



# MACQUARIE SHORES SWIMMING CLUB

## DEVELOPMENT MEET SUNDAY 19<sup>th</sup> May 2023

Toronto Indoor Swim Centre  
Heated 25 M Indoor Pool with Swim-Down Facilities

**SEMI - AUTOMATIC TIMING**

TORONTO INDOOR SWIM CENTRE – Corner Awaba Road & Carleton Street, Toronto  
WARM UP 8am for START 9am

**ENTRIES CLOSE: FRIDAY 10<sup>th</sup> May 2024**

***LIMITED ENTRIES – Meet will close earlier then close date if entry limit is reached***

**PROGRAMS** – Will be available to download from the CVSA Website prior to the day.  
They will not be available for purchase on the day.

### **CONDITIONS OF ENTRY**

1. This is a Coast & Valley Area approved meet. Meet will be conducted under the Rules of Swimming NSW
2. Entries \$7.50 per individual event, \$11.50 per relay. Relay entries and payment will also be accepted on the day.
3. Age as of 19<sup>th</sup> May 2024.
4. Qualifying times apply to 400m, 800m and 1500m Free (Please use your coaches discretion on times and ability for these events).
5. Mixed relay teams to comprise 2 males and 2 females.
6. **Entries to be submitted online only.** Entries close Friday 10<sup>th</sup> May 2024, **OR EARLIER IF ENTRY LIMIT IS REACHED**  
Enquiries to Secretary, [macquarieshoresswimclub@gmail.com](mailto:macquarieshoresswimclub@gmail.com)
7. **LIMITED ENTRIES:** Entries will be limited to allow the carnival to finish at 4.00pm. Please note this will mean only 1 heat of the mixed 800 and 1 heat of the mixed 1500 will be swum on the day.
8. Minimum age of competitors in 200m events is 9 years; 400m events is 11 years, and 800m & 1500m events is 12 years.
9. Please ensure entries are correct as refunds will ONLY be provided as per the Swimming NSW Event Entry Fee Refund Policy.
10. Break times apply to all 50m, 100m and 200m events at this meet. Entry times will be confirmed on Results Central and those that are faster than the break time will not be eligible to receive a medal. Medals will be awarded to 9 and under, 10, 11, 12 and 13 years and over age groups for 50m, 100m and 200m events. One set of medals will be awarded for events 400m and above.  
\$50 prizemoney will be awarded to **winning mixed relay team only** in events 3, 4, 21 and 22.
11. To swim the 800m or 1500m swimmers must have swum the 400m qualifying time.
12. All 800m and 1500m swimmers will be required to supply an adult for lap counting.
13. Normal pool entry charges will apply.
14. Timekeepers from visiting clubs will be required on the day.
15. Macquarie Shores Swimming Club reserves the right to modify the program as necessary on the day.

**PROGRAM**

M	F	AGE	STROKE	DIST		M	F	AGE	STROKE	DIST
1	2	11yrs/O	FREE	400m		<b>Proposed Lunch Break</b>				
3		12yrs/U	Mixed Medley Relay	4x50m		21		12yrs/U	Mixed Freestyle Relay	4x50m
4		12yrs/O	Mixed Medley Relay	4x50m		22		12yrs/O	Mixed Freestyle Relay	4x50m
5	6	9yrs/O	IM	200m		23	24	9yrs/O	BREAST	200m
7	8	OPEN	FREE	50m		25	26	OPEN	BREAST	50m
9	10	OPEN	BACK	100m		27	28	OPEN	FLY	100m
11	12	9yrs/O	FLY	200m		29	30	9yrs/O	BACK	200m
13	14	OPEN	FLY	50m		31	32	OPEN	BACK	50m
15	16	OPEN	FREE	100m		33	34	OPEN	BREAST	100m
17	18	12yrs/O	MIXED FREE	800m		35	36	9yrs/O	FREE	200m
19	20	12yrs/O	MIXED FREE	1500m						

**BREAK TIMES (Must swim slower than)**

**Male**

Event	9yrs / Under	9yrs	10yrs	11yrs	12yrs	13yrs / Over
<b>400 Free</b>						
<b>200 IM</b>		2.58.00	2.58.00	2.58.00	2.58.00	2.40.00
<b>50 Free</b>	43.00	43.00	40.50	37.00	37.00	24.00
<b>100 Back</b>	1.32.00	1.32.00	1.32.00	1.32.00	1.32.00	1.20.00
<b>200 Fly</b>		3.00.00	3.00.00	3.00.00	3.00.00	2.40.00
<b>50 Fly</b>	47.00	47.00	43.50	42.00	42.00	25.00
<b>100 Free</b>	1.19.00	1.19.00	1.19.00	1.19.00	1.19.00	1.07.00
<b>800 Free</b>						
<b>1500 Free</b>						
<b>200 Breast</b>		3.20.00	3.20.00	3.20.00	3.20.00	3.01.50
<b>50 Breast</b>	56.00	56.00	53.50	49.00	49.00	29.00
<b>100 Fly</b>	1.34.00	1.34.00	1.34.00	1.34.00	1.34.00	1.16.50
<b>200 Back</b>		2.58.00	2.58.00	2.58.00	2.58.00	2.40.00
<b>50 Back</b>	47.50	47.50	45.00	43.00	43.00	26.00
<b>100 Breast</b>	1.45.00	1.45.00	1.45.00	1.45.00	1.45.00	1.29.00
<b>200 Free</b>		2.37.00	2.37.00	2.37.00	2.37.00	2.17.00

## Female

Age	9yrs / Under	9yrs	10yrs	11yrs	12yrs	13yrs / Over
<b>400 Free</b>						
<b>200 IM</b>		3.08.00	3.08.00	3.08.00	3.08.00	2.49.00
<b>50 Free</b>	43.00		41.00	38.50	38.50	25.00
<b>100 Back</b>	1.32.00	1.32.00	1.32.00	1.32.00	1.32.00	1.25.00
<b>200 Fly</b>		3.00.00	3.00.00	3.00.00	3.00.00	2.51.50
<b>50 Fly</b>	47.00	47.00	44.50	42.50	42.50	26.00
<b>100 Free</b>	1.20.50	1.20.50	1.20.50	1.20.50	1.20.50	1.13.00
<b>800 Free</b>						
<b>1500 Free</b>						
<b>200 Breast</b>		3.25.00	3.25.00	3.25.00	3.25.00	3.10.00
<b>50 Breast</b>	56.00	56.00	54.50	53.00	53.00	30.00
<b>100 Fly</b>	1.35.50	1.35.50	1.35.50	1.35.50	1.35.50	1.23.00
<b>200 Back</b>		3.01.00	3.01.00	3.01.00	3.01.00	2.49.00
<b>50 Back</b>	47.50	47.50	45.50	43.50	43.50	27.00
<b>100 Breast</b>	1.45.00	1.45.00	1.45.00	1.45.00	1.45.00	1.34.00
<b>200 Free</b>		2.38.50	2.38.50	2.38.50	2.38.50	2.26.00

### QUALIFYING TIMES

Qualifying times apply to 400m, 800m and 1500m Free and  
 (Please use your coaches  
 discretion on times and ability for these events)

STROKE	AGE	400M		800M	1500M
		M	F		
FREE	11yrs/O	6.00.00	6.15.00	400QT	400QT