



LAWNTON SWIMMING CLUB

2019 LAWNTON LC PREPARATION MEET

SUNDAY 24TH NOVEMBER 2019

Lawnton Aquatic Centre

Cnr Lawnton Pocket Rd and Gympie Rd Lawnton

NOMINATIONS OPEN: 4th October 2019

NOMINATIONS CLOSE: Wednesday 13th November 2019

GATES OPEN 8am

FREE ADMISSION

**Bbq, Salad Sandwiches, Salads, Pasta Hot Chips Full canteen
available throughout the meet.**

Raffles and Prizes throughout the day

ENQUIRIES: lawntonswimclub@hotmail.com



Lawnton Swimming Club wishes to extend this invitation to your club to compete in the 2019 Lawnton Swimming Club LC Preparation Meet, to be held at the Lawnton Aquatic Centre.

Date:	Sunday 24 th November 2019
Time:	Morning Session (8-11 Years): Warm up 8:am, Competition 9am sharp Afternoon Session (12 Years & Over): Will not start before 12 noon (or later depending on entry numbers)
Programs:	Limited number of Programs will be sold at the gate for \$5 each Free programs will be available on the day for Coaches only.
Age:	Age as at 24 th November 2019. Minimum age for competitors is 8 years.
Eligibility:	Entry is open to all Swimming Queensland 'Competitive' registered swimmers who are a member of one of the following clubs, allocated to this meet: <ul style="list-style-type: none"> ASPLEY; AUSTRALIAN CRAWL; BELGRAVIA; BRACKEN RIDGE; DAYBORO; ELECTRIC EELS; EVERTON PARK; LAWNTON; NUDGEE COLLEGE; PINE RIVERS; REDCLIFFE LEAGUES; SAMFORD; SANDGATE; SOUTHERN CROSS; ST PETER'S CABOOLTURE; UNITED; VIRGINIA and ANY WIDE BAY REGIONAL SWIMMING ASSOCIATION MEMBER.
Conditions of entry:	A Swimmer may nominate in any or all events in their age group. No swimming up is allowed. Nominations are accepted on the understanding that the nominating club has the responsibility to ensure that all competitors are registered with Swimming Queensland, date of birth is correct, and times entered are current. Clubs nominate on the condition that they provide timekeepers on the day.
Timing:	Semi-automatic timing system will be used; three timekeepers per lane. Time keeping assignments for each club will be based on the percentage of each clubs' nominations per session. Lane assignments will be emailed to club secretaries prior to event and will be available on the day. Times recorded may be used as qualifying times for ALL other meets, including State & National.
Entry cost:	\$8.00 per event. Entries will be via Swim Central. <u>NO GATE ENTRY</u>
Nominations:	Online nominations OPEN. CLOSSES Wednesday 13th November 2019 11.55pm. Late entries will only be accepted at the discretion of the Race Secretary and only if there is an empty lane. No new heats will be created. Late entries will be \$50 per event.
Facilities:	Lawnton Aquatic Centre is an outdoor facility with a large undercover grandstand. There is a grassed area which can accommodate club tents. Marshalling is held underneath the grandstand and swimmers are to go to the shallow end of the pool to walk behind the grandstand to get to Marshalling. There is NO warm up pool – Anyone using Toddler pool or Indoor pool are required to purchase a wrist band at reception. Anyone in these pools that is a non-swimmer or under 5ys must be within ARMS REACH OF AN ADULT AT ALL TIME. Anyone 5yrs and over must ALWAYS have ADULT SUPERVISON.



Events:	<p>As per the attached Program of Events. The meet will be conducted and run under SQ/SAL rules. One start rule will apply. All events will be swum as timed finals and placing given to the three fastest times in each age group. Referees decision is final.</p> <p>Minimum age of 11 years is required for Open Events; however, consideration may be made for swimmers who are 10 years old and will age up prior to the Brisbane Championships. Please email the Race Secretary for consideration.</p>
Medals:	<p>Medals will be awarded to the three fastest placegetters in each age group.</p> <p>50m – 8, 9, 10, and 11 years, 12, 13, 14, and 15 years & Over</p> <p>100m – 9, 10, and 11 years, 12, 13, 14, and 15 years & Over</p> <p>200m (junior session events) – 9, 10, 11 years</p> <p>200m (senior session events) – Fastest 3 placegetters overall.</p> <p>All Open events – (400m, 800m, 1500m) – Fastest 3 placegetters overall.</p>

For more information about the Meet or nomination enquiries, please contact Race Secretary, Peta McKay via email lawntonswimclub@hotmail.com

We look forward to a great day of racing.



Program of Events – 24th November 2019

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 & 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	Open	200m Butterfly	24
25	12 years & over	50m Freestyle	26
27	Multi Class	50m Freestyle	28
29	12 years & over	100m Breaststroke	30
31	Open	200m Freestyle	32
33	12 years & over	100m Backstroke	34
35	12 years & over	50m Butterfly	36
37	Multi Class	50m Butterfly	38
39	Open	200m Individual Medley	40
41	Open	200m Breaststroke	42
43	12 years & over	100m Butterfly	44
45	12 years & over	50m Backstroke	46
47	Multi Class	50m Backstroke	48
49	Open	200m Backstroke	50
51	12 years & over	100m Freestyle	52
53	12 years & over	50m Breaststroke	54
55	Multi Class	50m Breaststroke	56
57	Open	400m Individual Medley	58
59	Open	800m Freestyle	60
61	Open	1500m Freestyle	62

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).

Note: Minimum age of 11 years for Open Events; however, clubs are to use their discretion regarding swimmers who are 10 years old and will age up prior to the Brisbane Championships.