TAS Swimming Cairns
Long Course Preparation Meet 2026
Friday 30th & Saturday 31st October

Friday 6.30pm Saturday 9am

FRIDAY Gates Open 5pm Racing Starts 6.30pm

M	F	Age Group	Distance & Stroke
1	2	11 & Over	400 Freestyle
3	4	11 & Over	200 Breaststroke
5	6	11 years	200 Backstroke
7	8	12 & Over	200 Backstroke
9	10	13 & Over	1500 Freestyle
11	12	11 & Over	400 Individual Medley

SATURDAY Gates Open 7.30am Racing Starts 9am

M	F	Age Group	Distance & Stroke
13	14	10 & Over	100 Freestyle
15	16	7 & Over	50 Breaststroke
17	18	11 & Over	200 Butterfly
19	20	10 & 11yo	100 Backstroke
21	22	12 & Over	100 Backstroke
23	24	7 & Over	50 Butterfly
25	26	10 & Over	200 Individual Medley
27	28	11 & Over	800 Freestyle
BREAK			
29	30	7 & Over	50 Freestyle
31	32	10 & Over	100 Breaststroke
33	34	11 & Over	200 Freestyle
35	36	11 & Under	50 Backstroke
37	38	12 & Over	50 Backstroke
39	40	10 & Over	100 Butterfly

KEY DETAILS

1. This meet has been designed to provide a quality racing opportunity for swimmers in the FNQ region.
2. This meet is open to Swimming Queensland registered competitive swimmers; other swimmers may enter if they meet state, territory or country clearance criteria.
3. In nominating for this meet, swimmers agree that they may be photographed/videoed, and these images may be used by TAS Swimming at its discretion.
4. Age will be calculated as at the first day of this meet.
5. Entries are to be completed online via Swim Central using the link available on our website. Entries close Midnight of the Monday prior to the meet.
6. Entry Fees: Entry $7.50 per event including all surcharges.
7. An entry list will be published and emailed to all clubs on Tuesday prior to the meet, any discrepancies must be submitted to TAS Swimming Race Secretary by Wednesday prior to the meet.
8. Late entries will be accepted up until 30 minutes prior to the meet start time and incur a fee of $15 per event.
9. Spectator Entry $3/adult.
10. An online program will be published on FNQ and TAS Swimming websites on the Thursday prior to the meet. No printed programs will be available. The timeline published for this meet is to be used as a guide only, start times of events may vary depending on circumstances on the day of competition.
11. A timekeeper roster will be confirmed and published as part of the program. Timekeeping is allocated by the number of swimmers entered from each club.
12. Events are conducted as timed finals and swum on a "seeded-entry" basis. Heats are seeded fastest to slowest. Starts will be 'over the top', competitors will remain in their respective lanes until the next heat is started.
13. Heats may be amalgamated or re-seeded at the discretion of the Technical Manager and Referee.
14. Results will be viewable on Meet Mobile. Results will be multi-aged as per Swimming Queensland Competition Guidelines. No medals will be presented at this meet.
15. Swimming Australia Rules will apply at this meet. Protests must be submitted in writing to the Referee by a responsible team leader, together with a deposit of $100 within 30 minutes of the conclusion of the respective event.

TAS Aquatic Centre · MD Land Surveys · Cairns Eye & Laser Centre · Jayco Cairns · TOTALCARE Dental Boutique · Tooleys Waterblasting · QB Consulting · Cairns West Medical Centre

NOMINATIONS CLOSE MONDAY 26th OCTOBER

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