



Kangaroo Flat Swim Club

Long Course Swim Meet

Sunday 22nd September 2024

Gurri Wanyarra Wellbeing Centre

Browning St, Kangaroo Flat

Warm-up: 9:00am

Competition: 10:00am

Pool Depth: 2.0m/1.35m

A Proposed Qualifying Meet

Conducted under the Rules of Swimming Australia

All Events are Mixed Age and Gender

Event	Age	Stroke	Distance
1	12/over	Butterfly	200m
2	Beginner	Freestyle	25m
3	Open	Freestyle	50m
4	10/over	Freestyle	100m
5	12/over	Breaststroke	200m
6	Beginner	Backstroke	25m
7	Open	Backstroke	50m
8	10/over	Backstroke	100m
9	12/over	IM	200m
10	Open	Free Relay	4 x 50m
20 Minutes Lunch Break			
11	12/over	Backstroke	200m
12	Beginner	Breaststroke	25m
13	Open	Breaststroke	50m
14	10/over	Breaststroke	100m
15	12/over	Freestyle	200m
16	Beginner	Butterfly	25m
17	Open	Butterfly	50m
18	10/over	Butterfly	100m
19	12/over	Free or IM	400m
20	Open	Medley Relay	4 x 50m

Please see overleaf for Meet details and Competition conditions



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ENTRIES

- **Age as at day of Meet**
- \$10.00 per Individual event; \$8.00 for Beginner events; \$20.00 for Relay events
- Entry via Swim Central only
- Entries close 9:00pm Monday 16th September 2024
- Refunds will only be granted if the entry is rejected by the Meet Director
- Swimmers must be SV registered
- Swimmers who have successfully completed a given Stroke in competition over a distance greater than 25m MAY NOT enter the Beginner event for that Stroke
- Events 1, 5, 9, 11, 15 and 19 are Time Trial events.
- Relay teams must be made up no more than two male swimmers. Please email Relay teams to the Meet Director by the entry close date

CONDITIONS

- Except for Beginner events and Time Trial events, ribbons will be awarded to the first three place-getters in each Individual event for each gender in the following Age Groups:
 - 9/under, 10 - 11, 12 - 13, 14 - 15, 16/over
- Ribbons will be awarded to the first three place-getters in Beginner events
- Ribbons will be awarded to the first three place-getters in Relay events
- Ribbons will not be awarded for Time Trial events
- SV 11/under swim suit rule will apply
- One Start Rule applies except for Beginner events
- Results at the Meet will be published on Meet Mobile only
- The club reserves the right to alter, combine or cancel events
- The Meet Program will be available for download from Swim Central by the Friday before the Meet
- A time-keeping roster will be published in the Meet Program

CONTACT

- **Meet Director:** Greg Smith, competitions@swimmingbendigo.org, M: 0419-517-464
- **KFSC Secretary:** Naomi Roberts, kfscsecretary@outlook.com, M: 0403-598-462