**2023 Long Course Preparation Meet**

**05 February 2023**

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

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| Date | Sunday 05 February 2023 |
| Venue  | **Ipswich Grammar Swimming Club**IGS PoolWaghorn StreetIpswich Q 4305 |
| Times  | Gates open 7.30am**Junior events**Warm up: 8.00amCompetition: 9.00am**Senior events**Session start time will be finalised based on timeline from the Junior session.  |
| Age | Age at 05 February 2023 (Minimum age is 8 years for Junior events, while the minimum age for Open Events is 11 years). If you are 10 years of age and will age up prior to the Brisbane Championships, please contact the Meet Director via swimclub@ipswichgrammar.com. |
| Eligibility  | Entry is open to all Swimming Queensland ‘Competitive’ registered swimmers, who are members of a club allocated to this meet by Brisbane Swimming

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| * AJ's
* Ambrose Treacy
* ASA Swim Team
* Ashgrove Tridents
* Bethania
* Boonah
* Centenary Dolphins
* CYMS St Edmunds
* Greenbank Gators
* Ipswich Community
* Ipswich Grammar
* Ipswich Vikings
 | * Jamboree Heights
* Karalee
* Lakes
* Lowood
* MCA
* Railways
* Rosewood
* St Peters Western
* Waterworx
* Western Aquatics
* Woogaroo
* Darling Downs
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| Events | As per attached program of events. All events will be swum as timed finals. The referee’s decision is final, and the Meet Referee has the right to combine heats on the day. |
| Multiclass | Multiclass Swimmers are eligible to swim in all events. |
| Medals  | Medals will be awarded to the fastest three placegetters:* in each age group for the 50m and 100m events (8, 9, 10, 11, 12,13, 14, 15 years & over).
* in Open events (200m, 400m, 800m and 1500m).
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| Nomination | $10.00 per event (via SwimCentral, plus online credit card transaction fee of 1.5%) |
| COVID-19 Safe Event | In order to comply with Queensland Government regulations for the running of COVID-Safe Events, all nominees must confirm they agree to the below: * [COVID-19 Terms and Conditions](https://qld.swimming.org.au/news-articles/covid-19-advice-clubs)
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| Marshalling | All swimmers will be required to self-marshal as per the following:* 50m, 100m, 200m events: Three **(3) heats** prior to the heat in the water
* 400m events: Two **(2) heats** prior to the heat in the water
* 800m and 1500m events: One **(1) heat** prior to the heat in the water

**MARSHALLING REQUIREMENTS (400m, 800m & 1500m)**Events of 400m and over (400m IM, 400m Free, 800m Free and 1500m Free) require swimmers (or their Coach / Team Manager) to confirm their intention to swim. This must be completed a minimum of one hour prior to the published start time of the relevant event. Failure to confirm their intention to swim may be taken as a withdrawal. Confirmed swimmers should then follow the self-marshalling procedures. |
| Spectators | Notice of restrictions (if any) will be provided no later than Wednesday 01.02.23. |
| Pool Admission | Swimmers: Free Coaches: Free Entry fee for Spectators is $5.00 per person.NO CASH WILL BE ACCEPTED. All payments will be contactless. |
| Rules | This meet will be conducted under SQ / SAL Rules. No rule tolerance will apply. |
| Entries | All nominations are to be entered online through your SwimCentral account. Any meet enquires to be directed to swimclub@ipswichgrammar.com.Entries open on the 2nd January 2023. |
| Closing date | SwimCentral entries will close on Tuesday 24th January 2023, 11.59pm.  |
| Late Entries  | No late entries will be permitted. |
| General | There will be a BBQ running during the meet. NO CASH WILL BE ACCEPTED.All Clubs will receive email confirmation of their entries. Meet entry list, estimated timeline and timekeeping roster will also be emailed. Programs will be emailed. All Clubs competing are asked to provide timekeepers during the meet based on number of nominated swimmers. Details of lane allocation(s) will be provided to clubs and also contained in the meet programme.ALL clubs nominating swimmers in distance events are required to provide timekeepers and lap counters for these events.For further information please contact Sharon Carvolth: swimclub@ipswichgrammar.com. |
| Other | [Ipswich Grammar Swimming Club](http://www.ipswichgrammar.com/swimming) |

**Program of Events**

**Session 1**

*9.00am Start – 8.00am warm up*

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| 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 |

*Note: Medals to be awarded to the fastest three placegetters in each age group for the following events:*

* *50m events (8, 9, 10 and 11 years);*
* *100m Freestyle (8, 9, 10 and 11 years);*
* *all other 100m events & 200m events (9, 10 and 11 years).*

**Session 2**

*To be advised, based on length of junior session.*

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| --- | --- | --- | --- |
| 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: Medals will be awarded to the fastest three placegetters in each age group for the 50m and 100m events (12, 13, 14, 15 years & over).*

*Fastest three placegetters overall will be awarded medals in the Open Events (200m, 400m, 800m and 1500m).*

