

# 2022 Long Course Preparation Meet



## SATURDAY 19 NOVEMBER 2022

ST JOSEPH'S NUDGEE COLLEGE | 2199 SANDGATE RD BOONDALL 4034

This meet is a Long Course Preparation qualifying meet sanctioned by Swimming Queensland. Times achieved will be recognised as official qualifying times for all Queensland and Brisbane Championships.

- Time:** *Junior Session (8-11yrs):* Warm up from 8:30am, racing from 9:00am.  
*Senior Session (12yrs - Open):* Warm up and racing not before 1:20pm - time TBC.
- Entry Fee:** **\$9.75 per event** per event (via Swim Central, plus online credit card transaction fee of 1.5%)
- Age:** Age as at **19 November 2022**. Minimum age is 8yrs old for Juniors and 11yrs old for Open events
- Eligibility:** Entry is open to all Swimming Queensland 'Competitive' registered swimmers who are members of the following clubs affiliated with Swimming Queensland:  
Boondall, Bracken Ridge, Eagle Junction, Electric Eels, Kedron, Newmarket Racers, Pine Rivers, Rackley (Central), St. Margaret's, United, Virginia.
- Closing Date:** Entries close midnight Tuesday **8 November 2022**.
- Entries:** Via Swim Central.
- Programs:** A PDF version of the program will be sent to all clubs prior to the meet. No programs will be available for purchase on the day.
- Late entries:** No late entries will be accepted.
- Food:** Bede's Cafe will be operating throughout the day with a range of hot and cold drinks, sandwiches and other snacks.
- Other:** The 25m pool will be available for warm up and warm down from 11am only. Clubs are welcome to bring their own tents to set up on the grass hill. Self-marshalling will be in place for this meet.
- Enquiries:** **Lauren Byrne** (email: [lbyrne@nudgee.qld.edu.au](mailto:lbyrne@nudgee.qld.edu.au))

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### Program of Events

**Junior Session: 8.30am warm up - First race at 9:00am**

BOYS EVENTS	AGE	EVENT DESCRIPTION	GIRLS EVENTS
1	9 – 11 years	200m Individual Medley	2
3	8 – 11 years	50m Freestyle	4
5	9 – 11 years	100m Backstroke	6
7	8 – 11 years	50m Breaststroke	8
9	9 – 11 years	100m Butterfly	10
11	8 – 11 years	50m Backstroke	12
13	8 – 11 years	100m Freestyle	14
15	8 – 11 years	50m Butterfly	16
17	9 – 11 years	100m Breaststroke	18
19	9 – 11 years	200m Freestyle	20

**Senior Session: First race not before 12noon (TBC).**

BOYS EVENTS	AGE	EVENT DESCRIPTION	GIRLS EVENTS
21	Open	200m Freestyle	22
23	12 years & over	100m Breaststroke	24
25	12 years & over	50m Backstroke	26
27	Open	200m Butterfly	28
29	Open	400m Freestyle	30
31	Open	200m Backstroke	32
33	12 years & over	100m Butterfly	34
35	12 years & over	50m Breaststroke	36
37	Open	200m Individual Medley	38
39	12 years & over	100m Freestyle	40
41	12 years & over	50m Butterfly	42
43	Open	200m Breaststroke	44
45	12 years & over	100m Backstroke	46
47	12 years & over	50m Freestyle	48
49	Open	400m Individual Medley	50
51	Open	800m Freestyle	52
53	Open	1500m Freestyle	54

*Note: Minimum age of 11 years for Open Events .*