

COAST & VALLEY 2020 - 21 SUMMER CHAMPIONSHIPS

CONDITIONS OF ENTRY.

Please note that only one (1) spectator per family will be permitted to attend.
NO non-swimming Siblings are permitted to attend.

- Meet will be conducted under the rules of Swimming NSW and within COVID social distancing restriction requirements.
- Swimmers must be a member of CVSA.
- No Visitors will be allowed to attend due to COVID restrictions.
- **ENTRIES CLOSE** – 5:00 pm Wed 11th November
- Late entries will not be accepted – limited entries
- **ENTRY LIST** will be available on CVSA website under news from Monday 16th November
- Check your entries & contact Blinda Francis-Smith at email entries@titansswimmingclub.com.au with any withdrawals.
- **NO PROGRAMS WILL BE SOLD AT THIS MEET**
- **MEET PROGRAM & SPLIT SHEETS** will be available on CVSA website from Wednesday 18th November
- M/C swimmers must show classification card to Referee before commencement of each session.
- All events will be timed finals.
- Qualifying times will apply.
- Automatic timing will be used.
- Age as at Saturday 21st November 2020
- **Online entries only using swim central.**
- Each swimmer is permitted to enter three (3) swims per day due to COVID restrictions. If a swimmer is entered into more than three (3) swims per day, payment will not be refunded.

PLEASE NOTE THAT EACH DAY IS LISTED AS A DIFFERENT MEET ON SWIM CENTRAL

ALL swimmers and spectators (1 per family) are able to gain FREE pool entry.

All individuals entering the pool will need to have completed the pool COVID Contact Registration.

The QR Code is below and can be filled in (on the day) prior to arrival.

In addition to the QR Code registration, the CVSA contact tracing form (below) will need to be completed prior to your arrival and handed to the COVID desk before entering the pool.

Ensure the QR code registration is completed each day of the meet and presented on entering the pool.

SPECTATORS WILL BE LIMITED TO ONE PER FAMILY WITH NO NON-SWIMMER SIBLINGS.

*****NUMBERS ARE RESTRICTED**

A \$9.00 per entry fee applies, this includes pool entry.

*****ALL CLUBS PARTICIPATING WILL BE ALLOCATED DUTIES
THROUGHOUT THE MEET e.g. timekeeping, etc.**

PLEASE NOTE:

50m Backstroke Entry Time – 11:00 am Saturday

Strict entry times will apply due to restrictions in numbers. Please ensure that if you are competing in the 50m backstroke event in the first session on Saturday, earliest entry will be 11:00 am for warmup. The 50m backstroke events will **NOT** start before 11:30 unless otherwise notified.

Session Entry Times Apply

Entry to Sessions two and four will be prior to the session. If you are not swimming in the earlier session of the day, please do not attend as a spectator. You will not be permitted to enter the facility.

**CLUBS WILL NEED TO ALLOCATE A TEAM MANAGER OR COACH TO COLLECT
RESULTS AND MEDALS AT THE END OF EACH SESSION.
NO RESULTS WILL BE POSTED ON DISPLAY TO REDUCED CONGESTION.**

COAST & VALLEY SWIMMING ASSOCIATION

2020 - 21 SUMMER LONG COURSE CHAMPIONSHIPS

Lambton Pool, 102 Durham Road, Lambton

Saturday 21st November, Sunday 22nd 2020

Saturday Session 1 - Conditions of entry for 1500m event MALE: 12 AND OVER GIRLS: 11 AND OVER				
Saturday Session 1				
Warm Up: (13/O) 7:45 a.m - 8:15 am				
M	F	Start 9am		
1	2	Open	1500m	Freestyle
3	4	Open MC	100m	Butterfly
5	6	12yrs/U	200m	Breaststroke
7	8	13/14yrs	200m	Breaststroke
9	10	15yrs/O	200m	Breaststroke
11	12	9/10yrs	100m	Butterfly
13	14	11/12yrs	100m	Butterfly
15	16	13/14yrs	100m	Butterfly
17	18	15/16yrs	100m	Butterfly
19	20	17yrs/O	100m	Butterfly
21	22	14yrs/U	400m	Ind Medley
23	24	15yrs/O	400m	Ind Medley
25	26	Open MC	100m	Freestyle
27	28	9/10/11yrs	50m	Backstroke
29	30	12/13yrs	50m	Backstroke
31	32	14& Over	50m	Backstroke

