

2024 Long Course Preparation Meet



SATURDAY 23 NOVEMBER 2024

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 (Under 11yrs):* Warm up from 8:00am, racing from 9:00am.
Senior Session (12yrs - Open): Racing not before 12noon - Time TBC
- Entry Fee:** **\$10.25 per event** per event (plus processing fee)
- Age:** Age as at **23 November 2024**. 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 affiliated with Swimming Queensland: Aspley, Boondall, Bracken Ridge, Genesis, Grace, Kedron, Nudgee College, Pine Rivers, St. Margaret's, United, Virginia and Wide Bay.
- Closing Date:** Entries close midnight Tuesday **12 November 2024**.
- 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.
- Refunds:** Only permitted on provision of a doctor's certificate for illness or injury.
- Marshalling:** All swimmers will be required to self-marshall as per the following:
- 50m events: Six (6) heats prior to the heat in the water
 - 100m, 200m events: Three (3) heats prior to the heat in the water
 - 400m and above: One (1) heat prior to the heat in the water
- Timekeeping:** All competing Clubs are asked to provide timekeepers during the meet based on the number of nominated swimmers. Details of lane allocation(s) will be provided to clubs and also contained in the meet programme.
- Food:** Bede's Cafe will be operating throughout the day with a range of hot & cold drinks, sandwiches and other snacks. A BBQ will also be in action throughout the day.
- Other:** The 25m pool will be available for warm up and warm down from 11am only. Clubs are to supervise their own swimmers. 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:** **Lauren Byrne** (email: lbyrne@nudgee.qld.edu.au)

2024 Long Course Preparation Meet



SATURDAY 23 NOVEMBER 2024

ST JOSEPH'S NUDGENE COLLEGE | 2199 SANDGATE RD BOONDALL 4034

Program of Events

Junior Session: 8.00am Warm Up - First Race at 9:00am

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).

Senior Session: First race not before 12noon (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	12 years & over	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	12 years & over	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: Minimum age of 11 years for Open Events. 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). The fastest three placegetters overall will be awarded medals in the Open Events (200m, 400m, 800m and 1500m).