



Proposed Long Course Qualifying Meet

Conducted under the rules of Swimming Australia and Swimming Victoria

5th Pennant Program - Hosted by Corowa

Date of Meet: 28th January 2024 Venue: Corowa Aquatic Centre

Warm Up: 12:00pm Meet Start: 1:00pm

Entries close Thursday 25th January 2024 at 8:00pm via Swim Central

M	F	Age	Distance	Stroke
1/2		All Age	400m	Choice of Freestyle or Ind. Medley
3	4	All Age	50m	Freestyle
5		Multi Class	50m	Freestyle
6		10/Under	25m	Freestyle
7	8	All Age	100m	Butterfly
9/10/11		All Age	200m	BBB (Choice of Back/Breast/Butterfly)
12	13	All Age	50m	Backstroke
14		Multi Class	50m	Backstroke
15		10/Under	25m	Backstroke
16	17	All Age	100m	Breaststroke
18	19	All Age	200m	Individual Medley
20	21	10/under	4 x 25m	Freestyle Relay
22	23	All Age	200m	Freestyle
24	25	All Age	50m	Butterfly
26		Multi Class	50m	Butterfly
27		10/Under	25m	Butterfly
28	29	All Age	100m	Freestyle
30		17/Over	4 x 50m	Freestyle Relay
31	32	14/Under	4 x 50m	Freestyle Relay
33	34	All Age	50m	Breaststroke
35		Multi Class	50m	Breaststroke
36		10/Under	25m	Breaststroke
37	38	All Age	100m	Backstroke
39	40	Open	4 x 50m	Freestyle Relay
41	42	16/Under	4 x 50m	Freestyle Relay

- Swimmers may swim in a maximum of 4 individual events of their choice – any combination of strokes/distances – this means you may swim 50m free / 100m free / 200m free in the one day and receive points for each swim
- You may swim in 2 relays
- Can Coaches/parents/race secretaries please be mindful of what swimmers are capable of swimming.
- Age as at: 1st October 2023 - Points awarded to the following Age Groups.
8 & under/ 9 years/ 10 years/ 11 years/ 12 years/ 13 years/ 14 years/ 15 years/ 16 years/ 17 - 34, and 35 & over.
- Online entries only - via Swim Central
- The 25 metre events have been introduced to encourage younger swimmers to have a go, this is about participation.
- Results from the 25m events will not be uploaded to Swim Central.
- Relays are listed as Freestyle, however if Clubs wish to swim a Medley Relay, they will need to inform the Referee in charge prior to the commencement of the event in which the Medley Relay will swim.
- Entry fee is \$1.00 per event, except 25metre events and Relays are Free.
- [For all enquiries please contact: entries.omdsa@gmail.com](mailto:entries.omdsa@gmail.com)