



# COOKTOWN SHORT COURSE

03/06/2023

WARM UP FROM: 2PM

EVENTS START 3PM

Cost: \$2.50 Spectators, Swimmers – Free



EVENT MALE	EVENT FEMALE	AGE	DISTANCE	STROKE
1	2	8 and under	100m	IM
3	4	9 and over	200m	IM
5	6	8 and under	25m	Free
7	8	OPEN	50m	Free
9	10	OPEN	100m	Breast
11	12	8 and under	25m	Fly
13	14	OPEN	50m	Fly
15	16	OPEN	100m	Back
17	18	8 and under	25m	Breast
19	20	OPEN	50m	Breast
21	22	OPEN	100m	Fly
23	24	8 and under	25m	Back
25	26	OPEN	50m	Back
27	28	OPEN	100m	Free

Referees for the day TBA

## CONDITIONS OF ENTRY

1. The meet will be conducted under the rules of FINA and By-laws of Swimming Australia (SAL) and Swimming Queensland (SQ)
2. All competitors must be currently registered members of an affiliated SAL club or a visiting member of a club in a FINA registered nation. SWD must present their classification card to the referee of the day.
3. All decisions taken will be at the discretion of the Chief Referee of the day
4. Age shall be as on Saturday the 3rd of June, 2023.
5. Ribbons will be awarded for the first 3 place getters in each age group from 8 to 16 years and over for the 25m, 50m, 100m AND 200m events. There will be no age aggregate awards. 7 & under will receive participation ribbons
6. Nominations will be done for individual events via Swim Central. Nominations close Monday the 29<sup>th</sup> of May, 2023. Late Nominations may not be accepted.
7. Individual Events \$6.00 which includes FNQ \$1.50 surcharge, 8 & under 25m events \$3.50.
8. Programs will be available on the FNQ website and at the gate.
9. In the event of a protest, a fee of \$100 is to be deposited with a written protest no later than 30 minutes following the conclusion of the event. (SAL CBL 12)
10. 8yrs & under must enter either 25m Rule Tolerances Swims or Open swims, not both.
11. In nominating for this Meet, swimmers agree that they may be photographed and that the images may be used in publications, FNQ website or social media sites.
12. Meet will be conducted under the Swimming Pool and Aquatic Centre Industry COVID safe plan.
13. SWD swimmers must make themselves known to the referee on the day.

# JUNIOR TADPOLES CARNIVAL



1PM - 1:30PM

03/06/2023

COST: \$10 PER CHILD



ALL CHILDREN RECEIVE A PRIZE AND PARTICIPATION RIBBON

FUN NOVELTY RACES FOR ALL AGES  
INCLUDING LEARN TO SWIM MEMBERS



- KICK BOARD RACES
- NOODLE RACES
- 25M RACES

HOSTED BY COOKTOWN AMATEUR SWIMMING CLUB COACHES  
AND SENIOR MEMBERS.



# Mixed Clubs Coaching Clinic

**Sunday the 4<sup>th</sup> of June, 2023**  
**9am – 11am**



All FNQ Competitive Members/Coaches Welcome  
Free Sausage Sizzle Provided