



McDonalds



2018 FNQ Long Course Championships 3rd and 4th March, Tobruk Memorial Pool

All competitive registered FNQ swimmers are invited to attend the 2018 FNQ Long Course Championships. This meet is an approved A Grade Championship Event, sanctioned by Swimming Queensland. Swimmers 11yrs and under are also eligible for the “FNQ Complete Swimmer Medal” approved by Swimming Qld. This medal is to award the swimmers aged 8-10yrs that swim in all four 50m events and 11yrs that swim in all four 100m events at these championships. This medal will be presented to the swimmers on Sunday. Papua New Guinea Swimming Federation are also invited to swim as visitors at this championship event once clearance has been approved.

Time	Saturday – 7.00am for 8.00am start Sunday – 8:00am for 9.00am start
Venue	Tobruk Memorial Pool
Gate Entry	Swimmers & Coaches – FREE (current ASCTA cards to be shown) All Adults - \$4 entry per day payable to FNQ Swimming Gate Volunteer Children – free
Nomination Fee	Individual Nominations - \$5.00 per event Relay Nominations - \$8 per team
Nominations Close	Monday, 26th February 2018 – 7.00pm EST
Age	Age as at 3 rd March 2018
Eligibility	This Championship Meet is for FNQ Swimming competitive registered swimmers. Recreational swimmers are ineligible to enter. PNG Swimmers are invited to swim as visitors with approved clearance from their region.
FNQ Swimming Annual Awards	Swimmers registered with FNQ Regional Swimming Association must compete at these championships to be eligible for our Annual McDonald Awards. Swimmers that are ill will be given special exemption if a doctor’s certificate is presented.
Events	As per attached Program of Events. FNQ Swimming reserves the right to combine heats and events.
Awards	Points will be awarded for all swims on a 5-3-1 basis for overall Champion Club and Champion Relay Club Age Aggregates will be on 5-3-1 basis as follows: <ul style="list-style-type: none"> • 8-9 years & MC Swimmers – 50m of each stroke • 10 years – 50m of each stroke plus 200IM • 11-16&O – 100m of each stroke plus 200IM • Open – 12 & O – 50m all strokes, 200m Fly, Bk, Brst, Fr, 400m, 800m & 1500 events Medals will be awarded to the first three FNQ place-getters in all 12&O events with the exception being the 12&O 200m and 200IM events which will be multi-aged for medals.
Complete Swimmers Medal	Swimmers 8-10yrs who compete in each of the 4 x 50m Stroke Events and 11yrs who compete in each of the 4 x 100m Stroke Events will receive the “Complete Swimmer Medal” This award is in recognition of their achievement in competing in all 4 individual stroke events at the championships.
Relays	Relay teams shall be nominated via email to the FNQRSA Race Secretary (gitte@ezyapp.com) by Wednesday, 28 th February 2018. Club race secretaries to advise the event no. for which the relay is being nominated, the swimmers’ names and the time for the first swimmer. Relay events may be cancelled if less than 2 clubs are nominated. Maximum 2 teams per club per event.
Late Entries	NO Late entries will be accepted.
Nominations	SWIMMERS WITH NT WILL NOT BE ACCEPTED. All individual entries and payments are to be completed online via the FNQ Swimming website.
Multi Class Events	Multi Class Swimmers nominating in 50m MC events cannot swim in 50m able body events.
Results	Results will be available on the FNQ website on www.fnqswimming.com.au . The Meet Mobile App will be used throughout this meet and results uploaded after each event.
Collection of Medals	Please Note: Collection of medals is the responsibility of each swimmer. Medals not collected by the end of the meet will not be redeemed.
Programs	Available via www.fnq.swimming.org.au website.
Photo Policy	In nominating for this meet, swimmers agree that they may be photographed and that the images may be used in publications, FNQ website or social medial sites.
Club Roster	As this in an FNQ Event, we need all clubs to assist in the running of this meet. A duty roster will be sent to each club after nominations close.
Rules	SAL/SQ Rules will apply. All decisions will be at the discretion of the Chief Referee. In the event of a protest, a fee of \$100 is to be deposited with a written protest not later than 30 mins following the conclusion of the event (SAL CBL 12)
Enquiries	All Enquiries should be directed to the regional race secretary Gitte Galea on email gitte@ezyapp.com



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Saturday 3 rd March 2017				
M	F	Age	Distance	Stroke
1	2	10&O	200	IM
3		12&O	1500	Free (QT)
	4	12&O	800	Free (QT)
5		12&13	800	Free
6	7	MC	50	Fly
March Past				
Session 2				
8	9	12&O	50	Breast
10	11	MC	50	Breast
12	13	11&U	50	Back
14	15	11&O	200	Fly
16	17	11&O	100	Back
18	19	MC	50	Back
20	21	11&O	200	Free
22	23	13&O	4 x 50	Freestyle Relay
24	25	12&U	4 x 50	Freestyle Relay
26	27	10&U	4 x 50	Freestyle Relay
28	29	11&O	200	Back
30	31	11&U	50	Fly
32	33	12&O	50	Fly
34	35	MC	50	Free
36	37	11&O	100	Breast

Sunday 4 th March 2017				
M	F	Age	Distance	Stroke
38	39	13&O	4 x 50	Medley Relay
40	41	10&U	4 x 50	Medley Relay
42	43	12&U	4 x 50	Medley Relay
44	45	12&O	400	IM
46	47	11&U	50	Breast
48	49	11&O	100	Free
50	51	11&U	50	Free
52	53	12&O	50	Free
54	55	11&O	400	Free
56	57	12&O	50	Back
58	59	11&O	200	Breast
60	61	11&O	100	Fly

Qualifying Times for Distance Events					
MALE QT's	12	13	14	15	16&O
1500	20:40.00	20:40.00	20:20.00	19:35.00	18:45.00
FEMALE QT's	12	13	14	15	16&O
800	11:25.00	11:25.00	11:20.00	11:00.00	10:50.00