

Cairns
Stingrays
Swimming Club



Mulgrave Motors 2026 Long Course Preparation Meet & Junior Carnival

**Saturday & Sunday
14th - 15th February
2026**

**Woree Sports
& Aquatic Centre,
Pool Close, Woree**

Saturday

SESSION 1: 7:30am for a 9:00am START

M	F	Distance	Age	Stroke
1	2	1500	11&O	Freestyle
3	4	50	10&O	Butterfly
5	6	100	9&O	Freestyle
7	8	200	11&O	Backstroke
9	10	50	10&O	Breaststroke
11	12	200	Open	Freestyle Relay

30 min break

SESSION 2: SATURDAY

M	F	Distance	Age	Stroke
13	14	200	11&O	Breaststroke
15	16	50	10&O	Backstroke
17	18	200	10&O	Ind. Medley
19	20	100	9&O	Butterfly
21	22	400	10&O	Freestyle

Sunday

SESSION 3 (Junior Carnival): 7:30am for a 9:00am START

M	F	Distance	Age	Stroke
23	24	800	11&O	Freestyle
25	26	25	8&U *	Backstroke
27	28	50	8-9 *	Backstroke
29	30	25	8&U *	Butterfly
31	32	50	8-9 *	Butterfly
33	34	25	8&U *	Breaststroke
35	36	50	8-9 *	Breaststroke
37	38	25	8&U *	Freestyle
39	40	50	8&O *	Freestyle
41	42	200	Open	Medley Relay

* 8 year olds cannot swim both 25 and 50 of the same stroke

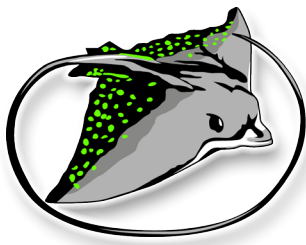
30 min break (if schedule permits)

SESSION 4: SUNDAY

M	F	Distance	Age	Stroke
43	44	400	11&O	Ind. Medley
45	46	50	FINAL	Free Gift 9, 10, 11, 12, 13, 14, 15 & 16&O (8 Lanes)
47	48	200	11&O	Butterfly
49	50	100	9&O	Breaststroke
51	52	200	11&O	Freestyle
53	54	100	9&O	Backstroke

Please refer to the second page for Conditions of Entry:





Cairns Stingrays Swimming Club



Please Read the Conditions of Entry

1. Age will be as at: 14 February 2026
2. All competitors must be a registered member of an affiliated SAL club or a visiting member of a FINA registered nation.
3. Swimming Australia Rules will apply to this meet.
4. 8yrs & Under can enter 25m Rule Tolerances Swims or 8 & Over swims, NOT BOTH.
5. Results will be multi aged 8 years to 17 years & Over.
6. NO AWARDS - this is your last chance to get your times for FNQ LC Champs.
7. * The fastest swimmer in 50m Free in the ages 9 yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs and 16 & O, for male and females, will be eligible to compete in the 50m FINAL. The CAIRNS STINGRAYS GIFT proudly sponsored by Woree Sports and Aquatic. The finals will be handicapped based on their 50m Free time recorded at this meet with the winners of the male and female Finals receiving \$50 First prize, \$30 Second prize and \$20 Third prize.
8. In nominating for this Meet, swimmers agree that they may be photographed and that their image may be used in publications, websites or social media sites.
9. All clubs will be notified of their time keeping duties in the final program. Time keeping positions will be allocated on the basis of the number of swimmers nominated from club entries.
10. Late entries will be accepted up until 30 minutes prior to the meet start time and incur a fee of \$15 per event.

All individual events will be by online nominations using the link provided on the FNQ Swimming website.

Nominations close on MONDAY 9 February 2026 @ 11.59pm

Relay nominations will be accepted on the day and must be advised at the start of the morning session on each day. More than one team per club is acceptable.

Programmes are available to download from Cairns Stingrays website and the FNQ website.

NOMINATIONS: (excluding online surcharge)

8 Yrs & U 25 m events: \$3.00 per event

All other individual events: \$7.50 per event

Relay nominations: FREE & FUN

Photography Policy

In nominating for this meet, swimmers agree that they may be photographed and that images may be used in publications, including but not restricted to, FNQ and Swimming Club websites or social media sites.