



# Dandenong Ranges & District Swimming Association Inc. (Est. 1958)

## METRO EAST DISTANCE MEET

SATURDAY 22<sup>nd</sup> OCTOBER 2022

AQUALINK NUNAWADING (Indoor Heated 50m Pool)  
Fraser Pl, Forest Hill, VIC 3131

Pool Entry and Warm Up: 12:00pm Events Start: 1:00pm

### PROGRAM OF EVENTS

Event		Distance	Stroke	Qualifying Time	Entry Fee
1	Open Mixed	1500m	Freestyle	24:00	\$12
2	Open Mixed	400m	Individual Medley	8:00	\$10
3	Open Mixed	800m	Freestyle	13:00	\$12
4	Open Mixed	400m	Freestyle	7:00	\$10

### TERMS AND CONDITIONS OF ENTRY

1. Meet will be conducted under the rules of Swimming Australia Ltd and Swimming Victoria
2. Swim Central entries only will be accepted.
3. Entries open Monday 12<sup>th</sup> September for all Metro East swimmers and Monday 19<sup>th</sup> September for all remaining swimmers.
4. Entries close **Sunday 16<sup>th</sup> October, 2022**, or very likely earlier when capacity is reached.
5. Age as at 22<sup>nd</sup> October 2022, registered competitive swimmer members only.
6. Entries will be processed in the order in which they are received. Aim is to accommodate as many swimmers as possible within the constraints of the timeline. Metro East reserves the right to process entries in a manner that supports the effective management of the meet.
7. Entries may need to be closed early and we reserve the right to reject entries after receipt to accommodate the timetable.
8. Late entries will not be accepted and a refund will only be provided if an entry is rejected.
9. Team Manager entry file for club use only is available on request.
10. **Qualifying times** apply for each event and all entries must be supported with an entry time. If no time is available within Swim Central, please email a coach's recorded time to [east.meets@hotmail.com](mailto:east.meets@hotmail.com) prior to entries closing. Entries without a supporting entry time may be rejected.
11. All events are mixed open age group events and will be swum as timed finals.
12. The fastest heat of each event will be swum first.
13. To run the meet efficiently, some events may be deck seeded on the day of competition.
14. This is a proposed qualifying meet, using semi-Automatic timing.
15. Timekeepers and lap counters are required on each lane, to ensure qualifying meet status. **It will be an expectation that clubs of those swimmers competing will assist with time keeping and lap counting duties.** Participating clubs will be advised beforehand of requirements.
16. **Very limited warm-up space (2 lanes) will be provided between 12:00 and 1:00pm for swimmers competing in 1500m freestyle only. Warmup/cool down space may be available during the meet but cannot be guaranteed. Swimmers are encouraged to utilize dry warm up/cool down techniques.**
17. Pool entry is free for all swimmers or spectators.
18. Entry lists will be available for download from the Metro East website by Thursday prior to the meet [metroeastswimming.swimming.org.au](http://metroeastswimming.swimming.org.au)
19. Please direct any enquiries to [east.meets@hotmail.com](mailto:east.meets@hotmail.com)