



# saints

## SWIMMING CLUB



# 2018 State Preparation Meet

Friday 23<sup>rd</sup> (Sprint Night), Saturday 24<sup>th</sup> & Sunday 25<sup>th</sup> November 2018

Tobruk Memorial Pool, Sheridan St, Cairns North.

**Gate Entry Fee:** \$3.00 Saturday & Sunday for all spectators and non-swimmers  
(Friday Free) Free entry for coaches, competitors & officials.

**Nomination Fee:** \$5.00 per event includes FNQRSA 50c surcharge  
Entry times must be submitted, NT are not accepted for this State Preparation Meet.  
Swimmers must be nominated online via link on [www.fnqswimming.org.au](http://www.fnqswimming.org.au)

**Age:** As of 23<sup>rd</sup> November 2018

**Nominations Close:** **Friday 16th November, 2018, 10PM.**  
Swimmers must be nominated through online nominations only.

**Prizes:** 200IM (combined time - 50Fly, 50Bk, 50Br, 50Fr)  
M/F 12yrs & U - 1<sup>st</sup> \$25 | 2<sup>nd</sup> \$10 | 3<sup>rd</sup> \$5  
M/F 13yrs & O - 1<sup>st</sup> \$50 | 2<sup>nd</sup> \$20 | 3<sup>rd</sup> \$10

**1st Time Qualification (100m-1500m events) - QLD State \$10 | National Age / Open \$20**

First Session Friday 23rd Nov.

Warm up 5pm Start 6pm (No gate entry)

| M | F | AGE   | DISTANCE | STROKE       |
|---|---|-------|----------|--------------|
| 1 | 2 | 9 & O | 50       | Freestyle    |
| 3 | 4 | 9 & O | 50       | Butterfly    |
| 5 | 6 | 9 & O | 50       | Backstroke   |
| 7 | 8 | 9 & O | 50       | Breaststroke |

Second Session Saturday 24th Nov.

Warm up 8am Start 9am

| M  | F  | AGE    | DISTANCE | STROKE       |
|----|----|--------|----------|--------------|
| 9  | 10 | 11 & O | 200      | IM           |
| 11 | 12 | 10 & O | 100      | Backstroke   |
| 13 | 14 | 11 & O | 200      | Breaststroke |
|    | 15 | 11 & O | 800 *    | Freestyle    |
| 16 | 17 | 10 & O | 100      | Butterfly    |
| 18 | 19 | 11 & O | 200      | Backstroke   |
| 20 | 21 | 11 & O | 400      | Freestyle    |

Third Session Sunday 25th Nov.

Warm up 8am Start 9am

| M  | F  | AGE    | DISTANCE | STROKE       |
|----|----|--------|----------|--------------|
| 22 | 23 | 11 & O | 400      | IM           |
| 24 | 25 | 10 & O | 100      | Freestyle    |
| 26 | 27 | 11 & O | 200      | Butterfly    |
| 28 |    | 11-13  | 800 *    | Freestyle    |
| 29 |    | 12 & O | 1500 *   | Freestyle    |
| 30 | 31 | 10 & O | 100      | Breaststroke |
| 32 | 33 | 11 & O | 200      | Freestyle    |

\* Denotes events where qualification times apply.

**Nominations Close:**  
**Friday 16th November 2018 - 10pm**



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## SWIMMING CLUB



It is with great pleasure Saints Swimming Club would like to welcome you to our State Preparation Meet, being held at North Queensland's premium and only FINA approved pool, Tobruk Memorial Pool. This is the third such meet we have held here and after the positive response and performances last year we have kept the same format.

Our racing program is structured to give swimmers the best possible opportunity to qualify for QLD State, QLD Sprint and National Championships by allowing adequate recovery between sessions for quality competition.

The 50m events on Friday night promise to be fast and furious, where we will be awarding cash prize for 12yrs & under, 13years & over for a 200IM time combined of 50m Butterfly, 50m Backstroke, 50m Breaststroke, and 50m Freestyle time's swam on Friday night. Presentations will be at completion of Saturday warm up.

Throughout the Saturday and Sunday events we are awarding cash prizes for making first time State or National qualification in 100m, 200m, 400m, 800m & 1500m events. Should your entry time be over the qualification time in current age and you attain qualification at our meet you are eligible for a cash prize. Cash prizes don't apply to time trial events should they be held at the end of the carnival.

### Conditions of Entry:

1. The meet will be conducted under the rules of FINA and By-laws of Swimming Australia (SAL) and Swimming Queensland (SQ)
2. All competitors must be currently registered members of an affiliated SAL club or a visiting member of a club in a FINA registered nation. SWD must present their classification card to the referee on the day.
3. All decisions taken will be at the discretion of the Chief Referee of the day.
4. In the event of a protest, a fee of \$100 is to be deposited with a written protest no later than 30 minutes following the conclusion of the event. (SAL CBL 12)

### Qualifying Times: \* Qualifying times are enforced for events 15, 28, 29.

| 800 Freestyle |          |          |          |          |          |          |          |
|---------------|----------|----------|----------|----------|----------|----------|----------|
|               | 11/12yrs | 13yrs    | 14yrs    | 15yrs    | 16yrs    | 17/18yr  | Open     |
| M             | 13.30.00 | 12.55.00 |          |          |          |          |          |
| F             | 12.50.00 | 12.42.00 | 12.30.00 | 12.23.00 | 12.18.00 | 12.12.00 | 11.34.00 |

| 1500 Freestyle |          |          |          |          |          |          |
|----------------|----------|----------|----------|----------|----------|----------|
|                | 12/13yrs | 14yrs    | 15yrs    | 16yrs    | 17/18yr  | Open     |
| M              | 23.20.00 | 22.20.00 | 21.45.00 | 21.22.00 | 20.40.00 | 19.24.00 |

**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 media sites.

**Timekeepers:** Clubs are required to provide timekeepers on the day. A timekeeping roster will be available after nominations closing date.

**Enquiries:** All enquiries are to be directed to the Race Secretary, Gitte Galea - [saintsnominations@gmail.com](mailto:saintsnominations@gmail.com)

**Nominations Close:**

**Friday 16th November 2018 – 10pm**