



# RSC OPEN LONG COURSE MEET

SUNDAY, 15TH FEBRUARY 2026

**aquanation**

SESSION 1: WARMUP-UP 1.00PM - START 2PM

10 LANE, 50 METER, LONG COURSE INDOOR POOL AQUANATION, GREENWOOD AVE, RINGWOOD

Event	Gender	Age Group	Distance	Distance/Stroke	Gender	Age Group	Event
1	Female	Open	400m QT 6.00	Freestyle	Male	Open	2
3	Female	Open	200m	Backstroke	Male	Open	4
5	Female	Open	100m	Butterfly	Male	Open	6
7	Female	Open	100m	Breaststroke	Male	Open	8
9	Female	Open	200m	Freestyle	Male	Open	10
11	Female	Open	100m	Backstroke	Male	Open	12
13	Female	Open	200m	Butterfly	Male	Open	14
15	Female	Open	200m	Breaststroke	Male	Open	16
17	Female	Open	100m	Freestyle	Male	Open	18
19	Female	Open	200m	Individual Medley	Male	Open	20

**ENTRIES CLOSE 10AM, TUESDAY 10<sup>TH</sup> FEBRUARY 2026**





# RSC OPEN LONG COURSE MEET

SUNDAY, 15TH FEBRUARY 2026

1. This meet will be conducted under the rules of SAL and SV.
2. Entry is restricted to registered swimmers. Age is as of Sunday 15<sup>th</sup> February 2026.
3. All events will be swum as timed Finals. 400m Freestyle QT is 6:00.
4. This meet is a proposed qualifying meet, subject to swimming Victoria Approval. Your assistance with timekeeping may be required to ensure this is achieved.
5. Warm-up / cool down lanes available in the remaining space in shallow end of the pool.
6. Swimming Victoria's 11/under swimsuit rule will NOT be enforced at this meet.
7. Medals will be awarded to the first 3 place getters in all open events.
8. Multi Class athletes are encouraged to enter standard events
9. Entry fee is \$14.50 per event (includes \$1.25 SV event levy).
10. Entries close 10:00AM, Tuesday 10<sup>th</sup> February 2026 or earlier if maximum limits are reached. No late entries will be accepted and no refunds will be provided when meet registration is closed.
11. Individual entries via Swim Central.
12. Meet Program will be available to download via the club website prior to the meet. Programs will not be available on the day. Meet Mobile will be live on the day.
13. Swimmers and spectators will have access to the grandstand seating area.
14. Spectators are not allowed on pool deck, except when they are rostered for time keeping.
15. Ringwood Swimming Club reserves the right to cancel or alter events according to entries.
16. Enquiries to: RSC Competitions Officer  
[comps@ringwoodswimmingclub.org.au](mailto:comps@ringwoodswimmingclub.org.au)

**RAFFLE,  
LUCKY ENVELOPES  
AND SAUSAGE SIZZLE ON THE DAY  
(EFTPOS AVAILABLE)**

**RSC MEET GROUP CHAT  
- WHATSAPP GROUP-**

