



# 2023 State Preparation Meet

**Friday 17<sup>th</sup> (Sprint Night), Saturday 18<sup>th</sup> & Sunday 19<sup>th</sup> November 2023**  
**Tobruk Memorial Pool, Sheridan St, Cairns North.**

**Gate Entry Fee:** \$3.00 Saturday & Sunday for all spectators and non-swimmers (Friday Free)  
Free entry for coaches, competitors & officials.

**Nomination Fee:** \$6.50 per event includes FNQRSA \$1.50 surcharge  
NT will be accepted for Events 1 to 8, to encourage new swimmers. Entry times must be submitted for all other events for this State Preparation Meet.

**Age:** As of 17<sup>th</sup> November 2023

**Nominations Close:** **Monday 13<sup>th</sup> November, 2023, 11PM.**  
Swimmers must be nominated through online nominations only.

**Prizes:** Fastest Sprint combined time - 50Fly, 50Bk, 50Br, 50Fr  
M/F 12yrs & U – 1<sup>st</sup> \$25 | 2<sup>nd</sup> \$10 | 3<sup>rd</sup> \$5  
M/F 13yrs & O – 1<sup>st</sup> \$50 | 2<sup>nd</sup> \$20 | 3<sup>rd</sup> \$10  
1st Time Qualification (100m-1500m events)  
**QLD State \$10 | National Age / Open \$20**

### First Session Friday 17<sup>th</sup> Nov.

Warm up 5pm Start 6pm (No gate entry)

M	F	AGE	DISTANCE	STROKE
1	2	9 & O	50	Freestyle
3	4	9 & O	50	Butterfly
5	6	9 & O	50	Backstroke
7	8	9 & O	50	Breaststroke

### Second Session Saturday 18<sup>th</sup> Nov.

Warm up 8am Start 9am

M	F	AGE	DISTANCE	STROKE
9	10	11 & O	200	IM
11	12	10 & O	100	Backstroke
13	14	11 & O	200	Breaststroke
15	16	11 & O	800*	Freestyle
17	18	10 & O	100	Butterfly
19	20	11 & O	200	Backstroke
21	22	11 & O	400	Freestyle

### Third Session Sunday 19<sup>th</sup> Nov.

Warm up 8am Start 9am

M	F	AGE	DISTANCE	STROKE
23	24	11 & O	400	IM
25	26	10 & O	100	Freestyle
27	28	11 & O	200	Butterfly
29	30	12 & O	1500*	Freestyle
31	32	10 & O	100	Breaststroke
33	34	11 & O	200	Freestyle

\* Denotes events where qualification times apply.

**Nominations Close:**

**Monday 13<sup>th</sup> November 2023 – 11PM**



It is with great pleasure Saints Swimming Club & Central Cairns Swimming would like to welcome you to our State Preparation Meet, being held at North Queensland's premium and only FINA approved pool, Tobruk Memorial Pool. This is the sixth such meet we have held here and after the positive response and performances last year we have kept the same format.

Our racing program is structured to give swimmers the best possible opportunity to qualify for QLD State, QLD Sprint and National Championships by allowing adequate recovery between sessions for quality competition.

The 50m events on the Friday night promises to be fast and furious, where we will be awarding cash prizes for 12yrs & under, 13years & over for the fastest overall combined time of 50Fly, 50Bk, 50Br & 50Fr, male and female.

For events on Saturday and Sunday we are awarding cash prizes for making State and/or National qualification in 100m, 200m, 400m, 800m & 1500m events for the first time. That is, if your entry time is over the qualification time and you make the qualification time at this meet. Cash prizes do not apply to time trial swims.

**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 on the day.
3. All decisions taken will be at the discretion of the Chief Referee of the day.
4. 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)
5. Late nominations will be accepted up to 30 minutes prior to first session start time on the Saturday, at the discretion of the Meet Director. A \$15 per event late fee applies.

**Qualifying Times: \* Qualifying times are enforced for events 15,16,29 & 30.**

800 Freestyle							
	11/12yrs	13yrs	14yrs	15yrs	16yrs	17/18yrs	Open
M	13.30.00	12.55.00	12.30.00	12.23.00	12.18.00	12.12.00	11.34.00
F	12.50.00	12.42.00	12.30.00	12.23.00	12.18.00	12.12.00	11.34.00

1500 Freestyle						
	13yrs	14yrs	15yrs	16yrs	17/18yrs	Open
M & F	23.20.00	22.20.00	21.45.00	21.22.00	20.40.00	19.24.00

**Photo Policy:** 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.

**Timekeepers:** Clubs are required to provide timekeepers on the day. A timekeeping roster will be available after nominations closing date. In the event of time trials (at the discretion of the Meet Director), it is the responsibility of the clubs to organise and supply timekeepers.

**Enquiries:** All enquiries are to be directed to the Race Secretary, Gitte Galea - [saintsnominations@gmail.com](mailto:saintsnominations@gmail.com)