

*Swimming
Gold Coast*



2022 Rescheduled

2024 SGC Distance Preparation Meet

Friday 18th October 2024
Gold Coast Aquatic Centre

Warm-up - 4:30pm
Racing - 5:30pm

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Swimming Gold Coast sincerely welcomes all competitors, coaches, team managers, volunteers and technical officials to the 2024 SGC Distance Preparation Meet, held at the Gold Coast Aquatic Centre on Friday evening 18th October.

Swimming Gold Coast would like to thank the following for their support and contribution to this meet and swimming on the Gold Coast in general.

- Gold Coast Aquatic Centre for hosting this meet and the Gold Coast City Council for their ongoing support.
- Our Clubs, their committee members, coaches, club team managers and volunteers who enable swim clubs to continue to promote this great sport on the Gold Coast.
- All our Officials & Committee members who volunteer their time to make it possible to run our Championship meets on the Gold Coast
- All parents who drive, feed, support, congratulate and encourage their swimmers.
- And mostly, the swimmers. Thank you for your hard work, dedication and effort in becoming better people, whilst gaining lifetime memories and friendships through your participation and fulfilment of your potential in the pool.

Notes for the evening

1. This meet will be conducted under the Swimming Queensland General Rules, SQ Championship By-Laws, FINA and SAL rules.
2. All competitors must at the time of competing, be a registered Competitive Member of a Swimming Club, which is duly affiliated, with SAL.
3. The age of competitors shall be as of the 18th of October 2024.
4. On the day late entries will **NOT** be accepted, under any circumstances.
5. By entering this swim meet all swimmers and attendees agree to adhere to the Swimming Gold Coast code of conduct. The code of conduct can be found at the following link. [CODE OF CONDUCT LINK](#)
6. Warm-up commences at 4.30pm and the first race will commence at 5.30pm.
7. Dive starts and pace work during warm-up will be allocated for Lanes 0 and 9.
8. After the commencement of the meet, 3 lanes within the 25m Training Pool area have been allocated for a warm-up / warm-down swimming area.
9. All events of 400m and over (400m IM, 400m Free and 1500m Free) require swimmers (or their Coach / Team Manager) to confirm their intention to swim at the Control Room a minimum of one hour prior to the published start time of the relevant event. Failure to confirm their intention to swim will be taken as a withdrawal. Confirmed swimmers should then follow the self-marshalling procedures.
10. **Any swimmer who has not confirmed their intention to swim one hour prior to the published start time for the relevant event will be deemed a withdrawal and the event will be reseeded.**
11. The Pool Deck area must be kept clear to enable all officials to carry out their duties during the running of the Meet.
 - No person shall walk on the pool deck between the pool end and the timekeepers.
 - No person shall walk along the poolside during any event.
 - No person shall enter the water between races unless instructed to do so by an official.



12. Heats may be combined / eliminate or changed at the discretion of the Referee / Chief Referee.
13. The 'one start' rule will be used at this meet.
14. Self Marshalling will be used for this meet. Swimmers will need to be in the self-marshalling zone at least 1 heat prior to the commencement of their heat. All clubs are recommended to provide team managers to assist their swimmers keep track of proceedings and to be in the self-marshalling zone at the appropriate time.
15. The Referee will call the swimmers to their position on their blocks with a long whistle blast.
16. The Starter will call "take your marks"; the swimmers will assume their starting positions and remain stationary until the starting device is sounded.
17. Any swimmer may be disqualified if they delay the start or willfully disobey an instruction from the Starter.
18. At the completion of each heat, the swimmers must remain in their lanes until all competitors in the race have finished. Swimmers will then leave the water at the direction of the Referee, with a quick double blast of the whistle, **by the side of the pool.**
19. All protests are to be submitted in writing by a responsible team leader together with a \$100 deposit with the Referee no later than 30 minutes after the announcement of the results or disqualifications.
20. The Referee will be the sole arbitrator of all disputes and his/her decision will be final.
21. In nominating for this meet, swimmers agreed that they may be photographed by Swimming Queensland, Swimming Gold Coast and the Club approved photographers, that 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 that they may also be used by Swimming Queensland, Swimming Gold Coast and the Club at its discretion.
22. Results will be published in near real time during this meet via the Meet Mobile application. However, please note:
 - Results published via Meet Mobile **ARE NOT OFFICIAL** and should be used as a guide only.
 - Official meet results are printed by officials during this meet and posted in a prominent position, as above.
 - Official results will also be published within 48hrs of the completion of this meet on the Swimming Gold Coast website event pages as well as uploaded to Swim Central.

