



# Speedo Heats & Junior MetSEA Summer Long Course Championships Des Renford Leisure Centre - Maroubra February 1<sup>st</sup>-2<sup>nd</sup> 2020

**Entries Open: Monday December 2<sup>nd</sup> 2019**

**Entries Close: Wednesday January 22<sup>nd</sup> 2020**

**Meet Entries may close earlier if the timeline has been reached**

Saturday February 1st 2020 9am				
B	G	SESSION ONE		
57	58	12/13 Years	800m	Freestyle
59	60	9-11 Years	200m	Individual Medley
1	2	13 years	50m	Butterfly
3	4	12 years	50m	Butterfly
5	6	11 years	50m	Butterfly
7	8	10 years	50m	Butterfly
9	10	9 years	50m	Butterfly
11	12	8 years	50m	Butterfly
25	26	11-13 Years	4x50m	Medley Relay
27	28	8-10 Years	4x50m	Medley Relay
13	14	13 years	50m	Freestyle
15	16	12 years	50m	Freestyle
17	18	11 years	50m	Freestyle
19	20	10 years	50m	Freestyle
21	22	9 years	50m	Freestyle
23	24	8 years	50m	Freestyle
61	62	11-13 Years	200m	Freestyle
LUNCH BREAK				
B	G	SESSION TWO		
63	64	12/13 Years	400m	Individual Medley
65	66	10/11 Years	400m	Freestyle
33	34	13 years	50m	Breaststroke
35	36	12 years	50m	Breaststroke
37	38	11 years	50m	Breaststroke
39	40	10 years	50m	Breaststroke
41	42	9 years	50m	Breaststroke
43	44	8 years	50m	Breaststroke
29	30	11-13 Years	4x50m	Freestyle Relay
31	32	8-10 Years	4x50m	Freestyle Relay
45	46	13 years	50m	Backstroke
47	48	12 years	50m	Backstroke
49	50	11 years	50m	Backstroke
51	52	10 years	50m	Backstroke
53	54	9 years	50m	Backstroke
55	56	8 years	50m	Backstroke
109		8-13 Years MIXED	6x50m	Freestyle Relay

Sunday February 2nd 2020 9am				
B	G	SESSION THREE		
67	68	9/10 Years	200m	Freestyle
69	70	12/13 Years	200m	Individual Medley
71	72	9/10 Years	100m	Backstroke
73	74	11 Years	100m	Backstroke
75	76	12/13 Years	100m	Backstroke
77	78	9/10 Years	100m	Freestyle
79	80	11 Years	200m	Freestyle
81	82	12/13 Years	200m	Freestyle
83	84	9/10 Years	100m	Breaststroke
85	86	11 Years	200m	Breaststroke
87	88	12/13 Years	200m	Breaststroke
LUNCH BREAK				
B	G	SESSION FOUR		
89	90	12/13 Years	400m	Freestyle
91	92	9/10 Years	100m	Butterfly
93	94	11 Years	100m	Butterfly
95	96	12/13 Years	100m	Butterfly
97	98	11 Years	100m	Breaststroke
99	100	12/13 Years	100m	Breaststroke
101	102	11 Years	200m	Backstroke
103	104	12/13 Years	200m	Backstroke
105	106	11 Years	100m	Freestyle
107	108	12/13 Years	100m	Freestyle

**Venue:** Des Renford Leisure Centre - Maroubra  
**Dates:** Saturday February 1<sup>st</sup> & Sunday February 2<sup>nd</sup> 2020  
**Warm Up:** 8am Both Days  
**Start:** 9am both Days  
**Lunch Break:** 30 minutes at the appropriate time Both Days  
**Age As At:** Saturday February 1<sup>st</sup> 2020

**Please Note:** ALL 50m Events are Qualifying Heats for the SNSW Speedo Sprint Series

Qualifying Times – Boys & Girls				
FREESTYLE		12/13yrs	11yrs	9/10yrs
	50m	NT	NT	NT
	100m	1.28.00	1.30.00	1.32.00
	200m	3.05.00	3.10.00	3.15.00
	400m	Use the following 200m times to enter		
		2.45	2.50	
	800m	Use the following 400m times to enter		
		5.20		
BACKSTROKE	50m	NT	NT	NT
	100m	1.36.00	1.38.00	1.40.00
	200m	Use the following 100m times to enter		
		1.28.00	1.30.00	
BREASTSTROKE	50m	NT	NT	NT
	100m	1.55.00	2.00.00	2.05.00
	200m	Use the following 100m times to enter		
		1.38.00	1.40.00	
BUTTERFLY	50m	NT	NT	NT
	100m	1.36.00	1.38.00	1.40.00
	200m	Use the following 100m times to enter		
		1.28.00	1.30.00	
INDIVIDUAL MEDLEY	200m	3.40.00	3.50.00	4.00.00
	400m	Use the following 200m times to enter		
		2.55.00		

