



Friday
6pm
Saturday
9am

TAS Swimming Cairns Long Course Preparation Meet 2023 Friday 27th & Saturday 28th October

FRIDAY Gates Open 5pm Racing Starts 6pm

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

SATURDAY Gates Open 8am Racing Starts 9am

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

KEY DETAILS

1. Lanes will NOT be available before 5pm Friday for warmup due to TAS Aquatic Centre Learn to Swim Program.
2. Age will be calculated as at the first day of this meet.
3. Entries are to be completed online via Swim Central using the link available on our website. Entries close Midnight, Monday 23rd October.
4. Entry Fees: Online Meet Entry \$6.50/event excluding all surcharges.
5. Late entries will be accepted up until 30 minutes prior to the meet start time and incur a fee of \$15 per event.
6. Spectator Entry \$3/adult.
7. An online program will be published on both ours and FNQ website on the Thursday prior to the meet. No printed programs will be available.
8. A timekeeper roster will be confirmed and published as part of the program. Please contact your Club to volunteer. Timekeeping is allocated by the number of swimmers entered from each club.
9. Results will also be viewable on Meet Mobile. Results will be multi-aged as per Swimming Queensland Competition Guidelines.
10. Heats may be amalgamated or re-seeded at the discretion of the Technical Manager and Referee.
11. 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.
12. All Swimming Queensland Rules, SAL and FINA Swimming Rules will apply at this meet.
13. In nominating, swimmers agree that they may be photographed/videoed by TAS Swimming, and these images may also be used by TAS Swimming at its discretion.
14. We have a shared responsibility to ensure the safe running of events. We appreciate your support in making this happen by maintaining physical distancing, good hand hygiene, staying at home, and getting tested if you have COVID-19 symptoms.



**NOMINATIONS CLOSE
MONDAY 23rd OCTOBER**

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