

Sunshine Coast Championship Meet

Saturday 20th March 2010



Wide Bay Regional Swimming Association, together with Cotton Tree Cyclones Swimming Club invite the clubs of the Sunshine Coast Region to attend the 2010 Area Championships. This meet is a recognised qualifying meet sanctioned by Swimming Queensland and will use electronic timing.

--- --- --- --- --- --- --- --- --- --- --- --- --- ---

Date : Saturday 20th March 2010
Time : Warm up from 7.30am
Competition to start at 8.30am

Nominations :

- Individual Nomination Fee - \$5.00 / event
- Relay Nomination Fee - \$15.00 / team
- Close - Friday 5th March - NO LATE NOMINATIONS will be accepted
- All nominations to be submitted through the Club Race Secretary and forwarded by Team Manager file.
- Team Manager entries to be emailed to janjopson@widebayswimming.org.au
- Enquiries to be emailed to the Race Secretary,
Jan Jopson (janjopson@widebayswimming.org.au) .. or ..
Gayle Dowsett (gayledowsett@widebayswimming.org.au)

Hard copy of nominations to accompany cheque (made payable to Wide Bay Regional Swimming Association) by mail, to be received prior to the meet - return to :

Wide Bay Regional Swimming Association
PO Box 5176
Maroochydore South 4558

Team Manager event file etc , can be downloaded from www.widebayswimming.org.au

Rules Governing the Sunshine Coast Championship Meet ...

The Sunshine Coast Championship Meet will be conducted according to Australian Swimming and Queensland Swimming Rules.

All participating clubs must be affiliated, and all swimmers must be registered with Swimming Queensland and Wide Bay Regional Swimming Association.

The Referee has the power to control events at his / her discretion.

Events will be called in advance at the discretion of the host club by public address and visual display. Competitor's names will be not called.

No person shall enter the water between events.

Times finals will be swum for all events.

Swimmers must compete only in their age group as specified in the program, or Open events where applicable.

Swimmers who do not report to the marshalling area, or who leave the marshalling area before being told to do so, will be disqualified.

Swimmers must swim in the lane allocated by the check starter.

Heats may be consolidated at the discretion of the Referee, but will not be reseeded.

Swimmers must be ready to take their position on the starting blocks when signalled to do so by the Referee.

The "One Start Rule" will apply throughout.

"Over the Top" starting will apply at the discretion of the Referee.

Feet first entry for all Backstroke events.

Medalists will be decided by the three fastest times as recorded by electronic timing. Where events are multi-aged medals will be awarded to each age group within the event. In Open events medals will be awarded to 1st 2nd & 3rd.

A Team Representative must submit protests to the Referee in writing, together with a deposit of \$50 and within 30 minutes of the posting of result.

Where two or more age groups are combined there will be records for all age groups

Competitors aged 7 years and under will be awarded participation certificates or ribbons only - no medals will be awarded and they will not be eligible for age champion aggregate

Age Champions aggregate awards will be awarded the winner in each age group. This will be based on the 4 strokes with a points score of 6, 3 and 1 for 1st, 2nd and 3rd place. Distance and individual medley events DO NOT count towards age champion aggregate awards. In the event of a tie, the times from the age champion events will be tallied and 1st place will be awarded to the swimmer with the fastest overall time.

Clubs must provide time keepers as per the roster in the meet program.

Event #		Event Name
Boys	Girls	

1	2	12 & Over : 400m Freestyle
3	4	7 & Under : 25m Butterfly
5	6	8 years : 25m Butterfly
7	8	9 years : 25m Butterfly
9	10	10 years : 50m Butterfly
11	12	15 & Over : 200 IM
13	14	11 years : 100m Breaststroke
15	16	12 years : 100m Breaststroke
17	18	13 years : 100m Breaststroke
19	20	14 years : 100m Breaststroke
21	22	15 & Over : 100m Breaststroke
23	24	7 & Under : 25m Breaststroke
25	26	8 years : 50m Breaststroke
27	28	9 years : 50m Breaststroke
29	30	10 years : 50m Breaststroke
31	32	11 years : 100m Butterfly
33	34	12 years : 100m Butterfly
35	36	13 years : 100m Butterfly
37	38	14 years : 100m Butterfly
39	40	15 & Over : 100m Butterfly
41	42	9 – 10 years : 200m IM
43	44	13 – 14 years : 200m IM
		Lunch Break
45	46	11 & Over : 200m Freestyle
47	48	7 & Under : 25m Freestyle
49	50	8 years : 50m Freestyle
51	52	9 years : 50m Freestyle
53	54	10 years : 50m Freestyle
55	56	11 years : 100m Backstroke
57	58	12 years : 100m Backstroke
59	60	13 years : 100m Backstroke
61	62	14 years : 100m Backstroke
63	64	15 & Over : 100m Backstroke

Event #		Event Name
Boys	Girls	

65	66	8-10 years : 200m Freestyle
67	68	11 – 12 years : 200m IM
69	70	7 & Under : 25m Backstroke
71	72	8 years : 50m Backstroke
73	74	9 years : 50m backstroke
75	76	10 years : 50m Backstroke
77	78	11 years : 100m Freestyle
79	80	12 years : 100m Freestyle
81	82	13 years : 100m Freestyle
83	84	14 years : 100m Freestyle
85	86	15 & Over : 100m Freestyle
87	88	10 & Under : 200m Freestyle RELAY
89	90	12 & Under : 200m Freestyle RELAY
91	92	14 & Under : 200m Freestyle RELAY
93	94	200m Freestyle RELAY

