



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

**METRO EAST**

## **METRO EAST LONG COURSE PREPARATION MEET**

**SUNDAY 5<sup>TH</sup> FEBRUARY 2023**

**MSAC Outdoor Pool  
Aughtie Drive, Albert Park**

### **PROGRAM OF EVENTS**

**Session 1: Pool Entry and Warm Up: 7:00am Events Start: 8:00am**

Male	Female	Age	Distance	Stroke	QT
1	2	Open	400	Freestyle	6:15
3	4	Open	200	Breaststroke	
5	6	12 & Under	100	Butterfly	
7	8	12 & Under	50	Backstroke	
9	10	Open	200	Freestyle	
11	12	12 & Under	100	Breaststroke	
13	14	12 & Under	50	Butterfly	
15	16	12 & Under	200	Individual Medley	
17	18	12 & Under	50	Freestyle	
19	20	12 & Under	100	Backstroke	
21	22	Open	200	Butterfly	
23	24	12 & Under	50	Breaststroke	
25	26	12 & Under	100	Freestyle	
27	28	Open	200	Backstroke	

**Session 2: Will start 45 (tbc) minutes after the end of session 1**

Male	Female	Age	Distance	Stroke	QT
29	30	Open	200	Breaststroke	
31	32	13 & Over	100	Butterfly	
33	34	13 & Over	50	Backstroke	
35	36	Open	200	Freestyle	
37	38	13 & Over	100	Breaststroke	
39	40	13 & Over	50	Butterfly	
41	42	13 & Over	200	Individual Medley	
43	44	13 & Over	50	Freestyle	
45	46	13 & Over	100	Backstroke	
47	48	Open	200	Butterfly	
49	50	13 & Over	50	Breaststroke	
51	52	13 & Over	100	Freestyle	
53	54	Open	200	Backstroke	
55	56	Open	400	Individual Medley	7:00

**Mullti-class swimmers are invited to participate in all events**



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### **TERMS AND CONDITIONS OF ENTRY**

1. Meet will be conducted under the rules of Swimming Australia Ltd and Swimming Victoria and is a proposed qualifying meet.
2. The 11 under swim suit rule will not be enforced at this meet
3. Entries are open to registered members of Swimming Victoria affiliated clubs or equivalent interstate body.
4. Swim Central entries only will be accepted.
5. Entry fee: \$12.00 per event.
6. Entries will open on Monday 9<sup>th</sup> January for Metro East club swimmers and from Thursday 12<sup>th</sup> January for all other swimmers.
7. **Metro East reserves the right to close entries early** or to apply qualifying times to events that are oversubscribed. Metro East reserves the right to cancel, alter or combine any events.
8. **Entries close Monday 30<sup>th</sup> January 2023, or earlier if entry limit is reached** prior to this date.
9. Refund of entry fees will only be provided if an entry is rejected.
10. Medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places in each of 8/under, 9/10, 11/12, 13/14, 15/over age group events. No medals will be awarded in Open events.
11. Pool entry is free for all spectators and swimmers.
12. Programs will be available for download from the Metro East website by Thursday prior to the meet [metroeast.swimmingclub.org.au](http://metroeast.swimmingclub.org.au)
13. Please direct any enquiries to [east.meets@hotmail.com](mailto:east.meets@hotmail.com)