



You are invited to the

IONA SWIM CLUB LONG COURSE PREPARATION MEET

This meet is sanctioned by Brisbane Swimming Association and Swimming Queensland. Times swam will be recognised as Qualifying Times for Brisbane, Queensland, and National Championships.

DATE: Sunday 4th February 2024

VENUE: Iona College – Parking: 85 North Rd, Lindum
Drop Off ONLY: enter via Bulgin Avenue

GATES OPEN: 7.30am

ENTRY FEE: Free entry

PROGRAMMES: Available for free download on Meet Mobile. A small number will be available on the day for Officials.

TIME: **Junior Session (8-11 yrs.)**

Warm up commences 8am (Competition commences 9am)

Senior Session (12 years & over)

Will commence at the completion of the Junior Session but not before 12pm

NOMINATION FEE: \$9 per event

ENTRIES: Only via Swim Central; meet will close on Tuesday, 23rd Jan 2024 at 11.59pm
Entry open to all Swimming Queensland "competitive" registered swimmers who are a member of the following clubs that are allocated to the meet:

Acacia Bayside, Brisbane Grammar, Churchie, Clayfield, Commercial, Donald ST, Element, Ipswich Grammar, New Star, Nudgee, Rackley Centenary, Rackley Chermside, Rackley Northlakes, Somerville House, St Magaret's, Virginia, Yeronga Park.

AGE As of 4 February 20234 (minimum age is 8 years)

EVENTS

As per the Program of Events below. All events will be swum as timed-finals. The meet referee reserves the right to combine heats on the day. The minimum age for Open events is 11 years. Multi-disability entries will be integrated into able bodies events.

Please note that this meet will be “self-marshalling.”

TIMEKEEPING

All clubs competing will be required to supply timekeepers during the meet based on the number of nominated swimmers in each session.

CANTEEN / RAFFLE

BBQ and canteen will be available throughout the day. Raffle tickets will be on sale and available to purchase (with some great prizes!) to support Iona Swim Club.

CONDITIONS OF ENTRY

- Visitors to IONA College must comply with the rules of the College
- No smoking within the College grounds
- No consumption of alcohol within the College grounds
- Dogs are not permitted on the College grounds
- Park in designated parking area only
- Marshalling will be located in an undercover area for the swimmers.



For further information about the Meet or nomination enquiries, please contact the Race Secretary at ionaswimming@gmail.com



2024 IONA SWIM CLUB LONG COURSE PREPARATION MEET
IONA College – 85 North Road, Lindum
4th February 2024
Program of Events

Session 1

9.00am Start – 8.00am warm up

Boys Events	Age	Event Description	Girls Events
1	9 – 11 years	200m Freestyle	2
3	8 – 11 years	50m Breaststroke	4
5	9 – 11 years	100m Backstroke	6
7	8 – 11 years	50m Butterfly	8
9	8 – 11 years	100m Freestyle	10
11	8 – 11 years	50m Backstroke	12
13	9 – 11 years	100m Butterfly	14
15	8 – 11 years	50m Freestyle	16
17	9 – 11 years	100m Breaststroke	18
19	9 – 11 years	200m Individual Medley	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 Individual Medley	22
23	12 years & over	100m Breaststroke	24
25	12 years & over	50m Backstroke	26
27	Open	200m Butterfly	28
29	Open	200m 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 Freestyle	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