

SWIMNT

Venue	Parap Swimming Pool 77 Ross Smith Avenue, Parap NT 0820
Session Dates & Times	Saturday 12th July 2025 8:00 am Gates Open 8.30 am Warm Up (concludes 15 minutes prior to race start) 9.30 am Race Start
Spectator Admission	FREE
Program	Programs will be released online on Friday 11 th July 2025
Age	Swimmer's age as of 12 th July 2025
Entry Fee	\$6.60 including GST + assoc. Swim Central Fees for 25m events. \$9.90 including GST + assoc. Swim Central Fees for all other individual events. All Relay and Special '50' Events are free entry.
Entry	Entries are available ONLY through Swim Central - HERE Entries Open: Monday 16th June 2025 at 9am ACT Entries Close: Tuesday 8th July 2025 at 11:59pm ACT Club relay entries close Wednesday 9th July 2025 at 5pm ACT Late entries will be accepted with a \$20 swimmer surcharge. No event limits apply. Age restrictions as shown on the program of events. Multi-Class swimmers are welcome to enter the events listed below; all events chosen will be swum under MC classifications and exemptions. Interstate visitors wishing to enter may do so through Swim Central. Backstroke Ledges will be used during this competition for swimmers aged 11yrs & over. Swimmers will be separated accordingly.
Format	All events will be Short Course, swum as mixed timed finals.
Rules	All Events will be conducted under the rules of Swimming Australia Ltd. Modified rules for all 25m events will apply.
Refunds	Refunds will only be provided for withdrawals prior to the entry closing date. Any refund request after this time will require a medical certificate.
Medals	There will be no medals for swimmers competing in this event.

SWIMNT

Officials	SNT will be seeking officials to assist with this meet. Please contact Kate Reynolds, Technical Manager SNT at technicalmanager@nt.swimming.org.au
Timekeepers	Clubs will be allocated lanes for timekeepers depending on entries.
The Extra 50's	<p>50m Underwater Dolphin Kick and Freestyle sprint to the end.</p> <p>Are your underwaters game-changing? Do you like holding your breath? If so, then this event is for you! Underwater dolphin kick is commonly referred to as swimming's "fifth stroke." This race comes with a start off the block, swim underwater as far as you like and no 15-meter rule to worry about. How fast do you think you can go with this advantage? (Swimmer's aged 11yrs & under can wear fins)</p> <p>50m Kick with Fins</p> <p>Who doesn't like using fins? The best part about wearing fins is how much faster you can move in the water. Whether you choose to use a board or kick on your back, this event is perfect for your team's strongest kickers and fin enthusiasts. Show off that leg power. Use your arms at your own peril!</p>
The Club Pride - Shirt Relay	<p>The Club Pride - Shirt Relay (4 x 50m Mixed Medley Relay)</p> <p>Everyone loves resistance training! So why not a relay with this in mind. Get your team organised and compete in this Mixed Medley Relay.</p> <p>Teams must be mixed male/female and you must have at least one 11 and under swimmer in your team. All swimmers must wear their club shirts over bathers to compete in this relay.</p> <p>Clubs are encouraged to mix genders and age groups to create a fun club culture.</p>
The Water Polo Relay	<p>The Water Polo Relay (8 & Over - 4 x 25 Mixed Relay)</p> <p>Teams are to be made up of 4 swimmers of mixed gender (2 Females & 2 Males). Starting in the water, each swimmer is to swim the length of the pool with a water polo ball between their arms, whilst swimming freestyle. Swimmers MUST keep the ball between their arms and hand the ball over to the next swimmer at the end of each lap, until all 4 swimmers have completed the race.</p> <p>Again, clubs are encouraged to mix genders and age groups to create a fun club culture.</p>



Program of Events: 'The 50'

Saturday 12th July 2025

Warm Up: 8.30 am – Racing: 9.30 am

Meet Program (Short Course)	
1	8yrs & over 4 x 25m Water Polo Relay
2	8yrs & over 50m Butterfly
3	12yrs & under 25m Butterfly
4	8yrs & over 50m Kick with Fins – Entry is Free
5	8yrs & over 50m Breaststroke
6	12yrs & under 25m Breaststroke
7	8yrs & over 100m Individual Medley
8	8yrs & over 50m Freestyle
9	12yrs & under 25m Freestyle
10	8yrs & over 50m Underwater Dolphin Kick and Freestyle sprint Entry is Free & swimmers under 11yrs can wear fins
11	8yrs & over 50m Backstroke
12	12yrs & under 25m Backstroke
13	8yrs & Over 4 x 25m Club Shirt Freestyle Relay

All events are timed finals and mixed events