



## Warringah Amateur Swimming Association Inc

### HANDICAP MEET

Bilgola Rock Pool – 28 January 2023

**SWIMMERS MUST BE AWARE OF THE PROCEDURES LISTED BELOW.**

#### Warm-Up Procedure

**Warm-up commences at 8.30 am. Meet starts at 9.00am**

- 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	Avalon Bilgola
Lane 2	Avalon Bilgola	Lane 6	Curl Curl / Narrabeen Lakes
Lane 3	Avalon Bilgola	Lane 7	Northern Beaches / Collaroy
Lane 4	Avalon Bilgola		

## 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	Roger Laurich	AB	34	0	F/S			
2	Betty Davis	AB	34	0	F/S			

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

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Beau Russell	AB	56	0	F/S			
2	Clifford Gates	AB	52	4	F/S			
3	Hannah Newcombe	AB	41	15	F/S			
4	Louis Newton	NB	39	17	F/S			
5	Reid Hook	AB	30	26	F/S			

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

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Betty Davis	AB	34	0	F/S			
2	Roger Laurich	AB	34	0	F/S			

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

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Beau Russell	AB	56	0	F/S			
2	Clifford Gates	AB	52	4	F/S			
3	Hannah Newcombe	AB	41	15	F/S			
4	Louis Newton	NB	39	17	F/S			
5	Reid Hook	AB	30	26	F/S			

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

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Roy Laurich	AB	94	0	F/S			
2	Stirling Moss	AB	76	18	F/S			
3	Reed Edwards Stitt	AB	72	22	F/S			
4	Lizbeth Sutherland	AB	70	24	F/S			
5	William Mc Goldrick	AB	70	24	F/S			
6	Max Newton	NB	69	25	F/S			
7	Sia Piper	CC	68	26	F/S			

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

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Anne Kellick	AB	68	0	F/S			
2	Imogen Raymond	AB	67	1	F/S			
3	Austin Tranter	AB	65	3	F/S			
4	Vaughn Newcombe	AB	65	3	F/S			
5	Charlotte Hogan	CC	63	5	F/S			
6	Luke Stoddard	AB	59	9	F/S			
7	Ada Tranter	AB	58	10	F/S			

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

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Bill Laurich	AB	57	0	F/S			
2	Edison Newcombe	AB	57	0	F/S			
3	Melanie Moss	AB	57	0	F/S			
4	Cameron Howard	NL	57	0	F/S			
5	Colleen Lee	AB	56	1	F/S			
6	Thomas Hogan	CC	56	1	F/S			
7	Marley Hook	AB	55	2	F/S			

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

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Billie Wilson	AB	55	0	F/S			
2	Nicole Vander Reyden	AB	55	0	F/S			
3	Rhonda Campbell	AB	55	0	F/S			
4	Elisa Van Den Berg	NL	55	0	F/S			
5	Evie Russell	AB	53	2	F/S			
6	Alison Raffin	AB	53	2	F/S			
7	Debra Graham	NL	53	2	F/S			

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

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Maddie Myers	AB	52	0	F/S			
2	Alison Laurich	AB	51	1	F/S			
3	Bowie Gamble	AB	51	1	F/S			
4	Sarah Learmouth	NB	51	1	F/S			
5	Claire Learmouth	NB	51	1	F/S			
6	Flora Davies	AB	49	3	F/S			
7	Conor Sliman	AB	49	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	Helen Pek	NL	47	0	F/S			
2	Lee Anne Newcombe	AB	46	1	F/S			
3	Deborah Howard	NL	46	1	F/S			
4	Tyde Edwards Stitt	AB	45	2	F/S			
5	Michael Pek	NL	45	2	F/S			
6	Zara Leslie	AB	44	3	F/S			

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

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Gemma Gamble	AB	43	0	F/S			
2	Lincoln Piper	CC	43	0	F/S			
3	Alyssa Elliott	AB	42	1	F/S			
4	John Hogan	CC	42	1	F/S			
5	Mischa Woodley	COL	42	1	F/S			
6	Frankie Davis	AB	42	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	Rowan Sutherland	AB	41	0	F/S			
2	Michelle Gamble	AB	41	0	F/S			
3	Archer Marsh	AB	41	0	F/S			
4	Milla Raymond	AB	41	0	F/S			
5	Skye Nolan Brown	AB	41	0	F/S			
6	Anton Woodley	COL	41	0	F/S			

