

Preparation Meet Synopsis

The main aim of a Preparation Meet is to give swimmers 11 years & over the opportunity to gain experience competing in all strokes and events. Swimmers should have advanced skills and capacities in all four strokes developed through participation in Transition meets. Whilst qualifying times can be gained and used for Regional, State and National Championships the main aim is to gain competition experience.

Eligibility

- Must only be held on weekends designated by the Region
- Restricted to registered SQ members
- Interstate or international visitors can also compete with a relevant clearance from their appropriate state or national swimming association. Visiting swimmers compete for the affiliated club they have membership with or they can compete for their country.

Format

One-day meet, which may include Heats/Finals sessions.

Please note: where the meet is likely to exceed 7 hours, it must be divided into 2 sessions: 3 hours for swimmers aged 11yrs & under and 4 hours for swimmers aged 12yrs & over.

Qualifying Times

The use of qualifying times is optional and shall be determined by the host Region or Club.

Awards

Regions or Clubs can determine if medals will be awarded.

Example award formatting:

- Medals will be awarded for 1st – 3rd in each event swimmers aged 11yrs & under
- No Medals awarded for 1st – 3rd in any event swimmers aged 12yrs & over
- No Medals awarded for 1st – 3rd in any event or age group

Warm-up/down

Availability of a second pool for warm-up/warm-down is preferable but not mandatory.

Program of events

The program of events must meet SQ's minimum requirements.

Preparation Meet Event Matrix

Long Course

Stroke	Distance					
	50	100	200	400	800	1500
Freestyle	X	X	X	X	X	X
Backstroke	Optional	X	X			
Breaststroke	Optional	X	X			
Butterfly	Optional	X	X			
Individual Medley			X	Optional		
Freestyle Relay			Optional	Optional		
Medley Relay			Optional	Optional		

Short Course

Stroke	Distance					
	50	100	200	400	800	1500
Freestyle	X	X	X	X	X	X
Backstroke	Optional	X	X			
Breaststroke	Optional	X	X			
Butterfly	Optional	X	X			
Individual Medley		X	X	Optional		
Freestyle Relay			Optional	Optional		
Medley Relay			Optional	Optional		

Preparation Meet Age Group Matrix
(Recommendation Only)

Stroke	Distance	Age Group				
Freestyle	50	9 Years	10/11 Years	12/13 Years	14/15 Years	16 & Over
	100	10/11 Years	12/13 Years	14/15 Years	16 & Over	
	200	12/13 Years	14/15 Years	16 & Over		
	400	12/13 Years	14 & Over			
	800	11 & Over				
	1500	11 & Over				
Backstroke	50	9 Years	10/11 Years	12/13 Years	14/15 Years	16 & Over
	100	10/11 Years	12/13 Years	14/15 Years	16 & Over	
	200	11/12 Years	13/14 Years	15 & Over		
Breaststroke	50	9 Years	10/11 Years	12/13 Years	14/15 Years	16 & Over
	100	10/11 Years	12/13 Years	14/15 Years	16 & Over	
	200	11/12 Years	13/14 Years	15 & Over		
Butterfly	50	9 Years	10/11 Years	12/13 Years	14/15 Years	16 & Over
	100	10/11 Years	12/13 Years	14/15 Years	16 & Over	
	200	11/12 Years	13/14 Years	15 & Over		
Individual Medley	100	9 Years	10/11 Years	12/13 Years	14/15 Years	16 & Over
	200	10/11 Years	12/13 Years	14/15 Years	16 & Over	
	400	11/12 Years	13/14 Years	15 & Over		
Freestyle Relay	4 X 50	9/10 Years	11/12 Years	13/14 Years	15 & Over	
	4 X 100	10/11 Years	12/13 Years	14/15 Years	16 & Over	
	4 X 200	11/12 Years	13/14 Years	15 & Over		
Medley Relay	4 X 50	9/10 Years	11/12 Years	13/14 Years	15 & Over	
	4 X 100	10/11 Years	12/13 Years	14/15 Years	16 & Over	

Preparation Meet Further Notes & Recommendations

- Recommended minimum age of competitors is 9 years.
- The body conducting the swim meet may combine age groups as it sees fit. However, if qualifying times are involved, those times must suit the individual age groups concerned.