

Venue: Sydney Olympic Park Aquatic Centre, Homebush

Warm-up and Start Times:

1st of November **Session 1** Warm-up 8am Start Time 9am

Session 2 refer to timeline

2nd of November **Session 3** Warm-up 8am Start Time 9am

Session 4 refer to timeline

Long Distance events

Venue: St Joseph's College, Hunters Hill

Warm-up and Start Times:

9th November **Session 5** Warm-up 1:30pm Start 2:30pm

Meet Details:

- Meet conducted according to Swimming NSW Rules.
- Events conducted in a 50m long course pool.
- The Meet Director reserves the right to amend the program of events and conditions of entry as required.

Age of Competitor:

- As of 1st of November, 2025

Entry Fee:

- \$10.00 per individual event.
- \$12.50 per relay.
- Pool entry free for SOPAC.
- Program free – download directly from our website <https://smnw.org.au/>

Entry details:

- All entry times must have been achieved after 1st of October, 2024 and at an approved meet.
- **Online entries only** for individual and relay entries.
- Closing dates:
 - ◆ Online individual entries close 11:59pm Saturday the 25th of October, 2025
 - ◆ Relay entries close 11:59pm Tuesday 28th of October 2025.
 - ◆ Distance entries close 11:59pm Tuesday the 4th of 2025.



Rules

SNSW approved meet under SNSW Ltd rules
SAL Safe Sport Framework applies to all meet attendees.
Swimmers' entries are limited to Primary Swimmers of SMNW Clubs only.
No spectators or parents permitted on pool deck.
SC and LC times achieved at approved meets since 1st October 2024 can be used.
Clubs will be asked to assist with timekeeping & other duties.
All events are timed finals swum fastest to slowest.
For full terms and conditions please refer to <https://smnw.org.au/>

Enquiries | compsecsmnw@gmail.com

Special Conditions:

- Competitors must be registered primary members of a Swimming Metro North West affiliated club.
- No Late Entries Accepted.
- The Swimming Metro North West Refund Policy applies to this meet.
- All competitors must swim in their own age group.
- All individual events have a qualifying time.
- **Any entry found not to comply with entry conditions will be removed and the entry fee will be forfeited.**
- Withdrawal from events for a session, day or the whole meet requires completion of a withdrawal form by the swimmer, their coach, or their team manager. Withdrawal forms will be available in the marshalling area.
- All events are timed finals.
- Backstroke ledges will be provided for use in relevant events.
- By entering, entrants are declaring themselves fit to compete at a Swimming Metro North West Meet (or if under the age of 18 years their parent or guardian). In the event that an entrant experiences a medical issue whilst competing at, or during a Swimming Metro North West Meet, the entrant will be required to provide a medical clearance from a health care professional before being allowed to resume competition at the meet. The Meet Director will have the sole authority to adjudicate on this rule.

Qualifying times:

- All events have qualifying times and these times **MUST** have been achieved at an **approved** meet with results verified before the close of entries.
- Any entry found not to have been achieved or achieved at a meet which has not been approved will be removed and the entry fee forfeited.
- Points will not be awarded if the qualifying time is not achieved.

Para Swimmers:

- Swimmers in multi-class events must produce their Exception Card to the Referee prior to the start of each session, unless their current information is available in the online Swimming Classification Master List. Swimmers may still present their card if they wish to.
- Para swimmers in general events must produce their Exception Card to the Referee prior to start of each session, else they will be refereed to NSW By-Laws and Rules GR1-26 & SW1-13.
- Results for Multi-class events will be calculated to the Australian Paralympic Points system supplied with Meet Manager.
- Multi-class events shall be single gender but may be swum as a mixed event. Results will be posted and awarded as single gender.