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

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Max Lee	AB	40	0	F/S			
2	Macy Brown	AB	40	0	F/S			
3	Harry Myers	AB	39	1	F/S			
4	Eisha Collier	AB	39	1	F/S			
5	Charlie Brown	AB	39	1	F/S			
6	Tatum Hegarty	AB	38	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	Danielle Lee	AB	38	0	F/S			
2	Nathan Learmouth	NB	38	0	F/S			
3	Siobhan Tranter	AB	37	1	F/S			
4	Sarah Myers	AB	37	1	F/S			
5	Emma Wilson	AB	37	1	F/S			
6	Makenzie Pedersen	AB	36	2	F/S			

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

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Willlow Davis	AB	36	0	F/S			
2	Harry Stoddard	AB	36	0	F/S			
3	Logan Thorncraft	COL	36	0	F/S			
4	Katinka Hook	AB	35	1	F/S			
5	Deborah Collins	AB	35	1	F/S			
6	Bianca Lee	AB	35	1	F/S			

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

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Molly Molloy	AB	34	0	F/S			
2	Leigh Woodley	COL	34	0	F/S			
3	Richard Vander Reyden	AB	34	0	F/S			
4	Bianca Raffin	AB	33	1	F/S			
5	Ben Raymond	AB	33	1	F/S			
6	Alex Newton	NB	33	1	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	32	0	F/S			
2	Makayla Pedersen	AB	32	0	F/S			
3	Tahli Elliott	AB	31	1	F/S			
4	Luke Russell	AB	31	1	F/S			
5	Ophelia Odell	AB	31	1	F/S			
6	Ben Davis	AB	31	1	F/S			

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

Lane	Entry	Club	Entry Time	HCP		Unofficial Time	Official Time	Official Place	DQ
1	Ashley Brown	AB	30	0	F/S				
2	Mark Newton	NB	30	0	F/S				
3	Lucas Gamble	AB	29	1	F/S				
4	Hudson Hegarty	AB	29	1	F/S				
5	Nick Myers	AB	28	2	F/S				
6	Glenn Piper	CC	26	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	Roger Laurich	AB	45	0	BRS				
2	Reid Hook	AB	38	7	BCK				
3	Beau Russell	AB	28	17	BFY				
4	Clifford Gates	AB	16	29	BCK				

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

Lane	Entry	Club	Entry Time	HCP		Unofficial Time	Official Time	Official Place	DQ
1	Louis Newton	NB	70	0	BCK				
2	Hannah Newcombe	AB	56	14	BRS				
3	Charlotte Hogan	CC	36	34	BCK				
4	Imogen Raymond	AB	36	34	BCK				
5	Thomas Hogan	CC	34	36	BCK				
6	Sia Piper	CC	33	37	BCK				

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

Lane	Entry	Club	Entry Time	HCP		Unofficial Time	Official Time	Official Place	DQ
1	Roger Laurich	AB	45	0	BRS				
2	Reid Hook	AB	38	7	BCK				
3	Beau Russell	AB	28	17	BFY				
4	Clifford Gates	AB	16	29	BCK				

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

Lane	Entry	Club	Entry Time	HCP		Unofficial Time	Official Time	Official Place	DQ
1	Louis Newton	NB	70	0	BCK				
2	Hannah Newcombe	AB	56	14	BRS				
3	Imogen Raymond	AB	36	34	BCK				
4	Charlotte Hogan	CC	36	34	BCK				
5	Thomas Hogan	CC	34	36	BCK				
6	Sia Piper	CC	33	37	BCK				

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

Lane	Entry	Club	Entry Time	HCP		Unofficial Time	Official Time	Official Place	DQ
1	Roy Laurich	AB	94	0	BRS				
2	Marley Hook	AB	93	1	BCK				
3	Lizbeth Sutherland	AB	92	2	BCK				
4	Maddie Myers	AB	85	9	BRS				
5	Evie Russell	AB	84	10	BCK				
6	Vaughn Newcombe	AB	81	13	BRS				

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

Lane	Entry	Club	Entry Time	HCP		Unofficial Time	Official Time	Official Place	DQ
1	Austin Tranter	AB	80	0	BRS				
2	Reed Edwards Stitt	AB	78	2	BRS				
3	Bowie Gamble	AB	78	2	BRS				
4	Elisa Van Den Berg	NL	77	3	BRS				
5	Luke Stoddard	AB	76	4	BCK				
6	Edison Newcombe	AB	75	5	BCK				

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

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Cameron Howard	NL	75	0	BRS			
2	Nicole Vander Reyden	AB	73	2	BRS			
3	Conor Sliman	AB	71	4	BRS			
4	Billie Wilson	AB	70	5	BRS			
5	Flora Davies	AB	70	5	BRS			
6	Debra Graham	NL	70	5	BRS			

