

DEVELOPMENT LEVEL MEETS

<p>MEET DESCRIPTION</p>	<ul style="list-style-type: none"> • The first type of meet a swimmer competes in. • They are run in a similar style to most school carnivals with the addition of some events. • Are designed to encourage new swimmers to compete with swimmers of a similar standard so they gain confidence in a racing environment with the emphasis on participation and having fun. • Is an excellent opportunity if a swimmer does not have a time for a particular event or are trying to achieve an entry time to enter qualifying meets such as higher level qualifying meets or Metro South East Area Meets.
<p>WHERE CAN I FOUND OUT ABOUT DEVELOPMENT MEETS?</p>	<ul style="list-style-type: none"> • Meets can be found on the NSW Swimming website: <ol style="list-style-type: none"> 1. Go to the calendar page 2. Click on <u>2017 Club / Area Events & Training Courses</u>. 3. Scroll through the meet programs to find meets that have no qualifying times or break time <p><i>Please note that it is important to read the meet program carefully before entering a meet.</i></p>
<p>HOW TO ENTER A DEVELOPMENT MEET?</p>	<ul style="list-style-type: none"> • Must be a member of the Leichhardt Swim Club (not just the LPAC training program). • Entries are done online through the NSW Swimming or Another P.B. websites. • Specific entry instructions are outlined on the meet program. • Online entries are the responsibility of the swimmer/parent. • The closing date will be published in meet program and on the online entry portal. • Please enter meets early as these meets close when the entry limit is reached, which can be before the published closing date.
<p>WHAT RACES SHOULD I ENTER?</p>	<ul style="list-style-type: none"> • 4-5 races • Enter 50's to begin to develop their race skills for higher level competition.
<p>DO PARENTS NEED TO VOLUNTEER AT A DEVELOPMENT MEET?</p>	<ul style="list-style-type: none"> • Each Swimmer must have a parent present to assist in timekeeping duties if required. • A timekeeper is usually rostered on for one hour.
<p>WILL COACH SUPPORT BE PROVIDED?</p>	<ul style="list-style-type: none"> • NO coach support is provided at Development meets.

QUALIFYING LEVEL MEETS

<p>MEET DESCRIPTION</p>	<ul style="list-style-type: none"> • Qualifying meets often have set times that need to be met in order to swim the event. • The swimmer must have a time faster than or equal to the qualifying time. • Are for swimmers trying to achieve qualifying times for Met Sea Area, Metropolitan, State and National level meets • In NSW most qualifying meets are held at SOPAC and are attended by many clubs. • The higher standard of competition at these meets means swimmers are more focussed on PB's (personal bests) and gaining qualifying times for representative meets.
<p>WHERE CAN I FOUND OUT ABOUT QUALIFYING MEETS?</p>	<ul style="list-style-type: none"> • The majority of meets can be found on the NSW Swimming website: <ol style="list-style-type: none"> 1. Go to the calendar page 2. Click on <u>2017 Club / Area Events & Training Courses</u>. 3. Scroll through the meet programs to find meets that have qualifying times or break times that suit your swimmer <p><i>Please note that it is important to read the meet program carefully before entering a meet.</i></p>
<p>HOW TO ENTER A QUALIFYING MEET?</p>	<ul style="list-style-type: none"> • Must be a member of the Leichhardt Swim Club (not just the LPAC training program). • Entries are done online through the NSW Swimming or Another P.B. websites. • Specific entry instructions are outlined on the meet program • Online entries are the responsibility of the swimmer/parent. • The closing date will be published in meet program and on the online entry portal. • Please enter meets early as these meets close when the entry limit is reached, which can be before the published closing date.
<p>WHAT RACES SHOULD I ENTER?</p>	<ul style="list-style-type: none"> • 5-6 races • 100's in all strokes should be swum. (Check with coach before entering 100 Butterfly). 200m races should be done in freestyle, individual medley or best form stroke to develop racing skills for Met Sea Area Meets, Metropolitan and State Championships.
<p>DO PARENTS NEED TO VOLUNTEER AT A QUALIFYING MEET?</p>	<ul style="list-style-type: none"> • Each Swimmer must have a parent present to assist in timekeeping duties if required. • A timekeeper is usually rostered on for one hour.
<p>WILL COACH SUPPORT BE PROVIDED?</p>	<ul style="list-style-type: none"> • Coach support will only be provided at TARGET MEETS. • Swimmers will be notified of TARGET MEETS by email as well as being posted on the Leichhardt Swim Club website.

