



## 2019 SOSOC Preparation Meet Saturday 23 November 2019

<b>Date</b>	Saturday November 23 2019
<b>Time</b>	Gates open at: 6.00 AM  Session 1: Warmup commences 7.00 AM Session 1: Competition commences 8.00 AM
<b>Venue</b>	Gold Coast Aquatic Centre Marine Parade Southport
<b>Warmup</b>	Dive starts and pacework will be allocated for Lanes 0 and 9.
<b>Gate Entry</b>	\$4.00 for spectators. Competitors & Coaches free with ASCTA card.
<b>Nomination Fee</b>	<b>\$7.50 per event (plus online gateway charges)</b> <u>Includes electronic program</u> <u>Printed programs will be provided for nominated coaches and officials</u>
<b>Nominations Close</b>	Friday November 15, 2019 at 11.59pm.
<b>Age Determination</b>	Age as at Saturday November 23, 2019 for all competitors aged 12 years and over. Any competitor who will be 12 years old by Saturday December 14, 2018 ( QLD Championships ) will be able to compete
<b>Entries</b>	All entries <b>must be submitted through the Swim Central nomination process</b>  <a href="#">Click here for the Swim Central login page</a>  <i>Note: All Swimmers must be fully registered as a Competitive Swimmer (submitted on the Swimming Australia database) at the time of the Meet.</i>
<b>Eligibility</b>	This Meet is for Swimming Gold Coast 'Competitive' registered swimmers. 'Recreational' swimmers are ineligible to enter.  <b>#For eligibility of Visiting swimmers <u>please read</u> 'Visiting Swimmers' below.</b>
<b>Visiting Swimmers</b>	Swimmers registered to Gold Coast Clubs that are members of another Federation, or from Inter-state, are permitted to swim.  A member of another Federation must be shown in the program with a (V) beside their first name and the Federation they are registered with.  Inter-State swimmers (not members of another Federation) must be shown in the program with a (V) beside their surname and the club they are registered with.  Swimmers must be registered in SAL Club Lane and be able to enter via the online entry form. There will be no manual entries accepted.

<b>Events</b>	<p>As per below Program of Events.</p> <p>Heats only will be swum in each event. If less than 3 nominations are received for an event, the club reserves the right to cancel the event and refund nominations. The club also reserves the right, on the day, to combine heats and events. Qualifying times apply for distance events.</p>
<b>Late Entries</b>	<p><b>Late entries will be accepted at the discretion of the Race Secretary and a fee of \$50 per event may be applied.</b></p> <p>All enquiries regarding these entries <b><u>MUST</u></b> only come through the attending club's Race Secretary and not through individuals.</p>
<b>Results</b>	<p>1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> placings will be determined from the OFFICIAL TIMES swam in the heats. Medals will be awarded.</p> <p>In the Open 400 Free, 400 IM, 800m Free &amp; 1500m Free Medals will be awarded in the following Age Groups 13yrs &amp; under, 14yrs, 15yrs, 16yrs &amp; over.</p> <p>For all 50m, 100m &amp; 200m events -medals will be awarded for 12, 13, 14, 15, 16yrs &amp; over.</p> <p><b>Swimmers must be 12yrs by Saturday December 14, 2019 to compete at this event.</b></p>
<b>Collections of Medals</b>	<p>Collection of medals is the responsibility of each swimmer. Medals not collected by the end of the meet will not be redeemed.</p>
<b>Rules</b>	<p>This event will be conducted under: the Swimming Queensland General Rules, SQ Championship By-Laws, FINA and SAL rules</p> <p>Competitors in the first two events should be in the marshalling area 10 minutes prior to the scheduled starting time of the session. In addition, competitors should be in the marshalling area at least two events ahead of the event in progress.</p>
<b>Timekeepers</b>	<p>Timekeepers will be required to be provided by each club. A timekeeping schedule will be provided at a ratio dependant on the number of swimmers attending.</p> <p>For those clubs that have swimmers in the 800m and 1500m Freestyle events and teams in the relay events you must provide 2 timekeepers for each swimmer entered.</p>
<b>Photography &amp; Images</b>	<p>In nominating for this Meet, swimmers agree that:</p> <ul style="list-style-type: none"> <li>• They may be photographed by Swimming Queensland, Swimming Gold Coast and the Club approved photographers,</li> <li>• The images may be displayed for viewing and purchasing on site during the Meet and on the photographer's secure website after the Meet, and</li> <li>• They may also be used by Swimming Queensland, Swimming Gold Coast and the Club at its discretion.</li> </ul>
<b>Meet Mobile</b>	<p>Results may be published in near real time during this meet at the clubs discretion via the Meet Mobile application.</p> <p>Please note:</p> <ul style="list-style-type: none"> <li>• Results published via Meet Mobile <b>ARE NOT OFFICIAL</b> and should be used as a guide only.</li> <li>• Official meet results are printed by officials during all meets and posted in a prominent position.</li> </ul> <p>Official results are also published within 24hrs of the completion of a meet upon the Swimming Gold Coast website event pages and later on SAL Results Central</p>

