



# Gosford Stingrays

## “AA” Long Course Qualifying Carnival

\* Fully Automatic  
Timing  
\* 50m heated  
indoor pool  
\* Grandstand seats

Saturday 16<sup>th</sup> October 2010  
Warm-Up 8:00am  
Start 9:00am

*Peninsula Leisure Centre*

*Blackwall Rd Woy Woy*

All Swimmers must be under the qualifying time but must not exceed the break time

| M  | F  | Age           | Dist | Stroke       | Break time | Q/T     |
|----|----|---------------|------|--------------|------------|---------|
| 1  | 2  | Open          | 400m | IM           | 4:20:00    | 5:35:00 |
| 3  | 4  | 12 & Under    | 100m | Backstroke   | 1:01:00    |         |
| 5  | 6  | 13 & Over     | 100m | Backstroke   | 55:00      |         |
| 7  | 8  | Open          | 200  | Butterfly    | 1:56:00    | 3:10:00 |
| 9  |    | Mixed Open MD | 50m  | Breaststroke | NT         | NT      |
| 11 | 12 | 10 & Under    | 50m  | Breaststroke | 38:00      |         |
| 13 | 14 | 11/12         | 50m  | Breaststroke | 34:00      |         |
| 15 | 16 | 13/14         | 50m  | Breaststroke | 30:00      |         |
| 17 | 18 | 15 & Over     | 50m  | Breaststroke | 28:00      |         |
| 19 | 20 | 12 & Under    | 100m | Butterfly    | 1:01:00    |         |
| 21 | 22 | 13 & Over     | 100m | Butterfly    | 55:00      |         |
| 23 | 24 | Open          | 200m | Backstroke   | 2:00:00    | 3:00:00 |
| 25 |    | Mixed Open MD | 50m  | Freestyle    | NT         | NT      |
| 27 | 28 | 10 & Under    | 50m  | Freestyle    | 29:00      |         |
| 29 | 30 | 11/12         | 50m  | Freestyle    | 27:00      |         |
| 31 | 32 | 13/14         | 50m  | Freestyle    | 23:00      |         |
| 33 | 34 | 15 & Over     | 50m  | Freestyle    | 21:00      |         |
| 35 | 36 | 12 & Under    | 200m | I.M.         | 2:13:00    | 3:20:00 |

| M  | F  | Age           | Dist | Stroke       | Break Time | QT      |
|----|----|---------------|------|--------------|------------|---------|
| 37 | 38 | Open          | 400m | Freestyle    | 3:50:00    | 5:10:00 |
| 39 |    | Mixed Open MD | 50m  | Backstroke   | NT         | NT      |
| 41 | 42 | 10 & Under    | 50m  | Backstroke   | 33:00      |         |
| 43 | 44 | 11/12         | 50m  | Backstroke   | 30:00      |         |
| 45 | 46 | 13/14         | 50m  | Backstroke   | 27:00      |         |
| 47 | 48 | 15 & Over     | 50m  | Backstroke   | 24:00      |         |
| 49 | 50 | 12 & Under    | 100m | Breaststroke | 1:12:00    |         |
| 51 | 52 | 13 & Over     | 100m | Breaststroke | 1:05:00    |         |
| 53 | 54 | Open          | 200m | Freestyle    | 1:46:00    | 2:50:00 |
| 55 |    | Mixed Open MD | 50m  | Butterfly    | NT         | NT      |
| 57 | 58 | 10 & Under    | 50m  | Butterfly    | 32:00      |         |
| 59 | 60 | 11/12         | 50m  | Butterfly    | 28:00      |         |
| 61 | 62 | 13/14         | 50m  | Butterfly    | 26:00      |         |
| 63 | 64 | 15 & Over     | 50m  | Butterfly    | 22:00      |         |
| 65 | 66 | 12 & Under    | 100m | Freestyle    | 58:00      |         |
| 67 | 68 | 13 & Over     | 100m | Freestyle    | 50:00      |         |
| 69 | 70 | Open          | 200m | Breaststroke | 1:56:00    | 3:30:00 |
| 71 | 72 | 13&over       | 200m | IM           | 2:00:00    | 3:00:00 |

### Conditions Of Entry For Pool Competition

1. This meet is conducted under the rules of Swimming NSW. Times will be forwarded to Swimming NSW.
2. All events are timed finals.
3. Entry fee \$5.00 per event. Pool entry fees will also apply.
4. Age as at 16<sup>th</sup> October 2010. All Entries must be on SNSW multiple entry cards with a summary sheet.
5. Entries close Friday 1<sup>st</sup> October 2010. **No phone or late entries accepted.**
6. Medals will be awarded to first three places in each age group in double age events.  
One set of medals for 12 & Under, 13 & Over, 15 & Over, and IM & Open events.  
Medals awarded to both male & female in multi-disability events.
7. BBQ available for breakfast and lunch.
8. Entries should be forwarded to Gosford Stingrays, PO Box 388, Gosford, NSW, 2250  
E-entry file available on Gosford Stingrays website: [www.gosfordstingrays.com.au](http://www.gosfordstingrays.com.au)
9. Send e-entry file to [raceseecretary@gosfordstingrays.com.au](mailto:raceseecretary@gosfordstingrays.com.au) Ph: 0432 361 832