



Warringah Amateur Swimming Association

Meet Programme

2019/20 Season

DATE	WARM UP	START	MEET	ENTRIES CLOSE
Saturday 21 September 2019	4.00 pm	4.30 pm	2019 SPRING CARNIVAL (WAC)	15/9/19
Saturday 23 November 2019	4.00 pm	4.30 pm	PENINSULA CHALLENGE 1 (WAC)	17/11/19
TBA	TBA	TBA	HANDICAP MEET (TBA)	TBA
Saturday 22 February 2020	4.00 pm	4.30 pm	JENNY OATES CHAMPIONSHIP MEET (WAC)	16/2/20
Saturday 14 March 2020	4.00 pm	4.30 pm	PENINSULA CHALLENGE 2 (WAC)	8/3/20
Saturday 19 September 2020	4.00 pm	4.30 pm	2020 SPRING CARNIVAL (WAC)	13/9/20

GENERAL CONDITIONS

1. Meets will be conducted under the Rules of WASA. Any swimmer who does not swim in accordance with the Rules will be disqualified. A copy of the Rules can be found on the WASA website: <http://www.warringahswimming.asn.au/>
2. **Entry Fees**
Indoor Meets \$4.00 per individual event; \$8.00 per relay event.
Outdoor Meets \$2.00 per individual event; \$4.00 per relay event.
3. **Warringah Aquatic Centre Pool Admission Costs**
Swimmers: \$2.80 Spectators: \$3.90
4. **Closing Dates for Entries**
Entries close as per the dates above on the Online Entry System, by 9.00 pm.
Entries without an entry time will not be accepted. Late entries will not be accepted.
Please note all entries must be submitted to your Club Race Secretary who will most likely require your entries earlier than the dates listed above.
5. **Conditions of Entry**
 - A. Swimmers must be registered members of a WASA affiliated swimming club.
 - B. Open events are open to all swimmers who meet the qualifying time.
 - C. Where an event has a qualifying time, intending swimmers must have recorded a better time than the qualifying time set.
6. **Relay Condition of Entry**
 - A. A mixed relay team must comprise at least one male and one female.
 - B. At all meets, a club may enter a maximum of two relay teams per event.
 - C. A Relay Entry Form must be filled out and submitted to the Recording Desk as per the requirements of each Meet.
7. **Determination of Age**
Age as at the day of the meet.

8. Medals and Ribbons

Medals will be awarded to 1st, 2nd and 3rd place getters in each age group. At the Handicap Meet, medals will be awarded to the first three place getters in each final. Ribbons will be awarded to 1st, 2nd and 3rd teams in relays.

A participation ribbon will be awarded to all non-medallists in the 6/U year category who compete in a 25m event at Peninsula Challenge Meets.

Note: 6/U is one category and medals will only be awarded to the 1st, 2nd and 3rd place getters in this age category.

9. Records

WASA Records will be recognised by the award of Record Certificate.

For Record purposes, age is determined as at the day of the meet.

10. Point Scores

A. Points for each meet (except the Handicap Meet) will be as follows:

Place	Individual Events	Place	Relays
1 st	8 points	1st	16 points
2 nd	7 points	2nd	14 points
3 rd	6 points	3rd	12 points
4 th	5 points	4th	10 points
5 th	4 points	5th	8 points
6 th	3 points	6th	6 points
7 th	2 points	7th	4 points
8th and greater	1 point	8th and greater	2 points

Where two or more swimmers (or teams) are placed equal, the appropriate points shall be allocated for that placing. The next numerical placing (and points) will be omitted.

Where a swimmer is disqualified, or does not achieve the qualifying time in an event with a qualifying time, no points will be awarded.

B. At the Handicap Meet, points will be as follows:

Place	Individual Finals	Place	Relays
1 st	8 points	1st	16 points
2 nd	7 points	2nd	14 points
3 rd	6 points	3rd	12 points
4 th	5 points	4th	10 points
5 th	4 points	5th	8 points
6 th and greater	3 points	6 th and greater	6 points

A swimmer will receive one point for each heat in which they compete.

Where a swimmer (or team) is disqualified, no points will be awarded.

11. Club Point Score

The Club Point Score will consist of points awarded for all events (as per 10A and 10B) during the season, with a Perpetual Trophy awarded to the champion club.

12. Perpetual Trophies

Will be awarded each year to the club with the highest points.

