



2024 LANE COVE SWIM CLUB CHAMPIONSHIPS

SESSION 1 - Saturday 17th February 2023 (start time 8:15am)

| B | G | Age | Distance | Event | B | G | Age | Distance | Event |
|---------|-----|------|----------|----------------|-----|-----|------|----------|-----------|
| 150 | 151 | Open | 800m | Freestyle | 152 | 153 | Open | 1500m | Freestyle |
| 154-156 | | Open | 200m | Form stroke*** | | | | | |

*** 200m Form stroke not included in Club Championship points or entry limit. Event for members who hold a "Full Swimmer Membership 2023/2024" seeking 200m qualification times. Entry acceptance at Coach's discretion

SESSION 2 - Sunday 18th February 2023 (start time 5:00pm, estimated finish time 7:00pm)

| B | G | Age | Distance | Event | B | G | Age | Distance | Event |
|----|----|-------|----------|--------------|----|----|-------|----------|------------|
| 3 | 4 | 15&O | 50m | Freestyle | 39 | 40 | 15&O | 50m | Backstroke |
| 5 | 6 | 13-14 | 50m | Freestyle | 41 | 42 | 13-14 | 50m | Backstroke |
| 7 | 8 | 11-12 | 50m | Freestyle | 43 | 44 | 11-12 | 50m | Backstroke |
| 9 | 10 | 9-10 | 50m | Freestyle | 45 | 46 | 9-10 | 50m | Backstroke |
| 11 | 12 | 7-8 | 50m | Freestyle | 47 | 48 | 7-8 | 50m | Backstroke |
| 15 | 16 | 15&O | 50m | Breaststroke | 51 | 52 | 15&O | 50m | Butterfly |
| 17 | 18 | 13-14 | 50m | Breaststroke | 53 | 54 | 13-14 | 50m | Butterfly |
| 19 | 20 | 11-12 | 50m | Breaststroke | 55 | 56 | 11-12 | 50m | Butterfly |
| 21 | 22 | 9-10 | 50m | Breaststroke | 57 | 58 | 9-10 | 50m | Butterfly |
| 23 | 24 | 7-8 | 50m | Breaststroke | 59 | 60 | 7-8 | 50m | Butterfly |
| 27 | 28 | 15&O | 200m | IM | 61 | 62 | 17&O | 100m | Freestyle |
| 29 | 30 | 13-14 | 200m | IM | 63 | 64 | 15-16 | 100m | Freestyle |
| 31 | 32 | 7-12 | 200m | IM | 65 | 66 | 13-14 | 100m | Freestyle |
| | | | | | 67 | 68 | 11-12 | 100m | Freestyle |
| | | | | | 69 | 70 | 7-10 | 100m | Freestyle |

Online entries via Swim Central close Tuesday 13th February 7pm. Late or manual entries will not be accepted.

Times are official (this is a registered Swim NSW meet) and age as at December 31st, 2023 (same as Club)

Warm-up is from 4:30pm. First race starts promptly at 5:00pm

All timekeepers and helpers requested to meet at the timekeepers room at 4:45pm for instructions

Swimmers for Session 1 must supply a volunteer for timekeeping and lap counting.

Entries are limited to 7 age group events plus 1 open events per swimmer.
 Entries in age group events after the first 7 events will not be accepted.
 Open events are open to ALL ages.

As a condition of entry, all swimmers are to provide at least one parent timekeeper. A roster will be sent out closer to the time

Points are awarded for 1st place (4), 2nd place (3), 3rd place (2) and participation (1). One (1) point will be deducted if you enter a race but do not swim.

Members are reminded that you need to have swum at least 3 Saturday morning clubs to be considered for the point score, trophies, ribbons and club records.

There is no race entry cost for the 2024 Club Championships.