

# BHA SPRING IN THE OUTBACK

PARTICIPATION (ENDORSED)

## Contact

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## Event Information

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**Saturday, 4 November 2023**

**Broken Hill Regional Aquatic Centre | 336 McCulloch St, Broken Hill NSW 2880**

**Long Course Pool (50m)**

Session 1: Gates Open: 8:30am Warm Up Starts: 9:00am Warm Up Finishes: 10:00am Start Time: 10:00am

Session 2: Start Time: 1:00pm

Event Nomination Fees:

Individual \$7.00

Pool Entry:

Swimmers \$5.10 | Spectators \$2.50

Free Entry:

ASCTA Accredited Coaches | Working Technical Officials

## Awards & Recognition

50m & 100m Events:

8&Under | 9 – 10 | 11 – 12 | 13 – 14 | 15 – 16 | 17- 29 | 30&Over

200m Events:

14&Under | 15&Over

400m & 800m Events:

12&Over

1500m Events:

14&Over

For Individual Events Male and Female medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>

## Entry Information

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**Closing Date: Monday, 23 October 2023 at 5:00pm**

**Entry Method: Entries via SWIM CENTRAL**

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

All scratch Events swam as timed finals and seeded according to time not age groups

Swimmers to select either 800m or 1500m as event may be merged

The Top 8 fastest Female and Male from the 50m events will be invited to compete in the Dash for Cash.

The Dash for Cash will consist of 3x50m Freestyle races for each gender running on a 3 minute time cycle.

During the 3 minutes you will need to race and make your way back to the blocks for the next race.

Race 1 – All 8 swimmers race with the last two touching the wall eliminated

Race 2 – Remaining 6 swimmers race with the last two touching the wall eliminated

Race 3 – Remaining 4 swimmers race with 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places taking out the cash prizes

1<sup>st</sup> \$150, 2<sup>nd</sup> \$70 & 3<sup>rd</sup> \$30

Visiting clubs will be required to assist with Time Keeping

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## EVENT LIST

### Session 1

- 1 Mixed 14 & Over 1500 Freestyle
- 2 Mixed 12 & Over 800 Freestyle
- 3 Mixed 10 & Under 50 Freestyle
- 4 Mixed 11 & Over 50 Freestyle
- 5 Mixed 200 Butterfly
- 6 Mixed 10 & Under 50 Backstroke
- 7 Mixed 11 & Over 50 Backstroke
- 8 Mixed 200 Freestyle
- 9 Mixed 10 & Under 100 Breaststroke
- 10 Mixed 11 & Over 100 Breaststroke
- 11 Mixed 10 & Under 50 Butterfly
- 12 Mixed 11 & Over 50 Butterfly
- 13 Mixed 200 Individual Medley

### Session 2

- 14 Mixed 12 & Over 400 Freestyle
- 15 Mixed 200 Backstroke
- 16 Mixed 10 & Under 50 Breaststroke
- 17 Mixed 11 & Over 50 Breaststroke
- 18 Mixed 10 & Under 100 Butterfly
- 19 Mixed 11 & Over 100 Butterfly
- 20 Mixed 10 & Under 100 Freestyle
- 21 Mixed 11 & Over 100 Freestyle
- 22 Mixed 200 Breaststroke
- 23 Mixed 12 & Over 400 Individual Medley
- 24 Mixed 10 & Under 100 Backstroke
- 25 Mixed 11 & Over 100 Backstroke
- 26 Mixed 50 Freestyle Dash for Cash



