

<p><b>Date &amp; Venue</b></p>	<p align="center"><b>St Andrew's LC Preparation Meet</b></p> <p align="center"><b>Friday 20th and Saturday 21st October 2023</b></p> <p align="center"><b>St Andrew's Aquatic Centre: 40 Peregrin Springs Drive, Peregrin Springs 4573</b></p>
<p><b>Sessions</b></p>	<p align="center"><b>Friday Distance session – 4.30pm for 5.30pm Start</b></p> <p align="center"><b>Saturday Junior Session (8-11 years) 7am for 7.45am Start</b></p> <p align="center"><b>Saturday Senior Session (12 years +)</b>  <b>Not before 11.45am.</b> Start time will be advised once timeline is finalised.</p>
<p><b>Gate Entry</b></p>	<p align="center">Gates Open 4pm Friday 20th &amp; 7am Saturday 21st October</p> <p align="center"><b>Entry is free for Coaches, Swimmers and Spectators</b></p>
<p><b>Nomination Fee</b></p>	<p align="center">\$8.80 per event inc. GST + Online Processing Fees</p>
<p><b>Age Determination</b></p>	<p align="center">Age as Friday 20<sup>th</sup> October 2023</p> <p align="center"><b>Minimum age for Open Events is 12 Years</b></p>
<p><b>Nominations Open</b></p>	<p align="center">9.00am Tuesday 19th September 2023</p>
<p><b>Nominations Close</b></p>	<p align="center"><b>11.59pm Thursday 12th October 2023</b></p> <p align="center">Please note: Nominations may close early if entry limit is reached prior</p>
<p><b>Events</b></p>	<p align="center"><b>All events to be swum as timed finals as per attached Program of Events.</b></p> <p align="center"><b>The Club reserves the right to cancel, combine or alter events.</b></p>

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<b>Entries</b>	<p>Entry is open to any SQ registered swimmer. All entries must be submitted via online through <a href="#">Swim Central</a> No monies will be returned for incorrect nominations.</p>
<b>Timekeepers</b>	<p>Timekeepers will be required by each Club. A club timekeeping roster will be distributed prior to the Meet. <b>Friday Night:</b> Clubs nominating swimmers in Distance Events must provide 2 timekeepers and a lap counter for each swimmer entered.</p>
<b>Food</b>	<p>Aquatic Centre Cafe will be operating throughout the day.</p>
<b>Rules</b>	<p>Meet is run in accordance with SAL/SQ Rules.</p>
<b>Programs</b>	<p>Entry lists will be emailed to clubs for checking. The Meet Program and Timeline will be emailed out by Thursday 19th October 2023. <b>No programs will be available for sale on the day.</b>  Results will be available on Meet Mobile</p>
<b>Awards</b>	<p style="text-align: center;"><b>Medals will be awarded in the Junior Session:</b></p> <ul style="list-style-type: none"> <li>• 50m Events – fastest 3 placegetters in each AGE group - 8, 9, 10, 11 years</li> <li>• 100m Events – fastest 3 placegetters in each AGE group – 10, 11 years</li> <li>• 200m IM – fastest 3 placegetters</li> <li>• M/C 50m Events – fastest 3 placegetters in each event using the M/C point system</li> </ul> <p style="text-align: center;"><b>Medals &amp; Cash Prizes awarded in the Distance and Senior Sessions:</b></p> <ul style="list-style-type: none"> <li>• 100m Events – Medals awarded to the fastest 3 placegetters in each AGE Group – 12, 13, 14 and 15 years. Cash Prizes awarded to fastest 3 placegetters for 16 Years &amp; Over (1<sup>st</sup> \$15, 2<sup>nd</sup> \$10 and 3<sup>rd</sup> \$5).</li> <li>• OPEN Events – (50m &amp; 200m Events, 400m IM &amp; Freestyle, 800m and 1500m Freestyle) – fastest 3 placegetters in each event (1<sup>st</sup> \$15, 2<sup>nd</sup> \$10 and 3<sup>rd</sup> \$5).</li> <li>• M/C 50m Events – Medals awarded to the fastest 3 placegetters in each event using the M/C point system.</li> </ul> <p style="text-align: center;"><b>Medals and Cash Prizes must be collected on the day of the Meet. They will not be available for collection nor posted out after the Meet.</b></p>