What's next on the Gold Coast?

For information on all meets and more, check the Swimming Gold Coast website:

<https://www.swimminggoldcoast.org.au/>



Participating and Officiating

Have you ever wondered what it takes to be able to help at a meet? Have you considered what it takes to run an SQ-sanctioned meet? Would you like to participate in your child's sport, and support yours and many other kids as they strive to achieve their best?

Becoming a ticketed official is a simple process. Here on the Gold Coast, we are very fortunate to have highly qualified officials who are willing to help you learn. There are many ways you can become involved, from timekeeping, marshalling (Clerk of the course), check starting, announcing, recording, starting, right through to referee. For more information please be sure to talk to one of the Swimming Gold Coast Officials (in the distinctive blue and gold 'Official' shirts) at today's meet or email chiefreferee@swimminggoldcoast.org.au.

IMPORTANT INFORMATION

Venue Access - Entry Procedure

Entry will be through the main entrance to the Gold Coast Aquatic Centre.

Allocated Seating Areas

Due to the reduced number of swimmers there is no allocated seating areas for clubs. Swimmers and parents are free to sit where they feel comfortable.

Team Managers

Team managers are welcomed to be utilised by clubs, as required. There are no set numbers around team managers, but it is to be determined by each club and their needs. SGC requests that clubs be sensible with this and limit their numbers to the absolute necessity due to the large number of swimmers and coaches at this event.

Pool Deck Access and Flow

Walkways around the pool and staircases are always to be kept clear and unobstructed, with no congregating. These walkways provide access to all necessary areas of the pool and should be utilised to get to the competition and warm-up/warm-down pool, to speak to your coaches next to the coaches' area, the toilets / change rooms, the competition area entry and exit, if required.

Self-Marshalling

This is a self-marshalling event. Please be mindful of your events, heats and lane numbers. You are to report to the self-marshalling zone at least 1 heat prior to your own, so you are ready to go and can be verified by the SGC check starter as swimming. If you happen to miss your race, you are to quickly make your way to the referee to be reallocated, if possible. At the discretion of the referee, you will then be placed into another heat, if possible.

Team managers may be utilised by each club to assist swimmers throughout the session. Please assist your team managers by listening and ensuring you are paying attention to their given directions. Team managers will be made up of club parents or coaches, so please make yourself known to them on arrival.



Food and Drinks

All meet attendees are encouraged to bring some food and drink with you to the meet as there will be no food provided at the meet.

Lap Counters

All clubs with swimmers **MUST** provide a Lap Counter for each swimmer for the 1500m Freestyle.

Timekeeping Roster – Events 1 – 10

If you are allocated as a timekeeper as per the schedule below, please report to the position behind the blocks by 5:25pm for a quick briefing. Water will be provided.

Lane 0	Trinity Aquatic
Lane 1	St Hildas
Lane 2	Pimpama
Lane 3	TSS Aquatic
Lane 4	Helensvale
Lane 5	Miami
Lane 6	Emmanuel College
Lane 7	Somerset
Lane 8	Griffith Uni
Lane 9	AB Paterson
Chief Timekeeper	Helensvale

