



ACT RELAY CHAMPIONSHIPS

Sunday 29 January 2023

Australian Institute of Sport, Bruce, ACT

Warm-up 1:00pm - Start 2:00pm

Boys	Mixed	Girls	Age	Discipline
	1		8&U	Freestyle
2		3	15&O	Freestyle
4		5	13-14	Freestyle
6		7	11-12	Freestyle
	8		9-10	Freestyle
9		10	Open	Freestyle
11		12	Parents	Freestyle
	13		8&U	Medley
14		15	15&O	Medley
16		17	13-14	Medley
18		19	11-12	Medley
	20		9-10	Medley
21		22	Open	Medley

Normal pool entry fees apply to swimmers and spectators. Spectator numbers may be restricted due to COVID requirements set down by the AIS.

THE MEET DIRECTOR RESERVES THE RIGHT TO AMEND THE PROGRAM IF NECESSARY.

MEET ENQUIRIES TO:

email: meets@swimmingact.com.au



The ACT Government assists Swimming ACT through Sport and Recreation ACT

CONDITIONS OF ENTRY

- Age as at 29 January 2023.
- All swimmers (other than parents relay teams) must be registered swimmers who have nominated a Swimming ACT affiliated club as their Primary Entity in Swim Central.
- Relays are 4 x 50m except Open relays which are 4 x 100m,
- 8&U and 9-10 are mixed teams - any combination from all boys through to all girls.
- Medals for 1st, 2nd and 3rd placed teams.
- For each Age Group event (i.e. except the Parents Relays and Open relays), the top two placed teams for each club count for the Relay Point score. Note: there are no points for the Parents Relay.
- For each Open event Clubs are limited to one team only. The points awarded are doubled for Open relays.
- To maximise participation younger swimmers are permitted to "swim-up" in older age groups. There is no restriction on the number of swimmers who may "swim up". However, a swimmer can only score points in one Age group team in a given discipline (freestyle or medley). **Where a swimmer is entered in more than one Age group team for a given discipline the team status (scoring or non scoring) for all teams impacted must be notified to the Recording Table** (i.e. if a swimmer aged 12 swims in the 13-14 medley and then the 11-12 medley, the Club must notify the Recording Table which team is eligible for points).
- The above Rule does not apply to the Open Freestyle, Open Medley or Parent relays.
- **Multi-Club teams will be accepted** where a Club is unable to complete a team. Points, where applicable, will be apportioned to the Clubs according to the composition of the team. Small clubs may join together to submit cross club relay teams as well as small clubs (unable to submit a team in their own rights) joining with a larger club.
- Clubs will have up until 30 minutes prior to the advertised start time of the meet to finalise teams, the order in which swimmers will compete and where relevant the point scoring status of each team.
- Swimmers will be marshalled by Club. Clubs are to nominate a non-swimming adult to be their team's manager. The team manager will assist the technical officials on pool deck.
- **All entries through swim clubs only. Entries close: 8:00pm Thursday 26 January 2023. Cost per team: \$16.00**

Version: 19 December 2022