

SA COUNTRY LC CHAMPIONSHIPS

PERFORMANCE (ENDORSED)

Contact

SwimmingSA

7123 0848 | events@sa.swimming.org.au

Event Information

Thursday – Sunday, 7 – 10 January 2021

SA Aquatic & Leisure Centre | 443 Morphett Road, Oaklands Park SA 5046

Long Course Pool (50m)

Day 1 Session 1:	Gates Open: 2:30pm	Warm Up: 2:45pm	Start Time: 4:00pm
Day 2 Session 2:	Gates Open: 7:00am	Warm Up: 7:15am	Start Time: 8:30am
Day 2 Session 3:	Gates Open: 3:15pm	Warm Up: 3:30pm	Start Time: 4:30pm
Day 3 Session 4:	Gates Open: 7:00am	Warm Up: 7:15am	Start Time: 8:30am
Day 3 Session 5:	Gates Open: 3:15pm	Warm Up: 3:30pm	Start Time: 4:30pm
Day 4 Session 6:	Gates Open: 7:00am	Warm Up: 7:15am	Start Time: 8:30am
Day 4 Session 7:	Gates Open: 12:30pm	Warm Up: 12:45pm	Start Time: 2:00pm

Event Nomination Fees: Individual \$18.00 | Relay \$20.00

Pool Entry: Superfish Free Swimmers Free | For venue entry visit sa.swimming.org.au

Free Entry: ASCTA Accredited Coaches | Working Technical Officials

Awards & Recognition

All 50m Events: 10 – 11 | 12 | 13 | 14 | 15 | 16 – 17 | 18&O | Open

All 100m Events: 10 – 11 | 12 – 13 | 14 – 15 | 16 – 17 | 18&O | Open

200m Free & IM: 10 – 12 | 13 – 14 | 15 – 16 | 17&O

200m Back, Breast, Fly: Open

400m Free & IM: 12 – 13 | 14 – 15 | 16&O

800m & 1500m Free: Open

Entry Information

Closing Date: Wednesday, 16 December 2020 at 9:00am

Entry Method: Entries via SWIM CENTRAL

Website: sa.swimming.org.au

Standard times apply and must be achieved in the heat to be eligible to swim in a final Time qualifying period 1 October 2017 – close of entries

Time qualifying course – LC times only

Note minimum age applies – Country Individual 10 years, Country Relay 8 years

Clubs are permitted to enter 1 team in each of the following age groups: 8-12 | 10-14 | 12-16 | 14-18 | Open

SA COUNTRY LC CHAMPIONSHIPS

EVENT LIST

Session: 1

Day of Meet: 1 Starts at 04:00 PM

Finals	1	Mixed 200 Medley Relay
Finals	2	Mixed 8 & Under 50 Butterfly Time Trial
Finals	3	Mixed 9 Year Olds 50 Butterfly Time Trial
Finals	4	Mixed 10 Year Olds 50 Butterfly Time Trial
Finals	5	Mixed 11 Year Olds 50 Butterfly Time Trial
Finals	6	Mixed 8 & Under 50 Backstroke Time Trial
Finals	7	Mixed 9 Year Olds 50 Backstroke Time Trial
Finals	8	Mixed 10 Year Olds 50 Backstroke Time Trial
Finals	9	Mixed 11 Year Olds 50 Backstroke Time Trial
Finals	10	Mixed 14 & Over 1500 Freestyle
Finals	11	Mixed 8 & Under 50 Breaststroke Time Trial
Finals	12	Mixed 9 Year Olds 50 Breaststroke Time Trial
Finals	13	Mixed 10 Year Olds 50 Breaststroke Time Trial
Finals	14	Mixed 11 Year Olds 50 Breaststroke Time Trial
Finals	15	Mixed 8 & Under 50 Freestyle Time Trial
Finals	16	Mixed 9 Year Olds 50 Freestyle Time Trial
Finals	17	Mixed 10 Year Olds 50 Freestyle Time Trial
Finals	18	Mixed 11 Year Olds 50 Freestyle Time Trial
Finals	19	Mixed 200 Freestyle Relay

Session: 2

Day of Meet: 2 Starts at 08:30 AM

Prelims	20	Women 10 & Over 100 Breaststroke
Prelims	21	Men 10 & Over 100 Breaststroke
Finals	821	Mixed 100 Breaststroke Multi-Class
Prelims	22	Women 10 & Over 50 Freestyle
Prelims	23	Men 10 & Over 50 Freestyle
Finals	823	Mixed 50 Freestyle Multi-Class
Prelims	24	Women 10 & Over 100 Backstroke
Prelims	25	Men 10 & Over 100 Backstroke
Finals	825	Mixed 100 Backstroke Multi-Class
Finals	26	Women 12 & Over 400 Freestyle
Finals	27	Men 12 & Over 400 Freestyle
Finals	827	Mixed 400 Freestyle Multi-Class
Finals	28	Women 400 Freestyle Relay
Finals	29	Men 400 Freestyle Relay
Finals	829	Mixed 3x100 Freestyle Relay Multi-Class

SA COUNTRY LC CHAMPIONSHIPS

EVENT LIST

Session: 3

Day of Meet: 2 Starts at 04:30 PM

Finals	20	Women 10 & Over 100 Breaststroke
Finals	21	Men 10 & Over 100 Breaststroke
Finals	22	Women 10 & Over 50 Freestyle
Finals	23	Men 10 & Over 50 Freestyle
Finals	24	Women 10 & Over 100 Backstroke
Finals	25	Men 10 & Over 100 Backstroke
Finals	30	Women 11 & Over 200 IM
Finals	31	Men 400 Medley Relay
Finals	32	Women 400 Medley Relay
Finals	832	Mixed 3x100 Medley Relay Multi-Class

Session: 4

Day of Meet: 3 Starts at 08:30 AM

Finals	33	Women 11 & Over 200 Freestyle
Prelims	34	Men 10 & Over 50 Butterfly
Prelims	35	Women 10 & Over 50 Butterfly
Finals	835	Mixed 50 Butterfly Multi-Class
Finals	36	Men 200 Breaststroke
Finals	37	Mixed 12 & Over 800 Freestyle
Prelims	39	Men 10 & Over 50 Backstroke
Prelims	38	Women 10 & Over 50 Backstroke
Finals	839	Mixed 50 Backstroke Multi-Class
Finals	40	Men 200 Butterfly
Finals	41	Women 200 Butterfly
Finals	43	Women 200 Medley Relay
Finals	42	Men 200 Medley Relay
Finals	843	Mixed 200 Medley Relay Multi-Class

Session: 5

Day of Meet: 3 Starts at 04:30 PM

Finals	44	Men 11 & Over 200 Freestyle
Finals	844	Mixed 200 Freestyle Multi-Class
Finals	45	Women 200 Breaststroke
Finals	34	Men 10 & Over 50 Butterfly
Finals	35	Women 10 & Over 50 Butterfly
Finals	39	Men 10 & Over 50 Backstroke
Finals	38	Women 10 & Over 50 Backstroke
Finals	46	Men 11 & Over 200 IM
Finals	846	Mixed 200 IM Multi-Class
Finals	48	Men 8-12 200 Freestyle Relay
Finals	47	Women 8-12 200 Freestyle Relay
Finals	50	Men 10-14 200 Freestyle Relay
Finals	49	Women 10-14 200 Freestyle Relay
Finals	52	Men 12-16 200 Freestyle Relay
Finals	51	Women 12-16 200 Freestyle Relay
Finals	53	Women 14-18 200 Freestyle Relay

SA COUNTRY LC CHAMPIONSHIPS

EVENT LIST

Session: 6

Day of Meet: 4 Starts at 08:30 AM

Prelims	55	Women 10 & Over 50 Breaststroke
Prelims	56	Men 10 & Over 50 Breaststroke
Finals	856	Mixed 50 Breaststroke Multi-Class
Prelims	57	Women 10 & Over 100 Freestyle
Prelims	58	Men 10 & Over 100 Freestyle
Finals	858	Mixed 100 Freestyle Multi-Class
Prelims	59	Women 10 & Over 100 Butterfly
Prelims	60	Men 10 & Over 100 Butterfly
Finals	860	Mixed 100 Butterfly Multi-Class
Finals	61	Women 12 & Over 400 IM
Finals	62	Men 12 & Over 400 IM
Finals	63	Women 200 Freestyle Relay
Finals	64	Men 200 Freestyle Relay
Finals	864	Mixed 200 Freestyle Relay Multi-Class

Session: 7

Day of Meet: 4 Starts at 02:00 PM

Finals	55	Women 10 & Over 50 Breaststroke
Finals	56	Men 10 & Over 50 Breaststroke
Finals	57	Women 10 & Over 100 Freestyle
Finals	58	Men 10 & Over 100 Freestyle
Finals	59	Women 10 & Over 100 Butterfly
Finals	60	Men 10 & Over 100 Butterfly
Finals	66	Women 200 Backstroke
Finals	67	Men 200 Backstroke
Finals	68	Women 8-12 200 Medley Relay
Finals	69	Men 8-12 200 Medley Relay
Finals	70	Women 10-14 200 Medley Relay
Finals	71	Men 10-14 200 Medley Relay
Finals	72	Women 12-16 200 Medley Relay
Finals	73	Men 12-16 200 Medley Relay
Finals	74	Women 14-18 200 Medley Relay