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<b>Refunds</b>	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 18th Oct 2023 along with a refund request and medical certificate. No refunds will be given if the meet is cancelled on the day due to inclement weather.
<b>Enquiries</b>	Nomination enquiries please contact Sarah Pendergast on <a href="mailto:spendergast@saac.qld.edu.au">spendergast@saac.qld.edu.au</a>
<b>Photography</b>	Please note as the event is taking place on St Andrew's College property, there will be no photography permitted in accordance with the colleges child protection policy

### Distance Session – Friday 20<sup>th</sup> October

4.30pm warm up 5.30pm start

Event	Age	Gender	Distance	Stroke
1	Open	Men's	800	Freestyle
2	Open	Women's	800	Freestyle
3	Open	Men's	1500	Freestyle
4	Open	Women's	1500	Freestyle
5	Open	Men's	400	Ind. Medley
6	Open	Women's	400	Ind. Medley

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**Junior Session – Saturday 21st October**  
**7.15am warm up 8.00am start**

Event	Age	Gender	Distance	Stroke
7	10-11 Years	Boys	100	Freestyle
8	10-11 Years	Girls	100	Freestyle
9	8-11 Years	Boys M/C	50	Butterfly
10	8-11 Years	Girls M/C	50	Butterfly
11	8-11 Years	Boys	50	Butterfly
12	8-11 Years	Girls	50	Butterfly
13	10-11 Years	Boys	100	Breaststroke
14	10-11 Years	Girls	100	Breaststroke
15	8-11 Years	Boys M/C	50	Backstroke
16	8-11 Years	Girls M/C	50	Backstroke
17	8-11 Years	Boys	50	Backstroke
18	8-11 Years	Girls	50	Backstroke
19	10-11 Years	Boys	100	Butterfly
20	10-11 Years	Girls	100	Butterfly
21	8-11 Years	Boys M/C	50	Breaststroke
22	8-11 Years	Girls M/C	50	Breaststroke
23	8-11 Years	Boys	50	Breaststroke
24	8-11 Years	Girls	50	Breaststroke
25	10-11 Years	Boys	100	Backstroke
26	10-11 Years	Girls	100	Backstroke
27	8-11 Years	Boys M/C	50	Freestyle
28	8-11 Years	Girls M/C	50	Freestyle
29	8-11 Years	Boys	50	Freestyle
30	8-11 Years	Girls	50	Freestyle
31	10-11 Years	Boys	200	Ind. Medley
32	10-11 Years	Girls	200	Ind. Medley

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**Senior Session – Saturday 21st October**  
**Warm up and start time to be advised**

Event	Age	Gender	Distance	Stroke
33	Open	Men's	400	Freestyle
34	Open	Women's	400	Freestyle
35	Open	Men's	200	Ind. Medley
36	Open	Women's	200	Ind. Medley
37	Open	Men's	50	Freestyle
38	Open	Women's	50	Freestyle
39	Open	Men's M/C	50	Freestyle
40	Open	Women's M/C	50	Freestyle
41	Open	Men's	50	Butterfly
42	Open	Women's	50	Butterfly
43	Open	Men's M/C	50	Butterfly
44	Open	Women's M/C	50	Butterfly
45	Open	Men's	200	Breaststroke
46	Open	Women's	200	Breaststroke
47	12 Years & Over	Men's	100	Backstroke
48	12 Years & Over	Women's	100	Backstroke
49	Open	Men's	200	Butterfly
50	Open	Women's	200	Butterfly
51	12 Years & Over	Men's	100	Freestyle
52	12 Years & Over	Women's	100	Freestyle
53	12 Years & Over	Men's	100	Breaststroke
54	12 Years & Over	Women's	100	Breaststroke
55	Open	Men's	200	Backstroke
56	Open	Women's	200	Backstroke
57	12 Years & Over	Men's	100	Butterfly
58	12 Years & Over	Women's	100	Butterfly
59	Open	Men's	50	Breaststroke
60	Open	Women's	50	Breaststroke
61	Open	Men's M/C	50	Breaststroke
62	Open	Women's M/C	50	Breaststroke
63	Open	Men's	200	Freestyle
64	Open	Women's	200	Freestyle
65	Open	Men's	50	Backstroke
66	Open	Women's	50	Backstroke
67	Open	Men's M/C	50	Backstroke
68	Open	Women's M/C	50	Backstroke

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