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- The following events have been designated championship events for the purpose of collating points for Para Champion:
 - ◆ All Multi-class 50m events
 - ◆ All Multi-class 100m events
- Awards will be made for a boy and a girl champion.
- Championship points will only be awarded in designated championship events. A swimmer must have swum in at least 50% of available championship events to be eligible for a Para Champion award.
- Any Para swimmer attempting to break a Multi-class record must inform the referee of their intentions prior to the start of the session. Failure to do this may result in any record achieved not being ratified.
- If Para swimmers would like to enter the Able Bodied 200m Freestyle and 200m Individual Medley and do not have the QT, please contact the comp convenor for special instructions.
- **Please note: These two events will not make up the Para Age Championship.**

Championship Status for Individual Events

- Points will be awarded in individual age groups for combined age group events.
- The following events have been designated championship events for the purpose of collating points for age champions:
 - ◆ 8 years and under - 50m freestyle, backstroke, breaststroke, butterfly & 100m freestyle
 - ◆ 9 and 10 years - 50m freestyle, backstroke, breaststroke, butterfly, 100m freestyle & 200m individual medley
 - ◆ 11 to 17 years and over - 100m freestyle, backstroke, breaststroke, butterfly, 200m individual medley & 400m freestyle

Age Champions

- Awards will be made for a boy and a girl champion for the following age groups:
 - ◆ 8 years and under, 9, 10, 11, 12, 13, 14, 15, 16, 17 years and over.
- Age championship points will only be awarded in designated championship events. A swimmer must have swum in at least 50% of available championship events to be eligible for an Age Champion award.
- An individual age point score trophy will be awarded to each boy and girl who gains the most points in the nominated age championship events.
- Points will **not** be awarded if the qualifying time has not been achieved.



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Awarding of Medals

- Medals will be awarded to the first three placegetters as follows:
 - ◆ 50m events, 100m events; each championship age group as above
 - ◆ 200m events: age groups 9,10, 11, 12, 13, 14, 15, 16, 17 & over.
 - ◆ 400m Freestyle: age groups 9-10, 11, 12, 13, 14, 15, 16, 17 & over
 - ◆ All other events, including multi-class and relays: top three overall
- Medals will **not** be awarded if the qualifying time has not been achieved.

Team Awards

- The Club scoring the most number of points in all individual events will be awarded the Club Pointscore Trophy. Points will **not** be awarded if the qualifying time is not achieved.
- The Club scoring the most number of points in all relay events, excluding the Handicap Relay, will be awarded the Relay Pointscore Trophy. Points will **not** be awarded if the qualifying time is not achieved.
- A trophy will be awarded to the winning club of the Handicap Relay.
- A Small Clubs trophy will be awarded to the club which is in the smallest 50% of teams entered or has entries less than 5.5% of the total entries, whichever is the lesser, and has scored the highest number of points per swimmer

Relay Events

- Each club may enter two teams per event for age group relays.
- Where clubs submit two teams for an event, only one team is eligible to score points
- Clubs may swim up a competitor, but such swimmers may swim in one age group only for these relays.
- Swimmers' names, including reserves, for all relays must be submitted in online entries in the nominated swimming order.
- Any **alterations** to relays must be submitted on a Relay Form and signed by the club's Race Secretary or Team Manager. The Relay Form must be submitted before the start of the day that relay will be swum in.
- Swimmers must swim in nominated order and reserves must be nominated to swim.
- Smaller clubs who cannot field a relay team can combine with another club to form one relay team.



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Handicap Relay

- 10 x 50m freestyle.
- Any 10 swimmers.
- All teams to be handicapped on entry times.
- All teams will be handicapped together, with the first team starting on GO and all other teams on their appropriate starting numbers which will be advised at the start of the race.
- The result will be determined as the fastest team which does not exceed the break time by more than 20 seconds. *Any team which exceeds the break time by more than 20 seconds will be disqualified.*
- Swimmers' names are to be submitted before the start of the session on the relevant day.
- The winners will be announced within in the next session

Age Group Relays

- Clubs may swim up one boy or one girl in each age group only, but all swimmers may swim in one age group only for each block of relays.
- A swimmer can be swum up in both the freestyle relay and the medley relay.
- Mixed relays must consist of two boys and two girls.

Enquiries

Contact Belinda Havron via email at compsecsmnw@gmail.com



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