



Saturday & Sunday, 23rd & 24th February 2019
Woree Swimming Pool, Pool Close, Woree

Saturday

SESSION 1: 8:30am for a 9:30am START

M	F	Distance	Age	Stroke
1	2	100	10&O	Freestyle
3	4	50	10&O	Butterfly
5	6	200	11&O	Backstroke
7	8	50	10&O	Breaststroke
9	10	100	10&O	Butterfly
11	12	200	11&O	Breaststroke

30 min break

SESSION 2: SATURDAY

M	F	Distance	Age	Stroke
13	14	400	11&O	Ind Medley
15	16	400	11&O	Freestyle
17	18	800	11&O	Freestyle
19	20	1500	11&O	Freestyle



Ronald
McDonald
Family
Retreat®



Sunday

SESSION 3: 8:30am for a 9:30am START

M	F	Distance	Age	Stroke
21	22	25	8&U *	Backstroke
23	24	50	8-9 *	Backstroke
25	26	25	8&U *	Butterfly
27	28	50	8-9 *	Butterfly
29	30	25	8&U *	Breaststroke
31	32	50	8-9 *	Breaststroke
33	34	25	8&U *	Freestyle
35	36	50	8&O *	Freestyle

* 8 year olds cannot swim both 25 and 50 of the same stroke

30 min break (if schedule permits)

SESSION 4: SUNDAY

M	F	Distance	Age	Stroke
37	38	50	FINAL	Free Gift 9, 10, 11, 12, 13, 14, 15 & 16&O (8 Lanes)
39	40	200	10&O	Ind Medley
41	42	50	10&O	Backstroke
43	44	100	10&O	Breaststroke
45	46	200	11&O	Butterfly
47	48	100	10&O	Backstroke
49	50	200	11&O	Freestyle

Please refer to the second page for Conditions of Entry:



Please Read the Conditions of Entry

1. Age will be as at: 23 February 2019
2. All competitors must be a registered member of an affiliated SAL club or a visiting member of a FINA registered nation.
3. Rules will be the FINA rules and the By-Laws of Swimming Australia (SAL) and Swimming Queensland (SQ), competition will be under the direction of the Race Referee at all times. Any protests are to be in writing accompanied by a \$100 fee and lodged with the Race Referee within 30 minutes of the completion of the event.
4. * The fastest swimmer in 50m Free in the ages 9 yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs and 16 & O, for male and females, will be eligible to compete in the 50m FINAL. The THIRD CAIRNS STINGRAYS GIFT proudly sponsored by Woree Sports and Aquatic. The finals will be handicapped based on their 50m Free time recorded at this meet with the winners of the male and female Finals receiving \$50 First prize, \$30 Second prize and \$20 Third prize.
5. All races are swum for times in order for you to achieve the required time to enter FNQ LC Championships.
6. Nominations Close on Monday 18th February 2019.
Cost of events are: \$4.65 per event. \$2.05 for 25m events.

All individual events will be by online nominations using the link provided on the FNQ Swimming website at fnq.swimming.org.au.

NO NOMINATIONS WILL BE ACCEPTED AFTER THIS DATE.

7. In nominating for this Meet, swimmers agree that they may be photographed and that their image may be used in publications, FNQ website or social media sites.

A small amount of programmes will be available at the door for \$2.00 and also available to download from the FNQ website.

Gate entry is \$2.00 for adults per day. Coaches, swimmers and children are free.

Photography Policy

In nominating for this meet, swimmers agree that they may be photographed and that images may be used in publications, including but not restricted to, FNQ and Swimming Club websites or social media sites.



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OUR LOCAL
COMMUNITY**



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friendship**

