



COMMERCIAL SWIMMING CLUB

2025 LONG COURSE PREPARATION MEET

This meet is sanctioned by Brisbane Swimming & Swimming Queensland. Times will be recognised as official qualifying times for Brisbane, Queensland and Australian Championships

Date	Sunday 2 nd February 2025
Venue	Valley Pool Complex 432 Wickham Street Fortitude Valley 4104
Age	Age as at 2 nd February 2025 <ul style="list-style-type: none">• Minimum age is 8 years for Junior events• Minimum age for Open Events is 11 years.
Eligibility	Entry is open to all Swimming Queensland 'Competitive' registered swimmers who are members of the following clubs: Albany Creek, Aspley, Bracken Ridge, Clayfield, Commercial, Electric Eels, Ferny Hills, Ipswich Grammar, Kedron, Newmarket Racers, Nudgee College, Rackley Centenary, Rackley, Chermside, Rackley North Lakes, Redcliffe Leagues, Swim Fast and United.
Events	As per the attached Program of Events. All events to be swum as Timed Finals. The Referee's decision will be final and the Referee has the right to combine heats on the day.
Awards	Medals will be awarded to the three fastest placegetters in the age groups as follows: <ul style="list-style-type: none">• 50m Events: 8 Yrs, 9 Yrs, 10 Yrs, 11 Yrs, 12 Yrs, 13 Yrs, 14 Yrs and 15 Yrs & Over• 100m Events: 8 Yrs, 9 Yrs, 10 Yrs, 11 Yrs, 12 Yrs, 13 Yrs, 14 Yrs and 15 Yrs & Over• 200m Events Junior Session: 9 Years, 10 Years, 11 Years Open Events: 200m, 400m, 800m & 1500m events are fastest three placegetters overall.
Para Events	Para swimmers are welcome in all events. There will be no individual Multi Class Events.
Programs	No programs will be available for purchase. Programs will be emailed to all competing swimming on Friday 8 th September.
Rules	This meet will be conducted under SQ/SAL Rules
Timekeeping	All clubs competing will be asked to provide timekeepers during the meet based on members of nominated swimmers. Details of lane allocations will be provided to clubs and also contained in the meet program
Entries	Nomination fees are \$10.00 per event (plus 4% Swim Central fees). Nominations are to be entered online via the link below or via Swim Central. <i>Online Nomination</i>
Entry Closing Date	Online entries will close midnight Tuesday 21 st January 2025 at midnight.
Enquiries	Email : peter.crane@swimming.org.au Mobile: 0418 763 921



2025 COMMERCIAL LONG COURSE PREPARATION MEET 2nd February 2025

Session 1 *9.00am Start – 8.00am warm up*

Boys Event	Age	Event Description	Girls Event
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	100 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

Session 2 *12.00pm approx.*

Boys Event	Age	Event Description	Girls Event
21	Open	400m Individual Medley	22
23	12 Years & Over	10m 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	400m Freestyle	38
39	12 Years & Over	100m Freestyle	40
41	12 Years & Over	50m Butterfly	42
43	Open	200m Individual Medley	44
45	12 Years & Over	100m Backstroke	46
47	12 Years & Over	50m Freestyle	48
49	Open	200m Breaststroke	50
51	Open	800m Freestyle	52
53	Open	1500m Freestyle	54