

# MID NORTH SPRINTS

PARTICIPATION (ENDORSED)

## Contact

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Kellie Hilton

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## Event Information

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**Sunday, 23 February 2025**

**The Valleys Lifestyle Centre | 180 Main North Road, Clare SA 5453**

**Short Course Pool (25m)**

Gates Open: 8:00am Warm Up Starts: 8:30am Warm Up Finishes: 9:00am Start Time: 9:30am

Event Nomination Fees: Individual \$5 | Relay \$6  
Pool Entry: Swimmers Free | Spectators \$4  
Free Entry: ASCTA Accredited Coaches | Working Technical Officials

## Awards & Recognition

Medals for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> male and female swimmers in each event

25m Scratch: 10 & Under | 11/12 | 13/14 | 15/16 | 17/19 | 30 & Over  
100m Scratch: 12 & Under | 13-16 | 17 & Over  
200m Scratch: Open  
HCP & Relays: 12 & Under | 13 & Over (Age groups as listed)

## Entry Information

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**Closing Date: Saturday, 15 February 2025 at 5:00pm**

**Entry Method: Entries via SWIM CENTRAL**

**Website: <https://clare.swimming.org.au/>**

White Cards for all handicap events. Post to PO Box 130, Clare SA 5453

HCP cards to be completed and submitted by 8.30am if they are unable to be received prior to carnival

HCP Events Info:

- Relays events are #2 & #17
- Individuals events are #7, #8 & #9 (BBB Choose 1 only)
- Individuals events are #10, #11 & #12 (BBB Choose 1 only)
- Individuals events are #22 & #23 (Freestyle choose 1 only)

All other events are scratch

No tent pegs allowed due to sprinkler system

Visiting clubs will be required to assist with Time Keeping

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## EVENT LIST

- 1 Mixed 200 Freestyle
- 2 Mixed 100 Freestyle Free Relay \*HCP\*
- 3 Mixed 10 & Under 25 Freestyle
- 4 Mixed 11-16 25 Freestyle
- 5 Mixed 17 & Over 25 Freestyle
- 6 Mixed 100 Breaststroke
- 7 Mixed 12 & Under 25 Backstroke \*HCP\*
- 8 Mixed 12 & Under 25 Breaststroke \*HCP\*
- 9 Mixed 12 & Under 25 Butterfly \*HCP\*
- 10 Mixed 13 & Over 25 Backstroke \*HCP\*
- 11 Mixed 13 & Over 25 Breaststroke \*HCP\*
- 12 Mixed 13 & Over 25 Butterfly \*HCP\*
- 13 Mixed 100 Individual Medley
- 14 Mixed 10 & Under 25 Backstroke
- 15 Mixed 11-16 25 Backstroke
- 16 Mixed 17 & Over 25 Backstroke
- 17 Mixed 100 Medley Relay \*HCP\*
- 18 Mixed 100 Freestyle
- 19 Mixed 10 & Under 25 Breaststroke
- 20 Mixed 11-16 25 Breaststroke
- 21 Mixed 17 & Over 25 Breaststroke
- 22 Mixed 12 & Under 25 Freestyle \*HCP\*
- 23 Mixed 13 & Over 25 Freestyle \*HCP\*
- 24 Mixed 10 & Under 25 Butterfly
- 25 Mixed 11-16 25 Butterfly
- 26 Mixed 17 & Over 25 Butterfly
- 27 Mixed 400 Freestyle

