



SUNSHINE COAST GRAMMAR PREPARATION MEET 2024

FRIDAY 16 AND SATURDAY 17 February 2024

This meet is sanctioned by Swimming Queensland and times will be recognised as official qualifying times for the Wide Bay, Queensland and Australian Championships.

LOCATION Sunshine Coast Grammar Aquatic Centre, 372 Mons Road, Forest Glen 4556

TIMES DISTANCE Events – Friday 5.00pm for a 6.00pm start

JUNIOR Session (8-11 year olds) – Saturday 6.30am for an 7.30am start

SENIOR Session (12 years and over) – anticipated start time of 12 noon but will be confirmed once nominations have been received.

AGE As at 16th February 2024

ELIGIBILITY Entry is open to all SQ registered competitive swimmers and financial Swimming Australia competitive members.

Swimmers 12 years and over are eligible to enter 200m Freestyle, Breaststroke, Backstroke and IM. No qualifying times have been set for these events.

Swimmers 12 years and over are eligible to enter 200m Butterfly, 400 Free, 400IM, 800m and 1500 events. Qualifying times have been set and must be met to enter.

Those who have not competed in any of the above events before, we request you enter these events with coaches times supplied. Please complete the attached Time Trial Entry form and return all requests to aquatics@scgs.qld.edu.au

NOMINATIONS Entries to this meet are to be made online via your Swim Central account. Late entries will not be accepted.

OPEN 9:00am Monday 8th January 2024

CLOSE 11:55pm Wednesday 7th February 2024 *(May close early if capacity is reached before closing date)*





NOMINATION FEE \$7.50 per individual event

NOMINATION RULES SQ rules will apply

REFUNDS No refunds will be given for withdrawal from the meet unless it is due to medical reasons. If withdrawing for medical reasons, notification must be given by 5.00pm on the 16th of February and a refund request with medical certificate provided within 7 days of meet. No refunds apply if the meet is cancelled on the day due to inclement weather or COVID restrictions.

AWARDS JUNIOR CHAMPION CLUB – There will be a perpetual award for the club with the highest point score in Junior & MC events.

SENIOR CHAMPION CLUB – There will be a perpetual award for the club with the highest point score in Senior events.

JUNIORS – All JUNIOR events will be swum as timed finals. Medals will be awarded to the 1st, 2nd, and 3rd place getters in each age group.

SENIORS – All SENIOR events will be swum as timed finals and medals will be awarded to the 1st, 2nd and 3rd place getters in each age group (12, 13, 14, 15, 16 years and 17 years and over) based on 50m and 100m events.

The OPEN (12&O) 200m, 400m, 800m, 1500m and MC events will be swum as timed finals. Medals will be awarded to the 1st, 2nd and 3rd place getters overall in each event.

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 Swimmers, coaches and children under 2 years are FREE entry.
Spectators fee \$3.00

PROGRAMS Will be emailed to club contacts for distribution before the event.

COACHES Each participating Club will receive a Coach's Pack comprising a printed program. Coaches will need to show their accreditation pass to receive a pack.

FOOD Café Splash will be open for purchase of coffee, cold drinks, hot food and other goodies.





TIMEKEEPING

A timekeeping roster will be emailed to clubs. All clubs are expected to provide timekeepers during the meet based on the number of nominated swimmers. All clubs nominating swimmers in the distance events are required to provide timekeepers and lap counters.

Dolphin semi-automatic timing equipment will be the main timing system with one stop watch at each lane for back up.

Results will be available on the day on Meet Mobile. Search for Sunshine Coast Grammar LC Preparation Meet 2024

WARM UP/DOWN

Friday (Distance)

5.00pm – 5.45pm 50m pool – 10 lanes will be available

5.45pm – onwards 17m pool – 3 lanes will be available

Saturday

6.30am – 7.15am 50m pool – 10 lanes will be available

7.15am – 11.00am 17m pool – 3 lanes will be available

11.00am – 11.45am 50m pool – 10 lanes will be available

11.45am – onwards 17m pool – 3 lanes will be available

**All times are approximate and will depend on final timeline.*

EVENTS

As per attached Event List.

The technical manager in consultation with the referee reserves the right to combine heats on the day.

For more information about the Meet or nomination enquiries, please contact aquatics@scgs.qld.edu.au





PROGRAM OF EVENTS

SUNSHINE COAST GRAMMAR PREPARATION MEET 2024

FRIDAY 16 AND SATURDAY 17 February 2024

DISTANCE Session 1

5.00pm Warm Up for 6.00pm Start | All OPEN (12&O) events will be swum as TIMED FINALS

MALE	FEMALE	EVENT	QUALIFYING TIME	
			MALE	FEMALE
1	2	1500 FREE OPEN (12&O)	24:43.65	24:43.65
3	4	800 FREE OPEN (12&O)	15:59.27	15:59.27
5	6	200 FLY OPEN (12&O)	3:22.85	3:27.78
7	8	400 IM OPEN (12&O)	7:25.80	7:28.54

Only swimmers 12 years and over are eligible to enter Open Events.

**Qualifying times apply for all 400, 800, 1500 and 200 Fly events*





JUNIOR Session 2 (8-11 year olds and MC)

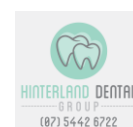
7.00am Warm Up (50m Pool) For 8.00am Start | (All JUNIOR events will be swum as TIMED FINALS)

MALE	FEMALE	AGE	EVENT
9	10	10-11 years	200 Individual Medley
11	12	8-11 years	50 Freestyle
13	14	9-11 years	100 Backstroke
15	16		50 Backstroke MC
17	18	8-11 years	50 Breaststroke
19	20	9-11 years	100 Butterfly
21	22		50 Butterfly MC
23	24	8-11 years	50 Backstroke
25	26	9-11 years	100 Breaststroke
27	28		50 Breaststroke MC
29	30	8-11 years	50 Butterfly
31	32	8-11 years	100 Freestyle
33	34		50 Freestyle MC

SENIOR Session 3 (12 years +)

11.00am Warm Up (50m Pool) For 12 noon Start | (All SENIOR events will be swum as TIMED FINALS)

MALE	FEMALE	AGE	EVENT
35	36	Open (12&O)	400 Freestyle (Qualifying time 7:29.99)
37	38	12 years +	100 Breaststroke
39	40	Open (12&O)	200 Backstroke
41	42	12 years +	50 Butterfly
43	44	Open (12&O)	200 Individual Medley
45	46	12 years +	100 Freestyle
47	48	Open (12&O)	200 Breaststroke
49	50	12 years +	50 Backstroke
51	52	12 years +	100 Butterfly
53	54	Open (12&O)	200 Freestyle
55	56	12 years +	50 Breaststroke
57	58	12 years +	100 Backstroke
59	60	12 years +	50 Freestyle





TIME TRIAL ENTRY FORM

SUNSHINE COAST GRAMMAR

PREPARATION MEET 2024

FRIDAY 16 AND SATURDAY 17 February 2024

To use a coach assisted qualifying time, you must swim the distance required with your nominated coach. Your coach must then authorise this swim by signing below.

Swimmer Name	Date of Birth
Club	Phone Number
Distance/Stroke	
Time Achieved	
Date Time Achieved	
Coach Name	
Coach Signature	

Please email completed form to aquatics@scgs.qld.edu.au

Thank you

