



# 2019 PREPARATION MEET

**Date:** Friday 18<sup>th</sup> and Saturday 19<sup>th</sup> January 2019

*This meet is sanctioned by Swimming Queensland and times will be recognised as official qualifying times for the Wide Bay, Queensland and Australian Championships.*

**Location:** Caloundra Aquatic Centre, Cnr Arthur St & Central Park Rd, Caloundra

**Times:** **DISTANCE** Events - Friday 5.30pm for a 6.30pm start  
**JUNIOR** Session (8-10 year olds) - Saturday 07.00am for a 08.00am start  
**SENIOR** Session (11 years & Over) - anticipated start time of 12.00noon but will be confirmed once nominations have been received

**Age:** 8 years old as at 18<sup>th</sup> January 2019

**Eligibility:** Entry is open to all SQ registered competitive swimmers and financial Swimming Australia competitive members.

Swimmers 11 years and over are eligible to enter 200m Freestyle, Breaststroke Backstroke & IM. No Qualifying times have been set for these events.

Swimmers 12 years and over are eligible to enter 200m Butterfly, 400 Free and 400IM. Qualifying times have been set and must be met to enter.

Only swimmers 13 years and over are eligible to enter 800m & 1500m events.

Those who have not competed in any of the above events before we request you enter these events with coaches times supplied. Please complete the attached Time Trial Entry Form and return all requests to [pwscs@outlook.com](mailto:pwscs@outlook.com)

*A penalty of \$50 may apply if swimmers swim time is not met within 60 seconds of entry time.*

**Nominations:** Entries to this meet are to be made online by clicking [here](#) You can also enter the meet via your [MyLANE](#) account. Late entries will not be accepted.

**Nominations Open:** Saturday, 1st December 9.00am

**Nomination Close:** Thursday 10th January 11.59pm however may close early if capacity is reached before closing date.

**Nomination Fee:** \$7.50 per individual event

**Nomination Rules:** SQ rules will apply

**Refunds:** No refunds will be given for withdrawal from the meet unless its due to medical reasons. If withdrawing for medical reason notification must be given by **5pm Thursday 17th January** and refund request with medical certificate provided within 7 days of meet. No refunds apply if the meet is cancelled on the day due to inclement weather.



**Awards:** **JUNIORS** - All JUNIOR events will be swum as timed finals. Medals will be awarded to 1st, 2nd, & 3rd placegetters in each age group. AGE CHAMPIONS will be awarded to the fastest swimmer overall in each age group (8, 9 & 10 years) based on 50m distance events.

**SENIORS** - All SENIOR events will be swum as timed finals and Medals will be awarded to fastest 3 placegetters in each age group (11, 12, 13, 14, 15, 16 years and 17 years & Over) based on 50m & 100m events.

The 200, 400, 800 1500m) & MC Events will be swum as timed finals. Medals will be awarded to 1st, 2nd & 3rd place placegetters overall in each event.

AGE CHAMPIONS will be awarded to the following age groups 11, 12, 13 & 14 years based on 100m distance events.

**SWIM OF THE MEET** will be awarded to 15 years and over swimmer with the highest FINA points received in an individual swim. A prize of \$100 will be awarded to male and female swim of the meet.

***Medals must be collected on the day of the meet. They will not be made available for collection or posting out after the meet***

**Entry Fee:** Swimmers, coaches and under 2yrs entry FREE.  
Spectators fee \$3.00

**Programs:** \$3 and available for purchase at entry

**Coaches:** Each participating Club will receive a Coach's Pack comprising a printed program and burger voucher. Coaches will need to show their accreditation pass to receive a pack.

**Food:** The BBQ will be operating for Breakfast and Lunch. The kiosk will be open for purchase of drinks and other goodies.

**Timekeeping:** A time keeping roster will be emailed to Race Secretaries. All Clubs are expected to provide timekeepers during the meet based on the number of nominated swimmers. All clubs nominating swimmers in the distance events are required to provide time keepers and lap counters.

