



Warringah Amateur Swimming Association Inc

HANDICAP MEET

Freshwater Rock Pool – 25 January 2019

SWIMMERS MUST BE AWARE OF THE PROCEDURES LISTED BELOW.

Warm-Up Procedure

Warm-up commences at 4.30 pm. Meet starts at 5.00pm

- In the Competition Pool, all lanes are strictly “NO DIVING”, with entry to the land “feet first from a sitting position”.
- Swimmers may only push “start”.
- Swimmers must KEEP LEFT at all times.

Marshalling Procedures – Instructions to swimmers:

- Obtain a program from the WASA website and check your name for each Event you entered.
- Note your Heat and Lane numbers.
- LISTEN to all announcements.
- In the Marshalling Area, swimmers are expected to LISTEN to the Marshals.
- Coaches and/or parents are NOT PERMITTED in the Marshalling Area. A representative from each Club is permitted in the Marshalling Area for relay events.
- Marshalling for the Individual events is at the ocean end of the pool, Marshalling for the Relay events is at the beach end of the pool

Important Notes:

- Swimmers must PAY ATTENTION to the Check Starter’s instructions and swim in the correct heat and lane. Failure to do this may incur disqualification.
- At the end of the race, swimmers must listen to the Referee’s signal and LEAVE THE WATER BY THE SIDE OF THE POOL.
- **Mixed relay teams:** must comprise of at least one male and one female swimmer.

Timekeeping Allocation (1 per lane):

Lane 1	Avalon Bilgola	Lane 5	Narrabeen Lakes
Lane 2	Avalon Bilgola	Lane 6	Northern Beaches
Lane 3	Freshwater	Lane 7	Northern Beaches
Lane 4	Narrabeen Lakes		

Starting Instructions

- 1 When the swimmers have been placed behind the starting platforms, the Starter will announce the Event and Heat Number (eg, Event 5, Heat 2).
- 2 On the long whistle from the Referee/Starter, the swimmers will step to edge of the pool and remain there. For Backstroke events, swimmers shall immediately enter the water and at the second long whistle will return to the starting position at the wall.
- 3 On the Starter's command "Take your Marks", swimmers will immediately take up their starting positions with at least one foot at the front of the starting platform, or in the case of a Backstroke event, their starting position in the water.
- 4 When all swimmers are stationary, the Starter shall give the starting signal (GO).
- 5 Any swimmer starting before the starting signal has been given or their handicap has been called shall be disqualified. If the swimmer returns to the wall and restarts will not be disqualified.
- 6 Swimmers must finish in the lane in which they start and remain in the water in their lanes at the finish of the event. On the signal from the Referee/Judge, swimmers are to leave the water by the side of the pool.

Disqualifications

A swimmer may be disqualified for:

- Starting before GO or their Handicap
- Stroke infractions
- **Swimming faster than their Entry time by more than 2 seconds**

Other Info

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".

Relay forms are to be collected from the Recording Desk, completed and returned to the Recording Desk before the conclusion of Event 4.

Results will be available on the WASA website after the meet

WASA Handicap Meet Races Listing

Event: 1 - 15m Freestyle Individual Heat Race: 1

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Ava Molden	NL	25	0	F/S			
2	Edie Freeman	NL	23	2	F/S			
3	Lily Molden	NL	23	2	F/S			
4	Liam Durkin	NB	22	3	F/S			

Event: 2 - 25m Freestyle Individual Heat Race: 1

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Rueben Van Den Berg	NL	50	0	F/S			
2	Henry Lonngren	F	50	0	F/S			
3	Aubrey Miller	NB	43	7	F/S			
4	Audrey Lonngren	F	39	11	F/S			
5	Avalon Plummer	F	39	11	F/S			
6	Zander Van Den Berg	NL	35	15	F/S			

