



**COAST & VALLEY SWIMMING ASSOCIATION
2023 SUMMER LC CHAMPIONSHIPS**
Venue: Maitland Aquatic Centre, Les Darcy Drive, Maitland
Friday 24th November - Sunday 26th November 2023
(Age as of Friday 24th November 2023)



ENTRIES OPEN: Wednesday 25th October 2023
ENTRIES CLOSE: 5pm Friday 17th November 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 (this includes club relays).

Pool entry fees will be \$4 for swimmers and \$3.20 for all parents and spectators. All patrons will be required to enter the Pool via the main gate where pool entry fees will apply for each day of competition.

CONDITIONS OF ENTRY

- Meet will be conducted under the rules of Swimming NSW & within all social distancing requirements.
- Automatic timing will be in use. All events will be timed finals. Swimmers **must** be a member of CVSA.
- **NO VISITORS ARE ALLOWED.** Online entries only via Swim Central. Each swimmer is permitted to enter a total of **TWO** individual swims for the Friday night session and **FIVE** individual swims each day for the Saturday and Sunday sessions. No refunds will be given for exceeding the entry limits. No late entries will be accepted.
- **QUALIFYING TIMES APPLY.** Swimmers must have swum faster than or equal to the qualifying times to enter individual events (Qualifying times are listed below).
- 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 **Tuesday 21st November 2023** with the final program available from **Thursday 23rd November 2023.**
- Please check all entries & email cvsacompetitions@gmail.com with any withdrawals.
- Refunds are only given in accordance with Swimming NSW Refund Policy.

Participating Clubs will be allocated duties throughout this Meet (e.g., Timekeeping).

MEDALS WILL BE AWARDED AS FOLLOWS:

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

Friday Session 1				
M	F	Warm-up: 5.00pm, Start: 6.00pm		
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: 8.00am, Start: 9.00am		
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	10yrs/O 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	10yrs/O MC	50m	Freestyle

Sunday Session 4

M	F	Warm-up: 8.00am, Start: 9.15am		
81	82	12yrs/O	800m	Freestyle
83	84	10yrs/O MC	200m	Ind Medley
85	86	9-11yrs	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	10yrs/O 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

Saturday Session 3

M	F	Warm-up: TBA, Start: As per timeline		
49	50	11-14yrs	400m	Ind Medley
51	52	15yrs/O	400m	Ind Medley
53	54	10yrs/O 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	10yrs/O 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 5

M	F	Warm-up: TBA, Start: As per timeline		
111	112	10yrs/U	4 x 50m	Medley Relay
113	114	12yrs/U	4 x 50m	Medley Relay
115	116	14yrs/U	4 x 50m	Medley Relay
117	118	Open	4 x 100m	Medley Relay
119	120	9-11yrs	200m	Freestyle
121	122	12/13yrs	200m	Freestyle
123	124	14/15yrs	200m	Freestyle
125	126	16yrs/O	200m	Freestyle
127	128	9-11yrs	100m	Butterfly
129	130	12/13yrs	100m	Butterfly
131	132	14/15yrs	100m	Butterfly
133	134	16yrs/O	100m	Butterfly
135	136	9-11yrs	50m	Backstroke
137	138	12/13yrs	50m	Backstroke
139	140	14/15yrs	50m	Backstroke
141	142	16yrs/O	50m	Backstroke

QUALIFYING TIMES- CVSA SUMMER CHAMPS 2023

MALE

Stroke	Distance	OPEN	15&Over	14yr	13yr	12yr	11yr	10yrs	9yrs	
Free	50		29.00	30.00	30.50	33.50	34.00	38.50	41.00	
	100		1:04.00	1:07.50	1:08.50	1:15.00	1:16.00	1:22.00	1:24.00	
	200		2:13.00	2:24.50	2:26.00	12yrs & Under 2:36.00				
	400		4:49.00	11-14yrs 5:15.00						
	800	10:20.00								
	1500	18:00.00								
Back	50		34.00	35.00	38.00	41.00	41.50	43.00	45.50	
	100		1:17.00	1:20.00	1:22.00	1:29.00	1:30.00	1:33.00	1:35.00	
	200		2:38.00	2:48.50	2:49.50	12yrs & Under 2:57.00				
Breast	50		38.00	40.00	44.00	46.00	48.00	51.50	54.00	
	100		1:26.00	1:30.50	1:32.00	1:42.00	1:43.00	1:48.00	1:50.00	
	200		2:59.50	3:06.00	3:12.00	12yrs & Under 3:29.00				
Fly	50		33.00	34.00	35.50	39.00	40.00	42.50	45.00	
	100		1:13.50	1:20.00	1:21.50	1:29.50	1:33.00	1:39.00	1:41.00	
	200		2:38.00	2:50.00	2:53.00	12yrs & Under 3:07.00				
Medley	200		2:37.00	2:44.00	2:45.00	2:58.00	3:03.00	3:08.00	3:10.00	
	400		5:33.00	11-14yrs 5:45.00						

FEMALE

Stroke	Distance	OPEN	15&Over	14yr	13yr	12yr	11yr	10yrs	9yrs	
Free	50		31.50	32.50	33.50	35.50	36.50	38.50	41.50	
	100		1:10.00	1:11.50	1:13.00	1:16.00	1:17.50	1:23.00	1:25.00	
	200		2:24.00	2:29.50	2:31.00	12yrs & Under 2:37.50				
	400		5:09.00	11-14yrs 5:19.00						
	800	10:45.00								
	1500	19:30.00								
Back	50		36.00	36.00	40.00	41.00	41.50	43.50	45.50	
	100		1:22.00	1:25.00	1:26.50	1:29.00	1:30.00	1:33.00	1:35.00	
	200		2:47.00	2:50.00	2:52.00	12yrs & Under 3:00.00				
Breast	50		42.00	42.00	46.00	49.50	50.50	52.50	54.00	
	100		1:31.00	1:34.00	1:35.50	1:41.00	1:42.00	1:49.00	1:51.00	
	200		3:08.00	3:14.00	3:18.00	12yrs & Under 3:29.00				
Fly	50		35.00	36.00	38.00	40.00	40.50	42.50	45.00	
	100		1:20.00	1:22.00	1:23.50	1:31.50	1:34.00	1:39.00	1:41.00	
	200		2:49.50	2:54.00	2:58.00	12yrs & Under 3:08.00				
Medley	200		2:46.00	2:53.00	2:55.00	3:06.00	3:13.00	3:18.00	3:20.00	
	400		5:49.00	11-14yrs 6:04.00						

