

NUDGENE COLLEGE SWIMMING

# 2023 Long Course Preparation Meet



## SATURDAY 18 NOVEMBER 2023

ST JOSEPH'S NUDGENE 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 9:30am.  
*Senior Session (12yrs - Open):* Warm up and racing not before 12:00pm - time TBC.
- Entry Fee:** **\$9.75 per event** per event (via Swim Central, plus online credit card transaction fee of 3%)
- Age:** Age as at **18 November 2023**. 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:**  
**Albany Creek, Aspley, Belgravia, Boondall, Bracken Ridge, Grace, Kedron, Lawnton, Nudgee College, Pine Rivers, Redcliffe Leagues, Samford, Southern Cross, St Margaret's, St Peter's Caboolture, United**
- Closing Date:** Entries close midnight Tuesday **7 November 2023**.
- 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:** **Matthew Wilson** (email: [mwilson@nudgee.qld.edu.au](mailto:mwilson@nudgee.qld.edu.au))

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### Program of Events

#### Junior Session: 8.30am Warm Up - First Race at 9:30am

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	9 – 11 Years	100m Freestyle	10
11	8 – 11 Years	50m Backstroke	12
13	9 – 11 Years	100m Breaststroke	14
15	8 – 11 Years	50m Freestyle	16
17	9 – 11 Years	100m Butterfly	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).*

#### Senior Session: 12.00pm 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 Freestyle	26
27	Open	200m Butterfly	28
29	Open	200m Individual Medley	30
31	Open	200m Backstroke	32
33	12 Years & Over	100m Butterfly	34
35	12 Years & Over	50m Breaststroke	36
37	Open	200m Breaststroke	38
39	12 Years & Over	200m Freestyle	40
41	12 Years & Over	50m Butterfly	42
43	Open	100m Backstroke	44
45	12 Years & Over	100m Freestyle	46
47	12 Years & Over	50m Backstroke	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). 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.*