

**2023 COAST & VALLEY LONG COURSE DEVELOPMENT MEET
BERESFIELD SWIMMING CENTRE
Anderson Drive, Beresfield**

**SUNDAY 19 MARCH 2023
ENTRY FEE: Individual \$7.00 per Event.**

**ENTRIES CLOSE: 5 PM, 10 MARCH 2023
AGE AS AT: 19 MARCH 2023**

DEVELOPMENT MEET CONDITIONS OF ENTRY

- 1. No late entries accepted - All Events will be timed Finals.**
- 2. The Meet will be conducted under the Rules of Swimming NSW. Rule consideration applies to all 25m Events.**
- 3. Age Restrictions apply to all 200m Events - Youngest age 9 years. Age Restrictions apply to all 100m Events - Youngest age 7 years.**
- 4. Break times will apply for all Events - Swimmer's entry time must be SLOWER than the BREAK TIME.**
- 5. IF A SWIMMER COMPETES IN A 25M EVENT, THEY CANNOT COMPETE IN THAT STROKE FOR ANOTHER DISTANCE.**
- 6. All participants of the 25m Events will receive a participation ribbon.**
- 7. A maximum of 6 entries per swimmer will be allowed.**
- 8. This Meet is open to Coast & Valley swimmers ONLY. NO VISITORS WILL BE ALLOWED.**
- 9. Where it is identified that a swimmer has entered the Meet with an incorrect time, that is faster than the break time, they will be deemed as an exhibition swimmer or withdrawn from the Meet and ineligible for a Development Meet medal for that Event.**
- 10. If a swimmer qualified to swim at the 2022 Coast & Valley Summer Championships, they are ineligible to swim that stroke and distance at the Development Meet.**
- 11. Medals will be awarded to both age groups in double aged events and the first 3 place getters in ALL other races.**
- 12. Participating clubs will be allocated duties throughout the Meet (eg. Timekeeping).**
- 13. Pool entry fees will apply.**

**ALL ENQUIRIES CAN BE MADE VIA EMAIL TO:
cvsacompetitions@gmail.com**

2023 COAST & VALLEY LONG COURSE DEVELOPMENT MEET
SUNDAY 19 MARCH 2023
WARM UP 8AM FOR 9AM START

SESSION 1

SESSION 2

M	Break Time	F	Break Time	Age	Dist	Stroke	M	Break Time	F	Break Time	Age	Dist	Stroke
1	2:37.00	2	2:38.50	12/U	200	Freestyle	49	N/A	50	N/A	7/U	25	Butterfly
3	2:28.00	4	2:33.00	13/O	200	Freestyle	51	55.00 / 53.00	52	55.00 / 53.00	7/8 yrs	50	Butterfly
5	N/A	6	N/A	7/U	25	Breaststroke	53	3:30.00	54	3:30.00	12/U	200	Breaststroke
7	1:04.00/ 1:02.00	8	1:04.00/ 1:02.00	7/8 yrs	50	Breaststroke	55	3:15.00	56	3:20.00	13/O	200	Breaststroke
9	56.00	10	56.00	9yrs	50	Breaststroke	57	47.00	58	47.00	9yrs	50	Butterfly
11	53.50	12	54.50	10yrs	50	Breaststroke	59	44.50	60	44.50	10yrs	50	Butterfly
13	50.00	14	52.50	11yrs	50	Breaststroke	61	42.00	62	42.50	11yrs	50	Butterfly
15	48.00	16	51.50	12yrs	50	Breaststroke	63	41.00	64	42.00	12yrs	50	Butterfly
17	46.00	18	48.00	13/O	50	Breaststroke	65	37.50	66	40.00	13/O	50	Butterfly
19	1:42.00	20	1:42.00	10/U	100	Butterfly	67	1:36.00	68	1:36.00	10/U	100	Backstroke
21	1:36.00/ 1:32.50	22	1:37.00/ 1:34.50	11/12 yrs	100	Butterfly	69	1:33.00/ 1:32.00	70	1:33.00/ 1:32.00	11/12 yrs	100	Backstroke
23	1:24.50	24	1:26.50	13/O	100	Butterfly	71	1:25.00	72	1:29.50	13/O	100	Backstroke
25	N/A	26	N/A	7/U	25	Backstroke	73	N/A	74	N/A	7/U	25	Freestyle
27	54.00 / 52.00	28	54.00 / 52.00	7/8 yrs	50	Backstroke	75	50.00 / 48.00	76	50.00 / 48.00	7/8 yrs	50	Freestyle
29	47.50	30	47.50	9yrs	50	Backstroke	77	43.00	78	43.00	9yrs	50	Freestyle
31	3:10.00	32	3:10.00	12/U	200	Butterfly	79	2:58.00	80	3:01.00	12/U	200	Backstroke
33	2:55.00	34	3:00.00	13/O	200	Butterfly	81	2:51.50	82	2:54.00	13/O	200	Backstroke
35	45.00	36	45.50	10yrs	50	Backstroke	83	40.50	84	40.00	10yrs	50	Freestyle
37	43.50	38	43.50	11yrs	50	Backstroke	85	35.50	86	38.00	11yrs	50	Freestyle
39	43.00	40	43.00	12yrs	50	Backstroke	87	35.00	88	37.00	12yrs	50	Freestyle
41	40.00	42	42.00	13/O	50	Backstroke	89	32.00	90	35.00	13/O	50	Freestyle
43	1:25.00	44	1:26.00	10/U	100	Freestyle	91	1:51.00	92	1:52.00	10/U	100	Breaststroke
45	1:19.00/ 1:18.00	46	1:20.50/ 1:19.00	11/12 yrs	100	Freestyle	93	1:46.00/ 1:45.00	94	1:45.00/ 1:44.00	11/12 yrs	100	Breaststroke
47	1:11.50	48	1:16.00	13/O	100	Freestyle	95	1:35.00	96	1:38.50	13/O	100	Breaststroke