## SPEEDO HEATS Conditions of Entry For Swimmers Entering ALL 50m Events

**Age As At:** February 1<sup>st</sup> 2020

**Age Eligibility:** Swimmers Aged 8-13 Years may Enter Speedo Sprint Series Events (50m Fly, Back, Breast, Free)

**Other Eligibility:**

- Swimmers who have Qualified for the 2020 Australian Age Championships (excluding MC & Open Water) are **ineligible** to qualify for Speedo Finals in ALL Speedo Sprint Series Events (50m Fly, Back, Breast, Free)
- Any swimmer who wins a medal in an individual event at the 2019 SNSW Senior State Age Championships is **ineligible** to qualify for Speedo Finals in the stroke in which they won the medal
- Club Membership/SNSW Registration is NOT required to compete in the Speedo Sprint Series Events (50 Fly, Back, Breast, Free). However, if swimmers progress to the Finals, Club Membership/SNSW Registration is required to compete in the Finals
- Unattached Swimmers will be **ineligible** to receive medals for MetSEA Championship Events

**Selection for Finals:**

- The Fastest four (4) swimmers per event will be selected to represent MetSEA at the SNSW Speedo Finals Meet and must complete an availability form over the weekend (Feb 1<sup>st</sup>-2<sup>nd</sup> 2020)
- Relay Teams for Speedo Sprint Series Finals will be selected from those swimmers who have qualified for the Finals in individual events

**Speedo Merchandise:** will be available for purchase on the Saturday (Feb 1<sup>st</sup> 2020)

## Junior MetSEA Championships Conditions of Entry

**Please note:** ALL 50m events for Ages 9-13 years will also be considered MetSEA Championship Events

**Eligibility:** Swimmers must be a financial Member of a MetSEA Affiliated Club to enter MetSEA Championship events with exception given to ALL Speedo Heat Events (50m Fly, Back, Breast, Free)

**Minimum Age:** Swimmers must be eight (8) Years of Age to enter 50m events and Relays, Swimmers must be nine (9) Years of age to enter ALL other events

**Entries Open Tuesday December 2<sup>nd</sup> 2019** via [www.anotherpb.com](http://www.anotherpb.com)

- **Maximum of 8 Individual Entries per Swimmer will be allowed**
- Entry Times achieved since October 1<sup>st</sup> 2018 will be used to enter
- Competitors will be entered with their long course entry time using AnotherPB. If no long course time under the qualifying time can be found then those with a **short course** time under the qualifying time will be entered **on the qualifying time**
- Maximum 1 Heat per gender for the 800m Freestyle, 400m Freestyle and 400m Individual Medley events on a first entered basis
- 800m and 400m Events may be amalgamated

**Entries Close: Wednesday January 22<sup>nd</sup> 2020 @5pm**

- **Meet Entries may close early if the timeline has been reached**
- **No late entries will be accepted even if spare lanes are available**

**Entry Fees:** \$7.00 per Individual Event, \$12.50 Per Relay Entry

**Refund Policy:** Refunds will only be issued if a copy of a Doctor's certificate is sent to the Competitions Coordinator. Refunds WILL NOT BE APPROVED due to change of mind/circumstance. Refunds will be processed after the meet has concluded.

**Spectators** – Free Entry, Program free to print from the area website

**Medals:** In ALL MetSEA Championship Events (including 50m) Medals will be awarded to the first three placegetters (must make the qualifying time) in the following age groups:

**GIRLS:** 9 Years, 10 Years, 11 Years, 12 Years, 13 Years

**BOYS:** 9 Years, 10 Years, 11 Years, 12 Years, 13 Years

**Relay Medals:** Will be awarded to the first 3 placegetters overall

**Age Champion:** will be awarded in the following age groups:

**GIRLS:** 9 Years, 10 Years, 11 Years, 12 Years, 13 Years

**BOYS:** 9 Years, 10 Years, 11 Years, 12 Years, 13 Years

**Points:** will be awarded to the top 10 placegetters in each event.

- All events score points towards Age Champion
- All events score points towards Club Pointscore

**Relay Entries:** Clubs may enter **two (2)** relay teams only per event. Please note relays must be entered prior to the meet closing and reserves must be submitted. Only change of order or names will be allowed on the day.

**Entry List:** will be published on the MetSEA website after entries have closed, swimmers will have 72 hours to check events they have entered. Report any corrections via email to [competition@metsea.org.au](mailto:competition@metsea.org.au)

**Club Duties:** **ALL CLUBS WILL BE REQUIRED TO HELP WITH TIMEKEEPING AND OTHER DUTIES**

**Notes:**

- Swimmers aged 12/13 Years for girls and 13 years for boys will be allowed to enter and compete in BOTH the Junior MetSEA Championships AND the Senior MetSEA Championships
- Swimmers who compete at both Championships and win a medal/s at the SENIOR Championships will not be eligible to ENTER the same event at the Junior Championships
- This meet is conducted under the rules of NSW, all entrants must be registered financial members of MetSEA Clubs.
- The Meet Director reserves the right to alter the program, qualifying times and conditions of entry.

Competitions Coordinator: [competition@metsea.org.au](mailto:competition@metsea.org.au)