2026 State Preparation Meet

Friday 20th (Sprint Night), Saturday 21st & Sunday 22nd November 2026

Tobruk Memorial Pool, Sheridan St, Cairns North.

Gate Entry Fee: $3.00 Saturday & Sunday for all spectators and non-swimmers (Friday free)
Free entry for coaches, competitors & officials.

Nomination Fee: $7.50 per event includes FNQRSA $1.50 surcharge
NT will be accepted for Events 1 to 8, to encourage new swimmers. Entry times must be submitted for all other events for this State Preparation Meet.

Age: Age as of 20th November 2026

Nominations Close: **Monday 16th November, 2026, 11PM.**
Swimmers must nominate online through Swim Central.

Prizes:

Fastest Sprint combined time - 50Fly, 50Bk, 50Br, 50Fr

M/F 12yrs & U – 1st $25 I 2nd $10 I 3rd $5

M/F 13yrs & O – 1st $50 I 2nd $20 I 3rd $10

1st Time Qualification (100m-1500m events)

QLD State $10 I National Age / Open $20

First Session Friday 20th Nov

Warm up 4:30pm Start 6pm (No gate entry)

M	F	AGE	DISTANCE	STROKE
1	2	Open	50	Freestyle
3	4	Open	50	Butterfly
5	6	12 & O	50	Backstroke
7	8	11 & U	50	Backstroke
9	10	Open	50	Breaststroke

Second Session Saturday 21st Nov

Warm up 8.30am Start 10am

M	F	AGE	DISTANCE	STROKE
11	12	11 & O	200	IM
13	14	12 & O	100	Backstroke
15	16	10 & 11	100	Backstroke
17	18	11 & O	200	Breaststroke
19	20	11 & O	800*	Freestyle
21	22	10 & O	100	Butterfly
23	24	11 & O	200	Backstroke
25	26	11 years	200	Backstroke
27	28	11 & O	400	Freestyle

Third Session Sunday 22nd Nov

Warm up 7am Start 8:30am

M	F	AGE	DISTANCE	STROKE
29	30	11 & O	400	IM
31	32	10 & O	100	Freestyle
33	34	11 & O	200	Butterfly
35	36	12 & O	1500*	Freestyle
37	38	10 & O	100	Breaststroke
39	40	11 & O	200	Freestyle

- Time trials will be conducted at the conclusion of day 2 and day 3 as mixed events, at the discretion of the meet director.
- Allowances for time trials from QLD state times are as follows - 50m < 0.5s, 100m <1.0s, 200m <2.0s and 400m <3.0s.
- Time trial nomination fees are $15/event.

Nominations Close:

Monday 16th November 2026 – 11PM

* Denotes events where qualification times apply.

It is with great pleasure Saints Swimming Club would like to welcome you to our State Preparation Meet being held at Tobruk Memorial Pool. This is the ninth such meet we have hosted and after the positive response and performances last year we have kept the same format.

Our racing program is structured to give swimmers the best possible opportunity to qualify for QLD State, QLD Sprint and National Championships by allowing adequate recovery between sessions for quality competition.

The 50m events on the Friday night promises to be fast and furious, where we will be awarding cash prizes for 12yrs & under and 13 years & over for the fastest overall combined time for 50Fly, 50Bk, 50Br & 50Fr, male and female.

For events on Saturday and Sunday we are awarding cash prizes for first time making State and/or National qualification in 100m, 200m, 400m, 800m & 1500m events. That is, if your entry time is over the qualification time and you make the qualification time at this meet. Note: **Cash prizes do not apply to time trial swims.**

Conditions of Entry:

1. All competitors must be currently registered members of an affiliated SAL club or a visiting member of a club in a FINA registered nation.
2. Age of competitor is calculated as at first day of competition.
3. All decisions taken will be at the discretion of the Chief Referee of the day.
4. Heats may be amalgamated or re-seeded at the discretion of the technical Manager and Chief Referee.
5. All events will be timed finals.
6. In the event of a protest, a deposit of $100 is to be submitted with a written protest to the referee no later than 30 minutes following the conclusion of the event. (SAL CBL 12)
7. Late nominations will be accepted up to 30 minutes prior to first session start time on the Saturday, at the discretion of the Meet Director. A $15 per event applies to late nominations.
8. No refunds will be processed once the program is published.

Qualifying Times: * Qualifying times are enforced for events 19, 20, 35 & 36.

800 Freestyle							
	11/12yrs	13yrs	14yrs	15yrs	16yrs	17/18yrs	Open
M & F	12:53.00	12:05.00	11:48.00	11:38.00	11:33.00	11:27.00	11:18.00

1500 Freestyle						
	13yrs	14yrs	15yrs	16yrs	17/18yrs	Open
M & F	22:10.00	21:40.00	21:20.00	21:10.00	21:00.00	20:48.00

Photo Policy: In nominating for this Meet, swimmers agree that they may be photographed and that the images may be used in publications, FNQ website or social media sites.

Timekeepers: Clubs are required to provide timekeepers on the day. A timekeeping roster, based on club entry numbers, will be available upon release of the online program Thursday prior to the meet. In the event of time trials (at the discretion of the Meet Director), it is the responsibility of the clubs to organise and supply timekeepers.

Enquiries: All enquiries are to be directed to the Race Secretary - saintsnominations@gmail.com