



## KINCUMBER PACIFIC DOLPHINS SHORT COURSE MEET

**Peninsula Leisure Centre, 243 Blackwall Road, Woy Woy**

**Sunday 28<sup>th</sup> April 2024**

### CONDITIONS OF ENTRY

1. The meet shall be conducted under the rules of SNSW and is an approved Coast and Valley meet.
2. Age as at 28<sup>th</sup> April 2024.
3. **Minimum age** of competitors in 200 metre events is 9 years.
4. **Minimum age** of competitors in 400m is 11 yrs.
5. MC events - a swimmer must hold a current Multi Class classification and must present this certification to the referee and recorders prior to the commencement of the meet.
6. Meet director reserves the right to combine events if necessary.
7. **Entries must be submitted on-line only.**
8. Entry fee refunds will be subject to the Swimming NSW Refund Policy.
9. Pool entry fee of \$5.80 for both swimmer and spectator must be purchased in advance via Swim Central. Central Coast Council full squad memberships can be used to enter the facility via the front entry door. Fitness pass is not accepted.
10. Entrance for carnival with pre purchased tickets is via the grandstand entrance on the side of the pool (not main entrance).
11. All clubs will be requested to assist with timekeeping. A lane roster will be issued for timekeeping duties.
12. Timing will be electronic with manual timekeeping used as back up.
13. All events shall be conducted as timed finals with medals awarded to the first three placegetters in each age group in double age events.
14. Medals will be awarded to the first 3 placegetters in each of the following age groups:
  - I. 50 & 100m: 7s and under, 8, 9, 10, 11, 12 & 13 and Overs
  - II. 200m+ 12 and under; 13 and Over
15. Entries \$10.00 per event inclusive of the \$1.50 swimming NSW levy
16. Warm up in the competition pool is from 8am and limited warm up/cool down lanes will be available for the duration of the meet. Entry will be permitted from 0745 and not before.
17. Please enter well before the closing date. Carnival will close when entries hit 3pm timeline.
18. Programs will be available to download from Coast & Valley website.
19. BBQ sausages will be available to purchase.
20. Enquiries to KPD Race Secretary at [kpdclubnight@outlook.com](mailto:kpdclubnight@outlook.com)



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Warm up 8.00am

start 9.00am

M	F	Dist	Stroke	Age		M	F	Dist	Stroke	Age
1	2	200	Back	9/over		31	32	200m	Fly	9/over
3	4	25m	Free	7/under		33	34	25m	Breast	7/under
5	6	50m	Free	12/under		35	36	50m	Breast	8-12yrs
7	8	50m	Free	13/over		37	38	50m	Breast	13/over
9	10	50m	Free	Open MC		39	40	50m	Breast	Open MC
11	12	100m	Breast	12/under		41	42	100m	Free	9-12yrs
13	14	100m	Breast	13/over		43	44	100m	Free	13/over
15	16	200m	Free	9/over		45	46	200m	Breast	9/over
17	18	25m	Fly	7/under		47	48	25m	Back	7/under
19	20	50m	Fly	8 – 12 yrs		49	50	50	Back	8-12yrs
21	22	50m	Fly	13/over		51	52	50	Back	13/Over
23	24	50m	Fly	Open MC		53	54	50m	Back	Open MC
25	26	100m	Back	9-12yrs		55	56	100	Fly	9-12yrs
27	28	100m	Back	13/over		57	58	100	Fly	13/over
29	30	400m	Free	11/over		59	60	200	IM	9/over