Timekeeping Roster – Events 11 & 12

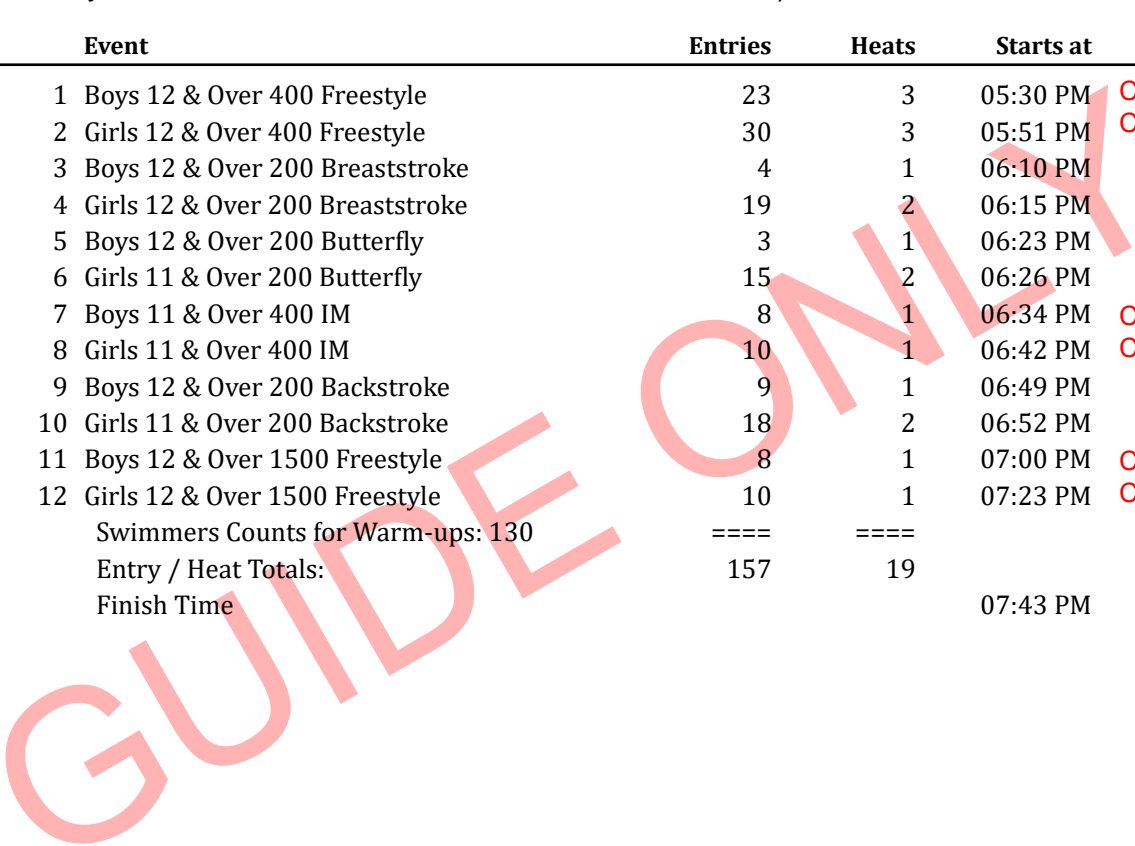
All clubs with swimmers **MUST** provide a timekeeper and lap counter for each swimmer

2024 SGC Distance Preparation Meet - 18/10/2024
Session Report

Session: 1 2024 SGC Distance Preparation Meet

Day of Meet: 1 Starts at 05:30 PM Heat Interval: 45 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Boys 12 & Over 400 Freestyle	23	3	05:30 PM	Check in by 4:30pm
Finals	2 Girls 12 & Over 400 Freestyle	30	3	05:51 PM	Check in by 4:51pm
Finals	3 Boys 12 & Over 200 Breaststroke	4	1	06:10 PM	_____
Finals	4 Girls 12 & Over 200 Breaststroke	19	2	06:15 PM	_____
Finals	5 Boys 12 & Over 200 Butterfly	3	1	06:23 PM	_____
Finals	6 Girls 11 & Over 200 Butterfly	15	2	06:26 PM	_____
Finals	7 Boys 11 & Over 400 IM	8	1	06:34 PM	Check in by 5:34pm
Finals	8 Girls 11 & Over 400 IM	10	1	06:42 PM	Check in by 5:42pm
Finals	9 Boys 12 & Over 200 Backstroke	9	1	06:49 PM	_____
Finals	10 Girls 11 & Over 200 Backstroke	18	2	06:52 PM	_____
Finals	11 Boys 12 & Over 1500 Freestyle	8	1	07:00 PM	Check in by 6:00pm
Finals	12 Girls 12 & Over 1500 Freestyle	10	1	07:23 PM	Check in by 6:23pm
	Swimmers Counts for Warm-ups: 130	====	====		
	Entry / Heat Totals:	157	19		
	Finish Time			07:43 PM	_____



2024 SGC Distance Preparation Meet - 18/10/2024
Meet Program - 2024 SGC Distance Preparation Meet

Event 1 Boys 12 & Over 400 LC Metre Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 3 Finals

