



# METRO WEST DISTRICT

METRO WEST SWIMMING VICTORIA INCORPORATED

## METRO WEST DISTRICT CHAMPIONSHIPS (2022/23)

Broadmeadows Leisure Centre (Indoor Heated 50m Pool)

\$10.00 per individual event, \$20.00 per relay event - All entries via Swim Central - Metro West registered swimmers only

Individual & Relay Entries close Friday 25<sup>th</sup> November @ 11.59pm - Strictly no late entries accepted

### Session #1 - Friday 2<sup>nd</sup> December

Warm-Up 6.30pm, First Race 7.00pm

1	Mens Open	1500m Freestyle	2	Womens Open	800m Freestyle
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### Session #2 - Sunday 4<sup>th</sup> December

Warm-Up 11.00am, First Race 12.00pm

3	Mens Open	400m Ind Medley
4	Girls 8/Under	50m Butterfly
5	Girls 9 Years	100m Butterfly
6	Girls 10 Years	100m Butterfly
7	Girls 11 Years	100m Butterfly
8	Girls 12 Years	100m Butterfly
9	Girls 13 Years	100m Butterfly
10	Girls 14 Years	100m Butterfly
11	Girls 15 Years	100m Butterfly
12	Girls 16 Years	100m Butterfly
13	Girls 17 Years	100m Butterfly
14	Girls 18/Over	100m Butterfly
15	Mens Open	200m Freestyle
16	Girls 8/Under	50m Backstroke
17	Girls 9 Years	100m Backstroke
18	Girls 10 Years	100m Backstroke
19	Girls 11 Years	100m Backstroke
20	Girls 12 Years	100m Backstroke
21	Girls 13 Years	100m Backstroke
22	Girls 14 Years	100m Backstroke
23	Girls 15 Years	100m Backstroke
24	Girls 16 Years	100m Backstroke
25	Girls 17 Years	100m Backstroke
26	Girls 18/Over	100m Backstroke
27	Mens Open	200m Backstroke
28	Womens Open	4 x 50m Medley Relay
29	Girls 8/Under	50m Breaststroke
30	Girls 9 Years	100m Breaststroke
31	Girls 10 Years	100m Breaststroke
32	Girls 11 Years	100m Breaststroke
33	Girls 12 Years	100m Breaststroke
34	Girls 13 Years	100m Breaststroke

35	Girls 14 Years	100m Breaststroke
36	Girls 15 Years	100m Breaststroke
37	Girls 16 Years	100m Breaststroke
38	Girls 17 Years	100m Breaststroke
39	Girls 18/Over	100m Breaststroke
40	Mens Open	200m Breaststroke
41	Girls 8/Under	50m Freestyle
42	Girls 9 Years	100m Freestyle
43	Girls 10 Years	100m Freestyle
44	Girls 11 Years	100m Freestyle
45	Girls 12 Years	100m Freestyle
46	Girls 13 Years	100m Freestyle
47	Girls 14 Years	100m Freestyle
48	Girls 15 Years	100m Freestyle
49	Girls 16 Years	100m Freestyle
50	Girls 17 Years	100m Freestyle
51	Girls 18/Over	100m Freestyle
52	Mens Open	200m Butterfly
53	Girls 8/Under	200m Ind Medley
54	Girls 9 Years	200m Ind Medley
55	Girls 10 Years	200m Ind Medley
56	Girls 11 Years	200m Ind Medley
57	Girls 12 Years	200m Ind Medley
58	Girls 13 Years	200m Ind Medley
59	Girls 14 Years	200m Ind Medley
60	Girls 15 Years	200m Ind Medley
61	Girls 16 Years	200m Ind Medley
62	Girls 17 Years	200m Ind Medley
63	Girls 18/Over	200m Ind Medley
64	Mens Open	400m Freestyle
65	Womens 12/14/16/Open	4 x 50m Free Relay

## Session #3 - Friday 9<sup>th</sup> December

Warm-Up 6.30pm, First Race 7.00pm

66	Womens Open	1500m Freestyle	67	Mens Open	800m Freestyle
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## Session #4 - Sunday 11<sup>th</sup> December

