



## 2022 LCSC LONG COURSE TIME TRIAL

**Sunday 6 November 2022, 3-6pm**

**Lane Cove Aquatic Centre**

**Warm up from 2:30pm**

Entries open via Swim Central

Age as at 6 November 2022

**Maximum** of 5 events from race #1-18; and

**Maximum** of 1 event from race #19-22.

**NO FEES**

Swimmers must provide a volunteer for timekeeping

Swimmers are recommended to swim either the 50 or the 100m of each stroke not both due to the short turnaround between events.

Race	AGE	DISTANCE	EVENT	Race	AGE	DISTANCE	EVENT
1	Open	400m	Freestyle	13	12&U	100m	Breaststroke
2	Open	200m	IM	14	13&0	100m	Breaststroke
3	12&U	50m	Freestyle	15	12&U	50m	Butterfly
4	13&0	50m	Freestyle	16	13&0	50m	Butterfly
5	12&U	100m	Freestyle	17	12&U	100m	Butterfly
6	13&0	100m	Freestyle	18	13&0	100m	Butterfly
7	12&U	50m	Backstroke	19	Open	200m	Freestyle
8	13&0	50m	Backstroke	20	Open	200m	Breaststroke
9	12&U	100m	Backstroke	21	Open	200m	Backstroke
10	13&0	100m	Backstroke	22	Open	200m	Butterfly
11	12&U	50m	Breaststroke				
12	13&0	50m	Breaststroke				