



## MEET INFORMATION

2019 Long Course Preparation Meet #1

Brisbane Aquatic Centre

5-6 October 2019





# CONTENTS

## EVENT DETAILS

Purpose	2
Eligibility	2
Clearance Criteria	2
Age	2
Entries	2
Entry Fees	2
Late Entries	2
Entry List	2
Qualifying Times	2
Multi Class	2
Rules	3
Warm-up Start Time	3
Timeline	3
Tickets and Programs	3
Pool Deck Access	3
Events & Medals	3
Results	3
Photo Release	3
SQ Swim Shop	3
Bags/Eskies	3

## PROGRAM OF EVENTS

First Session	4
Second Session	4
Third Session	4
Fourth Session	5
Fifth Session	5
Sixth Session	5

## QUALIFYING TIMES

Male	6
Female	7
Multi Class	8



# EVENT DETAILS

## Purpose

This meet has been designed to provide a quality racing opportunity for swimmers prior to the Queensland Championships, and to provide an opportunity for swimmers to qualify for those Championships.

## Eligibility

This meet is open to Swimming Queensland registered competitive swimmers, competitive swimmers registered with clubs affiliated with other State Associations and international swimmers who meet the clearance criteria.

## Clearance Criteria

International swimmers and teams must supply a letter of clearance from their National Swimming Federation to satisfy the clearance criteria. International swimmers training with, or members of, clubs in Australia will be nominated under their country name not the Australian club name. Clearances must be submitted to the [Nominations Officer](#) before the nomination closing date.

## Age

Age as at the first day of the 2019 McDonald's Queensland Championships (14 December 2019). Minimum age is 12 years.

## Entries

Entries are to be completed online via Swim Central. Sign in to Swim Central using the link available on the event page of our website to complete online entries. Step-by-step guide and video resources are available for help completing online entries from our website [here](#).

International swimmers and teams are to contact the [Nominations Officer](#) for entry procedure information.

**Entries close Midnight, Tuesday 24 September.**

## Entry Fees

Online Meet Entry	\$12.00*
International Swimmer/Team	\$14.00

\*Plus a transaction fee (debit/credit card processing) of 1.5%

## Late Entries

All entries for individual events submitted after 24 September will incur a late entry fee, as follows:

- Entries submitted between 24 September and midday Friday 27 September: \$22 per event\*
- Entries submitted after midday Friday 27 September: \$50 per event.

Late entries will be accepted in the timing room up until 1 hour before the commencement of the first day of competition. Late entries are subject to lane availability in the event, and may result in swimmers being entered in the slowest heat.

## Entry List

The entry list will be emailed to all competitors, and available on the event page of our website, on Friday 27 September 2019. All competitors must check their entries thoroughly and if any discrepancies are noted they [must be submitted using the online form](#) by Midnight, Sunday 29 September 2019.

## Qualifying Times

Qualifying times must have been achieved at an approved qualifying meet (either short course or long course) on or after 1 January 2018.

Converted short course qualifying times will only be used where an existing long course qualifying time has not been achieved. If there is no qualifying time stated for your age group, you cannot compete in the event/s concerned.

## Multi Class

Multi Class swimmers competing in the 200m and 400m Freestyle and 200m Individual Medley must meet the Multi Class qualifying time and need to contact the [Nominations Officer](#) to submit their entry. Swimmers competing in the 50m and 100m Multi Class events will submit entries online through Swim Central; there are no qualifying times for these events.



# EVENT DETAILS

Multi Class swimmers who are swimming in events that are not designated as Multi Class must produce their exemption cards to the session Referees.

## Rules

All Swimming Queensland General Rules, Championship By-Laws, SAL & FINA Swim Rules apply.

## Warm-up Start Time

7:00 am

## Timeline

The timeline for this meet will be published on the event page of our website on or before Wednesday 2 October 2019.

## Tickets and Programs

Entry tickets and programs are available for purchase either online (prior and during the meet), or at the front gate during the meet.

Purchasing tickets and programs online is a simple and easy process - plus you gain express entry at the gate - online ticket holders do not need to queue in line at the gate, they simply go straight to the counter to scan their ticket and receive their wristband and/or program.