Event: 2 - 25m Freestyle Individual Heat Race: 2

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Lotti Routledge	AB	34	0	F/S			
2	Claire Learmouth	NB	33	1	F/S			
3	Alyssa Elliott	AB	30	4	F/S			
4	Kaia Lee	F	30	4	F/S			
5	Noah Fisher	F	26	8	F/S			
6	Elisha Durkin	NB	22	12	F/S			

Event: 3 - 15m Freestyle Individual Final Race: 1

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Ava Molden	NL	25	0	F/S			
2	Lily Molden	NL	23	2	F/S			
3	Edie Freeman	NL	23	2	F/S			
4	Liam Durkin	NB	22	3	F/S			

Event: 4 - 25m Freestyle Individual Final Race: 1

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
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Event: 5 - 50m Freestyle Individual Heat Race: 1

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Cameron Howard	NL	75	0	F/S			
2	Asali Harris	AB	70	5	F/S			
3	Milo Westcar	NB	67	8	F/S			
4	Bella Freeman	NL	65	10	F/S			
5	Sarah Molden	NL	63	12	F/S			
6	Tida Dhanommitrapap	COL	61	14	F/S			
7	Jai Wake	AB	58	17	F/S			

Event: 5 - 50m Freestyle Individual Heat Race: 2

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Sarah Freeman	NL	58	0	F/S			
2	Natasha Howard	NL	58	0	F/S			
3	Nicole Vander Reyden	AB	57	1	F/S			
4	Isla Harris	AB	55	3	F/S			
5	Kurt Harvey	NB	55	3	F/S			
6	James Howard	NL	55	3	F/S			
7	Elisa Van Den Berg	NL	53	5	F/S			

Event: 5 - 50m Freestyle Individual Heat Race: 3

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Conor Mulcahy	NB	51	0	F/S			
2	Vivienne Wark	F	51	0	F/S			
3	Heidi Harvey	NB	50	1	F/S			
4	Jimmy Mozes	NB	50	1	F/S			
5	Nicole Gillmer	COL	50	1	F/S			
6	Susie Wendt	COL	49	2	F/S			
7	Helen Rutlidge	NL	48	3	F/S			

Event: 5 - 50m Freestyle Individual Heat Race: 4

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Avalon Lee	F	48	0	F/S			
2	Tim Knight	COL	47	1	F/S			
3	Milla Bonasera	F	47	1	F/S			
4	Michelle Learmouth	NB	46	2	F/S			
5	Nathan Learmouth	NB	46	2	F/S			
6	Michael Pek	NL	46	2	F/S			
7	Freddie Fisher	F	45	3	F/S			

Event: 5 - 50m Freestyle Individual Heat Race: 5

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Lucy Kemp	F	45	0	F/S			
2	Hayley Ludgate	NB	44	1	F/S			
3	Deborah Howard	NL	44	1	F/S			
4	Emily Djember	F	43	2	F/S			
5	Sophia Maurer	NB	42	3	F/S			
6	Jem Wake	AB	41	4	F/S			
7	Alexis Harvey	NB	41	4	F/S			

Event: 5 - 50m Freestyle Individual Heat Race: 6

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Brigette Mozes	NB	41	0	F/S			
2	Yvette Audet	NL	41	0	F/S			
3	Jasper Routledge	AB	40	1	F/S			
4	Emily Audet	NL	40	1	F/S			
5	Hannah Bennett	NL	40	1	F/S			
6	Tahli Elliott	AB	39	2	F/S			
7	Phoebe Onn	F	39	2	F/S			

Event: 5 - 50m Freestyle Individual Heat Race: 7

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Fionn Lehane	F	38	0	F/S			
2	Abby Cooper	AB	37	1	F/S			
3	Helen Ludgate	NB	37	1	F/S			
4	Matt Westcar	NB	37	1	F/S			
5	Molly Molloy	AB	36	2	F/S			
6	Daniel Harris	AB	36	2	F/S			
7	Harry Mozes	NB	36	2	F/S			

