

# SOUTHERN PERFORMANCE CARNIVAL

## PARTICIPATION (ENDORSED)

### Contact

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Anthony Couche

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### Event Information

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**Sunday, 21 May 2023**

**Noarlunga Aquatic & Recreation Centre | 13 Seaman Road, Noarlunga Centre 5168**

**Short Course Pool (25m)**

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

Event Nomination Fees:	Individual \$6.00
Pool Entry:	Swimmers Free   Spectators \$6.00   Children \$2.50
Free Entry:	ASCTA Accredited Coaches   Working Technical Officials

### Awards & Recognition

Medals for Male and Female 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in the following age groups:

50m and 100m events:	10 & Under   11 – 12   13 – 14   15 & Over
200m events:	12 & Under   13 – 15   16 & Over
400m and 800m events:	Open

### Entry Information

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**Closing Date:** Friday, 12 May 2023 at 6:00pm

**Entry Method:** Entries via SWIM CENTRAL

**Website:** [spswimclub.org.au](http://spswimclub.org.au)

Maximum 6 events per swimmer

Swimmers may only enter either 400m Freestyle or 400m Individual Medley

Swimmers may only enter one of the 200m Backstroke, Breaststroke or Butterfly

Depending on number of entries events may be combined and run as seeded heats

Intention to swim form required 45mins prior to all 400m and 800m events

Time limit applies for 800m Freestyle – 14:00.00

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## EVENT LIST

- 1 Boys 400 Freestyle
- 2 Girls 400 Freestyle
- 3 Boys 400 Individual Medley
- 4 Girls 400 Individual Medley
- 5 Boys 10 & Under 50 Butterfly
- 6 Girls 10 & Under 50 Butterfly
- 7 Boys 11 & Over 50 Butterfly
- 8 Girls 11 & Over 50 Butterfly
- 9 Boys 10 & Under 100 Breaststroke
- 10 Girls 10 & Under 100 Breaststroke
- 11 Boys 11 & Over 100 Breaststroke
- 12 Girls 11 & Over 100 Breaststroke
- 13 Boys 10 & Under 50 Freestyle
- 14 Girls 10 & Under 50 Freestyle
- 15 Boys 11 & Over 50 Freestyle
- 16 Girls 11 & Over 50 Freestyle
- 17 Boys 200 Backstroke
- 18 Girls 200 Backstroke
- 19 Boys 200 Breaststroke
- 20 Girls 200 Breaststroke
- 21 Boys 200 Butterfly
- 22 Girls 200 Butterfly
- 23 Boys 10 & Under 100 Backstroke
- 24 Girls 10 & Under 100 Backstroke
- 25 Boys 11 & Over 100 Backstroke
- 26 Girls 11 & Over 100 Backstroke
- 27 Boys 800 Freestyle
- 28 Girls 800 Freestyle
- 29 Boys 10 & Under 100 Individual Medley
- 30 Girls 10 & Under 100 Individual Medley
- 31 Boys 11 & Over 100 Individual Medley
- 32 Girls 11 & Over 100 Individual Medley
- 33 Boys 10 & Under 50 Breaststroke
- 34 Girls 10 & Under 50 Breaststroke
- 35 Boys 11 & Over 50 Breaststroke
- 36 Girls 11 & Over 50 Breaststroke
- 37 Boys 10 & Under 100 Freestyle
- 38 Girls 10 & Under 100 Freestyle
- 39 Boys 11 & Over 100 Freestyle
- 40 Girls 11 & Over 100 Freestyle
- 41 Boys 200 Individual Medley
- 42 Girls 200 Individual Medley
- 43 Boys 10 & Under 100 Butterfly
- 44 Girls 10 & Under 100 Butterfly
- 45 Boys 11 & Over 100 Butterfly
- 46 Girls 11 & Over 100 Butterfly
- 47 Boys 200 Freestyle
- 48 Girls 200 Freestyle
- 49 Boys 10 & Under 50 Backstroke
- 50 Girls 10 & Under 50 Backstroke
- 51 Boys 11 & Over 50 Backstroke
- 52 Girls 11 & Over 50 Backstroke
- 101 Mixed 25 Freestyle – Come & Try
- 102 Mixed 25 Backstroke – Come & Try
- 103 Mixed 25 Breaststroke – Come & Try
- 104 Mixed 25 Butterfly – Come & Try