To purchase your tickets or program online simply use the "Online Tickets" button on the event page of our website.

	<b>Online</b>	<b>Front Gate</b>
Adult Ticket	\$5^	\$7
Program	\$6^	\$6
Children#	FREE	FREE
Concession*	FREE	FREE

<sup>^</sup>Plus applicable online Ticketbooth processing fees

#16 years & under

\*Valid concession card holders

## Pool Deck Access

Coaches must present their **current** ascta membership card to gain free entry to the meet and access pool deck. Coaches who do not hold a current ascta membership card are not eligible for free entry or able to access pool deck.

Support staff and international team staff who require pool deck access [must apply by email](#) at least 3 days prior to the meet, for accreditation passes to be available for collection at the front gate during the meet.

## Events & Medals

All events will be conducted as timed finals. Events will be swum on a "seed-entry" basis, not in age groups (i.e. competitors will be grouped by time rather than by age group). Medals will not be awarded at this meet.

## Results

Live results will be made available for this meet and will be accessible from the event page of our website. Following the conclusion of the meet a PDF results file will be published on the events page of our website. Please note, TM Results files will only be provided, on request, to club race secretaries.

## Photo Release

In nominating for this meet, swimmers agree that they may be photographed by Swimming Queensland's approved photographer and that the photos may be used by Swimming Queensland at its discretion.

## SQ Swim Shop

The Swimming Queensland Swim Shop, located in Aquatic Reception, will be open during this meet. The SQ Swim Shop is dedicated to all areas of swimming, from learn to swim to high performance, including everything in between.

## Bags/Eskies

Please note that Stadiums Queensland rules state that bags/eskies must be a pliable nature (soft to touch) and are to be no bigger than 40cm x 40cm x 40cm and must be stowed under seats. All other bags/eskies will be refused admission.



# PROGRAM OF EVENTS

Saturday 5 October 2019

## First Session

**Competition Start Time: 8:30 a.m.**

Event	Age	Gender	Distance	Stroke
1.	Open	Male	50m	Multi Class Freestyle
2.	Open	Female	50m	Multi Class Freestyle
3.	Open	Male	50m	Freestyle
4.	Open	Female	50m	Freestyle
5.	Open	Male	200m	Butterfly
6.	Open	Female	200m	Butterfly
7.	Open	Male	100m	Breaststroke
8.	Open	Female	100m	Breaststroke

## Second Session

**Competition Start Time: TBA**

Event	Age	Gender	Distance	Stroke
9.	Open	Male	100m	Multi Class Freestyle
10.	Open	Female	100m	Multi Class Freestyle
11.	*Open	Male	400m	Freestyle
12.	*Open	Female	400m	Freestyle
13.	Open	Male	100m	Backstroke
14.	Open	Female	100m	Backstroke
15.	Open	Male	100m	Multi Class Backstroke
16.	Open	Female	100m	Multi Class Backstroke

## Third Session

**Competition Start Time: TBA**

Event	Age	Gender	Distance	Stroke
17.	Open	Male	400m	Individual Medley
18.	Open	Female	400m	Individual Medley
19.	Open	Male	100m	Multi Class Butterfly
20.	Open	Female	100m	Multi Class Butterfly
21.	Open	Male	50m	Backstroke
22.	Open	Female	50m	Backstroke
23.	*Open	Male	200m	Freestyle
24.	*Open	Female	200m	Freestyle
25.	Open	Male	100m	Multi Class Breaststroke
26.	Open	Female	100m	Multi Class Breaststroke
27.	Open	Male	800m	Freestyle
28.	13 Years & Over	Female	1500m	Freestyle

\*Swimmers With Disability may swim in these events provided they have achieved the SWD qualifying times attached.



# PROGRAM OF EVENTS

Sunday 6 October 2019

## Fourth Session

Competition Start Time: 8:30 a.m.

