



2023 NAMBOUR LC TRANSITION MEET

Saturday 11th November 2023

**Nambour Aquatic Centre
Petrie Park Rd, Nambour**



Proudly supported by
Sunshine Coast Council's grants program

The Nambour Piranhas look forward to welcoming you to our 2023 LC Transition Meet

- 50 metre heated pool
- Dolphin Semi-Automatic timing
- Junior Rule Tolerances will apply 7 and under only
- Gates open 7:00am
- 7.15am warm-up for 8.00am start (Junior Session)
- 12pm warm-up for approximately 12.45pm start (Senior Session)- time will be confirmed in final program
- Nominations \$8.00 per event 8 & over; \$4.00 per event 7 & under
- Medals for 8-11 and for 12 & over events
- Participation Ribbons for 7 & under
- Age Champions for 8,9,10,11,12,13,14,15, 16& over
- Hot BBQ Breakfast & Lunch as well as canteen facilities available
- Meet Entry \$4.00 adults (12 & over) Coaches & swimmers free
- Large covered grandstand

NOMINATIONS CLOSE 3rdth November 2023 at 11.59pm
(earlier if capacity is reached)

NO LATE ENTRIES WILL BE ACCEPTED

Enquiries: nambour@widebayswimming.org.au

PROGRAM OF EVENTS

JUNIOR SESSION				
Event Number	Gender	Age	Stroke	Distance
1	Female	8-11	Medley	200m
2	Male	8-11	Medley	200m
3	Female	7 & under	Freestyle	25m
4	Male	7 & under	Freestyle	25m
5	Female	8-11	Freestyle	50m
6	Male	8-11	Freestyle	50m
7	Female	8-11	Backstroke	100m
8	Male	8-11	Backstroke	100m
9	Female	7 & under	Breaststroke	25m
10	Male	7 & under	Breaststroke	25m
11	Female	8-11	Breaststroke	50m
12	Male	8-11	Breaststroke	50m
13	Female	8-11	Butterfly	100m
14	Male	8-11	Butterfly	100m
15	Female	7 & under	Backstroke	25m
16	Male	7 & under	Backstroke	25m
17	Female	8-11	Backstroke	50m
18	Male	8-11	Backstroke	50m
19	Female	8-11	Breaststroke	100m
20	Male	8-11	Breaststroke	100m
21	Female	7 & under	Butterfly	25m
22	Male	7 & under	Butterfly	25m
23	Female	8-11	Butterfly	50m
24	Male	8-11	Butterfly	50m
25	Female	8-11	Freestyle	100m
26	Male	8-11	Freestyle	100m
SENIOR SESSION				
Event	Gender	Age	Stroke	Distance
27	Female	9 & over	Freestyle	200m
28	Male	9 & over	Freestyle	200m
29	Female	12 & over	Breaststroke	50m
30	Male	12 & over	Breaststroke	50m
31	Female	12 & over	Backstroke	100m
32	Male	12 & over	Backstroke	100m
33	Female	12 & over	Freestyle	50m
34	Male	12 & over	Freestyle	50m
35	Female	12 & over	Butterfly	100m
36	Male	12 & over	Butterfly	100m
37	Female	12 & over	Backstroke	50m
38	Male	12 & over	Backstroke	50m
39	Female	12 & over	Breaststroke	100m
40	Male	12 & over	Breaststroke	100m
41	Female	12 & over	Butterfly	50m
42	Male	12 & over	Butterfly	50m
43	Female	12 & over	Freestyle	100m
44	Male	12 & over	Freestyle	100m
45	Female	12 & over	Medley	200m
46	Male	12 & over	Medley	200m

*** All events open to multi-class swimmers**