



St Peters Western Swimming Club

2023 Long Course Preparation Meet

Saturday 21st October 2023

Date	Saturday 21st October 2023
Venue	St Peters Lutheran College 50m Pool, Lohe St, Indooroopilly
Time	Junior Session – Warm up 8:00am, racing from 9:00am Senior Session – Warm up 11:30am, racing from 12:30pm
Age	As at 21 st October 2023 (minimum age for meet is 8 years)
Eligibility	Entry is open to all SQ 'Competitive' registered swimmers who are members of the following clubs: ASA Swim Team, Ashgrove Tridents, Centenary Dolphins, Ironside, Ithaca Creek, MCA, Milton, St Peters Western, The Gap, The Swim Academy (Brisbane), University of Queensland, Yeronga Park, Darling Downs Region
Events	As per the attached Program of Events. All events are to be swum as timed finals. Multiclass swimmers are welcome in all events. There will be no individual Multiclass events
Medals	Medals will be awarded to the three fastest placegetters in the following age groups: <ul style="list-style-type: none">• 50m & 100m Events: 8, 9, 10, 11, 12, 13, 14, 15 years & over• 200m Events (Junior session): 9, 10 and 11 years• 200m, 400m, 800m and 1500m: Three fastest placegetters overall
Entries	Online entry via Swim Central only. Nomination fee of \$10.00 per event plus a fee of 3% (Swimming Australia fee 1.5% debit/credit processing fee 1.5%) Nominations close Tuesday 10 October at 11:59pm. No late entries will be accepted.
Program	Programs will be made available electronically by Thursday 19 th October. No programs available for purchase on the day.
Spectators	A \$5.00 fee per spectator will apply, payable on entry. Swimmers and Coaches are free.
Rules	This meet will be conducted under SQ/SAL rules.
Timekeeping	Competing clubs will be required to assist with timekeeping. A timekeeping roster with club lane allocations will be sent to clubs and published in the meet program.
General	There will be a BBQ running throughout the day, with food and drinks available from the Canteen. There is an undercover seated grandstand available for the use of visitors and suitable marquees will also be provided.
Enquiries	Race Secretary: Dan Guthrie E: race@spwswim.com.au



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

Session 2

12.00pm noon or later start

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 with regard to swimmers who are 10 years old and will age up prior to the Brisbane Championships.