Event	Age	Gender	Distance	Stroke
29.	Open	Male	50m	Breaststroke
30.	Open	Female	50m	Breaststroke
31.	Open	Male	100m	Freestyle
32.	Open	Female	100m	Freestyle

## Fifth Session

Competition Start Time: TBA

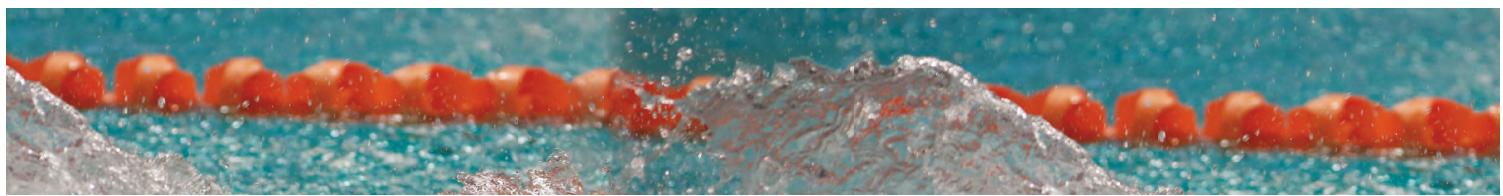
Event	Age	Gender	Distance	Stroke
33.	*Open	Male	200m	Individual Medley
34.	*Open	Female	200m	Individual Medley
35.	Open	Male	50m	Butterfly
36.	Open	Female	50m	Butterfly
37.	Open	Male	200m	Backstroke
38.	Open	Female	200m	Backstroke

## Sixth Session

Competition Start Time: TBA

Event	Age	Gender	Distance	Stroke
39.	Open	Male	100m	Butterfly
40.	Open	Female	100m	Butterfly
41.	Open	Male	200m	Breaststroke
42.	Open	Female	200m	Breaststroke
43.	13 Years & Over	Male	1500m	Freestyle
44.	Open	Female	800m	Freestyle

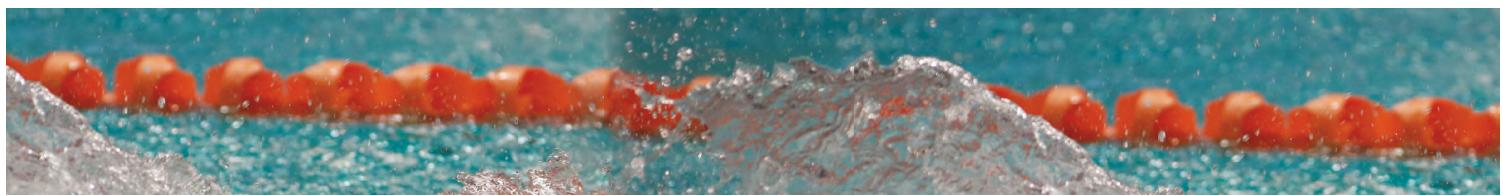
\*Swimmers With Disability may swim in these events provided they have achieved the SWD qualifying times attached.