Meet	Trophy
Peninsula Challenge Meets 1 and 2	Curly Meakin Trophy
Handicap Meet	Isa Wye Memorial Trophy
Jenny Oates Championship Meet	Jenny Oates Memorial Trophy
Combined point score of the above	Warringah Trophy

13. Age and Open Champions – Jenny Oates Championship Meet

Points will be awarded to swimmers in each 50 metre event they swim in. These points will count towards the Age Champion Point Score for 6/U, 7, 8, 9, 10, 11, 12, 13, 14, 15-29 and 30/O years.

Points will be awarded to swimmers in each open event in which they swim, and will count towards the Open Champion Point Score.

WARRINGAH AMATEUR SWIMMING ASSOCIATION

2019 SPRING CARNIVAL (FINAL MEET OF THE 2018/19 SEASON)

21 September 2019 / Warringah Aquatic Centre / Warm-Up: 4.00 pm, Start 4.30 pm

Males	Females	Age Group	Event	Qualifying Time	Entry Time
1	2	6U-7	25m Freestyle		
3	4	8-10	50m Freestyle		
5	6	11-14	50m Freestyle		
7	8	6U-7	25m Backstroke		
9	10	8-10	50m Backstroke		
11	12	11-14	50m Backstroke		
13	14	6U-7	25m Breaststroke		
15	16	8-10	50m Breaststroke		
17	18	11-14	50m Breaststroke		
19	20	6U-7	25m Butterfly		
21	22	8-10	50m Butterfly		
23	24	11-14	50m Butterfly		
25	26	14/U	100m Freestyle	1:30.00 (B/G)	
	27	8/U	4x25m Freestyle Relay		
	28	10/U	4x50m Freestyle Relay		
	29	12/U	4x50m Freestyle Relay		
	30	14/U	4x50m Freestyle Relay		

Entry Details – include entry times in the table above.

Name:		Club:
DOB:	Age:	Gender:
Club Closing Date:		WASA Closing Date: 15/9/19

- Age as at the date of the meet.
- Entry Fees: Individual events: \$4.00, Relay events \$8.00 per team.
- Relay forms are to be collected from the Recording Desk, completed and returned to the Recording Desk before the conclusion of Event 10. Teams who do not submit a relay form will not be permitted to swim.

PLEASE SUBMIT YOUR ENTRIES TO YOUR CLUB RACE SECRETARY IN ADVANCE OF THE CLOSING DATE LISTED ABOVE.

WARRINGAH AMATEUR SWIMMING ASSOCIATION

PENINSULA CHALLENGE 1 (FIRST MEET OF THE 2019/20 SEASON)

23 November 2019 / Warringah Aquatic Centre / Warm-Up: 4.00 pm, Start 4.30 pm

Males	Females	Age Group	Event	Qualifying Time	Entry Time
1	2	8-10	100m Individual Medley	1:55.00	
3	4	11-14	100m Individual Medley	1:30.00	
5	6	15/O	100m Individual Medley	1:25.00	
7	8	6/U-7	25m Freestyle		
9	10	8-10	50m Freestyle		
11	12	11-14	50m Freestyle		
13	14	15/O	50m Freestyle		
15	16	6/U-7	25m Backstroke		
17	18	8-10	50m Backstroke		
19	20	11-14	50m Backstroke		
21	22	15/O	50m Backstroke		
23		8/U	4x25m Freestyle Relay		
24		10/U	4x50m Freestyle Relay		
25	26	15/O	50m Butterfly		
27	28	12-14	50m Butterfly		
29	30	10-11	50m Butterfly		
31	32	7-9	25m Butterfly		
33	34	15/O	50m Breaststroke		
35	36	12-14	50m Breaststroke		
37	38	10-11	50m Breaststroke		
39	40	7-9	25m Breaststroke		
41		12/U	4x50m Freestyle Relay		
42		14/U	4x50m Freestyle Relay		
43		OPEN	4x50 Freestyle Relay		
Entry Details – include entry times in the table above.					
Name:			Club:		
DOB:		Age:		Gender:	
Club Closing Date:			WASA Closing Date: 17/11/19		

- Age as at the date of the meet.
- Entry Fees: Individual events: \$4.00, Relay events \$8.00 per team.
- Relay forms are to be collected from the Recording Desk, completed and returned to the Recording Desk before the conclusion of Event 10. Teams which do not submit a relay form will not be permitted to swim.
- The minimum age for 25m butterfly and breaststroke events is 7 years.

