



Southern Inland Swimming Association
SISA Long Course Championship Meet & Speedo Heats
Griffith Regional Aquatic Leisure Centre
4th and 5th February 2023



***** ENTRIES OPEN 3RD JANUARY 2023 *****

DAY 1

Saturday 4th February 2022

Warmup: 1:00pm

Start: 2:00pm

DAY 2

Sunday 5th February 2022

Warmup: 9:00am

Start: 10:30am

- All events to be conducted as timed finals per SISA, Swimming NSW and SAL rules
- All Qualifying Times will be upheld in regard to entries and results.
- Age as at 4th February 2023
- **Entries will only be accepted from swimmers who are 'First Claim' members of a SISA affiliated Club.**
- **ENTRIES** - All Individual Event Entries \$8.00. **ONLINE Entries preferred through Swim Central.**
- Electronic Entries **via club** on 'Meet Manager' or 'Team Manager' files to sisa.entries@gmail.com
- Entries Close **Monday 8pm – 30th January 2023**
- Cheques made payable to Southern Inland Swimming Association to be paid on the day or by direct deposit prior to the meet: Bank Account Details BSB 062621 Acc. No. 10129024
- **Late or amended entries may be accepted at the Meet Director's discretion**
- 25m events and the Senior Events will be free of the entry fee.
- **RELAY ENTRIES:- will be no charge. Relay entries to be entered by closing date. Relay Events restricted to 2 teams per club per event. No medals will be awarded for relays. Wining Clubs will be awarded SISA Shields.**

SPEEDO

- Speedo Convenor: Billy Nicholson/Piper Stewart (SISA Development Convenor)
- All eligible SISA swimmers may contest the Speedo Heats
- Any Swimmer who has qualified for the 2023 National Age Championships (excluding MC & Open Water) is ineligible to compete in the Series. 8yrs are eligible for speedo finals. 7 & under are not eligible for speedo finals.
- Any Swimmer who wins a medal in an individual event at the 2022/23 NSW State Age Championships is ineligible to compete in the stroke in which they won the medal.
- Up to four (4) swimmers per event from each area are eligible to compete in the finals.
- Eligible swimmers wishing to contest the Speedo finals must advise the convenor as soon as possible after results are posted on the day of the heats.
- Speedo Ribbons to first three place getters

Championship Events

- Championship Medals will be presented to SISA registered swimmers as follows
- **50m SISA Champ Events** - First three place getters
- **100m Champ Events, 200m Freestyle & Individual Medley Champ Events** - First 3 place getters in listed age group
- **200m Form Strokes, 400, 800 & 1500 Freestyle & 400IM Champ Events** - First three place getters

Non-Champ Events

- **25m Events** - Ribbons to first three place getters
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Note:- Swimmers who swim in a 25m event are not permitted to swim any other distance or a leg of the relays in that stroke or any Individual Medley

Senior Events (over 18 yrs) will be conducted over 50m of Freestyle and Breaststroke on Day 1. Seniors need to be registered with SNSW as a swimmer or a registered Non-Swimming member of a Club.

There will be a March Pass after the Warmup on Day 2.

"Media may be in attendance at this meet for purpose of obtaining film and/or photographs of competitors. If you do not wish your child to be photographed or filmed, please inform the Meet Director"

COVID - Attendees at the SISA Long Course Championship Meet & Speedo Heats will need to comply with the Terms and Conditions of COVID Safety Plans of the West Wyalong Swimming Pool and the SISA Long Course Championships and Speedo Sprints.



SOUTHERN INLAND SWIMMING ASSOCIATION

SPEEDO HEATS & SISA CHAMPIONSHIP

Day 1



***** ENTRIES OPEN 3RD JANUARY 2023 *****

Saturday 4th February 2023. Griffith Swimming Pool
Warm up 1:00 pm: Start time 2:00pm

- Entry Fee **\$8:00** per individual event. Relays no charge **Age** as at 5/02/2022
- Cheques made payable to **Southern Inland Swimming Association** to be paid on the day or by direct deposit prior to the meet: Bank Account Details BSB 062621 Acc. No. 10129024
 - Senior entries will not be subject to an entry fee.

Entries close 8pm – 30th January 2023

Online entries through SWIM CENTRAL Preferred.

