



CENTRAL CAIRNS SWIMMING

Long Course Transition Meet

Saturday 15 August 2026

Woree Sports & Aquatic Centre



Junior Tadpoles				
Gates open 8.30am for 9:00am start				
<ul style="list-style-type: none"> \$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				
10:00am 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:

- The meet will be conducted under the rules of World Aquatics and By-laws of Swimming Australia (SAL) and Swimming Qld (SQ)
- All competitors must be currently registered members of an affiliated SAL club (except for Junior Tadpole competitors)
- All decisions taken will be at the discretion of the Chief Referee of the day
- Age shall be as at the first day of the meet
- Swimmers must nominate through Swim Central
- Nomination fee: \$8.00 per event including all surcharges
- Spectator entry: \$3 per adult
- Late nominations accepted 60 minutes prior to meet start time, \$15 per event late fee applies
- Meet programs will be available on the FNQ Swimming website
- 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
- 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 10 August 2025

Enquiries: Nigel Crumpton (0408 769 204)

Email: centralcainsswimming@gmail.com

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