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

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Tyde Edwards Stitt	AB	68	0	BRS			
2	Ada Tranter	AB	67	1	BRS			
3	Rowan Sutherland	AB	66	2	BRS			
4	Rhonda Campbell	AB	66	2	BRS			
5	Bill Laurich	AB	65	3	BCK			
6	Sarah Learmouth	NB	65	3	BRS			

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

Lane	Entry	Club	Entry Time	HCP		Unofficial Time	Official Time	Official Place	DQ
1	Melanie Moss	AB	63	0	BRS				
2	Alison Laurich	AB	62	1	BRS				
3	Alison Raffin	AB	62	1	BCK				
4	Alyssa Elliott	AB	61	2	BRS				
5	Charlie Brown	AB	61	2	BRS				

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

Lane	Entry	Club	Entry Time	HCP		Unofficial Time	Official Time	Official Place	DQ
1	Deborah Howard	NL	61	0	BCK				
2	Skye Nolan Brown	AB	60	1	BCK				
3	Archer Marsh	AB	59	2	BRS				
4	Gemma Gamble	AB	57	4	BFY				
5	Helen Pek	NL	57	4	BCK				

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

Lane	Entry	Club	Entry Time	HCP		Unofficial Time	Official Time	Official Place	DQ
1	Michelle Gamble	AB	56	0	BRS				
2	Mischa Woodley	COL	56	0	BCK				
3	Sarah Myers	AB	55	1	BRS				
4	Tatum Hegarty	AB	55	1	BRS				
5	Lincoln Piper	CC	55	1	BCK				

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

Lane	Entry	Club	Entry Time	HCP		Unofficial Time	Official Time	Official Place	DQ
1	Siobhan Tranter	AB	52	0	BFY				
2	Lee Anne Newcombe	AB	52	0	BCK				
3	Harry Stoddard	AB	52	0	BRS				
4	Anton Woodley	COL	52	0	BCK				
5	Frankie Davis	AB	52	0	BRS				

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

Lane	Entry	Club	Entry Time	HCP		Unofficial Time	Official Time	Official Place	DQ
1	Willow Davis	AB	50	0	BRS				
2	Macy Brown	AB	50	0	BCK				
3	Nathan Learmouth	NB	50	0	BCK				
4	Max Lee	AB	48	2	BCK				
5	Eisha Collier	AB	47	3	BRS				

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

Lane	Entry	Club	Entry Time	HCP		Unofficial Time	Official Time	Official Place	DQ
1	Milla Raymond	AB	47	0	BCK				
2	Emma Wilson	AB	47	0	BRS				
3	Danielle Lee	AB	46	1	BFY				
4	Harry Myers	AB	45	2	BCK				
5	Tahli Elliott	AB	45	2	BRS				



## Event: 12 - 50m BBB Individual Heat Race: 11

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Deborah Collins	AB	45	0	BRS			
2	Ben Davis	AB	44	1	BRS			
3	Logan Thorncraft	COL	44	1	BCK			
4	Makenzie Pedersen	AB	43	2	BCK			
5	Ophelia Odell	AB	43	2	BRS			

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

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Richard Vander Reyden	AB	43	0	BRS			
2	Leigh Woodley	COL	43	0	BCK			
3	Katinka Hook	AB	41	2	BCK			
4	Bianca Lee	AB	41	2	BFY			
5	Bianca Raffin	AB	40	3	BCK			

## Event: 12 - 50m BBB Individual Heat Race: 13

Lane	Entry	Club	Entry Time	HCP	Unofficial Time	Official Time	Official Place	DQ
1	Molly Molloy	AB	39	0	BFY			
2	Makayla Pedersen	AB	37	2	BCK			
3	Ashley Brown	AB	37	2	BFY			
4	Alex Newton	NB	37	2	BCK			
5	Krystal Elliott	AB	36	3	BCK			

Event: 12 - 50m BBB Individual Heat Race: 14

<b>Lane</b>	<b>Entry</b>	<b>Club</b>	<b>Entry Time</b>	<b>HCP</b>		<b>Unofficial Time</b>	<b>Official Time</b>	<b>Official Place</b>	<b>DQ</b>
1	Nick Myers	AB	35	0	BFY				
2	Hudson Hegarty	AB	35	0	BFY				
3	Luke Russell	AB	34	1	BFY				
4	Lucas Gamble	AB	34	1	BFY				
5	Glenn Piper	CC	30	5	BCK				