Event: 5 - 50m Freestyle Individual Heat Race: 8

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Fiona Mulcahy	NB	36	0	F/S			
2	Will Mc Creery	AB	35	1	F/S			
3	Krystal Elliott	AB	35	1	F/S			
4	Oliver Ludgate	NB	35	1	F/S			
5	Zara Durkin	NB	35	1	F/S			
6	Jodie Bennett	NL	35	1	F/S			
7	Markus Sampson	AB	35	1	F/S			

Event: 5 - 50m Freestyle Individual Heat Race: 9

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Kai Dudley	F	35	0	F/S			
2	Mia Soussou	F	35	0	F/S			
3	Daniel Elliott	AB	34	1	F/S			
4	Maddie Wark	F	34	1	F/S			
5	Katherine Lonngren	F	34	1	F/S			
6	Abbi Sweet	NB	33	2	F/S			
7	Andie Bonasera	F	33	2	F/S			

Event: 5 - 50m Freestyle Individual Heat Race: 10

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Eve Harvey	NB	32	0	F/S			
2	Richard Vander Reyden	AB	32	0	F/S			
3	Liam Lehane	F	32	0	F/S			
4	Jarraah Wake	AB	31	1	F/S			
5	Jaslyn Plummer	F	31	1	F/S			
6	Shane Harvey	NB	29	3	F/S			

Event: 7 - 50m Freestyle Individual Final Race: 1

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
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Event: 7 - 50m Freestyle Individual Final Race: 2

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
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Event: 7 - 50m Freestyle Individual Final Race: 3

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
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Event: 8 - 15m BBB Individual Heat Race: 1

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Henry Lonngren	F	54	0	BCK			

Event: 9 - 25m BBB Individual Heat Race: 1

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Rueben Van Den Berg	NL	52	0	BRS			
2	Cameron Howard	NL	50	2	BRS			
3	Aubrey Miller	NB	49	3	BCK			
4	Avalon Plummer	F	47	5	BRS			
5	Alyssa Elliott	AB	44	8	BFY			
6	Lotti Routledge	AB	43	9	BRS			

Event: 9 - 25m BBB Individual Heat Race: 2

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Asali Harris	AB	43	0	BRS			
2	Zander Van Den Berg	NL	40	3	BRS			
3	Kurt Harvey	NB	37	6	BRS			
4	Audrey Lonngren	F	36	7	BCK			
5	Kaia Lee	F	33	10	BRS			
6	Noah Fisher	F	29	14	BCK			

Event: 10 - 15m BBB Individual Final Race: 1

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Henry Lonngren	F	54	0	BCK			

Event: 11 - 25m BBB Individual Final Race: 1

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
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Event: 12 - 50m BBB Individual Heat Race: 1

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Jai Wake	AB	79	0	BRS			
2	Vivienne Wark	F	79	0	BFY			
3	Natasha Howard	NL	77	2	BRS			
4	Nathan Learmouth	NB	75	4	BRS			
5	Tida Dhanommitrapap	COL	75	4	BRS			
6	Conor Mulcahy	NB	74	5	BRS			

Event: 12 - 50m BBB Individual Heat Race: 2

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Nicole Vander Reyden	AB	72	0	BRS			
2	Sarah Freeman	NL	70	2	BRS			
3	James Howard	NL	70	2	BRS			
4	Sarah Molden	NL	67	5	BCK			
5	Isla Harris	AB	65	7	BRS			
6	Jimmy Mozes	NB	65	7	BFY			

Event: 12 - 50m BBB Individual Heat Race: 3

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Nicole Gillmer	COL	64	0	BRS			
2	Jem Wake	AB	62	2	BRS			
3	Heidi Harvey	NB	62	2	BCK			
4	Brigette Mozes	NB	62	2	BRS			
5	Helen Rutlidge	NL	62	2	BCK			
6	Sophia Maurer	NB	60	4	BRS			