REPRESENTATIVE LEVEL MEETS

MEET DESCRIPTION	There are 4 main levels of representative swimming in NSW <ol style="list-style-type: none">1. Met Sea Area Championships<ul style="list-style-type: none">• The opportunity for swimmers to compete against the best swimmers in the Met Sea Region.• Qualifying times are set by Met Sea. Swimmers must meet the qualifying standards to enter• Held twice a year. Short Course (25m pool) in June and Long Course (50m pool) in November.• These meets represent an opportunity for the clubs to put their biggest team forward they can and compete on a point score table against clubs in their area. They feature every Olympic event for each gender and a range of relays.2. Metropolitan Championships<ul style="list-style-type: none">• The opportunity for swimmers to compete against the best swimmers in Metropolitan Sydney.• Qualifying times are set by NSW Swimming. Swimmers must meet the qualifying standards to enter• There are 2 Metropolitan Championship meets a year. Short Course (July) and Long Course (November).3. State Championships<ul style="list-style-type: none">• The opportunity for swimmers to compete against the best swimmers in NSW.• Qualifying times are set by NSW Swimming. Swimmers must meet the qualifying standards to enter• There are 4 State Championship meets a year. Open water state (December), Long Course State Age (December), Long Course State Open (January), Short Course State Age (August), Short Course State Open (September).4. National Age Championships<ul style="list-style-type: none">• The opportunity for swimmers to compete against the best swimmers in Australia.• Qualifying times are set by Australian Swimming.• Swimmers must meet the qualifying standards to enter• Swimmers aged 13-18yrs only to compete
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**WHERE CAN I FOUND OUT
ABOUT REPRESENTATIVE LEVEL
MEETS?**

1. Met Sea Area Championships

Meet information and programs can be found on the Met Sea website:

- <https://metsea.swimming.org.au/>

Upcoming Area Championships will be listed on the homepage under News.

Alternatively, Click on Competition and then Click on List Future Meets within Met Sea

- Met Sea Area Meets are also listed on Another P.B. website:

Go to anotherpb.com Click on Future Meets **OR**

Once entries are open you will be able to immediately see whether your swimmer has qualified for any events:

- Click on Online Entries
- Click on the name of the meet and it will automatically show what events your swimmer has qualified for. (If you have more than one swimmer you will need to click on each separately under My Swimmers).

2. Metropolitan & State Championships

Meet information and programs can be found on the NSW Swimming website

1. Go to the calendar page
2. Click on [Swimming NSW Championships and Meets Event Calendars](#)
3. Scroll through the meet to find the programs and qualifying times

3. National Age Championships

Meet information and programs can be found on the Swimming Australia website

1. Click on events
2. Go to Georgina Hope Foundation Australian Age Swimming Championships

	<p>3. Scroll through to find the programs and qualifying times</p> <p>N.B. Entries for Metropolitan, State and Nationals can also be made through another PB website but will only show up on your online entry list once entries are open and if your swimmer has qualified.</p> <p>The LPAC Head Coach prefers all Metropolitan, State and National Championships to be done through the NSW Swimming and Swimming Australia websites.</p>									
<p>HOW TO ENTER A REPRESENTATIVE LEVEL MEET?</p>	<ul style="list-style-type: none"> • Must be a member of the Leichhardt Swim Club (not just the LPAC training program). • Entry is via the online links on the Swimming NSW or Swimming Australia Websites. • Specific entry instructions are outlined on the meet program • Online entries are the responsibility of the swimmer/parent. • Meets run by NSW Swimming such as NSW State Age/Open Championships and NSW Metropolitan Championships and Swimming Australia Meets such as Australian Age and Open Championships close at the advertised time. 									
<p>WHAT RACES SHOULD I ENTER?</p>	<ul style="list-style-type: none"> • Races can only be entered if the qualifying time has been met. • Qualifying times for Metropolitan and State Championships can be found on the NSW Swimming website. Go to the meet information to locate the qualifying times • Qualifying times for National Age Championships can be found on the Swimming Australia website. Go to the meet information to locate the qualifying times 									
<p>DO PARENTS NEED TO VOLUNTEER AT A REPRESENTATIVE LEVEL MEET?</p>	<p>1. Met Sea Area Championships</p> <ul style="list-style-type: none"> • Swimmer must have a parent present to assist in timekeeping duties if required. • A timekeeper is usually rostered on for one hour. <p>2. Metropolitan, State & National Championships</p> <ul style="list-style-type: none"> • No time keeping duties unless requested by NSW Swimming. 									
<p>WILL COACH SUPPORT BE PROVIDED?</p>	<table border="0"> <tr> <td data-bbox="685 1102 1030 1129">1. Met Sea Area Championships</td> <td data-bbox="1088 1102 1491 1129">2. Metropolitan & State Championships</td> <td data-bbox="1525 1102 1854 1129">3. National Level Championships</td> </tr> <tr> <td data-bbox="853 1169 891 1193">Yes</td> <td data-bbox="1211 1169 1249 1193">Yes</td> <td data-bbox="1637 1169 1771 1193">Yes if in NSW</td> </tr> <tr> <td colspan="3" data-bbox="1563 1238 1883 1262">No coach support if outside NSW</td> </tr> </table>	1. Met Sea Area Championships	2. Metropolitan & State Championships	3. National Level Championships	Yes	Yes	Yes if in NSW	No coach support if outside NSW		
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No coach support if outside NSW										