PLEASE SUBMIT YOUR ENTRIES TO YOUR CLUB RACE SECRETARY IN ADVANCE OF THE CLOSING DATE LISTED ABOVE.

WARRINGAH AMATEUR SWIMMING ASSOCIATION

HANDICAP MEET

TBA / TBA / Start: TBA

Event	Event		Entry Restrictions	Entry Time	BBB Stroke
1	15m Freestyle	Heats	Bubble swimmers allowed		N/A
2	25m Freestyle	Heats			N/A
3	15m Freestyle	Finals			N/A
4	25m Freestyle	Finals			N/A
5	50m Freestyle	Heats	Maximum entry time: 70 seconds		N/A
6	8x50m Club Relay	14/U			N/A
7	50m Freestyle	Finals			N/A
8	15m Back/Breast/Fly	Heats			
9	25m Back/Breast/Fly	Heats			
10	15m Back/Breast/Fly	Finals			
11	25m Back/Breast/Fly	Finals			
12	50m Back/Breast/Fly	Heats	Maximum entry time: 80 seconds		
13	8x50m Club Relay	Open	Maximum two teams per club		N/A
14	50m Back/Breast/Fly	Finals			

Entry Details – include entry times in the table above.			
Name:		Club:	
DOB:	Age:	Gender:	
Club Closing Date:		WASA Closing Date: TBA	

RULES

1. Entry times must be in whole seconds, or minutes and whole seconds
2. For BBB events, the stroke must be indicated on the entry form. BBB Stroke column.
3. If a swimmer times two seconds faster than their entry time, the swimmer will be disqualified. Times slower than the entry time are acceptable.
4. Finals will be held for all individual events. 1st and 2nd place in each heat will automatically proceed to the Finals. Additional lanes in a final may be filled by swimmers who are best placed and have swum “best break times”.
 - Age as at the day of the meet.
 - Entry Fees: Individual events: \$2.00, Relay events \$4.00 per team.
 - Relay forms are to be collected from the Recording Desk, completed and returned to the Recording Desk before the conclusion of Event 4.

PLEASE SUBMIT YOUR ENTRIES TO YOUR CLUB RACE SECRETARY IN ADVANCE OF THE CLOSING DATE LISTED ABOVE.

**WARRINGAH AMATEUR SWIMMING ASSOCIATION
JENNY OATES CHAMPIONSHIP MEET**

22 February 2020 / Warringah Aquatic Centre / Warm-Up: 4.00 pm, Start 4.30 pm

Males	Females	Age Group	Event	Qualifying Time	Entry Time
1	2	Open	100m Freestyle	1:25.00 (M), 1:30.00 (F)	
3	4	6/U-9	50m Backstroke		
5	6	10/11	50m Backstroke		
7	8	12/13	50m Breaststroke		
9	10	14-29	50m Breaststroke		
11	12	30 & Over	50m Breaststroke		
13	14	Open	100m Backstroke	1:35.00 (M), 1:40.00 (F)	
15	16	6/U-9	50m Freestyle		
17	18	10/11	50m Freestyle		
19	20	12/13	50m Butterfly		
21	22	14-29	50m Butterfly		
23	24	30 & Over	50m Butterfly		
25	26	Open	100m Breaststroke	1:45.00 (M), 1:50.00 (F)	
27	28	10/U	4x50m Freestyle Relay		
29	30	12/U	4x50m Freestyle Relay		
31	32	Open	4x50m Freestyle Relay		
33	34	7-9	50m Breaststroke		
35	36	10/11	50m Breaststroke		
37	38	Open	100m Butterfly	1:30.00 (M), 1:40.00 (F)	
39	40	12/13	50m Backstroke		
41	42	14-29	50m Backstroke		
43	44	30 & Over	50m Backstroke		
45	46	8/9	50m Butterfly		
47	48	10/11	50m Butterfly		
49	50	Open	200m Individual Medley	3:25.00 (M), 3:30.00 (F)	
51	52	12/13	50m Freestyle		
53	54	14-29	50m Freestyle		
55	56	30 & Over	50m Freestyle		

Entry Details – include entry times in the table above.			
Name:		Club:	
DOB:	Age:	Gender:	
Club Closing Date:		WASA Closing Date: 16/2/20	

- Age as at the date of the meet.
- Entry Fees: Individual events: \$4.00, Relay events \$8.00 per team.
- Relay forms are to be collected from the Recording Desk, completed and returned to the Recording Desk before the conclusion of Event 10. Teams which do not submit a relay form will not be permitted to swim.
- The minimum age for Events 33 and 34 is 7 years, and Events 45 and 46 is 8 years.