# QUALIFYING TIMES

## Male

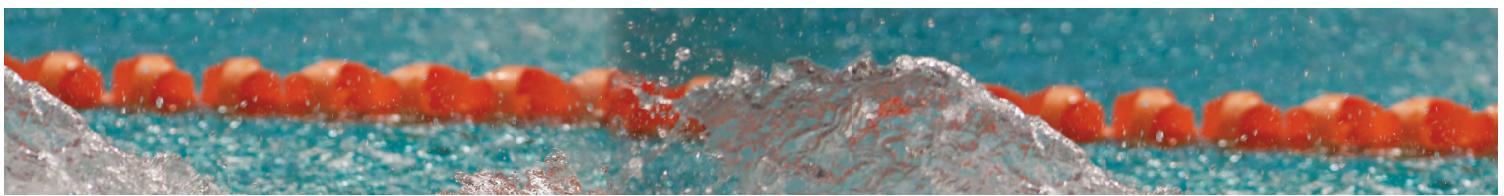
	12 Years		13 Years		14 Years		15 Years		16 Years	
	LC	SC								
<b>50 FREE</b>	35.00	34.30	33.00	32.34	31.00	30.38	30.00	29.40	29.00	28.42
<b>100 FREE</b>	1:11.09	1:09.67	1:08.40	1:07.03	1:06.39	1:05.06	1:03.15	1:01.89	1:02.53	1:01.28
<b>200 FREE</b>	2:36.08	2:32.96	2:27.01	2:24.07	2:24.11	2:21.23	2:18.47	2:15.70	2:17.10	2:14.36
<b>400 FREE</b>	5:23.73	5:17.26	5:04.92	4:58.82	4:58.90	4:52.92	4:47.21	4:41.47	4:44.36	4:38.67
<b>800 FREE</b>	11:10.24	10:56.84	10:31.30	10:18.67	10:18.83	10:06.45	9:54.63	9:42.74	9:48.72	9:36.95
<b>1500 FREE</b>			19:49.09	19:25.31	19:25.60	19:02.29	18:28.89	18:06.71	18:17.89	17:55.93
<b>50 BACK</b>	43.00	42.14	41.00	40.18	38.00	37.24	36.00	35.28	35.00	34.30
<b>100 BACK</b>	1:24.95	1:23.25	1:20.42	1:18.81	1:16.89	1:15.35	1:14.62	1:13.13	1:13.15	1:11.69
<b>200 BACK</b>	3:06.14	3:02.42	2:56.20	2:52.68	2:48.47	2:45.10	2:43.50	2:40.23	2:40.27	2:37.06
<b>50 BREAST</b>	48.00	47.04	45.00	44.10	42.00	41.16	39.00	38.22	38.00	37.24
<b>100 BREAST</b>	1:34.16	1:32.28	1:29.13	1:27.35	1:25.22	1:23.52	1:22.71	1:21.06	1:21.07	1:19.45
<b>200 BREAST</b>	3:24.18	3:20.10	3:13.28	3:09.41	3:04.79	3:01.09	2:59.35	2:55.76	2:55.80	2:52.28
<b>50 FLY</b>	41.00	40.18	37.00	36.26	35.00	34.30	33.00	32.34	32.00	31.36
<b>100 FLY</b>	1:21.28	1:19.65	1:16.94	1:15.40	1:13.56	1:12.09	1:11.39	1:09.96	1:09.98	1:08.58
<b>200 FLY</b>	3:03.90	3:00.22	2:54.09	2:50.61	2:46.44	2:43.11	2:41.54	2:38.31	2:38.35	2:35.18
<b>200 IM</b>	2:59.24	2:55.66	2:50.51	2:47.10	2:42.21	2:38.97	2:35.87	2:32.75	2:34.33	2:31.24
<b>400 IM</b>	6:20.02	6:12.42	6:01.54	5:54.31	5:43.94	5:37.06	5:30.49	5:23.88	5:27.21	5:20.67



# QUALIFYING TIMES

## Female

	12 Years		13 Years		14 Years		15 Years		16 Years	
	LC	SC								
<b>50 FREE</b>	35.00	34.30	34.00	33.32	32.00	31.36	32.00	31.36	31.00	30.38
<b>100 FREE</b>	1:14.16	1:12.68	1:10.56	1:09.15	1:09.16	1:07.78	1:07.80	1:06.44	1:07.12	1:05.78
<b>200 FREE</b>	2:41.03	2:37.81	2:33.19	2:30.13	2:30.17	2:27.17	2:28.68	2:25.71	2:27.20	2:24.26
<b>400 FREE</b>	5:30.31	5:23.70	5:14.24	5:07.96	5:08.04	5:01.88	5:04.98	4:58.88	5:01.95	4:55.91
<b>800 FREE</b>	11:11.00	10:57.58	10:32.02	10:19.38	10:19.53	10:07.14	10:13.38	10:01.11	10:07.29	9:55.14
<b>1500 FREE</b>			20:10.50	19:46.29	19:58.49	19:34.52	19:46.60	19:22.87	19:34.82	19:11.32
<b>50 BACK</b>	43.00	42.14	42.00	41.16	40.00	39.20	38.00	37.24	38.00	37.24
<b>100 BACK</b>	1:24.98	1:23.28	1:20.85	1:19.23	1:19.25	1:17.67	1:18.46	1:16.89	1:17.68	1:16.13
<b>200 BACK</b>	3:05.62	3:01.91	2:56.59	2:53.06	2:53.11	2:49.65	2:51.39	2:47.96	2:49.69	2:46.30
<b>50 BREAST</b>	48.00	47.04	46.00	45.08	44.00	43.12	43.00	42.14	42.00	41.16
<b>100 BREAST</b>	1:37.31	1:35.36	1:32.58	1:30.73	1:30.75	1:28.94	1:29.85	1:28.05	1:28.96	1:27.18
<b>200 BREAST</b>	3:31.87	3:27.63	3:21.56	3:17.53	3:17.58	3:13.63	3:15.62	3:11.71	3:13.68	3:09.81
<b>50 FLY</b>	41.00	40.18	38.00	37.24	36.00	35.28	35.00	34.30	35.00	34.30
<b>100 FLY</b>	1:23.09	1:21.43	1:19.05	1:17.47	1:17.49	1:15.94	1:16.72	1:15.19	1:15.96	1:14.44
<b>200 FLY</b>	3:05.93	3:02.21	2:56.89	2:53.35	2:53.39	2:49.92	2:51.67	2:48.24	2:49.97	2:46.57
<b>200 IM</b>	3:04.97	3:01.27	2:55.97	2:52.45	2:52.50	2:49.05	2:50.79	2:47.37	2:49.09	2:45.71
<b>400 IM</b>	6:33.88	6:26.00	6:14.72	6:07.23	6:07.32	5:59.97	6:03.67	5:56.40	6:00.06	5:52.86



