



GOODLIFE COMMUNITY SWIMMING CLUB

Short Course Meet | 23rd March 2024

Venue	Goodlife Community Swimming Club - 100 Buderim Pines Dr BUDERIM QLD 4556
Session 1 – Senior	Saturday 23 rd March Gates open 6.45am, warm up 7am for 8am start
Session 2 – Junior	Saturday 23 rd March Time TBA
Gate Entry	Free for all Swimmers, Coaches and Spectators.
Age Determination	Age as at Friday 23 rd of March 2024
Eligibility	Competitive swimmers.
Age Groups	7&U, 8, 9, 10, 11, 12, 13, 14, 15 & over
Events	<p>Placing will be decided on the fastest times in heats of all events. There will be no finals.</p> <p>Medals (Gold, Silver & Bronze) will be presented for all age groups according to the best times for 8 years age group & above. 7 & under will receive a participation medal.</p> <p>Multi Class swimmers are welcome in all events. There will be no individual Multi Class events.</p>
Timing	Semi-Automatic timing will be used.
Nomination Fee	\$7.00 per event + Online Credit Card Fee. No refunds will be given if the meet is cancelled on the day due to inclement weather
Nominations Close	11.59pm Sunday 17 th of March 2024
Enquiries	Shellon Dunlop g.c.s.c.meetinfo@gmail.com
Program	No programs will be available for purchase. The program will be emailed to the clubs.
Rules	Meet is run in accordance with SAL/SQ Rules. Junior rule tolerance will only apply to 7 & under events.
Refreshments	A BBQ will be running for the duration of the Saturday meet. The café will be open Saturday morning.

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PROGRAM OF EVENTS

SESSION 1

Saturday 23 March – Gates open 6.45am, warm up at 7am for 8am start

MALE	FEMALE	AGE GROUP	DISTANCE	STROKE
1	2	12 & Over	200m	IM
3	4	12 & Over	50m	Freestyle
5	6	12 & Over	100m	Breaststroke
7	8	12 & Over	200m	Butterfly
9	10	12 & Over	50m	Backstroke
11	12	12 & Over	100m	Freestyle
13	14	12 & Over	200m	Breaststroke
15	16	12 & Over	50m	Butterfly
17	18	12 & Over	100m	Backstroke
19	20	12 & Over	200m	Freestyle
21	22	12 & Over	50m	Breaststroke
23	24	12 & Over	100m	Butterfly
25	26	12 & Over	200m	Backstroke
27	28	12 & Over	100m	IM

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SESSION 2

Saturday 23 March – Time TBA

MALE	FEMALE	AGE GROUP	DISTANCE	STROKE
29	30	9 – 11 years	100m	IM
31	32	7 years & Under	25m	Butterfly
33	34	8 years	25m	Butterfly
35	36	9 years	50m	Butterfly
37	38	10 years	50m	Butterfly
39	40	11 years	50m	Butterfly
41	42	7 years & Under	25m	Backstroke
43	44	8 years	25m	Backstroke
45	46	9 years	50m	Backstroke
47	48	10 years	50m	Backstroke
49	50	11 years	50m	Backstroke
51	52	7 years & Under	25m	Breaststroke
53	54	8 years	25m	Breaststroke
55	56	9 years	50m	Breaststroke
57	58	10 years	50m	Breaststroke
59	60	11 years	50m	Breaststroke
61	62	7 years & Under	25m	Freestyle
63	64	8 years	25m	Freestyle
65	66	9 years	50m	Freestyle
67	68	10 years	50m	Freestyle
69	70	11 years	50m	Freestyle
71	72	9 – 11 years	100m	Freestyle

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