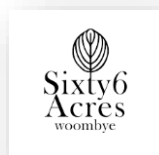




# 2024 NAMBOUR LONG COURSE TRANSITION MEET

**Saturday 9<sup>th</sup> Nov 2024**

**Nambour Aquatic Centre  
Petrie Park Rd, Nambour**



The Nambour Piranhas look forward to welcoming you to our 2024 LC Transition Meet

- 50 metre heated pool
- Dolphin Semi-Automatic timing
- Junior Rule Tolerances will apply 7 and under only
- Gates open 7:00am -7.15am warm-up for 8.00am start (Junior Session) & 12pm warm-up for 12.45pm start (Senior Session)- time will be confirmed in final program
- Nominations \$8.00 per event 8 & over; \$4.00 per event 7 & under
- Medals for 8-11 and for 12 & over events
- Participation Ribbons for 7 & under
- Age Champions for 8,9,10,11,12,13,14,15, 16& over & Multiclass (Junior & Senior champion)  
Age Champions will be calculated from points in all swims completed in the respective age-group session.  
Multiclass Age Champion will be calculated on multiclass points to determine race placing (using multiclass points calculator), and then points allocated for placings as per able bodied races.
- 10 & 11 year old swimmers wishing to swim 200m strokes in the Senior Session are advised to consult with their coach before nominating
- Hot BBQ Breakfast & Lunch as well as canteen facilities available
- Meet Entry \$4.00 adults (12 & over) Coaches & swimmers free
- Large covered grandstand

**NOMINATIONS CLOSE 1<sup>st</sup> November 2024 at 11.59pm**  
(earlier if capacity is reached)

**NO LATE ENTRIES WILL BE ACCEPTED**

Enquiries: [nambour@widebayswimming.org.au](mailto:nambour@widebayswimming.org.au)

# PROGRAM OF EVENTS

## Junior Session

EVENT NUMBER	GENDER	AGE	EVENT	DISTANCE
1	GIRLS	8-11	MEDLEY	200
2	BOYS	8-11	MEDLEY	200
3	GIRLS	7&UNDER	FREE	25
4	BOYS	7&UNDER	FREE	25
5	GIRLS	8-11	FREE	50
6	BOYS	8-11	FREE	50
7	GIRLS	8-11	BACKSTROKE	100
8	BOYS	8-11	BACKSTROKE	100
9	GIRLS	7&UNDER	BREAST	25
10	BOYS	7&UNDER	BREAST	25
11	GIRLS	8-11	BREAST	50
12	BOYS	8-11	BREAST	50
13	GIRLS	8-11	FLY	100
14	BOYS	8-11	FLY	100
15	GIRLS	7&UNDER	BACK	25
16	BOYS	7&UNDER	BACK	25
17	GIRLS	8-11	BACK	50
18	BOYS	8-11	BACK	50
19	GIRLS	8-11	BREAST	100
20	BOYS	8-11	BREAST	100
21	GIRLS	7&UNDER	FLY	25
22	BOYS	7&UNDER	FLY	25
23	GIRLS	8-11	FLY	50
24	BOYS	8-11	FLY	50
25	GIRLS	8-11	FREE	100
26	BOYS	8-11	FREE	100

**All events open to multi-class swimmers**

# Senior Session

EVENT NUMBER	GENDER	AGE	EVENT	DISTANCE
27	GIRLS	12 & OVER	BACK	50
28	BOYS	12 & OVER	BACK	50
29*	GIRLS	10 & OVER	FREE	200
30*	BOYS	10 & OVER	FREE	200
31	GIRLS	12 & OVER	BREAST	50
32	BOYS	12 & OVER	BREAST	50
33	GIRLS	12 & OVER	FLY	100
34	BOYS	12 & OVER	FLY	100
35*	GIRLS	10 & OVER	BREAST	200
36*	BOYS	10 & OVER	BREAST	200
37	GIRLS	12 & OVER	BACK	100
38	BOYS	12 & OVER	BACK	100
39	GIRLS	12 & OVER	FLY	50
40	BOYS	12 & OVER	FLY	50
41	GIRLS	12 & OVER	MEDLEY	200
42	BOYS	12 & OVER	MEDLEY	200
43*	GIRLS	10 & OVER	BACK	200
44*	BOYS	10 & OVER	BACK	200
45	GIRLS	12 & OVER	FREE	100
46	BOYS	12 & OVER	FREE	100
47*	GIRLS	10 & OVER	FLY	200
48*	BOYS	10 & OVER	FLY	200
49	GIRLS	12 & OVER	BREAST	100
50	BOYS	12 & OVER	BREAST	100
51	GIRLS	12 & OVER	FREE	50
52	BOYS	12 & OVER	FREE	50

**All events open to multi-class swimmers**

**\* Swimmers aged under 12 are advised to consult with their coach before nominating for these events**