

**WARRINGAH AMATEUR SWIMMING ASSOCIATION
HANDICAP MEET
3 FEBRUARY 2024 AT FRESHWATER ROCK POOL**

WARM-UP AT 4:00 PM FOR A 4:30 PM START

ADMISSION COSTS

Individual Event Entry: \$2.00 per event
Relay Event Entry: \$4.00 per event

MEET CLOSING DATE FOR ENTRIES

9.00 pm on Sunday 28 January 2024.

All entries must be submitted through WASA's Online Entry System (with an accompanying entry time) by club Race Secretaries.

Entry times must be in whole seconds or minutes and whole seconds.

Late entries will not be accepted!

MEDALS & RIBBONS

Medals shall be awarded to 1st, 2nd and 3rd place getting teams in relay events.

Ribbons shall be awarded to 1st, 2nd and 3rd place getters in each age group.

RECORDS

WASA Records cannot be broken at this meet.

MEET DIRECTOR

Reserves the right to vary the program. Enquires to Richard Vander Reyden.

CONDITIONS OF ENTRY

Age: Age is at the day of the meet.

BBB events: The stroke must be indicated on the entry form ('BBB stroke column').

Disqualification: If a swimmer's time is two seconds faster than their entry time, they shall be disqualified.

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'.

Registration: Swimmers must be registered members of a WASA affiliated swimming club.

Relays: A club may enter a maximum of two relay teams per event. A Relay Entry Form must be filled out and submitted to the Recording Desk **prior to Event 4.**

Rules: This meet shall be conducted under the Rules of WASA, available on WASA's website.

Event Number	Event	Restrictions
1	15m Freestyle Heats	Bubble swimmers permitted
2	25m Freestyle Finals	
3	15m Freestyle Heats	
4	25m Freestyle Finals	
5	50m Freestyle Heats	Maximum entry time: 70s
6	14&U 8x50m Club Relay	
7	50m Freestyle Finals	
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: 70s
13	Open 8x50m Club Relay	
14	50m Back/Breast/Fly Finals	