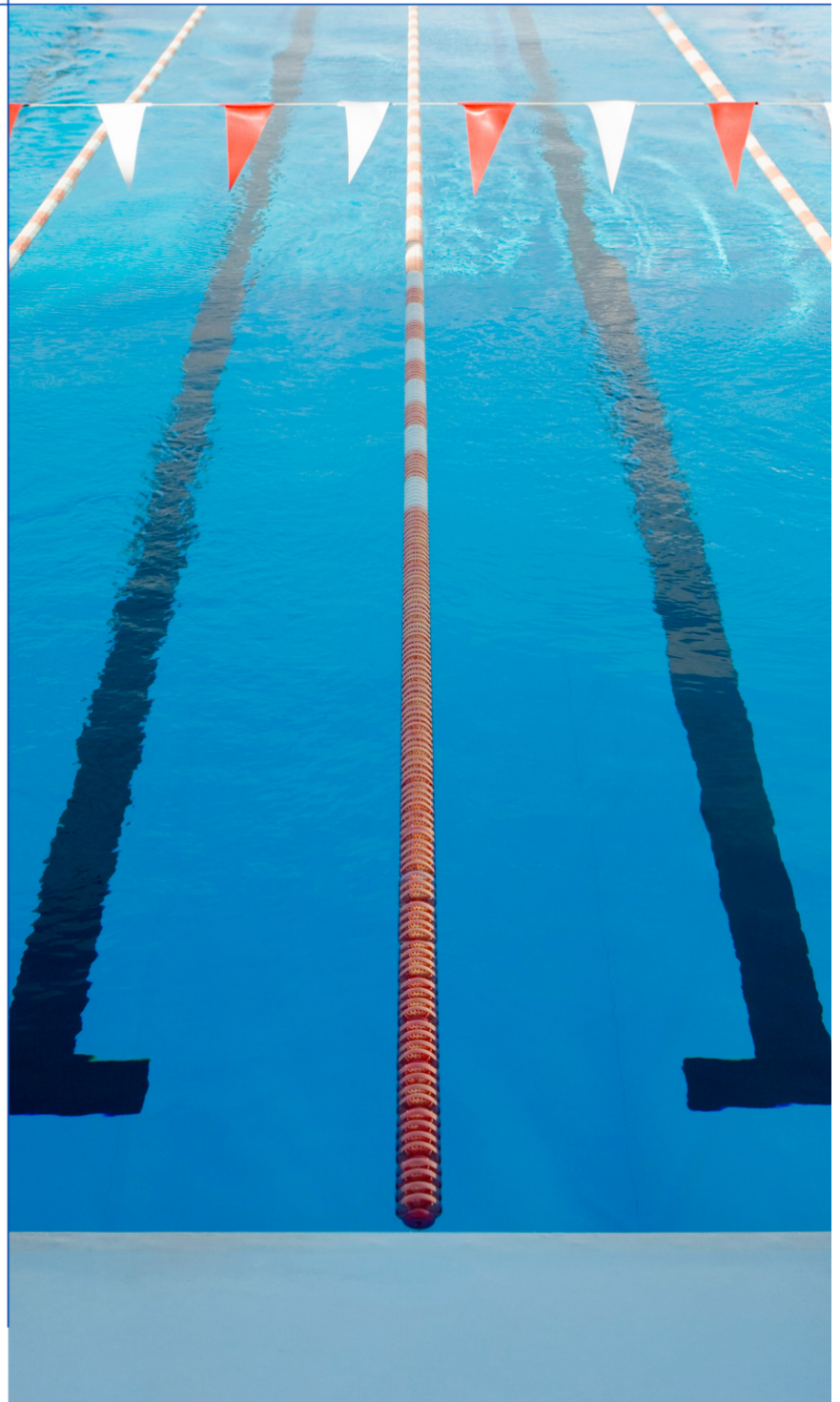




HERVEY BAY 2024 LONG COURSE PREPARATION MEET

FRIDAY 26 JANUARY
SATURDAY 27 JANUARY

- Distance session
Friday PM
- 25m races for 7
and under
- Amazing raffle
prizes to be won
- Lucky lane prizes
- BBQ on Saturday



