



CENTRAL CAIRNS SWIMMING



Long Course Transition Meet

Saturday 16 August 2025

Woree Sports & Aquatic Centre



Junior Tadpoles

Gates open 9am for 9:30am start

- \$10 per swimmer
- Nominations to be taken on the day
- Open to club and non-club members

	Age	Distance	Stroke
1	10 & Under	12 ½ or 25 metres	Freestyle
2	10 & Under	12 ½ or 25 metres	Backstroke
3	10 & Under	12 ½ or 25 metres	Breaststroke
4	10 & Under	12 ½ or 25 metres	Kick
5	10 & Under	12 ½ or 25 metres	Butterfly

Transition Meet

10:30am Warm Up for 11:30am start

M	F	Age	Distance	Stroke
6	7	8 & Over	400	Freestyle
8	9	8 & Over	100	Butterfly
10	11	8 - 11	50	Backstroke
12	13	12 & Over	50	Backstroke
14	15	8 & Over	100	Breaststroke
16	17	8 & Over	50	Freestyle
18	19	8 & Over	200	Freestyle
20	21	8 & Over	50	Butterfly
22	23	8 & Over	100	Backstroke
24	25	8 & Over	50	Breaststroke
26	27	8 & Over	100	Freestyle
28	29	8 & Over	200	Individual Medley

Conditions of Entry:

1. The meet will be conducted under the rules of World Aquatics and By-laws of Swimming Australia (SAL) and Swimming Qld (SQ)
2. All competitors must be currently registered members of an affiliated SAL club (except for Junior Tadpole competitors)
3. All decisions taken will be at the discretion of the Chief Referee of the day
4. Age shall be as at the first day of the meet
5. Swimmers must nominate through Swim Central
6. Nomination fee: \$7.50 per event including all surcharges
7. Spectator entry: \$3 per adult
8. Late nominations accepted 60 minutes prior to meet start time, \$15 per event late fee applies
9. Meet programs will be available on the FNQ Swimming website
10. In nominating for this meet, swimmers agree that they may be photographed/videoed and that the images may be used in publications, websites or social media sites
11. It is a condition of entering this meet that your club understands timekeeping is required by all clubs and is allocated by the number of swimmers your club enters

Nominations Close:

11:59pm on Monday 11 August 2025

Enquiries: Nigel Crumpton (0408 769 204)

Email: centralcairnsswimming@gmail.com

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