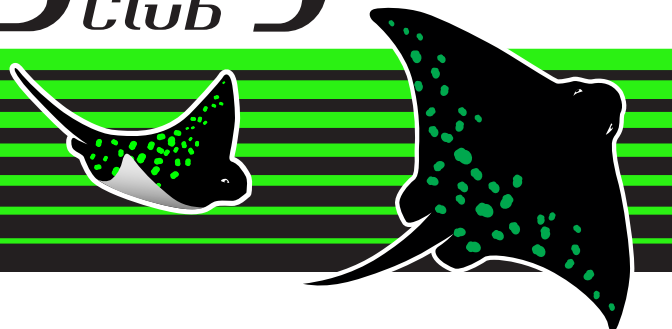


Cairns Stingrays Swimming Club



2023 Long Course Preparation Meet & Junior Carnival

Saturday

SESSION 1: 8:30am for a 9:30am START

M	F	Distance	Age	Stroke
1	2	1500	11&O	Freestyle
3	4	50	10&O	Butterfly
5	6	100	9&O	Freestyle
7	8	200	11&O	Backstroke
9	10	50	10&O	Breaststroke

30 min break

SESSION 2: SATURDAY

M	F	Distance	Age	Stroke
11	12	200	9&O	Ind. Medley
13	14	50	10&O	Backstroke
15	16	400	10&O	Freestyle
17	18	100	9&O	Butterfly
19	20	200	11&O	Breaststroke
21	22	200	Open	Medley Relay



Saturday & Sunday 18th - 19th February 2023

Woree Sports & Aquatic Centre,
Pool Close, Woree

Sunday

SESSION 3 (Junior Carnival): 8:30am for a 9:30am START

M	F	Distance	Age	Stroke
23	24	25	8&U *	Backstroke
25	26	50	8-9 *	Backstroke
27	28	25	8&U *	Butterfly
29	30	50	8-9 *	Butterfly
31	32	25	8&U *	Breaststroke
33	34	50	8-9 *	Breaststroke
35	36	25	8&U *	Freestyle
37	38	50	8&O *	Freestyle
39	40	800	11&O	Freestyle

* 8 year olds cannot swim both 25 and 50 of the same stroke

30 min break (if schedule permits)

SESSION 4: SUNDAY

M	F	Distance	Age	Stroke
41	42	400	11&O	Ind. Medley
43	44	50	FINAL	Free Gift 9, 10, 11, 12, 13, 14, 15 & 16&O (8 Lanes)
45	46	200	11&O	Freestyle
47	48	100	9&O	Breaststroke
49	50	200	11&O	Butterfly
51	52	100	9&O	Backstroke
53	54	200	Open	Freestyle Relay

Please refer to the second page for Conditions of Entry:



Please Read the Conditions of Entry

1. Age will be as at: 18 February 2023
2. All competitors must be a registered member of an affiliated SAL club or a visiting member of a FINA registered nation.
3. Rules will be the FINA rules and the By-Laws of Swimming Australia (SAL) and Swimming Queensland (SQ), competition will be under the direction of the Race Referee at all times. Any protests are to be in writing accompanied by a \$100 fee and lodged with the Race Referee within 30 minutes of the completion of the event.
4. 8yrs & Under can enter 25m Rule Tolerances Swims or 8 & Over swims, NOT BOTH.
5. Results will be multi aged 8 years to 17 years & Over.
6. NO AWARDS - this is your last chance to get your times for FNQ LC Champs.
7. * The fastest swimmer in 50m Free in the ages 9 yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs and 16 & O, for male and females, will be eligible to compete in the 50m FINAL. The CAIRNS STINGRAYS GIFT proudly sponsored by Woree Sports and Aquatic. The finals will be handicapped based on their 50m Free time recorded at this meet with the winners of the male and female Finals receiving \$50 First prize, \$30 Second prize and \$20 Third prize.
8. In nominating for this Meet, swimmers agree that they may be photographed and that their image may be used in publications, websites or social media sites.
9. All clubs will be notified of their time keeping duties in the final program. Time keeping positions will be allocated on the basis of the number of swimmers nominated from club entries.
10. Late entries will be accepted up until 30 minutes prior to the meet start time and incur a fee of \$10 per event.

All individual events will be by online nominations using the link provided on the FNQ Swimming website.

Nominations close on MONDAY 13 February 2023 @ 11.59pm

Relay nominations will be accepted on the day and must be advised in the lunch break. More than one team per club is acceptable.

Programmes are available to download from Cairns Stingrays website and the FNQ website.

NOMINATIONS: (excluding online surcharge)

8 Yrs & U 25 m events: \$2.50 per event

All other individual events: \$5.00 per event

Relay nominations: FREE & FUN

Photography Policy

In nominating for this meet, swimmers agree that they may be photographed and that images may be used in publications, including but not restricted to, FNQ and Swimming Club websites or social media sites.



**SUPPORTING
OUR LOCAL
COMMUNITY**