



Swimming Flyer NQ Games

Saturday 4 & Sunday 5 May 2024 – Tobruk Memorial Pool, 370 Sheridan Street, Cairns North

SATURDAY: WARM UP COMMENCES 11.00am, RACING COMMENCES 12.00pm

SUNDAY: WARM UP COMMENCES 8.00am, RACING COMMENCES 9.00am

SESSION 1 – Saturday 4 May

Event		Age	Distance	Stroke
M	F			
1	2	9 & over	50m	Freestyle
3	4	9 & over	100m	Breaststroke
5	6	10 & over	200m	Backstroke
BREAK				
7	8	9 & over	50m	Backstroke
9	10	9 & over	100m	Butterfly
11	12	10 & over	200m	Breaststroke
13	14	11 & over	400m	Freestyle
15	MIX	9 & over	10 x 50m	Freestyle Relay*

SESSION 2 – Sunday 5 May

Event		Age	Distance	Stroke
M	F			
16	17	9 & over	50m	Breaststroke
18	19	9 & over	100m	Freestyle
20	21	10 & over	200m	Butterfly
BREAK				
22	23	9 & over	50m	Butterfly
24	25	9 & over	100m	Backstroke
26	27	10 & over	200m	Freestyle
28	29	11 & over	400m	IM
30	MIX	9 & over	10 x 50m	Medley Relay*

* Relay event entry is free; team nominations are to be made on the event day; teams must comprise 50% males and 50% females; combined ages of swimmers in each team must be at least 200 years.

Nominations close FRIDAY 19 APRIL 2024 at 11:59pm

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