

CENTRAL CAIRNS SWIMMING CLUB



Elements Air & Zarraffa's

2022 Junior Tadpoles &

Transition/Development Long Course Meet

Saturday 20th August 2022

Woree Sports & Aquatic Centre

Junior Tadpoles: Gates open at 9am for 9:30am start

Transition/Development Meet: 10:30am warm up for 11:30am start



9am Junior Tadpoles

- \$10 per swimmer
- Nominations to be taken on the day
- Open to club and non-club members

	Age	Distance	Stroke
1	10 & Under	12 ½ or 25 metres	Freestyle
2	10 & Under	12 ½ or 25 metres	Backstroke
3	10 & Under	12 ½ or 25 metres	Breaststroke
4	10 & Under	12 ½ or 25 metres	Kick
5	10 & Under	12 ½ or 25 metres	Butterfly

10:30am Warm Up for 11:30am Start

M	F	Age	Distance	Stroke
6 MIXED		8 & Over	4 x 50	Medley Relay
7	8	8 & Over	100	Freestyle
9	10	8 & Over	50	Backstroke
11	12	8 & Over	100	Breaststroke
13	14	8 & Over	50	Freestyle
15	16	8 & Over	200	Freestyle
17	18	8 & Over	50	Butterfly
19	20	8 & Over	100	Backstroke
21	22	8 & Over	50	Breaststroke
23	24	8 & Over	100	Butterfly
25	26	8 & Over	200	Individual Medley

Conditions and Entry Information

1. The meet will be conducted under the rules of FINA and By-laws of Swimming Australia (SAL) and Swimming Qld (SQ).
2. All decisions taken will be at the discretion of the Chief Referee of the day.
3. All competitors must be currently registered members of an affiliated SAL club or a visiting member of a club in a FINA registered nation (Except for Junior Tadpole competitors).
4. Age shall be as on 20th August 2022.
5. Relays will be organised on the day and FREE.
6. Meet programs will be available on the FNQ website. NO programs will be available at the gate.
7. In nominating for this meet, swimmers agree that they may be photographed and that the images may be used in publications, websites or social media sites.
8. Spectator entry: \$3 per adult

Nominations Close Monday 15th August 2022

VIA SWIM CENTRAL

Nomination Fees \$4.00/ Relays Free

Email: centralcairnsswimming@gmail.com

Phone: Alicia Casey- 0403 144 324

