



**KAWANA WATERS**  
**Swimming Club**

# **Long Course Preparation Meet**

**22&23**  
**SEPTEMBER** 2023

**Kawana Aquatic Centre**  
45 Sportsmans Parade, Bokarina



**KAWANA WATERS**  
**Swimming Club**

## MEET INFORMATION:

DATE:	Friday 22nd September and Saturday 23rd September 2023
VENUE:	Kawana Aquatic Centre 45 Sportsmans Parade, Bokarina
SESSIONS:	<b>Friday Night Distance Session</b> 5pm Warm Up 6pm Start  <b>Saturday Junior and Senior Session Combined</b> 7am Warm Up 8am Start Small break after relays
NOMINATION FEE:	\$8.00 per race + Online Swimming Australia Fee
AGE DETERMINATION:	Age as of Friday 22nd September 2023 Minimum age for competition is 8 years Minimum age for open events is 11 years
NOMINATIONS OPEN:	8am Friday 18th August 2023
NOMINATIONS CLOSE:	5pm Sunday 17th September 2023 or before if capacity is reached.
EVENTS:	All events to be swum as timed finals except for the 100m Freestyle (Top 10 from heats will swim a final for cash prize)  The Club reserves the right to cancel, combine or alter any events. PLEASE NOTE: Please Note Age Restrictions for OPEN EVENTS. Friday Night Distance Session (11 yrs.+)

**ENTRIES:**

Entry is open to any SQ registered swimmer. All entries must be submitted via online through Swim Central. No monies will be returned for incorrect nominations.

**TIMEKEEPERS:**

Timekeepers may be required to be provided by each Club. A Club timekeeping roster will be provided.

\*FRIDAY NIGHT: Clubs nominating swimmers in distance events will be required to provide parent timekeepers and lap counters.

**AWARDS:**

- **MEDALS** will be awarded for 1st, 2nd and 3rd place getters for age groups 8yrs, 9yrs, 10yrs, 11yrs
- **Cash Prizes** for ages 12, 13, 14, 15, 16 & open (1st - \$10, 2nd - \$5, 3rd - \$3)

Open event cash prizes will be awarded for 1st, 2nd and 3rd only

**Major Cash Prize** awarded for 100m Freestyle Male and Female that beat nominated time (Up to \$500 each) Further information below.

**Major Cash Prize** for Mercantile Relay = \$1000  
Further information below.

- Open event cash prizes will be awarded for 1st, 2nd and 3rd only
- **AGE CHAMPION** for ages 8, 9, 10, 11, 12,13,14,15,16 & Open
- In the interest of supporting all swimmers we have adjusted the Age Champion points scoring events. Points will be awarded for all events.



- A swimmer must have completed 4 swims to be eligible to become Age Champion.
- An individual's total will be determined from their 5 highest point scoring events.
- In the event of a tie, we will work backwards in points score totals until a winner has been determined.
- Multi Class Age Champion will be determined from the 50m events.
- Multi Class Swimmers are not required to compete in all 4 x 50m events to be eligible for age champion.
- In the event of a tie, the swimmer with the highest aggregate points as calculated by the Swimming Australia.

Class Point Score system, will receive age champion.

Place getters will be determined based on the fastest times recorded using Semi Automatic Timing.

---

**RULES:**

**Meet is run in accordance with SL/SQ Rules**

---

**COVID SAFE MEET INFORMATION:**

In order to comply with Queensland Government regulations for the running of COVID Safe events all nominees must confirm they agree to the below: Covid 19 Terms and Conditions for Athletes. All visitors to the Meet, including swimmers, will be required to follow the Kawana Aquatic Centre COVID-Safe procedures as displayed in signage around the pool and current Queensland Health restrictions.

---

**PROGRAMS:**

The Meet Program and Timeline will be emailed to participating clubs. No programs will be available for sale on the day.

---

**REFUNDS:**

No refunds will be given for withdrawal from the Meet unless due to medical reasons. Notification must be given to our Race Secretary by 5pm Wednesday, 20th September 2023.



Along with a refund request via Swim Central and medical certificate to be provided within 7 days of the Meet. No refunds will be given if the meet is cancelled on the day due to inclement weather.

PHOTOS:

In nominating for this Meet, Swimmers agree that they may be photographed by Club approved photographers and images may be used by the Club on their website and social media pages.

