



Noosa Swimming Club Long Course Preparation

Meet 2019

Noosa Aquatic Centre, Girraween Court, Sunshine Beach

We are hosting our long course meet on

Friday 22nd & Saturday 23rd February

This meet is sanctioned by Swimming Queensland and all times will be recognised as official qualifying times for all meets including Nationals and Queensland State Championships

Friday Evening warm up at 5pm, Racing starts 5.30pm

| Male | Female | Distance | Age | Stroke | Qualifying Time |
|------|--------|----------|-------------|--------|-----------------|
| 1 | 2 | 1500 m | 12 and Over | Free | 20:00 |
| 3 | 4 | 400 m | 12 and Over | IM | 6:30 |
| 5 | 6 | 800 m | 12 and Over | Free | 11:00 |

Saturday warm up starts 7am, Racing starts 8am

| Male | Female | Distance | Age | Stroke | Qualifying Time |
|------|--------|----------|-------------|--------|-----------------|
| 7 | 8 | 200 m | 10 and Over | IM | |
| 9 | 10 | 400 m | 12 and Over | Free | |
| 11 | 12 | 50 m | 8 and Over | Fly | |
| 13 | 14 | 200 m | 11 and Over | Back | |
| 15 | 16 | 100 m | MD | Free | |
| 17 | 18 | 100 m | 10 and Over | Free | |
| 19 | 20 | 50 m | 8 and Over | Back | |
| 21 | 22 | 200 m | 11 and Over | Free | |
| 23 | 24 | 100 m | MD | Breast | |
| 25 | 26 | 100 m | 10 and Over | Breast | |
| 27 | 28 | 50 m | 8 and Over | Free | |
| 29 | 30 | 200 m | 11 and Over | Breast | |
| 31 | 32 | 100 m | MD | Fly | |
| 33 | 34 | 100 m | 10 and Over | Fly | |
| 35 | 36 | 50 m | 8 and Over | Breast | |
| 37 | 38 | 200 m | 11 and Over | Fly | |
| 39 | 40 | 100 m | MD | Back | |
| 41 | 42 | 100 m | 10 and Over | Back | |



ONLINE ENTRIES ONLY Nominations close Midnight 11th Feb - NO LATE ENTRIES ACCEPTED

Friday warm up 5-5.20pm racing starts 5.30pm

Saturday warmup 7-7.45am racing starts 8am

Age groups will be calculated as per age on the first day of the meet

Medals for 8, 9, 10, 11 years. Cash prizes for 12, 13, 14 & 15 and Over and MC events

Events 1-6 on Friday will be swum as open events with cash prizes to the top 3 only.

Age Champions will be awarded based on the 4 x 50m stroke events

'Chalet & NAC' cafe available onsite

Club coaches receive free entry and program

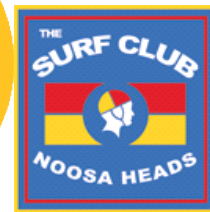
Nominations are \$7 per event plus transaction fee – OME available [here](#)

Pool entry is \$3/swimmers & pre-school aged children FREE (although if siblings attending wish to swim, they MUST pay to do so at the NAC entry desk)

Programs available on the day are \$4

Time-keeping will be allocated to clubs according to the amount of each club's entries

We are grateful to the following supporters of Noosa Swimming Club & partners of Wide Bay Swimming Association:





CONDITIONS OF ENTRY

1. All competitors must be registered with QSA at the time of nomination.
2. The carnival will be conducted under QSA rules
3. All entries to be submitted via online nomination
4. No late entries will be accepted.
5. Age group for swimmers will be calculated as at the first day of the meet.
6. Race Secretaries are to ensure swimmers' DOB and nominated times are accurate.
7. No monies will be returned if the carnival is cancelled due to weather conditions or situations out of our control.
8. Individual medley races consist of equal distances of butterfly, backstroke, breaststroke and freestyle, in that order.
9. Swimmers must swim in lanes allocated by the Check Starter.
10. Heats/events may be combined at the discretion of the Referee or Marshall. Heats may not be reseeded.
11. Placings will be decided on the fastest times in heats of all events. There will be no finals. Medals will be presented for 1st, 2nd and 3rd in each event for 11 and under. Cash will be given for 12 and Over and MD events.
12. Age champion awards will be presented to winners of each of the following age groups – 8, 9, 10, 11, 12, 13, 14, 15yrs and over. This will be based on a point system of 6, 3 and 1 for 1st, 2nd and 3rd across the 50m events. In the event of a tie, the times will be averaged across all four strokes.
13. The one-start rule will apply throughout.
14. Feet first entry for backstroke events.
15. Clubs will provide timekeepers as per roster in the meet program.
16. It is the responsibility of your club's Race Secretary to check the psych sheets as they are posted on the Wide Bay Swimming Website. Notifications of any mistakes should be received within 24 hours of the psych sheets being published.
17. All clubs are responsible for their own swimmers during warmups