



# 2019 COMMERCIAL LONG COURSE PREPARATION MEET

THIS MEET HAS BEEN SANCTIONED BY BRISBANE SWIMMING AND TIMES SWUM WILL BE RECOGNISED AS OFFICIAL QUALIFYING TIMES FOR ALL OTHER MEETS.

## DETAILS

<b>Date</b>	Saturday 7 <sup>th</sup> September 2019	
<b>Venue</b>	Valley Pool Complex 432 Wickham Street Fortitude Valley	
<b>Age</b>	Age as at 7 <sup>th</sup> September 2019. Minimum age of 11 Years for Open Events.	
<b>Eligibility</b>	Entry is open to Swimming Queensland 'Competitive' registered swimmers, who are members of the following affiliated clubs: Acqua Rosa, Albany Creek, ASA, Ashgrove, Ashgrove Tridents, Aspley, Australian Crawl, Belgravia, Boondall, Bracken Ridge, Clayfield, Commercial, Dayboro, Eagle Junction, Electric Eels, Everton Park, Ferny Hills, Geebung, Genesis, Grace, Lawnton, Lowood, MCA, Milton Marlins, Mitchelton, Newmarket Racers, Nudgee College, Pine Rivers, Rackley Centenary, Rackley Chermside, Redcliffe Leagues, Samford, Sandgate, Southern Cross, St Peter's Caboolture, The Gap, United, Virginia, Wilston and the Wide Bay Regional Clubs.	
<b>Events</b>	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 and events on the day.	
<b>Para Swimmers</b>	Para swimmers are welcome in all events. There will be no individual Multi Class Events.	
<b>Nominations</b>	\$8.00 per event Plus (debit/credit card processing fee) of 1.5%	
<b>Pool Admission</b>	Spectators: \$5.00	Program: \$3.00
	Swimmers: Free	Coaches: Free
<b>Rules</b>	This meet will be conducted under SQ/SAL Rules. No rule tolerance will apply.	
<b>Timekeeping</b>	All club competing are asked to provide timekeepers during the meet based on number of nominated swimmers. Swimmers nominating in the 1500m and 800m Freestyle events are required to supply a person to turn the lap counters. Details of lane allocation(s) will be provided to clubs and also contained in the meet program.	
<b>Awards</b>	Medals will be awarded for the following age groups: <ul style="list-style-type: none"><li>• <b>50m Events:</b> 8yrs, 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs and 15yrs &amp; Over</li><li>• <b>100m Events:</b> 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs and 15yrs &amp; Over</li><li>• <b>200m, 400m, 800m and 1500m Events:</b> Fastest three place-getters only.</li></ul>	
<b>Entries</b>	Online Entries will close midnight on Tuesday 27 <sup>th</sup> August 2019 Entries to be done via Swim Central. How to enter using Swim Central click <a href="#">here</a>	

## FOR MORE INFORMATION AND PAYMENTS

Please contact Peter Crane 0418 763 921 or [peter\\_crane@bigpond.com](mailto:peter_crane@bigpond.com)



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**Warm Up: 8.00am**

**Competition: 9:00am**

BOYS	AGE	EVENT	GIRLS
1	9 – 11 Years	200m Individual Medley	2
3	8 – 11 Years	50 Freestyle	4
5	9 – 11 Years	100 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

**Competition: TBA**

BOYS	AGE	EVENT	GIRLS
21	Open	400m Freestyle	22
23	Open	200m Butterfly	24
25	12 Years & Over	50m Freestyle	26
27	12 Years & Over	100m Breaststroke	28
29	Open	200m Freestyle	30
31	12 Years & Over	100m Backstroke	32
33	12 Years & Over	50m Butterfly	34
35	Open	200m Individual Medley	36
37	Open	200m Breaststroke	38
39	12 Years & Over	100m Butterfly	40
41	12 Years & Over	50m Breaststroke	42
43	Open	200m 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

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