Dolphin semi-automatic Timing Equipment will be the main timing system with one stop watch at each lane for back up.

Results will be available on the day on Meet Mobile. Search for  
2019 - PWC Preparation Meet

**Warm up/down Pool:** 8.00am - 11.30am 25m pool - 2 lanes will be available  
11.30am onwards 25m pool - 3 lanes will be available

**Events:** As per attached Event List.  
*The technical manager in consultation with the referee reserves the right to combine heats on the day.*

For more info about the Meet or nomination enquiries, please contact [pwscsc@outlook.com](mailto:pwscsc@outlook.com)

## EVENT LIST

FRIDAY, 18TH JANUARY 2019

DISTANCE SESSION - 5.30PM WARM UP FOR 6.00PM START

*(ALL OPEN events will be swum as TIMED FINALS)*

MALE EVENT #	FEMALE EVENT #	DESCRIPTION	QUALIFYING TIME	
			MALE	FEMALE
1	2	1500 FREE OPEN	24:43.65	24:43.65
3	4	800 FREE OPEN	15:59.27	15:59.27
5	6	200 FLY 12 +	3:22.85	3:27.78
7	8	400 IM 12+	7:25.80	7:28.54

*Only swimmers 13 years and over are eligible to enter Open Events*

*Swimmers 12 years and over are eligible to swim 200m Fly and 400m events*

***\* Qualifying times apply for all 400, 800 & 1500 and 200 Fly events \****

## EVENT LIST

SATURDAY, 19TH JANUARY 2019

JUNIOR SESSION - 07.00AM WARM UP FOR 08.00AM START

*(ALL JUNIOR events will be swum as TIMED FINALS)*

FEMALE EVENT #	MALE EVENT #	DESCRIPTION
9	10	100 FLY 8-10
11	12	50 FLY MC
13	14	50 BACK 8-10
15	16	100 BREAST 8-10
17	18	50 BREAST MC
19	20	50 FREE 8-10
21	22	100 BACK 8-10
23	24	50 BACK MC
25	26	50 FLY 8-10
27	28	100 FREE 8-10
29	30	50 FREE MC
31	32	50 BREAST 8-10

## EVENT LIST

SATURDAY, 19TH JANUARY 2019

SENIOR SESSION - 11.00AM WARM UP FOR 12NOON START

*(ALL SENIOR events will be swum as TIMED FINALS)*

FEMALE EVENT #	MALE EVENT #	DESCRIPTION
33	34	400 FREE 12+ GIRLS QT - 6:38.80 BOYS QT - 6:35.13
35	36	100 FLY 11+
37	38	50 BACK 11+
39	40	200 FREE 11+
41	42	100 BREAST 11+
43	44	50 FREE 11+
45	46	100 BACK 11+
47	48	200 IM 11+
49	50	50 FLY 11+
51	52	100 FREE 11+
53	54	50 BREAST 11+
55	56	200 BACK 11+
57	58	200 BREAST 11+

*Only swimmers 12 years and over are eligible to enter 400m FREE event.*

**Qualifying time applies.**

*Only swimmers 11 years and over are eligible to enter 200m Events.*

*Although Qualifying Times do not apply, if you have not swum any 200m events please submit coaches times so we can prepare an accurate timeline.*



## ***Time Trial Entry Form***

### ***Pelican Waters Swim Club Preparation Meet***

To use a coach assisted qualifying time, you must swim the distance required with your nominated coach. Your coach must then authorise this swim by signing below.

**Swimmer Name:**

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**Club:**

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**Distance/Stroke:**

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**Time Achieved:**

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**Date Time Achieved:**

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**Coach Name:**

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**Coach Signature:**

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Please email completed form to [pwcsc@outlook.com](mailto:pwcsc@outlook.com)

**Thank You**

**PWCSC**