TIME:	<p>Friday 26th January 2024 – Gates open at 3:30pm</p> <p>Warm-up starts at 4:00pm until 4:45pm for a 5:00pm start</p> <p>Saturday 27th January 2024 – Gates open at 7:00am</p> <p>Warm-up starts at 7:30am until 8:15am for an 8:30am start</p>
ENTRY AND MEET PROGRAM:	<p>Swimmers and coaches are free entry</p> <p>Spectator tickets available for purchase on Swim Central for \$5.00 per person (entry valid both days). Under 7 years free entry.</p> <p>Programs for this event will be emailed to all clubs prior to the meet. Please obtain a personal copy of this program as there will be no copies available at the gate.</p>
NOMINATION FEE:	<p>\$7.50 Nomination fees will apply to each event for 8 years & over plus any online fees.</p> <p>\$4.50 Nomination fee will apply to each 25m event for 7 years & under plus any online fees.</p> <p>No refunds will be given for withdrawal from this meet unless for a medical reason. Please provide a medical certificate if withdrawing from any events by no later than 8:00am on 26th January 2024. No refunds will be given if the meet is cancelled due to a weather event.</p>
NOMINATIONS CLOSE:	<p>Nominations close Friday 19th January 2024 11:59pm</p> <p>NO LATE NOMINATIONS WILL BE ACCEPTED</p>
AGE DETERMINATION:	<p>Age as at 27th January 2024</p> <p>Athletes cannot swim up an age in individual events.</p> <ul style="list-style-type: none"> • Minimum age to compete at this event is 5 years & over • Maximum age for 25m events is 7 years • Minimum age for 50m events, 100 freestyle, 200 freestyle and 200 individual medley is 8 years & over • Minimum age for 800m freestyle, 200m butterfly, 200m backstroke and 200m breaststroke is 11 years & over • Minimum age for 400m freestyle is 10 years & over • Minimum age for 100m backstroke, 100m breaststroke and 100m butterfly is 9 years & over
ELIGIBILITY:	<p>This meet is open to Swimming Australia affiliated competitive swimmers.</p>

MULTI-CLASS EVENTS:	<p>Multi class swimmers must be registered as 'competitive' swimmers with a Swimming Australia club. Your classification number must be registered against your swimmers record in Swim Central.</p> <p>Medals/points will be awarded for 1st, 2nd & 3rd place using the Swimming Australia Multi Class point score.</p> <p>Age Champion will be awarded using the swimming Australia Multi Class point score.</p>
EVENTS:	<p>As per program of events below.</p> <p>Please be advised that all events will be timed finals. The Meet Director reserves the right to cancel, combine and alter any event if required.</p>
ENTRY LIST:	<p>Parents/caregivers and Race Secretary need to check the entry list when they are sent out to clubs and respond to the Race Secretary with any questions within 2 days of the entry list being made available.</p>
RULES:	<p>This meet will be run in accordance with the SAL/SQ rules.</p>
TIMEKEEPERS/OFFICIALS:	<p>Timekeepers will be provided by clubs. The timekeeping schedule will be determined by the number of swimmers per club attending.</p> <p>Swimmers that are swimming in the 800m freestyle event will be required to provide lap counters and timekeepers for this event to ensure that the event runs smooth.</p>
TENT PLAN:	<p>Each club will have an allocated tent area allocated for swimmers and spectators.</p>
MEDALS AND AWARDS:	<p>Swimmers aged 7 years & under: Participation ribbons will be awarded to all swimmers in this age group. No age champion will be awarded in this age group.</p> <p>Swimmers aged 8, 9, 10, 11, 12, 13, 14, 15, 16, 17 & over: Medals will be awarded to 1st, 2nd and 3rd place getters for all individual age groups within each event.</p> <p>Multi class swimmers: Medals will be awarded to 1st, 2nd and 3rd place getters for each event under the multi class point score. Age champion will be awarded to the highest points scored in the 50m events only using the Swimming Australia multi class point score.</p> <p>Pool records: Certificates will be awarded to any swimmer that breaks an existing record at this event.</p>

AGE CHAMPIONS:

Age champion will be awarded as follows:

- 8, 9, 10, 11, 12, 13, 14, 15, 16, 17 & over 4 x 50m Events and 200m IM. All five events must be swum to be eligible. Points will be awarded as follows: 1st 6 points, 2nd 3 points, and 3rd 1 point.
- Multi class swimmers will not be required to swim in all the 50m events to be eligible but will be determined by the highest aggregate points score from the 50m events as per the Swimming Australia multi class point score.

