



COAST & VALLEY SWIMMING ASSOCIATION
2023 WINTER SHORT COURSE CHAMPIONSHIPS
 Venue: Peninsula Leisure Centre, Blackwall Road, Woy Woy
 Friday 2nd June - Sunday 4th June 2023
 (Age as at Friday 2nd June 2023)



ENTRIES CLOSE: 5pm Friday 26th May 2023 (or earlier if entry limits are reached).
PLEASE NOTE: EACH DAY IS LISTED AS A DIFFERENT MEET ON SWIM CENTRAL.

A \$9 PER EVENT FEE APPLIES.

For **FRIDAY NIGHT SESSION ONLY**, both swimmers & spectators are required to pay a pool entry fee of **\$5.50 per person**. Entry passes will need to be purchased via Swim Central prior to the Meet.

For **SATURDAY & SUNDAY SESSIONS**, a **\$10 per day** pool entry fee applies. This fee will cover pool entry for both the swimmer & their spectator. Where possible, please limit the spectator to **ONE** per family.

CONDITIONS OF ENTRY

- Meet will be conducted under the rules of Swimming NSW. All events will be timed finals.
- Refunds are only given in accordance with Swimming NSW Refund Policy.
- Automatic timing will be in use. Swimmers must be a member of CVSA. **No Visitors are allowed.**
- No late entries will be accepted. Online entries only via Swim Central. Qualifying times apply (see below).
- Each swimmer is permitted to enter **FIVE** individual swims per day. Swimmers must have swum faster than or equal to the qualifying times to enter individual events.
- Qualifying times do not apply for Multiclass swimmers - minimum age is 10 yrs. Multiclass swimmers must show their classification card to the Referee before the commencement of each session.
- Programs will not be sold at the meet. The entry list will be available on the CVSA website from **Monday 29th May 2023** with the final program available from **Wednesday 31st May 2023**.
- Please check your entries & email any errors or withdrawals to: CVSACompetitions@gmail.com

Participating Clubs will be allocated duties throughout this Meet (eg. Timekeeping).

MEDALS WILL BE AWARDED AS FOLLOWS:

- First 3 places in age groups: 9,10,11,12,13,14,15 & 16/Over for all 50m,100m events (excluding 100IM)
- First 3 places in age groups: 9-13 & 14/Over for all 100IM events.
- First 3 places in age groups: 9,10,11,12,13,14,15 & 16/Over for all 200m Free & 200IM events.
- First 3 places in age groups: 9-11,12,13,14,15 & 16/Over for all other 200m events.
- First 3 places in age groups: 11-14 & 15/Over for all 400m Free & 400IM events.
- First 3 places in **ALL** other races including 800m,1500m, MC & Relay events.

Friday Session 1				
M	F	Warm Up: 5:30 pm, Start 6:00 pm		
1	2	11yrs/O	400m	Freestyle
3	4	9-11yrs	200m	Individual Medley
5	6	12-13yrs	200m	Individual Medley
7	8	14-15yrs	200m	Individual Medley
9	10	16yrs/O	200m	Individual Medley
11	12	10yrs/U	4 x 50m	Freestyle Relay
13	14	12yrs/U	4 x 50m	Freestyle Relay
15	16	14yrs/U	4 x 50m	Freestyle Relay
17	18	Open	4 x 100m	Freestyle Relay

Conditions of Entry:
1500m event: 12/over
800m event: 12/over
400m events: 11/over

Saturday Session 2				
M	F	Warm Up: 8:15 am Start 9:00 am		
19	20	12yrs/O	1500m	Freestyle
21	22	9-11yrs	100m	Breaststroke
23	24	12/13yrs	100m	Breaststroke
25	26	14/15yrs	100m	Breaststroke
27	28	16yrs/O	100m	Breaststroke
29	30	Open MC	100m	Butterfly
31	32	9-11yrs	200m	Butterfly
33	34	12/13yrs	200m	Butterfly
35	36	14/15yrs	200m	Butterfly
37	38	16yrs/O	200m	Butterfly
39	40	9-11yrs	50m	Freestyle
41	42	12/13yrs	50m	Freestyle
43	44	14/15yrs	50m	Freestyle
45	46	16yrs/O	50m	Freestyle
47	48	Open MC	50m	Freestyle
49	50	11-14yrs	400m	Individual Medley
51	52	15yrs/O	400m	Individual Medley

Saturday Session 3				
M	F	Warmup: TBA Start: as per timeline		
53	54	Open MC	100m	Freestyle
55	56	9-11yrs	100m	Freestyle
57	58	12/13yrs	100m	Freestyle
59	60	14/15yrs	100m	Freestyle
61	62	16yrs/O	100m	Freestyle
63	64	9-11yrs	50m	Breaststroke
65	66	12/13yrs	50m	Breaststroke
67	68	14/15yrs	50m	Breaststroke
69	70	16yrs/O	50m	Breaststroke
71	72	Open MC	100m	Backstroke
73	74	9-11yrs	200m	Backstroke
75	76	12/13yrs	200m	Backstroke
77	78	14/15yrs	200m	Backstroke
79	80	16yrs/O	200m	Backstroke

