



Swimming North Coast 2026 Speedo Sprint Heats & Qualifying Meet

Saturday, 31 January 2026

North: Alstonville Olympic Pool – Alstonville South: Kempsey McElhone Pool Complex– Kempsey

Warm up: 8.00am. Start 9.00am Electronic Timing

Male	Female	Age	Distance	Stroke	Event	Male	Female	Age	Distance	Stroke	Event
1	2	13yrs/O MC	200m	Free		63	64	7yrs	50m	Fly	
3	4	Open	200m	Free		65	66	MC	50m	Fly	
5	6	7yrs/U	25m	Breast		67	68	14yrs/O	50m	Fly	
7	8	7yrs	50m	Breast		69	70	13yrs	50m	Fly	Speedo
9	10	MC	50m	Breast		71	72	12yrs	50m	Fly	Speedo
11	12	14yrs/O	50m	Breast		73	74	11yrs	50m	Fly	Speedo
13	14	13yrs	50m	Breast	Speedo	75	76	10yrs	50m	Fly	Speedo
15	16	12yrs	50m	Breast	Speedo	77	78	9yrs	50m	Fly	Speedo
17	18	11yrs	50m	Breast	Speedo	79	80	8yrs	50m	Fly	Speedo
19	20	10yrs	50m	Breast	Speedo	81	82	MC	100m	Free	
21	22	9yrs	50m	Breast	Speedo	83	84	13yrs/O	100m	Free	
23	24	8yrs	50m	Breast	Speedo	85	86	12yrs/U	100m	Free	
25	26	13yrs/O MC	100m	Back		87	88	Open	200m	Breast	
27	28	13yrs/O	100m	Back		89	90	7yrs/U	25m	Back	
29	30	12yrs/U	100m	Back		91	92	7yrs	50m	Back	
31	32	Open	200m	Fly		93	94	MC	50m	Back	
33	34	7yrs/U	25m	Free		95	96	14yrs/O	50m	Back	
35	36	7yrs	50m	Free		97	98	13yrs	50m	Back	Speedo
37	38	MC	50m	Free		99	100	12yrs	50m	Back	Speedo
39	40	14yrs/O	50m	Free		101	102	11yrs	50m	Back	Speedo
41	42	13yrs	50m	Free	Speedo	103	104	10yrs	50m	Back	Speedo
43	44	12yrs	50m	Free	Speedo	105	106	9yrs	50m	Back	Speedo
45	46	11yrs	50m	Free	Speedo	107	108	8yrs	50m	Back	Speedo
47	48	10yrs	50m	Free	Speedo	109	110	13yr/O MC	100m	Fly	
49	50	9yrs	50m	Free	Speedo	111	112	13yr/O	100m	Fly	
51	52	8yrs	50m	Free	Speedo	113	114	12yrs/U	100m	Fly	
53	54	13yrs/O MC	100m	Breast		115	116	13yr/O MC	200m	IM	
55	56	13yrs/O	100m	Breast		117	118	13yr/O	200m	IM	
57	58	12yrs/U	100m	Breast		119	120	12yrs/U	200m	IM	
59	60	Open	200m	Back		121	122	Open	400m	Free	Time Trial
61	62	7yrs/U	25m	Fly		123	124	11yrs/O	400m	IM	Time Trial

Terms and Condition of Entry

1. SNC Speedo Sprint Heats and Qualifying Meets will be held at Alstonville and Kempsey and will be conducted under the Rules of SNSW and SAL. All events will be run as timed finals. Semi-Automatic Timing will be used.
2. **Entries can only be submitted ONLINE via Swim Central.**
 - Full Swimmer can enter all events
 - Club Only Swimmer can only enter the 4 x 50m Speedo events if they wish to enter the other events they must upgrade to a Full Swimmer
 - Swimmers not affiliated with a club can only enter the 4.x 50m Speedo events but must sign up as free Come n Try member with a club
 - Club Only and Come n Try swimmer are not eligible to swim the other events If entered will have these entries refunded.
3. **Age is at 31 January 2026. Entry fees are \$7.50 per event with the exception of the 25m events which are \$6.00 per event.**
4. **Closing Date for Entries: Sunday 25 January 2026 at 11.59pm**
5. **Late Entries cannot and will not be accepted.**
6. 7yrs can only swim one distance. Rule tolerance will apply to 25m events only. 25m swimmers cannot enter 50m or over events.
7. If insufficient swimmers have entered Multi Class events, swimmers may be amalgamated into the able body event with results being transferred into the Multi Class event.
8. SNC Speedo Sprint Heats events will be held at Alstonville and Kempsey simultaneously, with the Speedo Sprint Heats events results being merged. SNC Ribbons will be presented for the Speedo Sprint events at each venue. The Speedo Sprints Ribbons will be presented once the Speedo Sprint events results have been merged
9. Ribbons will be awarded as follows to the first 3 placegetters:

Speedo Sprint Events – 8yrs,9yrs,10yrs,11yrs,12yrs,13yrs	25m events – 7yrs, 6yrs & Under
50m events – 14yrs and 15yrs/O	Multi- Class Events – 12yrs/U and 13yrs/O
100m events and 200 IM – 10yrs/U,11yrs,12yrs,13yrs,14yrs,15yrs/O	200m events – 12yrs/U and 13yrs/O
400m Time Trials – No ribbons	
10. Swimmer wishing to contest the finals be held on Saturday 28 February 2026 at SOPAC must be hold registration of SNC affiliated Club as a Full Swimmer as this is a requirement to contest the finals
11. Any Swimmer who is age eligible and has qualified for the 2026 National Age Championships by the 9 February 2026 (excluding MC & Open Water) is ineligible to compete in the Speedo FINAL series.
12. The SNC Competition Committee reserves the right to vary the program as required.

Any enquiries, please contact Helen Green or Jennie Riley via snccompcoordinator@gmail.com