Event: 12 - 50m BBB Individual Heat Race: 4

Lane	Entry	Club	Entry Time	HCP		Unofficial Time	Official Time	Official Place	DQ
1	Avalon Lee	F	60	0	BFY				
2	Susie Wendt	COL	60	0	BRS				
3	Emily Audet	NL	59	1	BRS				
4	Hannah Bennett	NL	59	1	BRS				
5	Deborah Howard	NL	59	1	BRS				
6	Elisa Van Den Berg	NL	58	2	BCK				

Event: 12 - 50m BBB Individual Heat Race: 5

Lane	Entry	Club	Entry Time	HCP		Unofficial Time	Official Time	Official Place	DQ
1	Hayley Ludgate	NB	57	0	BRS				
2	Michelle Learmouth	NB	57	0	BRS				
3	Freddie Fisher	F	57	0	BRS				
4	Lucy Kemp	F	57	0	BRS				
5	Phoebe Onn	F	56	1	BCK				
6	Emily Djember	F	56	1	BFY				

Event: 12 - 50m BBB Individual Heat Race: 6

Lane	Entry	Club	Entry Time	HCP		Unofficial Time	Official Time	Official Place	DQ
1	Jasper Routledge	AB	55	0	BRS				
2	Maddie Wark	F	54	1	BRS				
3	Tim Knight	COL	54	1	BCK				
4	Milla Bonasera	F	54	1	BRS				
5	Tahli Elliott	AB	53	2	BRS				
6	Alexis Harvey	NB	52	3	BRS				

Event: 12 - 50m BBB Individual Heat Race: 7

Lane	Entry	Club	Entry Time	HCP		Unofficial Time	Official Time	Official Place	DQ
1	Yvette Audet	NL	52	0	BRS				
2	Abby Cooper	AB	51	1	BFY				
3	Fionn Lehane	F	50	2	BRS				
4	Molly Molloy	AB	49	3	BRS				
5	Katherine Lonngren	F	48	4	BCK				
6	Daniel Harris	AB	47	5	BRS				

Event: 12 - 50m BBB Individual Heat Race: 8

Lane	Entry	Club	Entry Time	HCP		Unofficial Time	Official Time	Official Place	DQ
1	Helen Ludgate	NB	47	0	BRS				
2	Harry Mozes	NB	47	0	BFY				
3	Abbi Sweet	NB	47	0	BRS				
4	Mia Soussou	F	47	0	BCK				
5	Will Mc Creery	AB	45	2	BCK				
6	Markus Sampson	AB	45	2	BRS				

Event: 12 - 50m BBB Individual Heat Race: 9

Lane	Entry	Club	Entry Time	HCP		Unofficial Time	Official Time	Official Place	DQ
1	Liam Lehane	F	45	0	BRS				
2	Daniel Elliott	AB	44	1	BRS				
3	Oliver Ludgate	NB	44	1	BRS				
4	Jodie Bennett	NL	43	2	BFY				
5	Krystal Elliott	AB	42	3	BCK				
6	Richard Vander Reyden	AB	40	5	BRS				

Event: 12 - 50m BBB Individual Heat Race: 10

Lane	Entry	Club	Entry Time	HCP		Unofficial Time	Official Time	Official Place	DQ
1	Zara Durkin	NB	39	0	BCK				
2	Kai Dudley	F	39	0	BFY				
3	Jarraah Wake	AB	38	1	BFY				
4	Andie Bonasera	F	38	1	BFY				
5	Jaslyn Plummer	F	35	4	BRS				

Event: 14 - 50m BBB Individual Final Race: 1

Lane	Entry	Club	Entry Time	HCP		Unofficial Time	Official Time	Official Place	DQ
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Event: 14 - 50m BBB Individual Final Race: 2

Lane	Entry	Club	Entry Time	HCP		Unofficial Time	Official Time	Official Place	DQ
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Event: 14 - 50m BBB Individual Final Race: 3

Lane	Entry	Club	Entry Time	HCP		Unofficial Time	Official Time	Official Place	DQ
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