

# CENTRAL CAIRNS SWIMMING CLUB

Elements Air, Dig'n'Dump & Zarraffa's

2023 Junior Tadpoles &

Transition/Development Long Course Meet

Saturday 19<sup>th</sup> August 2023

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
	10 & Under	12 ½ or 25 metres	Freestyle
	10 & Under	12 ½ or 25 metres	Backstroke
	10 & Under	12 ½ or 25 metres	Breaststroke
	10 & Under	12 ½ or 25 metres	Kick
	10 & Under	12 ½ or 25 metres	Butterfly

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

M	F	Age	Distance	Stroke
1	MIXED	8 & Over	4 x 50	Medley Relay
2	3	8 & Over	100	Freestyle
4	5	8 & Over	50	Backstroke
6	7	8 & Over	100	Breaststroke
8	9	8 & Over	50	Freestyle
10	11	8 & Over	200	Freestyle
12	13	8 & Over	50	Butterfly
14	15	8 & Over	100	Backstroke
16	17	8 & Over	50	Breaststroke
18	19	8 & Over	100	Butterfly
20	21	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 Swimming Qld registered competitive swimmers (Except for Junior Tadpole competitors).
4. All Swimming Qld Rules, SAL and FINA Swimming Rules will apply at this meet.
5. Age shall be as on 19<sup>th</sup> August 2023.
6. Relays will be organised on the day and FREE.
7. Meet programs will be available on the FNQ website. NO programs will be available at the gate.
8. 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.
9. Spectator entry: \$3 per adult

**Nominations Close Monday 14<sup>th</sup> August 2023**

VIA SWIM CENTRAL

Nomination Fees \$6.00/ Relays Free

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