



REDCLIFFE LEAGUES SWIMMING CLUB, INC.

2023 RLSC LC PREPARATION MEET – 22 October 2023

Redcliffe Leagues Swimming Club wishes to extend this invitation to your club to compete in the 2023 Redcliffe Leagues Swimming Club LC Preparation Meet, to be held at the Redcliffe War Memorial Pool, Sydney Street, Redcliffe.

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

Date:	SUNDAY 22 October 2023
Time:	Junior Session (8-11 Years): Pool opens 7:45am; Warm up 8:00am, Competition 9:00am Afternoon Session (12 Years & Over): Warm up at the completion of Junior Session. Competition will not start before 12 noon (Time to be confirmed upon entries).
Programs:	A program will be emailed to all competitors prior to the day of competition. No programs will be available for sale on the day.
Age:	Age as of 22 October 2023. Minimum age for competitors is 8 years.
Entry cost:	\$9.00 per event via Swim Central. Spectator Entry Fee of \$5 per family, payable at the door via exact money or Eftpos only. Nominations Close: Tuesday 10th October 2023 at 11.59pm No late entries are able to be accepted.
Eligibility:	Entry is open to all Swimming Queensland 'Competitive' registered swimmers who are members of one of the following clubs, allocated to this meet: Aspley; Australian Crawl; Belgravia; Genesis; Grace; Lawnton; Pine Rivers; Redcliffe Leagues; Southern Cross; St Peter's Caboolture; The Lakes College; United; Virginia; Wide Bay Region.
Multiclass	Multiclass swimmers are welcome and will be seeded according to Age and Time. There will be no individual Multiclass events.
Timing:	Semi-automatic timing system will be used. All competing clubs are asked to provide timekeepers based on the number of nominated swimmers. All clubs with swimmers in distance events are required to provide timekeepers and lap counters for these events. Time keeping roster will be emailed to Race Secretaries closer to the meet date.
Events:	<ul style="list-style-type: none"> • All events will be swum as timed finals under SQ/SAL rules. • No rule tolerances will apply. • In consultation with the referee, the technical manager reserves the right to combine heats on the day. • Swimmers aged 11 years and over are eligible for Open events.
Medals:	Medals will be awarded to the three fastest placegetters in each age group. <ul style="list-style-type: none"> • 50m & 100m Events – 8, 9, 10, 11, 12, 13, 14, and 15 years & Over • 200m events (junior session events) – 9, 10, 11 years • All Open events – (200m, 400m, 800m, 1500m) – Fastest 3 placegetters overall.
Facilities:	Redcliffe War Memorial Pool is an undercover 50m pool with a large grandstand. There is a grassed area which can accommodate club tents.
Food/Raffles:	There will be a BBQ running throughout the day, with food and drinks available from the canteen. Raffle tickets will be for sale at the BBQ. Lots of prizes to be won.

For more information, or enquiries, please contact our Race Secretary on racesecretary.rlsc@gmail.com

We look forward to a great day of racing.



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Program of Events

Session 1 – 9:00am Start – 8:00am warm up

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 & 200m events (9, 10 and 11 years).

Session 2 - 12.00pm noon or later start (TBC)

Boys Events	Age	Event Description	Girls Events
21	Open	400m Freestyle	22
23	12 years & over	100m Breaststroke	24
25	12 years & over	50m Backstroke	26
27	Open	200m Butterfly	28
29	Open	200m Breaststroke	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 Freestyle	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).

Note: Minimum age of 11 years for Open Events; however, clubs are to use their discretion regarding swimmers who are 10 years old and will age up prior to the Brisbane Championships.