PLEASE SUBMIT YOUR ENTRIES TO YOUR CLUB RACE SECRETARY IN ADVANCE OF THE CLOSING DATE LISTED ABOVE.

WARRINGAH AMATEUR SWIMMING ASSOCIATION

PENINSULA CHALLENGE 2

14 March 2020 / Warringah Aquatic Centre / Warm-Up: 4.00 pm, Start 4.30 pm

Males	Females	Age Group	Event	Qualifying Time	Entry Time
1	2	8-10	100m Individual Medley	1:55.00	
3	4	11-14	100m Individual Medley	1:30.00	
5	6	15/O	100m Individual Medley	1:25.00	
7	8	6/U-7	25m Freestyle		
9	10	8-10	50m Freestyle		
11	12	11-14	50m Freestyle		
13	14	15/O	50m Freestyle		
15	16	6/U-7	25m Backstroke		
17	18	8-10	50m Backstroke		
19	20	11-14	50m Backstroke		
21	22	15/O	50m Backstroke		
23		8/U	4x25m Freestyle Relay		
24		10/U	4x50m Freestyle Relay		
25	26	15/O	50m Butterfly		
27	28	12-14	50m Butterfly		
29	30	10-11	50m Butterfly		
31	32	7-9	25m Butterfly		
33	34	15/O	50m Breaststroke		
35	36	12-14	50m Breaststroke		
37	38	10-11	50m Breaststroke		
39	40	7-9	25m Breaststroke		
41		12/U	4x50m Freestyle Relay		
42		14/U	4x50m Freestyle Relay		
43		OPEN	4x50 Freestyle Relay		

Entry Details – include entry times in the table above.			
Name:		Club:	
DOB:	Age:	Gender:	
Club Closing Date:		WASA Closing Date: 8/3/20	

- Age as at the date of the meet.
- Entry Fees: Individual events: \$4.00, Relay events \$8.00 per team.
- Relay forms are to be collected from the Recording Desk, completed and returned to the Recording Desk before the conclusion of Event 10. Teams which do not submit a relay form will not be permitted to swim.
- The minimum age for 25m butterfly and breaststroke events is 7 years.

PLEASE SUBMIT YOUR ENTRIES TO YOUR CLUB RACE SECRETARY IN ADVANCE OF THE CLOSING DATE LISTED ABOVE.

WARRINGAH AMATEUR SWIMMING ASSOCIATION

2020 SPRING CARNIVAL (FINAL MEET OF THE 2019/20 SEASON)

19 September 2020 / Warringah Aquatic Centre / Warm-Up: 4.00 pm, Start 4.30 pm

Boys	Girls	Age Group	Event	Qualifying Time	Entry Time
1	2	6U-7	25m Freestyle		
3	4	8-10	50m Freestyle		
5	6	11-14	50m Freestyle		
7	8	6U-7	25m Backstroke		
9	10	8-10	50m Backstroke		
11	12	11-14	50m Backstroke		
13	14	6U-7	25m Breaststroke		
15	16	8-10	50m Breaststroke		
17	18	11-14	50m Breaststroke		
19	20	6U-7	25m Butterfly		
21	22	8-10	50m Butterfly		
23	24	11-14	50m Butterfly		
25	26	14/U	100m Freestyle	1:30.00 (B/G)	
27		8/U	4x25m Freestyle Relay		
28		10/U	4x50m Freestyle Relay		
29		12/U	4x50m Freestyle Relay		
30		14/U	4x50m Freestyle Relay		

Entry Details – include entry times in the table above.			
Name:		Club:	
DOB:	Age:	Gender:	
Club Closing Date:		WASA Closing Date: 13/9/20	

- Age as at the date of the meet.
- Entry Fees: Individual events: \$4.00, Relay events \$8.00 per team.
- Relay forms are to be collected from the Recording Desk, completed and returned to the Recording Desk before the conclusion of Event 10. Teams who do not submit a relay form will not be permitted to swim.

PLEASE SUBMIT YOUR ENTRIES TO YOUR CLUB RACE SECRETARY IN ADVANCE OF THE CLOSING DATE LISTED ABOVE.