Enquiries: Kayleen Murphy – sisa.entries@gmail.com

Qualifying times apply (QT)

	Female	Age group	Distance	Stroke & Qualifying time	
					QT
1	2	10 & under, 11yr,12yr, 13-14yr, 15yr & over	200	Freestyle	3:30
3	4	8&U, 9yr,10yr, 11,12yr, 13yr,14yr, 15 & Over	100	Backstroke	
5		Seniors (Male)	50	Freestyle	
7	8	Open	200	Butterfly	3:55
9	10	8&U, 9yr,10yr, 11yr,12yr, 13yr,14yr, 15&Over	100	Breaststroke	
11	12	Open	800	Freestyle	14:00
	14	Seniors (Female)	50	Freestyle	
15	16	Open	400	Individual Medley	7:00
17	18	8&U, 9yr,10yr, 11yr,12yr, 13yr,14yr, 15&Over	100	Butterfly	
19		Seniors (Male)	50	Breaststroke	
21	22	Open	200	Backstroke	3:50
23	24	8&U, 9yr,10yr, 11yr,12yr, 13yr, 14yr, 15&Over	100	Freestyle	
	26	Senior Female	50	Breaststroke	
27	28	13 & under, 14 & over	400	Freestyle	6:30
29	30	Open	200	Breaststroke	4:15



SOUTHERN INLAND SWIMMING ASSOCIATION SPEEDO HEATS & SISA CHAMPIONSHIP



Day 2

Sunday 5th February 2023. Griffith Swimming Pool

Warm up 9:00 am to 9:45am

March Pass 9.50am Start time 10:30am

Entry Fee **\$8:00** per individual event. Relays no charge **Age** as at 4/02/2023

Cheques made payable to **Southern Inland Swimming Association** to be paid on the day or by direct deposit prior to the meet: Bank Account Details BSB 062621 Acc. No. 10129024

25m entries will not be subject to an entry fee

Entries close: 8pm – 30th January 2022 Online Entries through SWIM CENTRAL

Enquiries to: Kayleen Murphy – sisa.entries@gmail.com

All events are conducted as timed finals. SNSW Rules apply.

Note:- Swimmers who swim in a 25m event are not permitted to swim any other distance or a leg of the relays in that stroke or any Individual Medley

Male	Female	Age group	Distance	Stroke
33	34	Open	1500	Freestyle QT 23:00.00
35	36	8 years & Under	25	Backstroke – non championship
37	38	13 years	50	Backstroke Speedo & SISA Sprint
39	40	12 years	50	Backstroke Speedo & SISA Sprint
41	42	11 years	50	Backstroke Speedo & SISA Sprint
43	44	10 years	50	Backstroke Speedo & SISA Sprint
45	46	9 years	50	Backstroke Speedo & SISA Sprint
47	48	8 years & Under	50	Backstroke Speedo & SISA Sprint
49	50	14 years & Over	50	Backstroke SISA Sprint
51	52	All Age	50	Multi-Class Backstroke
55	56	8 years & Under	25	Butterfly – non championship
57	58	13 years	50	Butterfly Speedo & SISA Sprint
59	60	12 years	50	Butterfly Speedo & SISA Sprint
61	62	11 years	50	Butterfly Speedo & SISA Sprint
63	64	10 years	50	Butterfly Speedo & SISA Sprint
65	66	9 years	50	Butterfly Speedo & SISA Sprint
67	68	8 years & Under	50	Butterfly Speedo & SISA Sprint
69	70	14 years & Over	50	Butterfly SISA Sprint
71	72	All Age	50	Multi-Class Butterfly
75	76	12 years & Under	4 x 50m	Medley Relay
77	78	13 years & Over	4 x 50m	Freestyle Relay
81	82	8 years & Under	25	Freestyle – non championship
83	84	13 years	50	Freestyle Speedo & SISA Sprint
85	86	12 years	50	Freestyle Speedo & SISA Sprint
87	88	11 years	50	Freestyle Speedo & SISA Sprint
89	90	10 years	50	Freestyle Speedo & SISA Sprint
91	92	9 years	50	Freestyle Speedo & SISA Sprint
93	94	8 years & Under	50	Freestyle Speedo & SISA Sprint
95	96	14 years & Over	50	Freestyle SISA Sprint
97	98	All Age	50	Multi-Class Freestyle
101	102	8 years & under	25	Breaststroke – non championship
103	104	13 years	50	Breaststroke Speedo & SISA Sprint
105	106	12 years	50	Breaststroke Speedo & SISA Sprint
107	108	11 years	50	Breaststroke Speedo & SISA Sprint
109	110	10 years	50	Breaststroke Speedo & SISA Sprint
111	112	9 years	50	Breaststroke Speedo & SISA Sprint
113	114	8 years & Under	50	Breaststroke Speedo & SISA Sprint
115	116	14 years & Over	50	Breaststroke SISA Sprint
117	118	All Age	50	Multi-Class Breaststroke
121	122	10 & U, 11, 12, 13-14, 15 & O	200	Individual Medley QT 5:00
123	124	12 years & Under	4 x 50m	Freestyle Relay
125	126	13 years & Over	4 x 50m	Medley Relay