



**COAST & VALLEY SWIMMING ASSOCIATION**  
**2024 WINTER SHORT COURSE CHAMPIONSHIPS**  
 Venue: Peninsula Leisure Centre, Blackwall Road, Woy Woy  
 Friday 31<sup>st</sup> May - Sunday 2<sup>nd</sup> June 2024  
 (Age as of Friday 31<sup>st</sup> May 2024)



**ENTRIES CLOSE: 5pm Friday 17th May 2024 (or earlier if entry limits are reached).**  
**PLEASE NOTE: EACH DAY IS LISTED AS A DIFFERENT MEET ON SWIM CENTRAL.**

**A \$10.50 PER EVENT FEE APPLIES (club relays \$25).**

**For FRIDAY NIGHT, SATURDAY & SUNDAY a \$10 per day pool entry fee applies. This fee will cover pool entry for both the swimmer & one spectator. Please print the receipt for showing at door. Entry is via the side door of the Centre NOT the main entry door. This entry pass will need to be purchased through Swim Central.**

**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. If more events are entered swimmer may forfeit all events.
- Qualifying times do 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 20th May 2024** with the final program available from **Saturday 25th May 2024.**
- Please check your entries & email any errors or withdrawals to: [CVSACompetitions@gmail.com](mailto:CVSACompetitions@gmail.com)

**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/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 (10-14, 15+), & Relay events.

<b>Friday Session 1</b>				
<b>M</b>	<b>F</b>	<b>Warm Up: 5:30 pm, Start 6:00 pm</b>		
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

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

<b>Saturday Session 2</b>				
<b>M</b>	<b>F</b>	<b>Warm Up: 8:15 am Start 9:00 am</b>		
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	<b>Open MC</b>	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	<b>Open MC</b>	50m	Freestyle
49	50	11-14yrs	400m	Individual Medley
51	52	15yrs/O	400m	Individual Medley

<b>Saturday Session 3</b>				
<b>M</b>	<b>F</b>	<b>Warmup: TBA Start: as per timeline</b>		
53	54	<b>Open MC</b>	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	<b>Open MC</b>	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

<b>Sunday Session 4</b>				
<b>M</b>	<b>F</b>	<b>Warm Up: 8:15 am Start 9:00 am</b>		
81	82	12yrs/O	800m	Freestyle
83	84	<b>Open MC</b>	200m	Individual 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	<b>Open MC</b>	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

<b>Sunday Session 5</b>				
<b>M</b>	<b>F</b>	<b>Warmup: TBA Start: as per timeline</b>		
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						

## MULTICLASS EVENTS

<b>Stroke</b>	<b>Distance</b>	<b>10-14 Males</b>	<b>15+ Males</b>	<b>10-14 Females</b>	<b>15+ Females</b>
<b>Free</b>	50	1:20.00	1:10.00	1:30.00	1:20.00
	100	2:50.00	2:30.00	3:10.00	2:50.00
<b>Back</b>	100	3:10.00	2:50.00	3:40.00	3:00.00
<b>Breast</b>	100	3:10.00	2:50.00	3:40.00	3:00.00
<b>Fly</b>	100	3:10.00	2:50.00	3:40.00	3:00.00
<b>Medley</b>	200	5:10.00	4:20.00	5:30.00	4:30.00