# QUALIFYING TIMES

Multi Class

Male

	200m FREE		400m FREE		200m IM	
	LC	SC	LC	SC	LC	SC
<b>S1</b>	8:16.00	8:06.08				
<b>S2</b>	7:38.00	7:28.84				
<b>S3</b>	6:50.00	6:41.80				
<b>S4</b>	4:56.00	4:50.08				
<b>S5</b>	4:08.00	4:03.04			<b>SM5</b>	4:58.00 4:52.04
<b>S6</b>	3:58.00	3:53.24	8:00.00	7:50.40	<b>SM6</b>	4:32.00 4:26.56
<b>S7</b>	3:53.00	3:48.34	8:00.00	7:50.40	<b>SM7</b>	4:26.00 4:20.68
<b>S8</b>	3:42.00	3:37.56	7:28.00	7:19.04	<b>SM8</b>	3:57.00 3:52.26
<b>S9</b>	3:29.00	3:24.82	7:09.00	7:00.42	<b>SM9</b>	3:46.00 3:41.48
<b>S10</b>	3:16.00	3:12.08	6:43.00	6:34.94	<b>SM10</b>	3:42.00 3:37.56
<b>S11</b>	3:32.00	3:27.76	7:47.00	7:37.66	<b>SM11</b>	3:59.00 3:54.22
<b>S12</b>	3:24.00	3:19.92	6:55.00	6:46.70	<b>SM12</b>	3:40.00 3:35.60
<b>S13</b>	3:27.00	3:22.86	7:06.00	6:57.48	<b>SM13</b>	3:46.00 3:41.48
<b>S14</b>	3:23.00	3:18.94	7:21.00	7:12.18	<b>SM14</b>	3:55.00 3:50.30
<b>S15</b>	3:13.00	3:09.14	6:41.00	6:32.98	<b>SM15</b>	3:33.00 3:28.74
<b>S16</b>	4:10.00	4:05.00	7:21.00	7:12.18	<b>SM16</b>	3:55.00 3:50.30

	200m FREE		
	LC	SC	
<b>S1</b>	9:08.00	8:57.04	
<b>S2</b>	8:03.00	7:53.34	
<b>S3</b>	7:05.00	6:56.50	
<b>S4</b>	5:28.00	5:21.44	
<b>S5</b>	4:38.00	4:32.44	
<b>S6</b>	4:26.00	4:20.68	9:
<b>S7</b>	4:08.00	4:03.04	8:
<b>S8</b>	3:59.00	3:54.22	7:
<b>S9</b>	3:41.00	3:36.58	7:
<b>S10</b>	3:47.00	3:42.46	7:
<b>S11</b>	4:19.00	4:13.82	9:
<b>S12</b>	3:51.00	3:46.38	7:
<b>S13</b>	3:43.00	3:38.54	7:
<b>S14</b>	3:44.00	3:39.52	8:
<b>S15</b>	3:26.00	3:21.88	7:
<b>S16</b>	4:37.00	4:31.46	8: