



**2019 South Australian  
District Swimming Championships**

**EVENT INFORMATION BOOK**

**Saturday 9<sup>th</sup> – Monday 11<sup>th</sup> 2019  
Clare**

**Correct as at 11 December 2018**

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## 1. Event Purpose and Date

The 2019 South Australian District Championships is to be conducted as a trial competition in 2019. The event is to be conducted across the long weekend in March 2019 (9<sup>th</sup> – 11<sup>th</sup>)

## 2. Eligibility

All swimmers who are financial members of a country club are eligible for selection.

All swimmers selected will represent their District for the duration of the event.

## 3. Entry Costs

\$25 per athlete - Districts will be invoiced for this cost

## 4. Team Size

Each District will be represented by:

- a minimum of 12 swimmers
- a maximum of 4 multi-class swimmers
- a maximum of 28 swimmers (inclusive of multi-class swimmers)

## 5. Team Selection Criteria

Each district will set their selection criteria.

## 6. Age Date & Groupings

Age as at first day of the meet: 9<sup>th</sup> March 2019

Teams will consist of swimmers across the following age groups:

- Girls: 11 – 18yrs
- Boys: 12 – 19yrs
- Mixed: 11 – 19yrs (Multi-Class Only)

## 7. Event Entry Criteria

Each District can be represented by a maximum of:

- 3 swimmers per multi-class event;
- 3 swimmers per age group/per event;
- 3 swimmers per event for 200 Back, Breast, Fly, 400 free & 400 IM;
- 2 swimmers per event for 800 free & 1500 free;
- 2 relay teams per event.

Swimmers may swim a maximum of:

- 3 individual events per session
- 2 relay events per session

## 8. Program of Events

The following events will be offered. All events are Timed Finals.

See appendix for Session Event Listings.

- 50m, 100m, 200m Freestyle
- 50m, 100m Backstroke
- 50m, 100m Breaststroke
- 50m, 100m Butterfly
- 100m, 200m Individual Medley
- 200m BBB

- 400m Individual Medley / Freestyle
- 800m / 1500m Freestyle
- 4x50m Free Relay
- 4x50m Medley Relay
- 4x100m Free Relay
- 4x100m Medley Relay

## 9. Skins Events

The 2019 SA District Championships will offer a trial of skins events for the following events, ages and gender. Entry to these events will be through invitation only based upon times swum in the relevant event at the 2019 SA District Championships.

50m Freestyle – Girls aged 11-14 & 15-18yrs  
50m Freestyle – Boys aged 12-15 & 16-19yrs  
50m Backstroke – Girls aged 11-14 & 15-18yrs  
50m Backstroke – Boys aged 12-15 & 16-19yrs

50m Butterfly – Girls aged 11-14 & 15-18yrs  
50m Butterfly – Boys aged 12-15 & 16-19yrs  
50m Breaststroke – Girls aged 11-14 & 15-18yrs  
50m Breaststroke – Boys aged 12-15 & 16-19yrs

## 10. Entry Procedures

Entries for the 2019 South Australian District Championships will open shortly.

District Representative must enter swimmers and relay teams into this event through Clublane.

Entries will close 12.00pm Wednesday 20<sup>th</sup> February 2019.

Late entries will not be accepted under any circumstances.

## 11. Marshalling and Withdrawals

In accordance with EBL 22, any competitor who fails to report to the marshalling area at least ten minutes prior to the scheduled time for the start of the session on that day if entered in the first two events, or at the start of an event at least two events prior to the event in which they are entered shall be deemed to be withdrawn.

Withdrawal and substitutions:

- A swimmer may be withdrawn from an event and cannot be replaced
- For medical purposes a swimmer may be substituted for the whole meet with a different swimmer. Once an athlete is substituted, they may take no further part in the competition.

## 12. Timelines

All session timelines are provided as a guide only and can change. **See appendix for sample timeline**

Any major revisions to the timeline will be provided at the Team Mangers briefing daily.

Timelines will be attached to this document once finalised.

Subject to the timeline - unallocated lanes may be requested on the day of the event – any swimmer in an unallocated lane will be considered exhibition

### 13. Pointscore

Districts will be awarded points in the following Divisions based upon athlete's performance on the day of the meet respective to their event/age:

- Elite
- Development
- Participation
- Multi-Class\*

Points awarded in the above grades will be awarded to the top 20 swimmers/teams in each division.

The following points will be awarded:

Place	Elite	Development	Participation	Place	Elite	Development	Participation
1 <sup>st</sup>	10	10	10	11 <sup>th</sup>	7	7	7
2 <sup>nd</sup>	10	10	10	12 <sup>th</sup>	7	7	7
3 <sup>rd</sup>	10	10	10	13 <sup>th</sup>	6	6	6
4 <sup>th</sup>	9	9	9	14 <sup>th</sup>	6	6	6
5 <sup>th</sup>	9	9	9	15 <sup>th</sup>	6	6	6
6 <sup>th</sup>	9	9	9	16 <sup>th</sup>	5	5	5
7 <sup>th</sup>	8	8	8	17 <sup>th</sup>	4	4	4
8 <sup>th</sup>	8	8	8	18 <sup>th</sup>	3	3	3
9 <sup>th</sup>	8	8	8	19 <sup>th</sup>	2	2	2
10 <sup>th</sup>	7	7	7	20 <sup>th</sup>	1	1	1

\*Multi-Class Swimmers will be awarded points based off the Australian Multi-Class Pointscore

### 14. Pointscore Age Groups

Event	Girls				Boys				Mixed Multi-Class
	11/12yrs	13/14yrs	15/16yrs	17/18yrs	12/13yrs	14/15yrs	16/17yrs	18/19yrs	11-19yrs
50 Free	X	X	X	X	X	X	X	X	X
100 Free	X	X	X	X	X	X	X	X	X
200 Free	X				X				X
400 Free					Mixed 11-19yrs				X
800 Free					Mixed 11-19yrs				
1500 Free					Mixed 11-19yrs				
50 Back	X	X	X	X	X	X	X	X	X
100 Back	X	X	X	X	X	X	X	X	X
200 Back					Mixed 11-19yrs				
50 Breast	X	X	X	X	X	X	X	X	X
100 Breast	X	X	X	X	X	X	X	X	X
200 Breast					Mixed 11-19yrs				
50 Fly	X	X	X	X	X	X	X	X	X
100 Fly	X	X	X	X	X	X	X	X	X
200 Fly					Mixed 11-19yrs				
100 IM	X		X		X		X		X
200 IM	X				X				X
400 IM					Mixed 11-19yrs				
4x50 Free	X		X		X		X		TBC
4x50 Free					Mixed 11-19yrs				
4x50 Med	X		X		X		X		TBC
4X50 Med					Mixed 11-19yrs				
4x100 Free					Mixed 11-19yrs				
4x100 Med					Mixed 11-19yrs				

## **15. Qualifying and Standard Times**

Qualifying times do not apply for entry to this event.

Standard times do not apply for entry to this event.

Standard times will be used for allocation and scoring of results into the following divisions:

- Elite
- Development
- Participation

**See appendix** for Scoring Standard Times & Sample results

## **16. Awards and Recognition**

As this event is a pilot medals will not be awarded.

Pennants for the winning district in each division will be awarded. A District may only win one division and will be awarded the pennant for the most elite division they place first in. Should a region place first in multiple divisions the following district shall be awarded the pennant.

## **17. Emergency Procedures**

In the event of an emergency at the Venue please listen carefully to venue announcements and follow the direction of venue/SwimmingSA staff.

## **18. Security**

On site security will not be provided at this event.

All personal belongings left at the venue overnight are at your own risk.

## **19. Accreditation, Ticketing and Venue Entry**

Accreditation will be used at this meet.

All athletes will receive accreditation passes and do not need to apply.

Each District shall nominate two team managers for the duration of the meet.

Each District shall nominate five officials for the duration of the meet.

Spectator Ticketing will be available online.

## **20. By-Laws**

SwimmingSA By-Laws Apply where applicable

## **21. District Packages**

Each District must collect their District package which contains their allocation of heats programs, accreditation passes for athletes, coaches and team support, relay confirmation sheets and other event notices.

## **22. Behavioural Guidelines**

SwimmingSA promotes the Behavioural Guidelines to all people involved in any way with the sport of swimming, particularly those responsible for activities involving members under the age of 18. These guidelines highlight the principles and values of SwimmingSA/Swimming Australia and the core principles of the Member and Child Welfare policies. All persons participating in the 2018 SA District Championships must adhere to the Behavioural guidelines/code of conduct which can be found [HERE](#)

## **23. Lost Property**

Event Lost Property can be found at the main entry to the venue. SwimmingSA does not hold lost property.

**24. First Aid**

Venue staff are trained in first responder care and will be providing general first aid coverage for all people attending the event. Should you require first aid please see SwimmingSA or venue staff/lifeguards.

**25. Swimming SA Event Staff and Key Personnel**

NAME	TITLE	CONTACT DETAILS
Michelle Doyle	Chief Executive Officer	<a href="mailto:michelle.doyle@sa.swimming.org.au">michelle.doyle@sa.swimming.org.au</a> 0438 040 403
Sarah-Jane Couche	Events Coordinator	<a href="mailto:sarah-jane.couche@sa.swimming.org.au">sarah-jane.couche@sa.swimming.org.au</a> 0404 972 724
Leanne Beames	Events, Records and Results Officer	<a href="mailto:leanne.beames@sa.swimming.org.au">leanne.beames@sa.swimming.org.au</a>

## 2019 SA District Championships - 9/03/2019 to 11/03/2019

## Event List-By Event Number

Event #	Event Name	Event #	Event Name
1	Mixed 11-19 200 Freestyle Relay	33	Mixed 11-19 50 Backstroke Multi-Class
2	Female 400 Freestyle	34	Female 15-18 200 Freestyle Relay
2	Male 400 Freestyle	35	Male 16-19 200 Freestyle Relay
3	Female 400 IM	36	Mixed 11-19 400 Freestyle Relay
3	Male 400 IM	37	Female 11-14 200 IM
4	Mixed 11-19 400 Freestyle Multi-Class	37	Female 15-18 200 IM
5	Female 11-12 50 Butterfly	38	Female 11-14 200 Freestyle
5	Female 13-14 50 Butterfly	38	Female 15-18 200 Freestyle
6	Male 12-13 50 Butterfly	39	Male 12-15 200 IM
6	Male 14-15 50 Butterfly	39	Male 16-19 200 IM
7	Female 15-16 100 Butterfly	40	Male 12-15 200 Freestyle
7	Female 17-18 100 Butterfly	40	Male 16-19 200 Freestyle
8	Male 16-17 100 Butterfly	41	Mixed 11-19 200 Freestyle Multi-Class
8	Male 18-19 100 Butterfly	42	Female 11-12 50 Backstroke
9	Female 11-12 100 IM	42	Female 13-14 50 Backstroke
9	Female 13-14 100 IM	43	Male 12-13 50 Backstroke
10	Mixed 11-19 50 Breaststroke Multi-Class	43	Male 14-15 50 Backstroke
11	Female 11-12 100 Breaststroke	44	Female 15-16 100 Backstroke
11	Female 13-14 100 Breaststroke	44	Female 17-18 100 Backstroke
12	Male 12-13 100 Breaststroke	45	Male 16-17 100 Backstroke
12	Male 14-15 100 Breaststroke	45	Male 18-19 100 Backstroke
13	Female 15-16 50 Breaststroke	46	Female 15-16 100 IM
13	Female 17-18 50 Breaststroke	46	Female 17-18 100 IM
14	Male 16-17 50 Breaststroke	47	Mixed 11-19 100 Breaststroke Multi-Class
14	Male 18-19 50 Breaststroke	48	Female 11-12 100 Butterfly
15	Mixed 11-19 50 Freestyle Multi-Class	48	Female 13-14 100 Butterfly
16	Female 11-14 200 Freestyle Relay	49	Male 12-13 100 Butterfly
17	Male 12-15 200 Freestyle Relay	49	Male 14-15 100 Butterfly
18	Mixed 11-19 200 Medley Relay	50	Female 15-16 50 Butterfly
19	Female 200 Backstroke	50	Female 17-18 50 Butterfly
19	Male 200 Backstroke	51	Male 16-17 50 Butterfly
20	Female 200 Breaststroke	51	Male 18-19 50 Butterfly
20	Male 200 Breaststroke	52	Mixed 11-19 100 Backstroke Multi-Class
21	Female 200 Butterfly	53	Female 11-14 200 Medley Relay
21	Male 200 Butterfly	54	Male 12-15 200 Medley Relay
22	Mixed 11-19 100 IM Multi-Class	55	Mixed 11-19 400 Medley Relay
23	Female 11-12 50 Breaststroke	56	Female 800 Freestyle
23	Female 13-14 50 Breaststroke	56	Male 800 Freestyle
24	Male 12-13 50 Breaststroke	57	Female 1500 Freestyle
24	Male 14-15 50 Breaststroke	57	Male 1500 Freestyle
25	Female 15-16 100 Breaststroke	58	Mixed 11-19 200 IM Multi-Class
25	Female 17-18 100 Breaststroke	59	Female 11-12 50 Freestyle
26	Male 16-17 100 Breaststroke	59	Female 13-14 50 Freestyle
26	Male 18-19 100 Breaststroke	60	Male 12-13 50 Freestyle
27	Mixed 11-19 100 Butterfly Multi-Class	60	Male 14-15 50 Freestyle
28	Male 12-13 100 IM	61	Female 15-16 100 Freestyle
28	Male 14-15 100 IM	61	Female 17-18 100 Freestyle
29	Female 11-12 100 Freestyle	62	Male 16-17 100 Freestyle
29	Female 13-14 100 Freestyle	62	Male 18-19 100 Freestyle
30	Male 12-13 100 Freestyle	63	Male 16-17 100 IM
30	Male 14-15 100 Freestyle	63	Male 18-19 100 IM
31	Female 15-16 50 Freestyle	64	Mixed 11-19 100 Freestyle Multi-Class
31	Female 17-18 50 Freestyle	65	Female 11-12 100 Backstroke
32	Male 16-17 50 Freestyle	65	Female 13-14 100 Backstroke
32	Male 18-19 50 Freestyle	66	Male 12-13 100 Backstroke



**2019 SA District Championships - 9/03/2019 to 11/03/2019****Event List-By Event Number**

<b>Event #</b>	<b>Event Name</b>	<b>Event #</b>	<b>Event Name</b>
66	Male 14-15 100 Backstroke		
67	Female 15-16 50 Backstroke		
67	Female 17-18 50 Backstroke		
68	Male 16-17 50 Backstroke		
68	Male 18-19 50 Backstroke		
69	Mixed 11-19 50 Butterfly Multi-Class		
70	Female 15-18 200 Medley Relay		
71	Male 16-19 200 Medley Relay		
105	Female 11-14 50 Butterfly Skins		
106	Male 12-15 50 Butterfly Skins		
113	Female 15-18 50 Breaststroke Skins		
114	Male 16-19 50 Breaststroke Skins		
223	Female 11-14 50 Breaststroke Skins		
224	Male 12-15 50 Breaststroke Skins		
231	Female 15-18 50 Freestyle Skins		
232	Male 16-19 50 Freestyle Skins		
342	Female 11-14 50 Backstroke Skins		
343	Male 12-15 50 Backstroke Skins		
350	Female 15-18 50 Butterfly Skins		
351	Male 16-19 50 Butterfly Skins		
459	Female 11-14 50 Freestyle Skins		
460	Male 12-15 50 Freestyle Skins		
467	Female 15-18 50 Backstroke Skins		
468	Male 16-19 50 Backstroke Skins		

Event	Elite	Dev.	Part.	Event	Elite	Dev.	Part.
Event 1 Mixed 11-19 200 Free Relay	1:40.00	1:50.00	2:05.00	Event 37 Female 11-14 200 IM	2:58.00	3:24.50	1:34.00
Event 2 Female 400 Free	5:25.00	6:11.00	7:00.00	Event 37 Female 15-18 200 IM	2:44.00	3:19.00	3:29.00
Event 2 Male 400 Free	5:09.00	5:53.00	6:30.00	Event 38 Female 11-14 200 Free	2:36.00	3:09.00	3:19.00
Event 3 Female 400 IM	6:05.00	7:11.00	8:00.00	Event 38 Female 15-18 200 Free	2:22.50	2:57.00	3:07.00
Event 3 Male 400 IM	5:55.00	6:51.00	7:30.00	Event 39 Male 12-15 200 IM	2:47.00	3:15.00	3:25.00
Event 4 Mixed 11-19 400 Free (MC)	300pts	200pts	100pts	Event 39 Male 16-19 200 IM	2:31.00	3:00.00	3:10.00
Event 5 Female 11-12 50 Fly	39.65	42.50	47.00	Event 40 Male 12-15 200 Free	2:28.00	2:57.10	3:07.00
Event 5 Female 13-14 50 Fly	35.40	40.60	45.00	Event 40 Male 16-19 200 Free	2:12.00	2:47.50	2:57.00
Event 6 Male 12-13 50 Fly	36.00	41.40	46.00	Event 41 Mixed 11-19 200 Free (MC)	300pts	200pts	100pts
Event 6 Male 14-15 50 Fly	32.35	40.55	45.00	Event 42 Female 11-12 50 Back	43.50	43.50	48.00
Event 7 Female 15-16 100 Fly	1:15.75	1:36.50	1:45.00	Event 42 Female 13-14 50 Back	38.00	42.45	47.00
Event 7 Female 17-18 100 Fly	1:13.75	1:34.00	1:44.00	Event 43 Male 12-13 50 Back	39.35	40.00	45.00
Event 8 Male 16-17 100 Fly	1:09.00	1:30.50	1:35.00	Event 43 Male 14-15 50 Back	36.00	39.60	44.00
Event 8 Male 18-19 100 Fly	1:05.70	1:27.00	1:32.00	Event 44 Female 15-16 100 Back	1:18.85	1:37.30	1:47.00
Event 9 Female 11-12 100 IM	1:28.50	1:40.00	1:50.00	Event 44 Female 17-18 100 Back	1:15.50	1:34.00	1:44.00
Event 9 Female 13-14 100 IM	1:23.80	1:35.00	1:45.00	Event 45 Male 16-17 100 Back	1:13.60	1:29.50	1:39.00
Event 10 Mixed 11-19 50 Breast (MC)	300pts	200pts	100pts	Event 45 Male 18-19 100 Back	1:08.55	1:27.50	1:37.00
Event 11 Female 11-12 100 Breast	1:45.00	1:51.50	1:59.00	Event 46 Female 15-16 100 IM	1:20.80	1:30.00	1:40.00
Event 11 Female 13-14 100 Breast	1:35.30	1:48.50	1:58.00	Event 46 Female 17-18 100 IM	1:19.80	1:27.00	1:37.00
Event 12 Male 12-13 100 Breast	1:36.75	1:48.50	1:58.00	Event 47 Mixed 11-19 100 Breast (MC)	300pts	200pts	100pts
Event 12 Male 14-15 100 Breast	1:28.75	1:42.10	1:52.00	Event 48 Female 11-12 100 Fly	1:30.00	1:51.00	2:00.00
Event 13 Female 15-16 50 Breast	41.55	46.70	51.00	Event 48 Female 13-14 100 Fly	1:22.00	1:46.00	1:56.00
Event 13 Female 17-18 50 Breast	40.46	45.00	50.00	Event 49 Male 12-13 100 Fly	1:25.00	1:48.00	1:58.00
Event 14 Male 16-17 50 Breast	37.89	42.65	47.00	Event 49 Male 14-15 100 Fly	1:15.10	1:37.00	1:47.00
Event 14 Male 18-19 50 Breast	35.60	40.70	45.00	Event 50 Female 15-16 50 Fly	34.00	39.80	44.00
Event 15 Mixed 11-19 50 Free (MC)	300pts	200pts	100pts	Event 50 Female 17-18 50 Fly	32.80	37.80	42.00
Event 16 Female 11-14 200 Free Relay	1:49.58	1:59.92	2:15.00	Event 51 Male 16-17 50 Fly	30.65	37.70	42.00
Event 17 Male 12-15 200 Free Relay	1:38.58	1:48.89	2:05.00	Event 51 Male 18-19 50 Fly	29.15	32.75	37.00
Event 18 Mixed 11-19 200 Medley Relay	1:50.00	2:02.00	2:17.00	Event 52 Mixed 11-19 100 Back (MC)	300pts	200pts	100pts
Event 19 Female 200 Back	2:50.00	3:16.20	3:30.00	Event 53 Female 11-14 200 Medley Relay	2:02.05	2:17.03	2:30.00
Event 19 Male 200 Back	2:43.00	3:04.00	3:30.00	Event 54 Male 12-15 200 Medley Relay	1:51.31	2:04.61	2:20.00
Event 20 Female 200 Breast	3:12.00	3:35.00	3:45.00	Event 55 Mixed 11-19 400 Medley Relay	3:50.00	4:40.00	4:55.00
Event 20 Male 200 Breast	3:01.80	3:30.00	3:45.00	Event 56 Female 800 Free	10:30.00	11:49.00	12:00.00
Event 21 Female 200 Fly	2:57.00	3:30.00	3:45.00	Event 56 Male 800 Free	10:02.00	11:15.00	11:30.00
Event 21 Male 200 Fly	2:53.00	3:14.00	3:30.00	Event 57 Female 1500 Free	20:04.50	22:00.00	22:30.00
Event 22 Mixed 11-19 100 IM (MC)	300pts	200pts	100pts	Event 57 Male 1500 Free	18:50.00	22:00.00	22:30.00
Event 23 Female 11-12 50 Breast	49.00	49.00	53.00	Event 58 Mixed 11-19 200 IM (MC)	300pts	200pts	100pts
Event 23 Female 13-14 50 Breast	44.17	47.30	52.00	Event 59 Female 11-12 50 Free	35.75	36.00	41.00
Event 24 Male 12-13 50 Breast	44.55	46.80	51.00	Event 59 Female 13-14 50 Free	31.30	34.25	39.00
Event 24 Male 14-15 50 Breast	41.00	42.90	47.00	Event 60 Male 12-13 50 Free	32.85	34.50	39.00
Event 25 Female 15-16 100 Breast	1:29.50	1:47.00	1:57.00	Event 60 Male 14-15 50 Free	29.00	32.00	37.00
Event 25 Female 17-18 100 Breast	1:26.50	1:45.00	1:55.00	Event 61 Female 15-16 100 Free	1:06.00	1:20.60	1:30.00
Event 26 Male 16-17 100 Breast	1:23.00	1:37.00	1:47.00	Event 61 Female 17-18 100 Free	1:05.00	1:19.80	1:29.00
Event 26 Male 18-19 100 Breast	1:19.35	1:35.00	1:45.00	Event 62 Male 16-17 100 Free	1:00.60	1:15.30	1:25.00
Event 27 Mixed 11-19 100 Fly (MC)	300pts	200pts	100pts	Event 62 Male 18-19 100 Free	58.75	1:14.80	1:24.00
Event 28 Male 12-13 100 IM	1:23.50	1:35.00	1:45.00	Event 63 Male 16-17 100 IM	1:15.00	1:25.00	1:35.00
Event 28 Male 14-15 100 IM	1:17.00	1:30.00	1:40.00	Event 63 Male 18-19 100 IM	1:10.34	1:20.00	1:30.00
Event 29 Female 11-12 100 Free	1:18.00	1:21.00	1:31.00	Event 64 Mixed 11-19 100 Free (MC)	300pts	200pts	100pts
Event 29 Female 13-14 100 Free	1:08.10	1:20.80	1:30.00	Event 65 Female 11-12 100 Back	1:30.00	1:39.30	1:49.00
Event 30 Male 12-13 100 Free	1:10.50	1:26.40	1:36.00	Event 65 Female 13-14 100 Back	1:20.80	1:38.80	1:48.00
Event 30 Male 14-15 100 Free	1:04.65	1:16.80	1:26.00	Event 66 Male 12-13 100 Back	1:24.40	1:39.80	1:49.00
Event 31 Female 15-16 50 Free	30.30	33.80	38.00	Event 66 Male 14-15 100 Back	1:16.00	1:33.00	1:43.00
Event 31 Female 17-18 50 Free	30.00	33.50	38.00	Event 67 Female 15-16 50 Back	36.50	41.70	46.00
Event 32 Male 16-17 50 Free	27.70	30.60	35.00	Event 67 Female 17-18 50 Back	35.85	41.30	46.00
Event 32 Male 18-19 50 Free	26.75	29.00	34.00	Event 68 Male 16-17 50 Back	33.15	39.40	44.00
Event 33 Mixed 11-19 50 Back (MC)	300pts	200pts	100pts	Event 68 Male 18-19 50 Back	32.00	38.00	43.00
Event 34 Female 15-18 200 Free Relay	1:46.15	1:59.92	2:15.00	Event 69 Mixed 11-19 50 Fly (MC)	300pts	200pts	100pts
Event 35 Male 16-19 200 Free Relay	1:33.90	1:43.02	2:00.00	Event 70 Female 15-18 200 Medley Relay	1:58.26	2:13.98	2:30.00
Event 36 Mixed 11-19 400 Free Relay	3:40.00	4:05.00	4:20.00	Event 71 Male 16-19 200 Medley Relay	1:42.53	1:56.14	2:15.00

**2019 SA District Championships - 9/03/2019 to 11/03/2019****Session Report**

Session: 1 Sat - Session 1

Day of Meet: 1 Starts at 03:00 PM Heat Interval: 40 Seconds

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Finals	1	Mixed 11-19 200 Freestyle Relay
Finals	2	Mixed 400 Freestyle
Finals	3	Mixed 400 IM
Finals	4	Mixed 11-19 400 Freestyle Multi-Class
Finals	5	Female 11-14 50 Butterfly
Finals	6	Male 12-15 50 Butterfly
Finals	7	Female 15-18 100 Butterfly
Finals	8	Male 16-19 100 Butterfly
Finals	9	Female 11-14 100 IM
Finals	10	Mixed 11-19 50 Breaststroke Multi-Class
Finals	11	Female 11-14 100 Breaststroke
Finals	12	Male 12-15 100 Breaststroke
Finals	13	Female 15-18 50 Breaststroke
Finals	14	Male 16-19 50 Breaststroke
Finals	15	Mixed 11-19 50 Freestyle Multi-Class
Finals	16	Female 11-14 200 Freestyle Relay
Finals	17	Male 12-15 200 Freestyle Relay
Prelims	105	Female 11-14 50 Butterfly Skins
Semis	105	Female 11-14 50 Butterfly Skins
Finals	105	Female 11-14 50 Butterfly Skins
Prelims	106	Male 12-15 50 Butterfly Skins
Semis	106	Male 12-15 50 Butterfly Skins
Finals	106	Male 12-15 50 Butterfly Skins
Prelims	113	Female 15-18 50 Breaststroke Skins
Semis	113	Female 15-18 50 Breaststroke Skins
Finals	113	Female 15-18 50 Breaststroke Skins
Prelims	114	Male 16-19 50 Breaststroke Skins
Semis	114	Male 16-19 50 Breaststroke Skins
Finals	114	Male 16-19 50 Breaststroke Skins

**2019 SA District Championships - 9/03/2019 to 11/03/2019****Session Report**

Session: 2 Sun - Session 2

Day of Meet: 2 Starts at 08:30 AM Heat Interval: 40 Seconds

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Finals	18	Mixed 11-19 200 Medley Relay
Finals	19	Mixed 200 Backstroke
Finals	20	Mixed 200 Breaststroke
Finals	21	Mixed 200 Butterfly
Finals	22	Mixed 11-19 100 IM Multi-Class
Finals	23	Female 11-14 50 Breaststroke
Finals	24	Male 12-15 50 Breaststroke
Finals	25	Female 15-18 100 Breaststroke
Finals	26	Male 16-19 100 Breaststroke
Finals	27	Mixed 11-19 100 Butterfly Multi-Class
Finals	28	Male 12-15 100 IM
Finals	29	Female 11-14 100 Freestyle
Finals	30	Male 12-15 100 Freestyle
Finals	31	Female 15-18 50 Freestyle
Finals	32	Male 16-19 50 Freestyle
Finals	33	Mixed 11-19 50 Backstroke Multi-Class
Finals	34	Female 15-18 200 Freestyle Relay
Finals	35	Male 16-19 200 Freestyle Relay
Prelims	223	Female 11-14 50 Breaststroke Skins
Semis	223	Female 11-14 50 Breaststroke Skins
Finals	223	Female 11-14 50 Breaststroke Skins
Prelims	224	Male 12-15 50 Breaststroke Skins
Semis	224	Male 12-15 50 Breaststroke Skins
Finals	224	Male 12-15 50 Breaststroke Skins
Prelims	231	Female 15-18 50 Freestyle Skins
Semis	231	Female 15-18 50 Freestyle Skins
Finals	231	Female 15-18 50 Freestyle Skins
Prelims	232	Male 16-19 50 Freestyle Skins
Semis	232	Male 16-19 50 Freestyle Skins
Finals	232	Male 16-19 50 Freestyle Skins