Sunday Session 3 - Conditions of entry for 800m event MALE: 11 AND OVER GIRLS: 11 AND OVER				
Sunday Session 3				
Warm Up: (13/O) 7:45am - (12/U) 8:15am				
M	F	Start 9am		
61	62	14yrs/U	400m	Freestyle
63	64	15yrs/O	400m	Freestyle
65	66	12yrs/U	200m	Butterfly
67	68	13/14yrs	200m	Butterfly
69	70	15yrs/O	200m	Butterfly
71	72	9/10yrs	100m	Breaststroke
73	74	11/12yrs	100m	Breaststroke
75	76	13/14yrs	100m	Breaststroke
77	78	15/16yrs	100m	Breaststroke
79	80	17yrs/O	100m	Breaststroke
81	82	9/10/11yrs	50m	Freestyle
83	84	12/13yrs	50m	Freestyle
85	86	14& Over	50m	Freestyle
87	88	Open	800m	Freestyle

Session 2 Starts as per timeline, NO earlier

M	F	Saturday Session 2		
33	34	Open MC	100m	Breaststroke
35	36	9/10/11yrs	50m	Butterfly
37	38	12/13yrs	50m	Butterfly
39	40	14& Over	50m	Butterfly
41	42	Open MC	50m	Freestyle
43	44	9/10yrs	100m	Backstroke
45	46	11/12yrs	100m	Backstroke
47	48	13/14yrs	100m	Backstroke
49	50	15/16yrs	100m	Backstroke
51	52	17yrs/O	100m	Backstroke
53	54	Open MC	100m	Backstroke
55	56	12yrs/U	200m	Freestyle
57	58	13/14yrs	200m	Freestyle
59	60	15yrs/O	200m	Freestyle

Session 4: Starts as per timeline, NO earlier

M	F	Sunday Session 4		
89	90	9/10	200m	Ind Medley
91	92	11/12	200m	Ind Medley
93	94	13/14yrs	200m	Ind Medley
95	96	15yrs/O	200m	Ind Medley
97	98	9/10/11yrs	50m	Breaststroke
99	100	12/13yrs	50m	Breaststroke
101	102	14& Over	50m	Breaststroke
103	104	9/10yrs	100m	Freestyle
105	106	11/12yrs	100m	Freestyle
107	108	13/14yrs	100m	Freestyle
109	110	15/16yrs	100m	Freestyle
111	112	17yrs/O	100m	Freestyle
113	114	12yrs/U	200m	Backstroke
115	116	13/14yrs	200m	Backstroke
117	118	15yrs/O	200m	Backstroke

**CLUBS WILL NEED TO ALLOCATE A TEAM MANAGER OR COACH TO COLLECT RESULTS AND MEDALS AT THE END OF EACH SESSION.
NO RESULTS WILL BE POSTED ON DISPLAY TO REDUCED CONGESTION.**

COVID CONTACT REGISTRATION



All casual users are required to complete a Covid Registration each time they attend the facility. Please scan your phone here to complete the form.

Code not scanning?
Try bit.ly/bluefit-lambton



COAST AND VALLEY SWIMMING ASSOCIATION

COVID-19 DECLARATION FORM



I, _____

FULL NAME

CONTACT NUMBER (Mobile preferred) _____

I declare that I or my Family Members:

