



SOUTHERN INLAND SWIMMING ASSOCIATION INC.

SISA Winter Championship Meet

Hosted by Griffith Swimming Club

Online Entries Now Available

Venue: Griffith Regional Aquatic Centre

Date and Times: 13th August 2017 **Warm Up: 9:30am** **Races: 10:15am**

Entries: \$6 per event. Online Entries preferred
Team Manager entries are also available
Please send electronic entries to sisa.entries@gmail.com

Payment: All payments made to Southern Inland Swimming Association
Preferred payment by EFT to Bank Account: BSB 062621 Acc. No. 10129024
Payment can be made by Cheque payable Southern Inland Swimming Association and paid on the day to the Meet Director

Closing Date: 6th August 2017

Medals: First, Second and Third in each event and age group receive medals.

All events are Timed Finals

Conducted under the rules of SAL and Swimming NSW

Note: Pool entry fees apply to swimmers and spectators

Male	Female	Age Groups	Distance	Stroke
1	2	OPEN	400m	Freestyle
3	4	7/U	25m	Butterfly
5	6	9/U, 10-11, 12-13, 14-15, 16/O	50m	Butterfly
7	8	10/U, 11-12, 13-14, 15/O	100m	Butterfly
9	10	12/U, 13-14, 15/O	200m	Freestyle
11	12	7/U	25m	Backstroke
13	14	9/U, 10-11, 12-13, 14-15, 16/O	50m	Backstroke
15	16	10/U, 11-12, 13-14, 15/O	100m	Backstroke
17	18	OPEN	200m	Breaststroke
19	20	9/U	100m	Individual Medley
21	22	10/U, 11-12, 13-14, 15/O	200m	Individual Medley
23	24	7/U	25m	Breaststroke
25	26	9/U, 10-11, 12-13, 14-15, 16/O	50m	Breaststroke
27	28	10/U, 11-12, 13-14, 15/O	100m	Breaststroke
29	30	OPEN	200m	Backstroke
31	32	7/U	25m	Freestyle
33	34	9/U, 10-11, 12-13, 14-15, 16/O	50m	Freestyle
35	36	10/U, 11-12, 13-14, 15/O	100m	Freestyle
37	38	OPEN	200m	Butterfly

- 25m indoor heated pool – 8 lanes
- warm up/cool down facilities
- SAT timing
- Non-SISA swimmers are welcome to compete and are eligible for medals but not records
- Medals are awarded to the first 3 SISA Swimmers. Where a Non-SISA swimmer finishes in the top 3, they will also receive a medal
- For any enquires, please email Meet Director Kayleen Murphy: wvscrasesecretary@gmail.com

Warm Up 9:30am – pool cleared at 10:05 am

Lane 0	No dives – Turns at shallow end only
Lane 1	Dive Sprints one way – Turns at shallow end
Lane 8	Dive sprint 25m with walk back
Lanes 3, 4, 5, 6 and 7	Continuous swimming- no dive entries
Lane 9	Use with care- Disabled steps at shallow end

Coaches and Team managers are requested to monitor these procedures.