



RSC LONG COURSE MEET

SUNDAY, 13TH SEPTEMBER 2026

aquanation

SESSION 1: WARM-UP 8.00AM - START 9AM

SESSION 2:
START TIME WILL BE 45MIN AFTER THE COMPLETION
OF SESSION 1

10 LANE, 50 METER, LONG COURSE INDOOR POOL AQUANATION, GREENWOOD AVE, RINGWOOD

Event	Age	Male Events	Female Events
50m Freestyle	12/U	1	2
100m Backstroke	12/U	3	4
200m Butterfly	12/U	5	6
50m Breaststroke	12/U	7	8
100m Freestyle	12/U	9	10
200m Backstroke	12/U	11	12
50m Butterfly	12/U	13	14
100m Breaststroke	12/U	15	16
200m Freestyle	12/U	17	18
50m Backstroke	12/U	19	20
200m Individual Medley	12/U	21	22
100m Butterfly	12/U	23	24
200m Breaststroke	12/U	25	26
400m Freestyle QT 6:00	OPEN	27	28
RELAY 4x50medley	11&U	29	30
RELAY 4x50medley	12-13yrs	31	32
RELAY 4x50medley	12-18yrs	33	34

Event	Age	Male Events	Female Events
800m / 1500m Freestyle (800 QT 12:00, 1500 QT 21:00)	OPEN	35	36
200m Individual Medley	13/O	37	38
200m Freestyle	13/O	39	40
100m Backstroke	13/O	41	42
50m Butterfly	13/O	43	44
200m Breaststroke	13/O	45	46
100m Freestyle	13/O	47	48
50m Backstroke	13/O	49	50
200m Butterfly	13/O	51	52
50m Freestyle	13/O	53	54
100m Breaststroke	13/O	55	56
200m Backstroke	13/O	57	58
100m Butterfly	13/O	59	60
50m Breaststroke	13/O	61	62

ENTRIES CLOSE 10AM, TUESDAY 8TH SEPTEMBER 2026
(UNLESS EVENT REACHES CAPACITY EARLIER)

ENTER VIA SWIM CENTRAL





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1. This meet will be conducted under the rules of SAL and SV.
2. Entry is restricted to registered swimmers. Age is as of Sunday 13th September 2026.
3. All events will be swum as timed Finals. **400m Freestyle QT is 6:00. 800m Freestyle QT is 12:00. 1500m Freestyle QT is 21:00 (coach times accepted)** 800/1500 events are restricted to 3 heats and may be swum together depending on entries.
4. This meet is a proposed qualifying meet, subject to swimming Victoria Approval. Your assistance with timekeeping may be required to ensure this is achieved.
5. Warm-up / cool down lanes available in the remaining space in shallow end of the pool.
6. Swimming Victoria's 11/under swimsuit rule will NOT be enforced at this meet.
7. Medals will be awarded to the first 3 place getters in age groups 8/under, 9/10, 11/12, 13/14 & 15/over in all age events.
8. Medals will be awarded to the first 3 place getters in all open events.
9. Multi Class athletes are encouraged to enter standard events
10. Entry fee is \$14.50 per individual event (includes \$1.25 SV event levy). **Relay entries are \$20 per team.**
11. Entries close 10:00AM, Tuesday 8th September 2026 or earlier if maximum limits are reached. No late entries will be accepted and no refunds will be provided when meet registration is closed.
12. Individual entries via Swim Central. **Relay entries via Swim Central (clubs to enter teams)**
13. Meet Program will be available to download via the club website prior to the meet. Programs will not be available on the day. Meet Mobile will be live on the day.
14. Swimmers and spectators will have access to the grandstand seating area.
15. Spectators are requested to sit in the grandstand, and only access pool deck when they are rostered for time keeping.
16. Ringwood Swimming Club reserves the right to cancel or alter events according to entries.
17. Enquiries to: RSC Competitions Officer
comps@ringwoodswimmingclub.org.au

**RAFFLE,
LUCKY ENVELOPES
AND SAUSAGE SIZZLE ON THE DAY
(EFTPOS AVAILABLE)**

**RSC MEET GROUP CHAT
- WHATSAPP GROUP-**