Sunday Session 4				
M	F	Warm Up: 8:15 am Start 9:00 am		
81	82	12yrs/O	800m	Freestyle
83	84	Open MC	200m	Individual Medley
85	86	9-11ys	200m	Breaststroke
87	88	12/13yrs	200m	Breaststroke
89	90	14/15yrs	200m	Breaststroke
91	92	16yrs/O	200m	Breaststroke
93	94	9-11yrs	50m	Butterfly
95	96	12/13yrs	50m	Butterfly
97	98	14/15yrs	50m	Butterfly
99	100	16yrs/O	50m	Butterfly
101	102	Open MC	100m	Breaststroke
103	104	9-11yrs	100m	Backstroke
105	106	12/13yrs	100m	Backstroke
107	108	14/15yrs	100m	Backstroke
109	110	16yrs/O	100m	Backstroke
111	112	10yrs/U	4x50m	Medley Relay
113	114	12yrs/U	4x50m	Medley Relay
115	116	14yrs/U	4x50m	Medley Relay
117	118	Open	4x100m	Medley Relay

Sunday Session 5				
M	F	Warmup: TBA Start: as per timeline		
119	120	9-13yrs	100m	Individual Medley
121	122	14yrs/O	100m	Individual Medley
123	124	9-11yrs	50m	Backstroke
125	126	12/13yrs	50m	Backstroke
127	128	14/15yrs	50m	Backstroke
129	130	16yrs/O	50m	Backstroke
131	132	9-11yrs	100m	Butterfly
133	134	12/13yrs	100m	Butterfly
135	136	14/15yrs	100m	Butterfly
137	138	16yrs/O	100m	Butterfly
139	140	9-11yrs	200m	Freestyle
141	142	12/13yrs	200m	Freestyle
143	144	14/15yrs	200m	Freestyle
145	146	16yrs/O	200m	Freestyle

QUALIFYING TIMES MALE

Stroke	Distance	15&Over	14yr	13yr	12yr	11yr	10yrs	9yrs	
Free	50	30.00	30.50	31.00	34.00	34.50	39.50	42.00	
	100	1:06.00	1:09.50	1:10.50	1:17.00	1:18.00	1:24.00	1:26.00	
	200	2:16.00	2:25.50	2:27.00	12yrs/U 2:36.00				
	400	4:49.00	11-14yrs 5:04.00						
	800	12yrs/O 10:25.00							
	1500	12yrs/O 18:00.00							
Back	50	35.00	35.00	39.00	42.00	42.50	44.00	46.50	
	100	1:19.00	1:22.00	1:24.00	1:31.00	1:32.00	1:35.00	1:37.00	
	200	2:39.00	2:49.50	2:50.50	12yrs/U 2:57.00				
Breast	50	39.00	39.00	45.00	47.00	49.00	52.50	55.00	
	100	1:28.00	1:32.50	1:34.00	1:44.00	1:45.00	1:50.00	1:52.00	
	200	3:01.50	3:08.00	3:14.00	12yrs/U 3:29.00				
Fly	50	35.00	35.00	36.50	40.00	41.00	43.50	46.00	
	100	1:15.50	1:22.00	1:23.50	1:31.50	1:35.00	1:41.00	1:43.00	
	200	2:39.00	2:51.00	2:54.00	12yrs/U 3:09.00				
Medley	100	14yrs/O 1:13.00		13yrs/U 1:16.50					
	200	2:39.00	2:46.00	2:47.00	2:59.00	3:04.00	3:09.00	3:11.00	
	400	5:33.00	11-14yrs 5:45.00						

FEMALE

Stroke	Distance	15&Over	14yr	13yr	12yr	11yr	10yrs	9yrs	
Free	50	32.50	33.00	34.00	36.00	37.00	39.00	42.00	
	100	1:12.00	1:13.50	1:15.00	1:18.00	1:19.50	1:25.00	1:27.00	
	200	2:25.00	2:30.50	2:32.00	12yrs/U 2:37.50				
	400	5:09.00	11-14yrs 5:19.00						
	800	12yrs/O 10:55.00							
	1500	12yrs/O 19:40.00							
Back	50	37.00	37.00	41.00	42.00	42.50	44.50	46.50	
	100	1:24.00	1:27.00	1:28.50	1:31.00	1:32.00	1:35.00	1:37.00	
	200	2:48.00	2:51.00	2:53.00	12yrs/U 3:00.00				
Breast	50	43.00	43.00	47.00	50.50	51.50	53.50	55.00	
	100	1:33.00	1:36.00	1:37.50	1:43.00	1:44.00	1:51.00	1:53.00	
	200	3:09.00	3:15.00	3:19.00	12yrs/U 3:29.00				
Fly	50	37.00	37.00	39.00	41.00	41.50	43.50	46.00	
	100	1:22.00	1:24.00	1:25.50	1:33.50	1:36.00	1:41.00	1:43.00	
	200	2:50.50	2:55.00	2:59.00	12yrs/U 3:09.00				
Medley	100	14yrs/O 1:19.00		13yrs/U 1:22.50					
	200	2:48.00	2:55.00	2:57.00	3:07.00	3:14.00	3:19.00	3:21.00	
	400	5:49.00	11-14yrs 6:04.00						

