



2024 WOOGAROO SWIM CLUB LONG COURSE PREPARATION MEET

23rd NOVEMBER 2024

Date	23rd November 2024																													
Venue	Bundamba Swim Centre, 256 Brisbane Road, Bundamba, QLD 4304																													
Time	Session 1: 8.00am Warm Up 9.00am Start Session 2: TBA based on Timeline from Session 1																													
Age	Age as of 23rd November 2024. Minimum age is 8 years for first session and 11 years for open events.																													
Eligibility	Entry is open to Swimming Queensland Competitive registered swimmers who are members of the following allocated clubs: <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 5px;"> <tr> <td style="font-size: small;">AJ's</td> <td style="font-size: small;">Ambrose Treacy</td> <td style="font-size: small;">ASA Swim Team</td> </tr> <tr> <td style="font-size: small;">Ashgrove Tridents</td> <td style="font-size: small;">Bellbowrie</td> <td style="font-size: small;">Bethania</td> </tr> <tr> <td style="font-size: small;">Boonah</td> <td style="font-size: small;">CYMS Ipswich</td> <td style="font-size: small;">Greenbank Gators</td> </tr> <tr> <td style="font-size: small;">Ipswich Community</td> <td style="font-size: small;">Ipswich Girls and Junior</td> <td style="font-size: small;">Ipswich Grammar</td> </tr> <tr> <td style="font-size: small;">Ipswich Vikings</td> <td style="font-size: small;">Jamboree Heights</td> <td style="font-size: small;">Karalee</td> </tr> <tr> <td style="font-size: small;">Lakes</td> <td style="font-size: small;">Lowood & District</td> <td style="font-size: small;">Moreton Bay</td> </tr> <tr> <td style="font-size: small;">Railways</td> <td style="font-size: small;">Rosewood</td> <td style="font-size: small;">St Peters Western</td> </tr> <tr> <td style="font-size: small;">The Gap</td> <td style="font-size: small;">The Swim Academy (Brisbane)</td> <td style="font-size: small;">University of Queensland</td> </tr> <tr> <td style="font-size: small;">Waterworx</td> <td style="font-size: small;">Woogaroo</td> <td style="font-size: small;">Darling Downs</td> </tr> </table>			AJ's	Ambrose Treacy	ASA Swim Team	Ashgrove Tridents	Bellbowrie	Bethania	Boonah	CYMS Ipswich	Greenbank Gators	Ipswich Community	Ipswich Girls and Junior	Ipswich Grammar	Ipswich Vikings	Jamboree Heights	Karalee	Lakes	Lowood & District	Moreton Bay	Railways	Rosewood	St Peters Western	The Gap	The Swim Academy (Brisbane)	University of Queensland	Waterworx	Woogaroo	Darling Downs
AJ's	Ambrose Treacy	ASA Swim Team																												
Ashgrove Tridents	Bellbowrie	Bethania																												
Boonah	CYMS Ipswich	Greenbank Gators																												
Ipswich Community	Ipswich Girls and Junior	Ipswich Grammar																												
Ipswich Vikings	Jamboree Heights	Karalee																												
Lakes	Lowood & District	Moreton Bay																												
Railways	Rosewood	St Peters Western																												
The Gap	The Swim Academy (Brisbane)	University of Queensland																												
Waterworx	Woogaroo	Darling Downs																												
Events	See attached program of events below.																													
Nominations	Nominations are online via Swim Central only. Nominations close Tuesday 12th November 2024 at 11.59pm. No late entries will be accepted. Cost will be \$10.00 per event entry payable via swim central (an online surcharge of 3% will apply)																													
Multiclass	Multiclass swimmers are eligible for all events.																													
Medals	Session 1: Medals to be awarded to the fastest three placegetters in each <u>age group</u> 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: Medals will be awarded to the fastest three placegetters in each <u>age group</u> 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).																													
Marshalling	All swimmers will be required to self-marshall in the allocated marshalling area as per the following – 50m, 100m & 200m events – Three heats prior to the heat in the water. 400m, 800m and 1500m- One heat prior to the heat in the water.																													
Pool Entry	Pool entry is free for competitors and Coaches. \$5 entry fee for spectators (16 years and over), payable on entry.																													
Rules	This meet is sanctioned by Swimming Queensland. Times will be recognised as official qualifying times for Brisbane, Queensland and Australian Championships. This meet will be conducted under SQ / SAL Rules. No rule tolerance will apply. All events will be swum as timed finals. The referee's decision is final, and the Meet Referee has the right to combine heats on the day.																													

Other information

There will be a BBQ and kiosk running during the meet where food and drinks can be purchased. Payment by Card is preferred.

Entry list will be emailed to clubs and entrants after nominations have closed. Meet Program, estimated timeline and timekeeping roster will be emailed prior to the event.

Programs will not be available for purchase on the day of the carnival.

All Clubs competing are asked to provide timekeepers during the meet based on number of nominated swimmers. Details of timekeeping responsibilities will be emailed in the Meet program to clubs and entrants.

ALL clubs nominating swimmers in distance events are required to provide timekeepers and lap counters for these events.

Raffle tickets will be available at the pool entry.

Results will be available via Meet Mobile.

Refund of entry fees available on receipt of a medical certificate.

Any Enquires please contact Erika Morris and Jade Kerr via email at Clubmanager@woogarooswimclub.org.au

2024 Woogaroo Swim Club LC Preparation Meet

Bundamba Swim Centre

23/11/2024

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 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).

Session 2

TBA

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	Open	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).