**2019 SA District Championships - 9/03/2019 to 11/03/2019****Session Report**

Session: 3 Sun - Session 3

Day of Meet: 2 Starts at 04:00 PM Heat Interval: 40 Seconds

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Finals	36	Mixed 11-19 400 Freestyle Relay
Finals	37	Female 11-18 200 IM
Finals	38	Female 11-18 200 Freestyle
Finals	39	Male 12-19 200 IM
Finals	40	Male 12-19 200 Freestyle
Finals	41	Mixed 11-19 200 Freestyle Multi-Class
Finals	42	Female 11-14 50 Backstroke
Finals	43	Male 12-15 50 Backstroke
Finals	44	Female 15-18 100 Backstroke
Finals	45	Male 16-19 100 Backstroke
Finals	46	Female 15-18 100 IM
Finals	47	Mixed 11-19 100 Breaststroke Multi-Class
Finals	48	Female 11-14 100 Butterfly
Finals	49	Male 12-15 100 Butterfly
Finals	50	Female 15-18 50 Butterfly
Finals	51	Male 16-19 50 Butterfly
Finals	52	Mixed 11-19 100 Backstroke Multi-Class
Finals	53	Female 11-14 200 Medley Relay
Finals	54	Male 12-15 200 Medley Relay
Prelims	342	Female 11-14 50 Backstroke Skins
Semis	342	Female 11-14 50 Backstroke Skins
Finals	342	Female 11-14 50 Backstroke Skins
Prelims	343	Male 12-15 50 Backstroke Skins
Semis	343	Male 12-15 50 Backstroke Skins
Finals	343	Male 12-15 50 Backstroke Skins
Prelims	350	Female 15-18 50 Butterfly Skins
Semis	350	Female 15-18 50 Butterfly Skins
Finals	350	Female 15-18 50 Butterfly Skins
Prelims	351	Male 16-19 50 Butterfly Skins
Semis	351	Male 16-19 50 Butterfly Skins
Finals	351	Male 16-19 50 Butterfly Skins

**2019 SA District Championships - 9/03/2019 to 11/03/2019****Session Report**

Session: 4 Mon - Session 4

Day of Meet: 3 Starts at 08:30 AM Heat Interval: 40 Seconds

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Finals	55	Mixed 11-19 400 Medley Relay
Finals	56	Mixed 800 Freestyle
Finals	57	Mixed 1500 Freestyle
Finals	58	Mixed 11-19 200 IM Multi-Class
Finals	59	Female 11-14 50 Freestyle
Finals	60	Male 12-15 50 Freestyle
Finals	61	Female 15-18 100 Freestyle
Finals	62	Male 16-19 100 Freestyle
Finals	63	Male 16-19 100 IM
Finals	64	Mixed 11-19 100 Freestyle Multi-Class
Finals	65	Female 11-14 100 Backstroke
Finals	66	Male 12-15 100 Backstroke
Finals	67	Female 15-18 50 Backstroke
Finals	68	Male 16-19 50 Backstroke
Finals	69	Mixed 11-19 50 Butterfly Multi-Class
Finals	70	Female 15-18 200 Medley Relay
Finals	71	Male 16-19 200 Medley Relay
Prelims	459	Female 11-14 50 Freestyle Skins
Semis	459	Female 11-14 50 Freestyle Skins
Finals	459	Female 11-14 50 Freestyle Skins
Prelims	460	Male 12-15 50 Freestyle Skins
Semis	460	Male 12-15 50 Freestyle Skins
Finals	460	Male 12-15 50 Freestyle Skins
Prelims	467	Female 15-18 50 Backstroke Skins
Semis	467	Female 15-18 50 Backstroke Skins
Finals	467	Female 15-18 50 Backstroke Skins
Prelims	468	Male 16-19 50 Backstroke Skins
Semis	468	Male 16-19 50 Backstroke Skins
Finals	468	Male 16-19 50 Backstroke Skins

Swimmers Counts for Warm-ups: 7