<b>Pool Compliance</b>	The Gold Coast Aquatic Centre has undertaken compliance testing and met all current competitive pool standards, as set by Swimming Australia. <a href="#">The certification can be viewed here.</a>
<b>Competitive Dive Entry</b>	All swimming competitors and/or their parents, accept that, by nominating for this event, that they have read and understand Swimming Australia's "Dive Entry for Competitive Swimming Policy" and meet the dive competency levels outlined in that policy. <a href="#">This policy can be found here.</a>
<b>Copy of Results</b>	A copy of results will be available on the website <a href="http://www.swimminggoldcoast.org.au">www.swimminggoldcoast.org.au</a> and forwarded to Swimming Queensland.
<b>Refreshments</b>	Southport Olympic Swimming Club will be operating a BBQ. Refreshments will also be available at Café Catalina within the GCAC complex.
<b>Parking</b>	The Gold Coast Aquatic Centre and Broadwater Parklands is a metered parking area. Paid parking commences from 9.00am. Australia Fair Shopping Centre has the first 3 hours of free parking and Carey Park is \$5.00 for a full day. SOSC & GCAC will provide a map closer to the meet outlining all parking arrangements.



## 2019 SOSC Preparation Meet

### 12 yrs & Over\*

#### Program of Events

BOYS	EVENTS	GIRLS
1	12yrs & Over 800m Freestyle	2
3	13yrs & Over 1500m Freestyle	4
5	12yrs & Over 100m Butterfly	6
7	12 yrs & Over 200m IM	8
9	12 yrs & Over 100m Backstroke	10
11	12 yrs & Over 200m Freestyle	12
13	12yrs & Over 100m Breaststroke	14
15	12 yrs & Over 200m Backstroke	16
17	12 yrs & Over 100m Freestyle	18
19	12yrs & Over 200m Breaststroke	20
21	12 yrs & over 400m IM	22
23	12 yrs & Over 50m Freestyle	24
25	12 yrs & over 200m Butterfly	26
27	12 yrs & Over 400m Freestyle	28

#### Qualifying Times

BOYS	EVENTS	GIRLS
6:30.00	12yrs & Over 400m Freestyle	6:30.00
11:20.00	12yrs & Over 800m Freestyle	11:20.00
19:40.00	13yrs & Over 1500m Freestyle	20:00.00
5:35.00	12yrs & Over 400m IM	5:40.00

**\*Any competitor who will be 12 years old by Saturday December 14, 2019 (QLD Championships ) will be able to compete.**

**All events are multi-aged.**

**Southport Olympic Swimming Club wishes to acknowledge  
our Club sponsors for our 2019-20 Season. Please support  
those who support us.**

