

2021 long course
Preparation
Meet incorporating
Junior Carnival

Saturday & Sunday, 20th & 21st February 2021
Woree Sports & Aquatic Centre, Pool Close, Woree

Saturday

SESSION 1: 8:30am for a 9:30am START

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

30 min break

SESSION 2: SATURDAY

M	F	Distance	Age	Stroke
11	12	400	11&O	Ind Medley
13	14	50	10&O	Backstroke
15	16	100	10&O	Butterfly
17	18	200	11&O	Breaststroke
19	20	200	Open	Medley Relay



Please refer to the second page for Conditions of Entry:

Sunday

SESSION 3 (Junior Carnival): 8:30am for a 9:30am START

M	F	Distance	Age	Stroke
21	22	25	8&U *	Backstroke
23	24	50	8-9 *	Backstroke
25	26	25	8&U *	Butterfly
27	28	50	8-9 *	Butterfly
29	30	25	8&U *	Breaststroke
31	32	50	8-9 *	Breaststroke
33	34	25	8&U *	Freestyle
35	36	50	8&O *	Freestyle
37	38	800	11&O	Freestyle

* 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
39	40	50	FINAL	Free Gift 9, 10, 11, 12, 13, 14, 15 & 16&O (8 Lanes)
41	42	200	10&O	Ind Medley
43	44	100	10&O	Breaststroke
45	46	200	11&O	Freestyle
47	48	100	10&O	Backstroke
49	50	200	11&O	Butterfly
51	52	400	11&O	Freestyle
53	54	200	Open	Freestyle Relay



Please Read the Conditions of Entry

1. Age will be as at: 20 February 2021
2. All competitors must be a registered member of an affiliated SAL club or a visiting member of a FINA registered nation.
3. Rules will be the FINA rules and the By-Laws of Swimming Australia (SAL) and Swimming Queensland (SQ), competition will be under the direction of the Race Referee at all times. Any protests are to be in writing accompanied by a \$100 fee and lodged with the Race Referee within 30 minutes of the completion of the event.
4. 8yrs & Under can enter 25m Rule Tolerances Swims or 8 & Over swims, NOT BOTH.
5. Results will be multi aged 8 years to 16 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.

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

Nominations close on Friday 12 February 2021 @ 11.59pm

NO LATE NOMINATIONS WILL BE ACCEPTED.

Relay nominations will be accepted on the day and must be advised in the lunch break. More than one team per club is acceptable.

A small number of programmes will be available at the door for \$2.00 and also available to download from Cairns Stingrays website and the FNQ website.

NOMINATIONS: (excluding online surcharge)

8 Yrs & U 25 m events: \$2.00 per event

All other individual events: \$5.00 per event

Relay nominations: FREE

Gate entry is \$2.00 for adults per day. Coaches, swimmers and children are free.

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.



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OUR LOCAL
COMMUNITY**

