



Warringah Amateur Swimming Association Inc

HANDICAP MEET

Freshwater Rock Pool – 30 January 2021

SWIMMERS MUST BE AWARE OF THE PROCEDURES LISTED BELOW.

Warm-Up Procedure

Warm-up commences at 4.00 pm. Meet starts at 4.30pm

- 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 all events is at the ocean 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	Terrey Hills
Lane 3	Freshwater	Lane 7	Northern Beaches/Manly Ladies/CC
Lane 4	Freshwater		

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	Lucy Lonngren	F	51	0	F/S			
2	Brody Shepherd	ML	24	27	F/S			
3	Bradley Schutt	F	19	32	F/S			
4	Ben Coassin	NB	19	32	F/S			

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

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Henry Lonngren	F	44	0	F/S			
2	Judd Wake	AB	38	6	F/S			
3	Lucas Gulla	AB	36	8	F/S			
4	Jake Gillett	CC	35	9	F/S			
5	Alastair Pearce	TH	35	9	F/S			
6	Chloe Gulla	AB	33	11	F/S			

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

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Ava Medcalf	TH	31	0	F/S			
2	Aubrey Miller	NB	30	1	F/S			
3	Cedric Poling	TH	25	6	F/S			
4	Max Schultes	F	25	6	F/S			
5	Nate Shepherd	ML	22	9	F/S			

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

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Lucy Lonngren	F	51	0	F/S			
2	Brody Shepherd	ML	24	27	F/S			
3	Bradley Schutt	F	19	32	F/S			
4	Ben Coassin	NB	19	32	F/S			

Event: 5 - 50m Freestyle Individual Heat Race: 1

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Rueben Van Den Berg	NL	73	0	F/S			
2	Zander Van Den Berg	NL	70	3	F/S			
3	Claire Learmouth	NB	68	5	F/S			
4	Cameron Howard	NL	67	6	F/S			
5	Lotti Routledge	AB	65	8	F/S			
6	Asali Harris	AB	62	11	F/S			

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

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Emily Gillett	CC	59	0	F/S			
2	Alyssa Elliott	AB	59	0	F/S			
3	Eva Watts	AB	58	1	F/S			
4	Minnie Borrell	F	57	2	F/S			
5	Priya Davidson	F	57	2	F/S			
6	Sarah Learmouth	NB	57	2	F/S			

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

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Amelia Bousie	F	55	0	F/S			
2	Nicole Vander Reyden	AB	54	1	F/S			
3	Audrey Lonngren	F	54	1	F/S			
4	Kaia Lee	F	53	2	F/S			
5	Billy Coassin	NB	53	2	F/S			
6	Elisa Van Den Berg	NL	52	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	Beau Potter	F	52	0	F/S			
2	Frankie Davis	AB	51	1	F/S			
3	Jai Wake	AB	50	2	F/S			
4	Isla Harris	AB	48	4	F/S			
5	Natasha Howard	NL	48	4	F/S			

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

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Bianca Schutt	F	48	0	F/S			
2	Helen Pek	NL	47	1	F/S			
3	Callum Poling	TH	46	2	F/S			
4	Heath Schutt	F	46	2	F/S			
5	James Howard	NL	45	3	F/S			

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

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Vivienne Wark	F	45	0	F/S			
2	Jasper Dunbar	F	45	0	F/S			
3	Marlon Watts	AB	44	1	F/S			
4	Willow Davis	AB	44	1	F/S			
5	Deborah Howard	NL	44	1	F/S			

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

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Syan Christie	TH	44	0	F/S			
2	Leo Stanford	TH	44	0	F/S			
3	Ruby Thomson	F	44	0	F/S			
4	Tyler Ennor	F	43	1	F/S			
5	Max Thomson	F	43	1	F/S			

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

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Maiia Salbieva	COL	42	0	F/S			
2	Nathan Learmouth	NB	41	1	F/S			
3	Paige Davis	AB	40	2	F/S			
4	Hannah Bennett	NL	40	2	F/S			
5	Jem Wake	AB	39	3	F/S			

