



SWIMMING NORTH COAST INC
2024 LONG COURSE SUMMER
DIVISION 2 CHAMPIONSHIPS

Saturday 9 November 2024
Port Macquarie Swim Centre – SOUTH
Tweed Regional Aquatic Centre Murwillumbah - NORTH
Warm up 8.00am Start 9.00am

| | | |
|----|-------|----------------------------------|
| 1 | Men | 400m Freestyle Multi-Age |
| 2 | Women | 400m Freestyle Multi-Age |
| 3 | Men | 50m Butterfly Multi-Class |
| 4 | Women | 50m Butterfly Multi-Class |
| 5 | Men | 50m Butterfly Multi-Age |
| 6 | Women | 50m Butterfly Multi-Age |
| 7 | Men | 100m Breaststroke Multi Age |
| 8 | Women | 100m Breaststroke Multi Age |
| 9 | Men | 200m Freestyle Multi-Age |
| 10 | Women | 200m Freestyle Multi-Age |
| 11 | Men | 200m Butterfly Multi-Age |
| 12 | Women | 200m Butterfly Multi-Age |
| 13 | Men | 50m Breaststroke Multi Class |
| 14 | Women | 50m Breaststroke Multi Class |
| 15 | Men | 50m Breaststroke Multi Age |
| 16 | Women | 50m Breaststroke Multi Age |
| 17 | Men | 200m Individual Medley Multi-Age |
| 18 | Women | 200m Individual Medley Multi-Age |
| 19 | Men | 100m Backstroke Multi-Age |
| 20 | Women | 100m Backstroke Multi-Age |
| 21 | Men | 800m Freestyle Multi-Age |
| 22 | Women | 800m Freestyle Multi-Age |
| 23 | Men | 1500m Freestyle Multi-Age |
| 24 | Women | 1500m Freestyle Multi-Age |
| 25 | Men | 400m Individual Medley Multi-Age |
| 26 | Women | 400m Individual Medley Multi-Age |
| 27 | Men | 100m Freestyle Multi-Class |
| 28 | Women | 100m Freestyle Multi-Class |
| 29 | Men | 100m Freestyle Multi-Age |
| 30 | Women | 100m Freestyle Multi-Age |
| 31 | Men | 50m Backstroke Multi-Class |
| 32 | Women | 50m Backstroke Multi-Class |
| 33 | Men | 50m Backstroke Multi-Age |
| 34 | Women | 50m Backstroke Multi-Age |
| 35 | Men | 200m Breaststroke Multi Age |
| 36 | Women | 200m Breaststroke Multi Age |
| 37 | Men | 100m Butterfly Multi-Age |
| 38 | Women | 100m Butterfly Multi-Age |
| 39 | Men | 200m Backstroke Multi-Age |
| 40 | Women | 200m Backstroke Multi-Age |
| 41 | Men | 50m Freestyle Multi-Class |
| 42 | Women | 50m Freestyle Multi-Class |
| 43 | Men | 50m Freestyle Multi-Age |
| 44 | Men | 50m Freestyle Multi-Age |

Age is at: Saturday 9 November 2024. Entries Close: Sunday 3 November 2024 at 11.59 pm.

Entry Fees: Individual \$9.00 per Event. ONLINE ENTRIES ONLY



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Qualifying Times

For the following events, the swimmer's entry time must also be faster than the time listed for the stroke and distance.

| EVENT | MEN | WOMEN |
|------------------------|----------|----------|
| 200M FREESTYLE | 3.05.00 | 3.10.00 |
| 400M FREESTYLE | 6.00.00 | 6.00.00 |
| 800M FREESTYLE | 12.15.00 | 12.30.00 |
| 1500M FREESTYLE | 25.00.00 | 25.00.00 |
| 200M BACKSTROKE | 3.30.00 | 3.30.00 |
| 200M BREASTSTROKE | 3.55.00 | 3.55.00 |
| 200M BUTTERFLY | 3.30.00 | 3.30.00 |
| 200M INDIVIDUAL MEDLEY | 4.10.00 | 4.15.00 |
| 400M INDIVIDUAL MEDLEY | 6.30.00 | 6.30.00 |

Terms and Conditions of Entry

1. SNC Long Course Area Championships will be conducted under the Rules of SNSW.
2. If a swimmer has medalled at the 2023 SNC Long Course Division 1 Championships or the 2024 SNC Short Course Championships, they are ineligible to medal in that stroke and distance at the Division 2 Championships. This includes Multi-Class swimmers who have medalled in the stroke and distance at the above-mentioned meets.
3. Medals will be awarded at both venues for every event.
4. A swimmer may enter the 50m events without a time in the Results Central Database. They must have a time for all events 100m and above. 200m, 400m, 800m, and 1500m events have qualifying times please refer to the table above.
5. SNC Area Long Course records will be established when swimmers swim faster than the current SNC Area Long Course records.
6. **Age is at 9 November 2024**
7. **Qualifying Times must be achieved since the 1 June 2023**
8. Entries can only be submitted through Swim Central.
9. Closing Date Sunday 3 November 2024 at 11.59 pm
10. **Entry fees are \$9.00 for Individual Events (This includes the SNSW \$1.50 Event Levy).**
11. **Late Entries cannot and will not be accepted.**
12. The Competition and/or Management Committee reserves the right to vary the program as required as well as accept and reject entries.

Any enquiries, please contact Andrew Jones via snccompcoordinator@gmail.com



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SNC Division 2 Summer Championships Medal Matrix

| | | MC | 8/u | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17/o |
|-------------------|-------|----|------|---|----|----|-------|------|-------|----|------|------|
| FREESTYLE | 50m | x | x | x | x | x | x | x | x | x | x | x |
| | 100m | x | 9/u | | x | x | x | x | x | x | x | x |
| | 200m | | 11/u | | | | x | x | x | x | x | x |
| | 400m | | 12/u | | | | 13-14 | | 15-16 | | 17/o | |
| | 800m | | 13/u | | | | | 14/o | | | | |
| | 1500m | | 13/u | | | | | 14/o | | | | |
| BACKSTROKE | 50m | x | x | x | x | x | x | x | x | x | x | x |
| | 100m | | 9/u | | x | x | x | x | x | x | x | x |
| | 200m | | 11/u | | | | x | x | x | x | x | x |
| BREASTSTROKE | 50m | x | x | x | x | x | x | x | x | x | x | x |
| | 100m | | 9/u | | x | x | x | x | x | x | x | x |
| | 200m | | 11/u | | | | x | x | x | x | x | x |
| BUTTERFLY | 50m | x | x | x | x | x | x | x | x | x | x | x |
| | 100m | | 9/u | | x | x | x | x | x | x | x | x |
| | 200m | | 11/u | | | | x | x | x | x | x | x |
| INDIVIDUAL MEDLEY | 200m | | 9/u | | x | x | x | x | x | x | x | x |
| | 400m | | 12/u | | | | 13-14 | | 15-16 | | 17/o | |

SNC Division 2 Champions – The Ken McLennan Award will be awarded to the top club of Point Score. (Please Note: The Ken McLennan Award will be presented to the winning club at the Swimming North Coast Annual General Meeting).