



# 2025 Wenona Swim Club Mini Meet

## Sunday 10th August

### Session 1

Warmup 7:00am to 7:50am | Start 8:00am

Event	Age Group	Event	QT
1	Mixed 12&O	1500 Freestyle *	22:00
2	Mixed 12&O	400 IM	7:30
3	Mixed 12&O	800 Freestyle *	13:00
4	Mixed 10&O	400 Freestyle	6:00

\* Swimmers are required to provide a lap count

### Session 2

30 Minute break before Event 5

5	Mixed	50 Backstroke	No QT
6	Mixed	100 Freestyle	No QT
7	Mixed	50 Breaststroke	No QT
8	Mixed	100 Butterfly	No QT
9	Mixed	100 IM	No QT
10	Mixed	50 Freestyle	No QT
11	Mixed	100 Breaststroke	No QT
12	Mixed	50 Butterfly	No QT
13	Mixed	100 Backstroke	No QT

### Session 3

20 Minute break before Event 14

14	Mixed 10&O	200 Freestyle	No QT
15	Mixed 10&O	200 Breaststroke	No QT
16	Mixed 10&O	200 Backstroke	No QT
17	Mixed 10&O	200 Butterfly	No QT
18	Mixed 10&O	200 IM	No QT

## Entries

- Entry open to all affiliated members of Swimming NSW via Swim Central \$11.50 per event (incl SNSW meet levy).
- Age is of 10 August 2025.
- Entries Close 7:00pm, 3 August 2025 (or earlier, if maximum entries reached).
- Refunds are not available for this meet.

## Rules

- All events are timed finals, mixed gender, and will be run fastest to slowest.
- SNSW approved meet under SNSW Ltd rules.
- Entries accepted from primary members and invited clubs only.
- Only swimmers, coaches, technical officials, and timekeepers are permitted on pool deck.
- Swimmer entries are accepted on the basis that a parent or guardian time keeps, officiates, or assists as required to run the meet.
- Backstroke ledges may be used at this meet.
- SAL rules apply for Multi Class (MC) swimmers.
- Clubs will be asked to assist with timekeeping and other duties.
- Results will be uploaded to Swim Central.

## Important Information

- Free parking on weekends in the Ridge Street carpark, and on Elliott Street.
- BBQ & Cake Stall available for the duration of the event for all competitors and families on the day.
- Entry to the aquatic centre is via Elliott Street, North Sydney.
- Only Swimmers, Coaches and Technical officials are allowed on pool deck during the entirety of the meet.
- Program pool (15 x 12m) is available for warm up and swim down throughout the program.
- We reserve the right to vary the program.