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

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Makenzie Pedersen	TH	39	0	F/S			
2	Kalani Ribeiro	F	39	0	F/S			
3	Emily Djember	F	39	0	F/S			
4	Ewan Humphreys	F	39	0	F/S			
5	Tahli Elliott	AB	36	3	F/S			

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

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Jasper Routledge	AB	36	0	F/S			
2	Daniel Harris	AB	36	0	F/S			
3	Jodie Bennett	NL	36	0	F/S			
4	Phoebe Onn	F	36	0	F/S			
5	Jake Ennor	F	36	0	F/S			

Event: 5 - 50m Freestyle Individual Heat Race: 11

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Makayla Pedersen	TH	35	0	F/S			
2	Ophelia Odell	AB	35	0	F/S			
3	Sebastian Schultes	F	35	0	F/S			
4	Chris Potter	F	35	0	F/S			
5	James Bousie	F	35	0	F/S			

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

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Will Mc Creery	AB	34	0	F/S			
2	Kirilee Stanford	TH	34	0	F/S			
3	Kai Dudley	F	34	0	F/S			
4	Fionn Lehane	F	34	0	F/S			
5	Katherine Lonngren	F	34	0	F/S			

Event: 5 - 50m Freestyle Individual Heat Race: 13

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Krystal Elliott	AB	33	0	F/S			
2	Daniel Elliott	AB	33	0	F/S			
3	Molly Molloy	AB	33	0	F/S			
4	Olivia Finn	TH	33	0	F/S			
5	Maddie Wark	F	33	0	F/S			

Event: 5 - 50m Freestyle Individual Heat Race: 14

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Richard Vander Reyden	AB	33	0	F/S			
2	Noah Lawton	TH	32	1	F/S			
3	Ben Davis	AB	31	2	F/S			
4	Keith Coassin	NB	31	2	F/S			
5	Jarraah Wake	AB	29	4	F/S			

Event: 8 - 15m BBB Individual Heat Race: 1

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Brody Shepherd	ML	29	0	BCK			
2	Ben Coassin	NB	26	3	BCK			

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

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Max Schultes	F	60	0	BRS			
2	Henry Lonngren	F	50	10	BRS			
3	Lucas Gulla	AB	47	13	BRS			
4	Alastair Pearce	TH	45	15	BRS			
5	Rueben Van Den Berg	NL	44	16	BRS			
6	Ava Medcalf	TH	41	19	BRS			

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

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Chloe Gulla	AB	41	0	BRS			
2	Lotti Routledge	AB	40	1	BRS			
3	Nate Shepherd	ML	40	1	BRS			
4	Aubrey Miller	NB	39	2	BCK			
5	Emily Gillett	CC	37	4	BCK			
6	Billy Coassin	NB	37	4	BRS			

Event: 9 - 25m BBB Individual Heat Race: 3

Lane	Entry	Club	Entry Time	HCP		Unofficial Time	Official Time	Official Place	DQ
1	Bianca Schutt	F	32	0	BCK				
2	Cedric Poling	TH	32	0	BRS				
3	Alyssa Elliott	AB	32	0	BRS				
4	Heath Schutt	F	32	0	BCK				
5	Amelia Bousie	F	31	1	BCK				

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

Lane	Entry	Club	Entry Time	HCP		Unofficial Time	Official Time	Official Place	DQ
1	Brody Shepherd	ML	29	0	BCK				
2	Ben Coassin	NB	26	3	BCK				

Event: 12 - 50m BBB Individual Heat Race: 1

Lane	Entry	Club	Entry Time	HCP		Unofficial Time	Official Time	Official Place	DQ
1	Minnie Borrell	F	103	0	BRS				
2	Audrey Lonngren	F	91	12	BRS				
3	Cameron Howard	NL	85	18	BRS				
4	Sarah Learmouth	NB	83	20	BCK				
5	Claire Learmouth	NB	83	20	BCK				
6	Asali Harris	AB	80	23	BRS				
7	Natasha Howard	NL	80	23	BRS				