Warm-Up 11.00am, First Race 12.00pm

68	Womens Open	400m Ind Medley
69	Boys 8/Under	50m Butterfly
70	Boys 9 Years	100m Butterfly
71	Boys 10 Years	100m Butterfly
72	Boys 11 Years	100m Butterfly
73	Boys 12 Years	100m Butterfly
74	Boys 13 Years	100m Butterfly
75	Boys 14 Years	100m Butterfly
76	Boys 15 Years	100m Butterfly
77	Boys 16 Years	100m Butterfly
78	Boys 17 Years	100m Butterfly
79	Boys 18/Over	100m Butterfly
80	Womens Open	200m Freestyle
81	Boys 8/Under	50m Backstroke
82	Boys 9 Years	100m Backstroke
83	Boys 10 Years	100m Backstroke
84	Boys 11 Years	100m Backstroke
85	Boys 12 Years	100m Backstroke
86	Boys 13 Years	100m Backstroke
87	Boys 14 Years	100m Backstroke
88	Boys 15 Years	100m Backstroke
89	Boys 16 Years	100m Backstroke
90	Boys 17 Years	100m Backstroke
91	Boys 18/Over	100m Backstroke
92	Womens Open	200m Backstroke
93	Mens Open	4 x 50m Medley Relay
94	Boys 8/Under	50m Breaststroke
95	Boys 9 Years	100m Breaststroke
96	Boys 10 Years	100m Breaststroke
97	Boys 11 Years	100m Breaststroke
98	Boys 12 Years	100m Breaststroke
99	Boys 13 Years	100m Breaststroke

100	Boys 14 Years	100m Breaststroke
101	Boys 15 Years	100m Breaststroke
102	Boys 16 Years	100m Breaststroke
103	Boys 17 Years	100m Breaststroke
104	Boys 18/Over	100m Breaststroke
105	Womens Open	200m Breaststroke
106	Boys 8/Under	50m Freestyle
107	Boys 9 Years	100m Freestyle
108	Boys 10 Years	100m Freestyle
109	Boys 11 Years	100m Freestyle
110	Boys 12 Years	100m Freestyle
111	Boys 13 Years	100m Freestyle
112	Boys 14 Years	100m Freestyle
113	Boys 15 Years	100m Freestyle
114	Boys 16 Years	100m Freestyle
115	Boys 17 Years	100m Freestyle
116	Boys 18/Over	100m Freestyle
117	Womens Open	200m Butterfly
118	Boys 8/Under	200m Ind Medley
119	Boys 9 Years	200m Ind Medley
120	Boys 10 Years	200m Ind Medley
121	Boys 11 Years	200m Ind Medley
122	Boys 12 Years	200m Ind Medley
123	Boys 13 Years	200m Ind Medley
124	Boys 14 Years	200m Ind Medley
125	Boys 15 Years	200m Ind Medley
126	Boys 16 Years	200m Ind Medley
127	Boys 17 Years	200m Ind Medley
128	Boys 18/Over	200m Ind Medley
129	Womens Open	400m Freestyle
130	Mens 12/14/16/Open	4 x 50m Free Relay

- ❑ **Swimmers Age as of 2<sup>nd</sup> December 2022. Multi-class swimmers will compete in their relevant age-group.**
- ❑ **Medals awarded to top three placegetters in each event. All events are run as Timed Finals, slowest-fastest.**
- ❑ **Age Group Champions to be awarded (at annual presentation night) for each age-group (inc. Multiclass) based on the results of the five events within each age-group on a 16/14/12/10/8/6/4/2 points allocation for top eight. Championship trophies will be awarded at our presentation Night for all the above age groups, Open Champion (4 x 200 Form Strokes), Open 400m Freestyle, Open 400m Ind Medley, Open 800m Freestyle and Open 1500m Freestyle.**
- ❑ **Championships Trophies also awarded for the Open 400m Free & IM, Open 800m Free & Open 1500m Free.**
- ❑ **Champion Club Trophies presented to the Top Three Overall Clubs, Top Three Male Clubs & Top Three Female Clubs, based on pointscore allocation in every event (16/14/12/10/8/6/4/2).**
- ❑ **Maximum TWO teams per club per relay event. Events 65 & 130 must be swum in the following order: 12/under swimmer, 14/under swimmer, 16/under swimmer, open age swimmer. Events 28 & 93 are open relays.**
- ❑ **Online Entries via Swim Central Only (including relay entries). Individual Entries & Relay Entries close Friday 25<sup>th</sup> November @ 11.59pm. Relay Team Members may be changed up until the start of each session, however relays must be entered by the closing date to be included in the program. Strictly no late entries.**
- ❑ **All meet enquiries to Metro West Competitions Officer, Julie Walsh (competitions@metrowestvic.org.au).**
- ❑ **Athlete Startlists, Meet Timeline & Meet Program to be published at www.metrowestvic.org.au prior to the commencement of the meet. It is the athletes responsibility to ensure their entry has been correctly recorded.**