

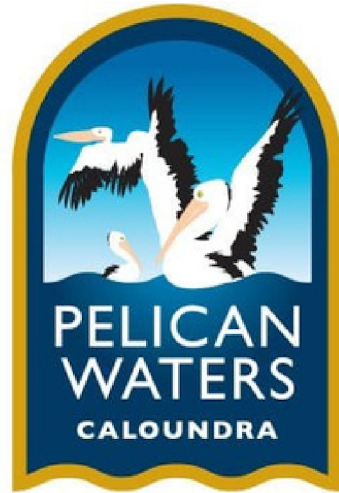


**LONG COURSE  
PREPARATION MEET**

**13th & 14th  
JANUARY  
2024**

Proudly Sponsored by

# Just Autos



Supported by



SWAIN FAMILY MEATS



# AMONZI®



# MEET INFORMATION

**DATE:** • SATURDAY 13TH AND SUNDAY 14TH JANUARY 2024

**LOCATION:** • CALOUNDRA AQUATIC CENTRE  
CNR ARTHUR ST & CENTRAL PARK RD

**SESSIONS:**

- **SATURDAY AFTERNOON DISTANCE:**  
2PM WARM UP - 3PM START.
- **SUNDAY ( JUNIOR & SENIOR)**  
7AM WARM UP - 8AM START

**AGE:**

- AGE AT 13TH JANUARY 2024.
- MINIMUM AGE 8 YEARS OLD.

**ELIGIBILITY:**

- ENTRY IS OPEN TO ANY SQ REGISTERED SWIMMERS.
- SWIMMERS 12&OVER ARE ELIGIBLE FOR OPEN EVENTS.

**NOMINATIONS:**

- ENTRIES TO THIS MEET ARE TO BE MADE VIA SWIM CENTRAL.
- LATE ENTRIES WILL NOT BE ACCEPTED.
- NOMINATIONS OPEN: TUESDAY, 28TH NOVEMBER 9AM.
- NOMINATIONS CLOSE: SUNDAY, 31ST DECEMBER 11:59PM.
- NOMINATION FEE: \$8.80 PER INDIVIDUAL EVENT.

**REFUNDS:**

- NO REFUNDS WILL BE GIVEN FOR WITHDRAWAL FROM THE MEET UNLESS ITS DUE TO MEDICAL REASONS.
- IF WITHDRAWING FOR MEDICAL REASON, NOTIFICATION MUST BE GIVEN BY 5PM THURSDAY 11TH JANUARY AND REFUND REQUEST WITH MEDICAL CERTIFICATE PROVIDED WITHIN 7 DAYS OF THE MEET.
- NO REFUNDS APPLY IF THE MEET IS CANCELLED ON THE DAY DUE TO INCLEMENT WEATHER.



# MEET INFORMATION

## AWARDS:

- ALL AGE EVENTS WILL BE SWUM AS TIMED FINALS.
- MEDALS WILL BE AWARDED TO 1ST, 2ND & 3RD PLACEGETTERS IN EACH AGE GROUP: (8,9,10,11,12,13,14,15,16,17&OVER).
- MEDALS WILL BE AWARDED TO 1ST, 2ND & 3RD OVERALL PLACEGETTERS IN ALL OPEN EVENTS.
- **AGE CHAMPIONS** WILL BE AWARDED TO THE FOLLOWING AGE GROUPS: (8,9,10,11,12,13,14,15,16,17&OVER) BASED ON ALL EVENTS.
- **MEDALS MUST BE COLLECTED ON THE DAY OF THE MEET. (THEY WILL NOT BE MADE AVAILABLE FOR COLLECTION OR POSTING OUT AFTER THE MEET)**

## ENTRY FEE & PROGRAMS

- NO ENTRY FEE FOR SPECTATORS.
- THE MEET PROGRAM AND TIMELINE WILL BE EMAILED TO PARTICIPATING CLUBS.
- NO PROGRAMS WILL BE AVAILABLE FOR SALE ON THE DAY.

## FOOD & DRINKS

- THE BBQ WILL BE OPERATING FOR BREAKFAST AND LUNCH.
- THE KIOSK WILL BE OPEN FOR PURCHASE OF DRINKS AND OTHER GOODIES.

## TIMEKEEPING

- TIMEKEEPERS MAY BE REQUIRED BY EACH CLUB.  
(A CLUB TIMEKEEPING ROSTER WILL BE PROVIDED BEFORE THE EVENT).
- DISTANCE EVENTS: CLUBS NOMINATING SWIMMERS IN DISTANCE EVENTS WILL BE REQUIRED TO PROVIDE PARENT TIMEKEEPERS AND LAP COUNTERS.
- DOLPHIN SEMI-AUTOMATIC TIMING EQUIPMENT WILL BE THE MAIN TIMING SYSTEM WITH ONE STOP WATCH AT EACH LANE FOR BACKUP.
- RESULTS WILL BE AVAILABLE ON THE DAY ON MEET MOBILE.

## WARMUP COOL DOWN POOL

- **SATURDAY PM:** 3 LANES IN 25M POOL FROM 3PM.
- **SUNDAY ALL DAY:** 4 LANES IN 25M POOL FROM 8AM.



# PROGRAM OF EVENTS

## SESSION 1 DISTANCE EVENTS

SATURDAY 13TH JANUARY 2024

BOYS EVENTS	AGE	EVENT DESCRIPTION	GIRLS EVENTS
<b>1</b>	OPEN	1500 Freestyle	<b>2</b>
<b>3</b>	OPEN	800 Freestyle	<b>4</b>
<b>5</b>	OPEN	200 Backstroke	<b>6</b>
<b>7</b>	OPEN	200 Breaststroke	<b>8</b>
<b>9</b>	OPEN	200 Butterfly	<b>10</b>
<b>11</b>	OPEN	400 IM	<b>12</b>

## SESSION 2 Junior and Senior Events

SUNDAY 14TH JANUARY 2024

BOYS EVENTS	AGE	EVENT DESCRIPTION	GIRLS EVENTS
<b>13</b>	OPEN	400 Freestyle	<b>14</b>
<b>15</b>	8-9	50 Butterfly	<b>16</b>
<b>17</b>	10 & Over	50 Breaststroke	<b>18</b>
<b>19</b>	10 & Over	50 Breaststroke Multi-class	<b>20</b>
<b>21</b>	8-9	50 Backstroke	<b>22</b>
<b>23</b>	10 & Over	100 Freestyle	<b>24</b>
<b>25</b>	8-9	50 Breaststroke	<b>26</b>
<b>27</b>	10 & Over	50 Butterfly	<b>28</b>
<b>29</b>	10 & Over	50 Butterfly Multi-Class	<b>30</b>
<b>31</b>	8-9	50 Freestyle	<b>32</b>
<b>33</b>	10 & Over	200 Freestyle	<b>34</b>
<b>35</b>	10 & Over	100 Breaststroke	<b>36</b>
<b>37</b>	10 & Over	50 Backstroke	<b>38</b>
<b>39</b>	10 & Over	50 Backstroke Multi-Class	<b>40</b>
<b>41</b>	10 & Over	100 Butterfly	<b>42</b>
<b>43</b>	10 & Over	50 Freestyle	<b>44</b>
<b>45</b>	10 & Over	50 Freestyle Multiclass	<b>46</b>
<b>47</b>	10 & Over	100 Backstroke	<b>48</b>
<b>49</b>	10 & Over	200 IM	<b>50</b>