



Zone 4 RSL Youth Clubs

RSL State Championships Elimination Heats 22 / 23

Zone 4 qualifying race nights will be hosted by Riverstone Dolphins, at Riverstone Pool (Market Street), Riverstone on the following Saturday nights. All entrants will swim in all heats at the age they will be on SATURDAY 11th March 2023.

12th November 2022	– 100m Freestyle 50m - Free, Back, Breast, Fly
19th November 2022	– 200m Individual Medley 50m -Back, Breast, Fly, Free
26th November 2022	– 100m Freestyle 50m - Breast, Fly, Free, Back
3rd December 2022	– 200m Individual Medley 50m - Fly, Free, Back, Breast

Note: 100M Freestyle / 200m Individual Medley events are 8yrs -12yrs and 13yrs -24 yrs

Costs

Race Entries - \$2 per event
Pool Entry - \$3 per person (Including spectators)

Meet Details

Gates Open - 6.10pm
Warm Up - 6.15pm to 6.30pm (Marshalling to commence 6.30pm)
Meet Starts - 6.45pm Sharp

If you want to swim at these events but not be considered for the state team, please notify the club via email riverstonedolphins@gmail.com

If you do wish to be considered for selection, please ensure you keep the 11th March 2023 free as this is the date of the RSL State Championships, Which will be held at Botany pool.

- Swimmers shall not swim out of their age group.
- Selection eligibility - swimmers must compete at 2 of 4 meets.
- Competitors must be financial and a 1st Claim Swimmers of an affiliated R.S.L. Youth club
- To be considered for Medley Reserve, the swimmer must swim all 4 strokes.
- At the State Championships, no swimmer shall swim in more than two (2) individual events and two (2) relay events in each age group. **TBC**
- The only exception to this rule will be the male and female swimmers who will be chosen to compete in the OPEN 100M Freestyle event at State Championships.

Selection of Zone 4 Representatives in each age group for each event will be made from the swimmer's times in all the elimination heats. The decision of the selectors shall be final.

There will be a BBQ available on each night Riverstone are on week 1 and we will need volunteers to help with this. Volunteers will be required for each night for timekeeping from all clubs. The club will make a roster for this from the families entering the event.

Any questions to riverstonedolphins@gmail.com or see a committee member on a club night.