

2022 BENDIGO HAWKS WINTER SERIES

A SERIES OF PROPOSED QUALIFYING MEETS
CONDUCTED UNDER THE RULES OF SWIMMING AUSTRALIA

Gurri Wanyarra Wellbeing Centre, Browning St, Bendigo

50m Indoor Pool with movable platform – Depth: 2.0m; 1.35m

Round 1 – SHORT COURSE							
Date: June 5 2022	Entries Close: 10:00pm May 31 st 2022			Warm-up: 8:00am		Competition: 09:00am.	
	25m	50m	100m	100m IM	200m	400m	4 x 50m Relay
Time Trial (Free or IM)						1	
Time Trial (Choice)					2		
Butterfly	3	4	5				
Breaststroke	6	7	8				
Medley				9			10
Backstroke	11	12	13				
Freestyle	14	15	16		17		
Freestyle							18
Round 2 – SHORT COURSE							
Date: July 10 2022	Entries Close: 10:00pm July 5 th 2022			Warm-up: 8:00am		Competition: 09:00am.	
	25m	50m	100m	100m IM	200m	400m	4 x 50m Relay
Time Trial (Free or IM)						19	
Time Trial (Choice)					20		
Freestyle	21	22	23				
Butterfly	24	25	26				
Medley				27			28
Breaststroke	29	30	31				
Backstroke	32	33	34		35		
Freestyle							36
Round 3 – LONG COURSE							
Date: September 4 2022	Entries Close: 10:00pm Aug 30 th 2022			Warm-up: 8:00am		Competition: 09:00am.	
	25m	50m	100m	200m IM	200m	400m	4 x 50m Relay
Time Trial (Free or IM)						37	
Time Trial (Choice)					38		
Backstroke	39	40	41				
Freestyle	42	43	44				
Medley				45			46
Butterfly	47	48	49				
Breaststroke	50	51	52		53		
Freestyle							54

Age Groups: Beginner, 8/under, 9 – 10, 11 – 12, 13 – 14, 15/over. Age as at **Round 1** of competition.

Conditions: In each Round of the Series competitors may swim in only **one individual event from each row** of the corresponding tables above. For example, in Round 1 a swimmer may swim in Event 1; Event 2; Event 3 **or** 4 **or** 5; Event 6 **or** 7 **or** 8; Event 11 **or** 12 **or** 13; Event 14 **or** 15 **or** 16 **or** 17. Points will be awarded to the first 8 place-getters for each Age Group and gender in each event, accumulating throughout the Series. Time Trial events will not earn points: Stroke must be nominated at time of Entry. Relay events are Open Mixed, max. 2 boys per team. The SV 11/u swimsuit rule will be applied. Swimmers must be registered with Swimming Victoria. Time-keepers will be rostered.

25m events are open to **Beginners** of any age. A Beginner is one who has never **successfully completed** the stroke over a distance greater than 25m. 25m events will not earn points.

200m/400m events are open to swimmers 11/over only. 400m events must be completed in under 7:00.00.

Trophies: At each round, ribbons will be awarded to the first 3 place-getters for each Age Group and gender in each event, excluding Time Trial events. Following the last event of Round 3 trophies will be awarded to the top 3 Male and Female aggregate point-earners in each Age Group. Swimmers must compete at a minimum of two Rounds to be eligible for an individual trophy. The **Mark Poustie PB Challenge Trophy** and a \$100.00 scholarship will awarded to the 12/u swimmer who achieves the most Personal Best times in 50m and/or 100m events. The **Stables-Evely Trophy** will be awarded to the Club with the highest point score.

Entries: Via the **Swim Central** online entry portal by the date and time advertised for each Round in the tables above.

Entry Fee: \$10.00 per individual event; \$15.00 per relay team. **Refunds will only be given if the entry is rejected.**

Program: The Meet Program will be published on www.cvs.org.au. Results will be published on Meet Mobile.

Contact: Meet Director, Bendigo Hawks Aquatic Inc., PO Box 71, Eaglehawk, Vic, 3556.

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