



LONG COURSE PREPARATION MEET

11TH-12TH JANUARY 2025

RACE FOR THE THRONE

**FASTEST 50M FREESTYLE SWIMMERS WILL
RACE IN A UNIQUE RACE TO DECIDE WHO
WILL BE OUR KING AND QUEEN OF THE POOL
PRIZE : \$1000**



Proudly Supported by





MEET INFORMATION

DATE: • SATURDAY 11TH AND SUNDAY 12TH JANUARY 2025

LOCATION: • CALOUNDRA AQUATIC CENTRE
CNR ARTHUR ST & CENTRAL PARK RD

SESSIONS:

- **SATURDAY AFTERNOON DISTANCE:**
2PM WARM UP - 3PM START.
- **SUNDAY (JUNIOR & SENIOR)**
7AM WARM UP - 8AM START

AGE:

- AGE AT 10TH JANUARY 2025.
- MINIMUM AGE 9 YEARS OLD.

ELIGIBILITY:

- ENTRY IS OPEN TO ANY SQ REGISTERED SWIMMERS.
- SWIMMERS 12&OVER ARE ELIGIBLE FOR OPEN EVENTS.

NOMINATIONS:

- ENTRIES TO THIS MEET ARE TO BE MADE VIA SWIM CENTRAL.
- LATE ENTRIES WILL NOT BE ACCEPTED.
- NOMINATIONS OPEN: TUESDAY, 26TH NOVEMBER 9AM.
- NOMINATIONS CLOSE: TUESDAY, 31ST DECEMBER 11:59PM.
- NOMINATION FEE: \$9.00 PER INDIVIDUAL EVENT.

REFUNDS:

- NO REFUNDS WILL BE GIVEN FOR WITHDRAWAL FROM THE MEET UNLESS ITS DUE TO MEDICAL REASONS.
- IF WITHDRAWING FOR MEDICAL REASON, NOTIFICATION MUST BE GIVEN BY 5PM THURSDAY 9TH JANUARY AND A REFUND REQUEST WITH A MEDICAL CERTIFICATE PROVIDED WITHIN 7 DAYS OF THE MEET.
- NO REFUNDS APPLY IF THE MEET IS CANCELLED ON THE DAY DUE TO INCLEMENT WEATHER.



MEET INFORMATION

AWARDS:

- ALL AGE EVENTS WILL BE SWUM AS TIMED FINALS.
- MEDALS WILL BE AWARDED TO 1ST, 2ND & 3RD PLACEGETTERS IN EACH AGE GROUP: (9,10,11,12,13,14,15,16,17&OVER & OPEN).
- MULTI CLASS IS BASED ON A (9-12yrs) JUNIOR CATEGORY AND (13&OVER) SENIOR CATEGORY.
- **AGE CHAMPIONS** WILL BE AWARDED TO THE FOLLOWING AGE GROUPS: (9,10,11,12,13,14,15,16,17&OVER & MULTICLASS CATEGORIES ABOVE) BASED ON ALL EVENTS.
- **MEDALS MUST BE COLLECTED ON THE DAY OF THE MEET. (THEY WILL NOT BE MADE AVAILABLE FOR COLLECTION OR POSTING OUT AFTER THE MEET)**

ENTRY FEE & PROGRAMS

- NO ENTRY FREE FOR SPECTATORS.
- THE MEET PROGRAM AND TIMELINE WILL BE EMAILED TO PARTICIPATING CLUBS.
- NO PROGRAMS WILL BE AVAILABLE FOR SALE ON THE DAY.

FOOD & DRINKS

- THE BBQ WILL BE OPERATING FOR BREAKFAST AND LUNCH.
- THE KIOSK WILL BE OPEN FOR THE PURCHASE OF DRINKS AND OTHER GOODIES.

TIMEKEEPING

- TIMEKEEPERS (3 PER LANE) MAYBE REQUIRED BY EACH CLUB. (A CLUB TIMEKEEPING ROSTER WILL BE PROVIDED BEFORE THE EVENT).
- DISTANCE EVENTS: CLUBS NOMINATING SWIMMERS IN DISTANCE EVENTS WILL BE REQUIRED TO PROVIDE PARENT TIMEKEEPERS AND LAPCOUNTERS.
- DOLPHIN SEMI-AUTOMATIC TIMING EQUIPMENT WILL BE THE MAIN TIMING SYSTEM WITH ONE STOPWATCH AT EACH LANE FOR BACK UP.
- RESULTS WILL BE AVAILABLE ON THE DAY ON MEET MOBILE.

WARMUP COOLDOWN POOL

- **SATURDAY PM:** 3 LANES IN 25M POOL FROM 3PM.
- **SUNDAY ALL DAY:** 4 LANES IN 25M POOL FROM 8AM.



PROGRAM OF EVENTS

SESSION 1: DISTANCE SATURDAY

Boys Events	Age	Event Description	Girls Events
1	OPEN	1500 Freestyle	2
3	OPEN	800 Freestyle	4
5	OPEN	200 Backstroke	6
7	OPEN	200 Breaststroke	8
9	OPEN	200 Butterfly	10
11	OPEN	400 IM	12

SESSION 2: JUNIOR AND SENIOR SUNDAY

BOYS EVENTS	AGE	EVENT	GIRLS EVENT
13	OPEN (ALL, incl MC)	50 Freestyle prelims	14
15	OPEN	400 Freestyle	16
17	9 & Over	50 breaststroke	18
19	9 & Over	50 Breaststroke MC	20
21	9 & Over	100 Freestyle	22
23	9 & Over	50 Butterfly	24
25	9 & Over	50 Butterfly MC	26
27	9 & Over	200 Freestyle	28
	OPEN (ALL, incl MC)	50 Freestyle final (top 8) King & Queen of the Pool	
29	9 & Over	100 Breaststroke	30
31	9 & Over	50 Backstroke	32
33	9 & Over	50 Backstroke MC	34
35	9 & Over	100 Butterfly	36
37	9 & Over	200 IM	38
39	9 & Over	100 Backstroke	40