

Warm up 8:00 AM – Races Start 9:00 AM Finish Time approx. 1:00 PM

EVENT	AGE	DISTANCE	STROKE
		(M)	
1	Open	400	Freestyle
2	Open	200	Butterfly
3	Open	100	Breaststroke
4	Open	50	Butterfly
5	Open	200	Backstroke
6	Open	100	Freestyle
7	Open	200	Breaststroke
8	Open	50	Freestyle
9	Open	100	Backstroke
10	Open	200	IM
11	Open	50	Breaststroke
12	Open	100	Butterfly
13	Open	200	Freestyle
14	Open	50	Backstroke

POOL

Heated 50m Indoor Pool Electronic / Touchpad timing

ENTRIES

Individuals: \$12.50 per event Age as of 28th April 2024

Maximum of 4 entries per individual

Entries via Swim Central

-SWIM CLUB-KPSC SC Invitational

Sunday 28th April 2024

Knox Grammar School Pool 7 Woodville Ave, Wahroonga

CLOSING DATE

22nd April 2024 @ 11:59 PM or before capacity is reached.

NO LATE ENTRIES

RULES

- SNSW approved meet under SNSW Ltd rules
- SAL rules apply for Multi Class (MC) swimmers
- All events are timed finals and will be run fastest to slowest
- Choose events carefully, as we are not able to offer refunds
- Only swimmers, coaches, technical officials, and timekeepers are permitted on the pool deck
- Swimmer entries are accepted on the basis that a parent help run the meet
- Backstroke ledges may be used at this meet

MEET DIRECTOR

- We reserve the right to vary the program
- Enquires: Martina Huynh <u>huynhm@knox.nsw.edu.au</u>

PARKING

• Limited parking available under the JAPAC

OTHER INFORMATION

- Clubs will be asked to assist with timekeeping
- Meet program will be available to download from our website
- Results will be uploaded to Swim Central & Meet Mobile