



2024 NAMBOUR LC DISTANCE Twilight MEET

Friday 23rd August

Nambour Aquatic Centre, Petrie Park Rd, Nambour

We are proud to be hosting our 2024 NAMBOUR LC DISTANCE TRANSITION MEET. The following information will help you in planning a smooth competition.

Features of the 2023 NAMBOUR DISTANCE SWIM MEET are:

- 50-meter heated pool
- Dolphin Semi-Automatic timing
- No Qualifying Times (Coach times requested for timeline)
- Gates open 3:30pm
- Warm Up 3.45pm
- Racing commences 4.30pm
- Nominations \$8.50 per event
- Ribbons for 1st, 2nd & 3rd best times.
- Pool Entry \$4.00 adults (12 and over) Coaches & swimmers free
- Large, covered grandstand
- BBQ and Hot soup available for purchase on the night
- Cash and Eftpos facilities available

**NOMINATIONS CLOSE Thursday 14th August 2024
at 11.59pm**

NO LATE ENTRIES WILL BE ACCEPTED

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2024 NAMBOUR SWIM MEET

CONDITIONS OF ENTRY

- 1) All competitors must be registered with QSA at time of nomination.
- 2) The carnival will be conducted under QSA rules.
- 3) All entries to be submitted via online nomination process - SwimCentral. No late entries accepted. **NOMINATIONS CLOSE Wednesday 14th August 2024**
- 4) Entry times are automatically collated from SwimCentral and will not be changed.
- 5) Submit Coach times for assistance in preparation of timeline.
- 6) Age group for swimmers will be calculated as at the day of the meet.
- 7) No refunds will be given for non-attendance (unless a medical certificate is provided by Thursday 14th August 12pm) or weather events.
- 8) Individual medley races consist of equal distances of butterfly, backstroke, breaststroke and freestyle in that order.
- 9) Swimmers must swim in lanes allotted by self-marshalling details on the entry list.
- 10) Events/ heats may be combined at the discretion of the Marshall/ Referee. Heats may not be reseeded.
- 11) Placing will be decided on the fastest times in heats of all events. There will be no finals. Ribbons will be presented for 1st, 2nd & 3rd best times.
- 12) All events are open to multi-class swimmers.
- 13) Multi-class swimmers will be placed into heats according to seed time.
- 14) Multi-class swimmers will be presented ribbons for 1st, 2nd & 3rd best times in each event separate to non Multi-class swimmers.
- 15) Multi-class entries should clearly state swimmer's classification code.
- 16) The one-start rule will apply throughout.
- 17) Feet first entry for all backstroke events.
- 18) "Over the Top" starting will apply at the discretion of the Referee.
- 19) The Team Representative must submit protests to the Referee in writing, together with a deposit of \$50.00 and within 30 minutes of the posting of results. Deposit only refunded if protest upheld.
- 20) Clubs will provide timekeepers as per roster in the meet program.
- 21) In nominating for this Meet, Swimmers agree that they may be photographed by Club approved photographers and images may be used by the club on their website and social media pages.

Program of Events

Warm-up 4:15pm – Competition begins at 5:00pm

| Event | Gender | Age | Distance | Stroke |
|--------------|---------------|------------|-----------------|---------------|
| 1 | Male | 11 & Over | 200 | IM |
| 2 | Female | 11 & Over | 200 | IM |
| 3 | Male | 12 & Over | 1500 | Free |
| 4 | Female | 12 & Over | 1500 | Free |
| 5 | Male | 11 & Over | 200 | Back |
| 6 | Female | 11 & Over | 200 | Back |
| 7 | Male | 11 & Over | 200 | Fly |
| 8 | Female | 11 & Over | 200 | Fly |
| 9 | Male | 11 & Over | 800 | Free |
| 10 | Female | 11 & Over | 800 | Free |
| 11 | Male | 11 & Over | 200 | Breast |
| 12 | Female | 11 & Over | 200 | Breast |
| 13 | Male | 11 & Over | 400 | IM |
| 14 | Female | 11 & Over | 400 | IM |
| 15 | Male | 11 & Over | 400 | Free |
| 16 | Female | 11 & Over | 400 | Free |

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