METROPOLITAN SOUTHEAST AREA
Winter Senior Championships
SOPAC 20-21 June 2026

POSITIONS FILLED BY CLUBS

SATURDAY 20 JUNE - SESSION 1 AND SESSION 2

BACKSTROKE LEDGES – MORNING AND AFTERNOON (for backstroke and medley relay events)

LANE 0	CRANBROOK
LANE 1	CRANBROOK
LANE 2	CRANBROOK
LANE 3	CRANBROOK
LANE 4	CRANBROOK
LANE 5	CRANBROOK
LANE 6	CRANBROOK
LANE 7	CRANBROOK
LANE 8	CRANBROOK
LANE 9	CRANBROOK

RUNNERS – REPORT TO THE RECORDING ROOM

9.00 am – 11.00 am	NEWINGTON
11.00 am – 1.00 pm	NEWINGTON
1.00 pm – 3:30 pm	NEWINGTON
3:30 pm – finish	NEWINGTON

PRESENTATION TABLE – REPORT TO TABLE ON POOL DECK NEAR RECORDING DESK

9.00 am – 11.00 am	ST GEORGE
11.00 am – 1.00 pm	ST GEORGE
1.00 pm – 3:30 pm	ST GEORGE
3:30 pm – finish	ST GEORGE

CAR PARK DUTY – REPORT TO RECORDING ROOM TO BE SHOWN TO REAR EXIT

7.45 am – 8.45 am	ST CATHERINE'S

CHECK STARTING – REPORT TO CHECK STARTING AREA –

8.50 am till end of day	COSAC

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METROPOLITAN SOUTHEAST AREA
POSITIONS FILLED BY CLUBS

SUNDAY 21 JUNE 2026 - SESSION 3 AND SESSION 4

BACKSTROKE LEDGES – MORNING AND AFTERNOON (for backstroke and medley relay events)	
LANE 0	CRANBROOK
LANE 1	CRANBROOK
LANE 2	CRANBROOK
LANE 3	CRANBROOK
LANE 4	CRANBROOK
LANE 5	CRANBROOK
LANE 6	CRANBROOK
LANE 7	CRANBROOK
LANE 8	CRANBROOK
LANE 9	CRANBROOK
RUNNERS – REPORT TO THE RECORDING ROOM	
9.00 am – 11.00 am	KINCOPPAL ROSE BAY
11.00 am – 1.00 pm	KINCOPPAL ROSE BAY
1.00 pm – 3:30 pm	KINCOPPAL ROSE BAY
3:30 pm – finish	KINCOPPAL ROSE BAY
PRESENTATION TABLE – REPORT TO TABLE ON POOL DECK NEAR RECORDING DESK	
9.00 am – 11.00 am	ST GEORGE
11.00 am – 1.00 pm	ST GEORGE
1.00 pm – 3:30 pm	ST GEORGE
3:30 pm – finish	ST GEORGE
CAR PARK DUTY – REPORT TO RECORDING ROOM TO BE SHOWN TO REAR EXIT	
7.45 am – 8.45 am	Not required
8.50 am till end of day	SLC AQUADOT