<input type="checkbox"/>	Have not visited or had visitors from ANY designated NSW Government COVID-19 HOT SPOTS Alerts in the LAST 14 DAYS.
<input type="checkbox"/>	Have not been to or had a visitor from any of the currently listed locations linked to the NSW COVID-19 Outbreak in the LAST 14 DAYS.
<input type="checkbox"/>	Have not been or had a visitor who has been overseas in the LAST 14 DAYS
<input type="checkbox"/>	Have not travelled on a plane or cruise ship in the LAST 14 DAYS.
<input type="checkbox"/>	Are not in close contact with or caring for someone who is currently unwell
<input type="checkbox"/>	Have not been in contact with a confirmed or suspected case of COVID-19 in the LAST 14 DAYS
<input type="checkbox"/>	Have been tested for COVID-19 and waiting the results
<input type="checkbox"/>	Have not been directed to be in self-isolation for a 14 DAY Period after contact tracing of a confirmed case
<input type="checkbox"/>	Have not currently or within the last 7 days been unwell or been aware of any of the following symptoms: <ul style="list-style-type: none">• Fever, night sweats or chills• Cough• Runny nose• Sore or scratchy throat• Shortness of breath• Loss of taste• Loss of smell• Joint pain• Muscle pain• Headache• Diarrhoea• Nausea/vomiting• Loss of appetite

Signed: _____ **Date:** _____

QUALIFYING TIMES

Qualifying times will apply

Swimmers must have swum faster than or equal to the qualifying times to enter individual events.

MULTICLASS EVENTS: No qualifying times apply, minimum age is 10yrs

MALE

Stroke	Distance	OPEN	17&O-15/16	14yr	13yr	12yr	11yr	10yrs	9yrs
Free	50		31.00	31.50	32.00	35.00	35.50	40.50	43.00
	100		1:07.00	1:10.50	1:11.50	1:18.00	1:19.00	1:25.00	1:27.00
	200		2:17.00	2:26.50	2:28.00	12yrs & Under 2:37.00			
	400		4:50.00	14yrs & Under 5:05.00					
	800	10:30.00							
	1500	18:00.00							
Back	50		36.00	36.00	40.00	43.00	43.50	45.00	47.50
	100		1:20.00	1:23.00	1:25.00	1:32.00	1:33.00	1:36.00	1:38.00
	200		2:40.00	2:50.50	2:51.50	12yrs & Under 2:58.00			
Breast	50		40.00	40.00	46.00	48.00	50.00	53.50	56.00
	100		1:29.00	1:33.50	1:35.00	1:45.00	1:46.00	1:51.00	1:53.00
	200		3:02.50	3:09.00	3:15.00	12yrs & Under 3:30.00			
Fly	50		36.00	36.00	37.50	41.00	42.00	44.50	47.00
	100		1:16.50	1:23.00	1:24.50	1:32.50	1:36.00	1:42.00	1:44.00
	200		2:40.00	2:52.00	2:55.00	12yrs & Under 3:10.00			
Medley	100	1:13.00							
	200		2:40.00	2:47.00	2:48.00	3:00.00	3:05.00	3:10.00	3:12.00
	400		5:34.00	14yrs & Under 5:46.00					

FEMALE

Stroke	Distance	OPEN	17&O-15/16	14yr	13yr	12yr	11yr	10yrs	9yrs
Free	50		33.50	34.00	35.00	37.00	38.00	40.00	43.00
	100		1:13.00	1:14.50	1:16.00	1:19.00	1:20.50	1:26.00	1:28.00
	200		2:26.00	2:31.50	2:33.00	12yrs & Under 2:38.50			
	400		5:10.00	14yrs & Under 5:20.00					
	800	11:00.00							
	1500	20:00.00							
Back	50		38.00	38.00	42.00	43.00	43.50	45.50	47.50
	100		1:25.00	1:28.00	1:29.50	1:32.00	1:33.00	1:36.00	1:38.00
	200		2:49.00	2:52.00	2:54.00	12yrs & Under 3:01.00			
Breast	50		44.00	44.00	48.00	51.50	52.50	54.50	56.00
	100		1:34.00	1:37.00	1:38.50	1:44.00	1:45.00	1:52.00	1:54.00
	200		3:10.00	3:16.00	3:20.00	12yrs & Under 3:30.00			
Fly	50		38.00	38.00	40.00	42.00	42.50	44.50	47.00
	100		1:23.00	1:25.00	1:26.50	1:34.50	1:37.00	1:42.00	1:44.00
	200		2:51.50	2:56.00	3:00.00	12yrs & Under 3:10.00			
Medley	100	1:20.00							
	200		2:49.00	2:56.00	2:58.00	3:08.00	3:15.00	3:20.00	3:22.00
	400		5:50.00	14yrs & Under 6:05.00					