BREAK:

There will be a small break after relay, time TBC after nominations close in regards to entries.

SPECTATOR FEE-  
SATURDAY:

\$3 – pay on entry

FOOD&DRINKS:

Canteen facilities available and Club BBQ

ENQUIRIES:

Nomination enquiries please contact Hayley – [secretarykawana@gmail.com](mailto:secretarykawana@gmail.com)



KAWANA WATERS  
Swimming Club



**KAWANA WATERS**  
Swimming Club

# Thanks to our wonderful sponsors

## HOW TO CONTACT US

PHONE : (+61) 0448813074  
WWW.FLUSHPLUMBING.COM.AU  
EMAIL : CAM@FLUSHPLUMBING.COM.AU  
PLUMBING LICENCE 23800, QBCC LICENCE 1144758



**K** **KONCEPT**  
CONSTRUCTION

**Jarrold Bleijie MP**

Member for Kawana

**RACKLEY**  
SWIMMING

Design by

**DRAPP.COM.AU**

Web & Mobile Apps | Virtual Reality | Databases

## PROGRAM OF EVENTS

SESSION 1 – DISTANCE EVENTS  
Friday Night 22<sup>nd</sup> September 2023

Boys Event #	Age	Event Description	Girls Event #
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	400IM	12

SESSION 2 – Junior and Senior Events  
Saturday 23<sup>rd</sup> September 2023

Boys Event #	Age	Event Description	Girls Event #
13	OPEN	400 Freestyle	14
15	8-9	50 Freestyle	16
17	10 & Over	50 Breaststroke	18
19	10 & Over	50 Breaststroke Multi-class	20
21	8-9	50 Butterfly	22
23	10 & Over	100 Freestyle	24
25	8-9	50 Backstroke	26
27	10 & Over	50 Butterfly	28
29	10 & Over	50 Butterfly Multi-Class	30
31	8-9	50 Breaststroke	32
		<b>DASH FOR CASH</b>	
		<b>RELAY</b>	
33	10 & Over	200 Freestyle	34
35	10 & Over	100 Breaststroke	36
37	10 & Over	50 Backstroke	38
39	10 & Over	50 Backstroke Multi-Class	40
41	10 & Over	100 Butterfly	42
43	10 & Over	50 Freestyle	44
45	10 & Over	50 Freestyle Multiclass	46
47	10 & Over	100 Backstroke	48
49	10 & Over	200 IM	50



**KAWANA WATERS**  
Swimming Club



**FLUSH PLUMBING**  
24h emergency service

HOW TO CONTACT US

PHONE : (+61) 0448813074  
WWW.FLUSHPLUMBING.COM.AU  
EMAIL : CAM@FLUSHPLUMBING.COM.AU  
PLUMBING LICENCE 23800, QBCC LICENCE 1144758



**K**  
KAWANA WATERS  
Swimming Club

**23**  
September  
**2023**

**Preparation Meet**

**MERCANTILE**

**RELAY**

**8 x 50m Freestyle**

**\$1000**

**\$1000**

**Prize Pool:**

1st Place \$500

2nd Place \$300

3rd Place \$200

- **Maximum 2 teams per club**
- Heats to determine **top 10** for final.
- Relay will consist of **8 swimmers** per team
- **4 x 8yrs – 12 yrs / 4 x 13 yrs – open**
- Coaches nominate times for each swimmer with a total time for completed relay
- Nominations given **on the day before 10:30am**
- **Closest to nominated time wins.**

**K**  
KAWANA WATERS  
Swimming Club

**23**  
September **2023**

**Preparation Meet**

**DASH FOR CASH**

**'ONE WINNER'**

**100m Freestyle**

**\$1000**

- Nominate via swim central for 100m freestyle
- After heats the top 10 swimmers will go into a final and **ONE** winner (for each male and female) will receive following prize depending on time swum.

**Male Winner**

Faster than 50.00 seconds = **\$500**  
Faster than 51.00 seconds = **\$300**  
Faster than 52.00 seconds = **\$200**

**Female Winner**

Faster than 55.00 seconds = **\$500**  
Faster than 56.00 seconds = **\$300**  
Faster than 57.00 seconds = **\$200**

*\* Remaining cash will  
jackpot to next year.*