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

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Zander Van Den Berg	NL	80	0	BRS			
2	Eva Watts	AB	73	7	BCK			
3	Nicole Vander Reyden	AB	73	7	BRS			
4	Frankie Davis	AB	72	8	BRS			
5	James Howard	NL	67	13	BRS			
6	Priya Davidson	F	67	13	BCK			
7	Jai Wake	AB	65	15	BRS			

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

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Kaia Lee	F	65	0	BRS			
2	Elisa Van Den Berg	NL	61	4	BCK			
3	Tyler Ennor	F	61	4	BRS			
4	Beau Potter	F	61	4	BCK			
5	Vivienne Wark	F	61	4	BRS			
6	Makenzie Pedersen	TH	60	5	BRS			
7	Leo Stanford	TH	60	5	BRS			

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

Lane	Entry	Club	Entry Time	HCP		Unofficial Time	Official Time	Official Place	DQ
1	Max Thomson	F	60	0	BRS				
2	Marlon Watts	AB	59	1	BRS				
3	Willow Davis	AB	59	1	BRS				
4	Isla Harris	AB	59	1	BRS				
5	Callum Poling	TH	59	1	BRS				
6	Jake Ennor	F	58	2	BRS				
7	Ruby Thomson	F	58	2	BRS				

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

Lane	Entry	Club	Entry Time	HCP		Unofficial Time	Official Time	Official Place	DQ
1	Nathan Larmouth	NB	58	0	BCK				
2	Deborah Howard	NL	57	1	BCK				
3	Helen Pek	NL	57	1	BCK				
4	Jasper Dunbar	F	56	2	BRS				
5	Ewan Humphreys	F	56	2	BRS				
6	Syan Christie	TH	53	5	BFY				
7	Tahli Elliott	AB	51	7	BRS				

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

Lane	Entry	Club	Entry Time	HCP		Unofficial Time	Official Time	Official Place	DQ
1	Kalani Ribeiro	F	51	0	BRS				
2	Maddie Wark	F	51	0	BRS				
3	James Bousie	F	51	0	BCK				
4	Jasper Routledge	AB	50	1	BRS				
5	Maiia Salbieva	COL	50	1	BCK				
6	Katherine Lonngren	F	50	1	BRS				
7	Hannah Bennett	NL	49	2	BCK				

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

Lane	Entry	Club	Entry Time	HCP		Unofficial Time	Official Time	Official Place	DQ
1	Fionn Lehane	F	49	0	BRS				
2	Will Mc Creery	AB	48	1	BFY				
3	Ophelia Odell	AB	47	2	BRS				
4	Chris Potter	F	47	2	BRS				
5	Nikki English	TH	46	3	BRS				
6	Kirilee Stanford	TH	46	3	BRS				
7	Sebastian Schultes	F	46	3	BRS				

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

Lane	Entry	Club	Entry Time	HCP		Unofficial Time	Official Time	Official Place	DQ
1	Jem Wake	AB	45	0	BFY				
2	Daniel Harris	AB	45	0	BRS				
3	Olivia Finn	TH	45	0	BCK				
4	Phoebe Onn	F	45	0	BFY				
5	Emily Djember	F	45	0	BCK				
6	Daniel Elliott	AB	44	1	BRS				

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

Lane	Entry	Club	Entry Time	HCP		Unofficial Time	Official Time	Official Place	DQ
1	Paige Davis	AB	43	0	BFY				
2	Jodie Bennett	NL	43	0	BFY				
3	Molly Molloy	AB	43	0	BFY				
4	Ben Davis	AB	43	0	BRS				
5	Noah Lawton	TH	42	1	BRS				
6	Keith Coassin	NB	42	1	BRS				

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

Lane	Entry	Club	Entry Time	HCP		Unofficial Time	Official Time	Official Place	DQ
1	Richard Vander Reyden	AB	41	0	BRS				
2	Krystal Elliott	AB	40	1	BCK				
3	Makayla Pedersen	TH	39	2	BCK				
4	Kai Dudley	F	39	2	BFY				
5	Jarraah Wake	AB	35	6	BFY				
6	Jessica English	TH	34	7	BRS				