:54.00	2:57.00	3:00.00	3:27.00
BUTTERFLY	50m	42.00				
	100m	1:11.50	1:13.50	1:16.50	1:18.50	1:22.50
	200m	2:33.00	2:38.00	2:42.00	2:52.00	3:04.50
INDIVIDUAL MEDLEY	200m	2:28.00	2:32.50	2:35.50	2:40.00	2:48.00
	400m	5:16.00	5:21.00	5:26.00	5:30.00	5:40.00

Qualifying Times - Women

		16/Over	15yrs	14yrs	12-13yrs	11&U
FREESTYLE	50m	32.00	33.10	33.50	35.00	37.00
	100m	1:08.50	1:09.50	1:10.50	1:12.50	1:13.50
	200m	2:24.00	2:25.00	2:26.00	2:28.00	2:38.00
	400m	5:00.00	5:05.00	5:10.00	5:15.00	N/A
BACKSTROKE	50m	43:00				
	100m	1:20.00	1:22.00	1:24.00	1:26.00	1:28.00
	200m	2:46.00	2:47.00	2:48.00	2:52.00	3:03.00
BREASTSTROKE	50m	49:00				
	100m	1:30.50	1:31.50	1:32.50	1:37.00	1:41.50
	200m	3:09.00	3:11.00	3:14.00	3:15.00	3:28.00
BUTTERFLY	50m	45:00				
	100m	1:16.00	1:16.50	1:18.50	1:22.50	1:28.50
	200m	2:49.00	2:50.50	2:53.50	3:00.00	3:05.50
INDIVIDUAL MEDLEY	200m	2:40.00	2:45.00	2:46.00	2:48.00	2:58.00
	400m	5:36.00	5:39.00	5:40.00	5:45.00	N/A

Maximum 4 individual entries per swimmer

Meet Director

The Meet Director for this meet is **Ariel Darley**. Enquiries to admin@warringahasc.com.au

AGE AS AT 23 FEBRUARY, 2020

Online entries close 5pm Monday 17 February, 2020 (or earlier if maximum entries reached).
 Entry fee \$8.00 per individual event (GST inclusive). Both SC & LC Times accepted from approved Meets

NOTE: ALL EVENTS WILL BE SEEDED AND SWUM FASTEST TO SLOWEST



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Warm up 4:00pm Start 4:30pm			
1	Men's 100m Freestyle	13	Men's 50m Breaststroke
2	Women's 100m Freestyle	14	Women's 50m Breaststroke
3	Mixed 400m Individual Medley	15	Men's 100m Butterfly
4	Men's 100m Backstroke	16	Women's 100m Butterfly
5	Women's 100m Backstroke	17	Mixed 400m Freestyle
6	Men's 50m Freestyle	18	Men's 100m Breaststroke
7	Women's 50m Freestyle	19	Women's 100m Breaststroke
8	Mixed 200m Butterfly	20	Men's 50m Butterfly
9	Mixed 200m Breaststroke	21	Women's 50m Butterfly
10	Men's 50m Backstroke	22	Mixed 200m Backstroke
11	Women's 50m Backstroke	23	Mixed 200m Freestyle
12	Mixed 200m Individual Medley	24	Mixed 6 x 50m Freestyle Relay

Rules

- The Meet is an approved Meet and will be conducted under NSW Rules.
- SAL Safe Sport Framework applies to all meet attendees. NSW Spectator/Parent Behaviour Etiquette applicable.
- Entries accepted from Manly Swim Club and Warringah Aquatic Swim Club
- Clubs will be asked to assist with timekeeping and other duties
- Swimmers entries are accepted on the basis that a parent or guardian timekeeps, officiates, or assists as requested to help run the meet
- All events are timed finals
- NSW no refund policy applies to this Meet.
- Event 24: 1 team/club - 3 females 3 males 1 each age 12U/13/14/15/16/17+ yrs youngest to oldest

Marshalling

Please note the Marshalling Procedure, GR9.1.1 "For Heats, Semi-Finals and Finals, swimmers shall report to the Clerk of the Course at a time determined by the event management. A swimmer failing to do so shall be deemed to be withdrawn. Once reported, a swimmer is not permitted to leave the marshalling area unless approval is first obtained from the Clerk of the Course. All heats of each event shall be deemed to be one event for the purpose of this Rule." For this meet, Event Management has determined that swimmers must ensure they report to the Clerk of the Course to be marked present at least two events ahead of their scheduled event, or 10 minutes prior to the start of a Sessions if swimming in the first two events. "For example if entered in Event 9, the swimmer must have reported to the Clerk of the Course before the start of the first heat of Event 7" GR9.1.1

Withdrawals

Please advise the Clerk of the Course (Marshall) in advance if a swimmer is not competing in a race in which they are entered. This can allow for early amalgamations or reseeds of Events.

Backstroke Ledges

Backstroke Ledges will be used during this Meet. A swimmer is not required to use the Ledge for the start of a backstroke race. The ledges will be set to "0" (zero) by an Official and it will be the swimmer's responsibility to adjust the ledge, and to make sure that it is locked in place after this adjustment.

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