ENQUIRES:

Any enquiries to be directed to Hervey Bay Swimming Club Race Secretary Jemima Johnson: herveybay@widebayswimming.org.au

PROGRAM OF EVENTS

Friday 26th January 2024

warm up 4:00pm – 4:45pm COMPETITION STARTS 5:00PM

EVENT	GENDER	AGE	DISTANCE	STROKE
Session 1				
1	Male	11 years & over	200m	Breaststroke
2	Female	11 years & over	200m	Breaststroke
3	Male	8 years & over	200m	Freestyle
4	Female	8 years & over	200m	Freestyle
5	Male	11 years & over	200m	Butterfly
6	Female	11 years & over	200m	Butterfly
7	Male	11 years & over	200m	Backstroke
8	Female	11 years & over	200m	Backstroke
9	Male	11 years & over	800m	Freestyle
10	Female	11 years & over	800m	Freestyle

Saturday 27th January 2024

warm up 7:30am – 8:15am Competition starts 8:30AM

EVENT	GENDER	AGE	DISTANCE	STROKE
Session 2				
13	Male	7 years & under	25m	Butterfly
14	Female	7 years & under	25m	Butterfly
15	Male	Multi class	50m	Butterfly
16	Female	Multi class	50m	Butterfly
17	Male	8, 9 & 10 years	50m	Butterfly
18	Female	8, 9 & 10 years	50m	Butterfly
19	Male	11 years & over	50m	Butterfly
20	Female	11 years & over	50m	Butterfly
21	Male	9 years & over	100m	Breaststroke
22	Female	9 years & over	100m	Breaststroke
23	Male	7 years & under	25m	Freestyle
24	Female	7 years & under	25m	Freestyle
25	Male	Multi class	50m	Freestyle
26	Female	Multi class	50m	Freestyle
27	Male	8 years	50m	Freestyle
28	Female	8 years	50m	Freestyle
29	Male	9 years	50m	Freestyle
30	Female	9 years	50m	Freestyle
31	Male	10 years	50m	Freestyle
32	Female	10 years	50m	Freestyle
33	Male	11 years	50m	Freestyle
34	Female	11 years	50m	Freestyle
35	Male	12 years	50m	Freestyle
36	Female	12 years	50m	Freestyle
37	Male	13 years	50m	Freestyle
38	Female	13 years	50m	Freestyle

39	Male	14 years	50m	Freestyle
40	Female	14 years	50m	Freestyle
41	Male	15 years	50m	Freestyle
42	Female	15 years	50m	Freestyle
43	Male	16 years	50m	Freestyle
44	Female	16 years	50m	Freestyle
45	Male	17 years & over	50m	Freestyle
46	Female	17 years & over	50m	Freestyle
47	Male	9 years & over	100m	Backstroke
48	Female	9 years & over	100m	Backstroke
Session 3				
51	Male	8 years & over	200m	Individual Medley
52	Female	8 years & over	200m	Individual Medley
53	Male	7 years & under	25m	Breaststroke
54	Female	7 years & under	25m	Breaststroke
55	Male	Multi class	50m	Breaststroke
56	Female	Multi class	50m	Breaststroke
57	Male	8, 9 & 10 years	50m	Breaststroke
58	Female	8, 9 & 10 years	50m	Breaststroke
59	Male	11 years & over	50m	Breaststroke
60	Female	11 years & over	50m	Breaststroke
61	Male	9 years & over	100m	Butterfly
62	Female	9 years & over	100m	Butterfly
63	Male	7 years & under	25m	Backstroke
64	Female	7 years & under	25m	Backstroke
65	Male	Multi class	50m	Backstroke
66	Female	Multi class	50m	Backstroke
67	Male	8, 9 & 10 years	50m	Backstroke
68	Female	8, 9 & 10 years	50m	Backstroke
69	Male	11 years & over	50m	Backstroke
70	Female	11 years & over	50m	Backstroke
71	Male	8 years & over	100m	Freestyle
72	Female	8 years & over	100m	Freestyle
73	Male	10 years & over	400m	Freestyle
74	Female	10 years & over	400m	Freestyle