



**Redlands Long Course Prep Meet
Cleveland Aquatic Centre
Russell Street, Cleveland
Sunday 22nd September 2024**

The meet is a Prep Meet sanctioned by Swimming Queensland.

Gates Open:	7.45am
Entry to complex:	Adults: \$5.00 Children: Free
Programs:	Programs will not be available on the day and will be emailed out
Warm up Session 1:	8.00am
Start Session 1:	9.00am
Warm Up Session 2	At conclusion of Session 1
Start Session 2:	Approx. 12.00 noon
Nominations:	\$9.50 per event plus transaction fees All event nominations are to be made via the Swim Central. All enquiries are to be directed to Deanne Edwards, Race Secretary at redlandsswimracing@gmail.com
Closing date for nominations:	Tuesday 10 th September 2024
Age:	As at Sunday 22nd September 2024 (Minimum age is 8 years)
Rules:	Swimming Australia & Swimming Queensland rules will apply. One start rule will apply.

- Eligibility:** Entry is open to all Swimming Queensland 'Competitive' registered swimmers who are members of the following clubs.
- Acacia Bayside, Canterbury Taipans, Carina Leagues CJ's, Chandler, Churchie, Donald ST, Element, Griffith Uni Brisbane, Iona, Logan Vikings, Logan West, Mansfield, New Star, Rackley Parkinson, Rackley Runcorn, Redlands, Salisbury Scorpions, Sheldon, Somerville House, Southside Aquatics, Sunnybank, The Swim Academy(Bayside), Winners and Gold Coast.
- Medals:** 1st, 2nd and 3rd placing will be determined by the fastest three times in each age group. Medals will be awarded for ages 8,9,10,11,12,13,14,15, 16 & over in age group events. Only the fastest three times will be awarded medals in the Open events.
- Events:** As per attached Program of Events, all events are swum as timed finals with heats being swum fastest to slowest. Heats and events maybe combined on the day with the approval of the Meet Director. Swimmers aged 11 years and over may compete in OPEN events.
- BBQ:** A BBQ will be in operation on the day.
- Coach Pack:** Each participating Club will receive a Coach's Pack comprising a program, meal and drink voucher.
- Refunds:** NO REFUNDS will be given for withdrawal from the meet unless it is due to medical reasons. If withdrawing for medical reasons an email notification must be provided by 5pm Saturday 21st September along with a refund request and medical certificate provided within 7 days of meet. Email our race secretary via: redlandsswimracing@gmail.com

Note: All Clubs competing are expected to provide timekeepers during the day based on the number of nominated swimmers. Details of lane allocation(s) will be provided to Clubs and also contained in the Meet Program.

All Clubs nominating swimmers in the 800m and 1500m events are required to provide timekeepers for this session. **Note that the 25m Pool is NOT available for warm-up/warm-down.**

2024 REDLANDS LC Preparation Meet
CLEVELAND AQUATIC CENTRE
22/09/2024
Program of Events

Session 1

9.00am Start – 8.00am warm up

Boys Events	Age	Event Description	Girls Events
1	9 – 11 years	200m 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, 16 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.