0	Howes, Christiaan	15	Emmanuel	4:55.89
1	Collins, Jay D	14	St Hildas	4:49.22
2	Castle, Kaizin	14	Emmanuel	4:33.78
3	Angus, Julian	15	Tss Aquatic	4:21.73
4	Lowe, Matthew	18	Miami	4:01.65
5	Shadforth, Tomo	17	Tss Aquatic	4:12.90
6	Truman, Maximus	14	Somerset GC	4:25.00
7	Goode, Cayden	14	Miami	4:39.55
8	Wellm, Timothy	14	All Saints	4:52.31
9	Brown, Harrison	15	Emmanuel	5:01.48

Heat 2 of 3 Finals

0	Strachan, Nate	12	Churchie	NT
1	Hudson, Taylor	13	Tss Aquatic	6:01.66
2	Zhang, Toby	13	AB Pat College	5:08.24
3	Gray, Hunter	14	Helensvale	5:05.52
4	Thomas, Khai	13	Somerset GC	5:03.81
5	Burrows, Toby	12	Trinity	5:04.18
6	Vickery, Diesel	13	Emmanuel	5:07.56
7	Denney, Jeremy	13	Emmanuel	5:34.80
8	Gantley Inglis, Drew	13	Helensvale	6:09.38
9	Spence, William	13	Belgravia GC	NT

Heat 3 of 3 Finals

0				
1				
2				
3	Ashton, Jordan	13	Helensvale	NT
4	Harvey, Jasper	13	Emmanuel	NT
5	Long, Azlen	14	AB Pat College	NT
6				
7				
8				
9				

Event 2 Girls 12 & Over 400 LC Metre Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 3 Finals

0	Lukritz, Savannah	15	Somerset GC	4:50.14
1	Rayward, Elke	13	Miami	4:45.13
2	Wyper, Layla	14	Miami	4:42.20
3	Anderson, Allegra	15	Griffith Uni Bne	4:34.54
4	Harris, Mya	13	Miami	4:29.39
5	Conrad, Jessica	14	Miami	4:32.86
6	Kitchen, Sienna	17	Miami	4:41.01
7	Asquith, London	13	Griffith Uni Bne	4:44.17
8	Kamprad, Lacy	16	Bond	4:46.26
9	Kamprad, Indi	14	Bond	4:50.98

Heat 2 of 3 Finals

0	Haddad, Rosie	15	Helensvale	5:13.91
1	Monet, Madeleine	14	Tss Aquatic	5:09.25
2	Dennett, Ellie	13	Helensvale	4:58.88
3	Goode, Tanyka	12	Miami	4:54.47
4	Martinot, Milla	13	Miami	4:53.23
5	Farrington, Zara	15	Miami	4:54.29
6	Eddie, Lyla	14	Pimpama	4:57.12
7	Eddy, Isabel	12	Trinity	5:05.35
8	Stevenson, Isabella	15	Helensvale	5:09.81
9	Ramirez, Samara	14	Tss Aquatic	5:14.70

Heat 3 of 3 Finals

0	Clayton, Emma	14	St Hildas	NT
1	Sheppard, Charli	12	Belgravia GC	NT
2	Erwin, Matilda	12	Helensvale	6:39.09
3	Hayes, Caitlyn	15	Helensvale	5:46.19
4	Thomas, Avalon	12	Somerset GC	5:22.56
5	Kam, Hayley	12	Emmanuel	5:44.34
6	Vincetic, Paige	13	Helensvale	5:53.31
7	Heal, Ashley	16	Tss Aquatic	NT
8	Pitura, Kasia	13	Somerset GC	NT
9	Scott, Sarah	12	Emmanuel	NT

Event 3 Boys 12 & Over 200 LC Metre Breaststroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 1 Finals

0				
1				
2				
3	Han, Pingzhi	14	Emmanuel	NT
4	Teng, Max	15	Helensvale	3:03.00
5	Wyrzynski, Xavier	13	Trinity	3:49.77
6	Zhang, Aiden	14	AB Pat College	NT
7				
8				
9				

Event 4 Girls 12 & Over 200 LC Metre Breaststroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 2 Finals

0	Hart, Ava	13	Emmanuel	3:08.42
1	Ferguson, Madeleine	13	Trinity	3:05.28
2	Hall, Charlotte	15	Pimpama	2:53.43
3	Roelandts, Hanna	13	Pimpama	2:49.84
4	Connolley, Lanihei	18	Bond	2:38.64
5	Mercer, Sienna	14	Griffith Uni Bne	2:45.32
6	Henrison, Charlie	14	Griffith Uni Bne	2:51.81
7	Guthrie, Taylah	17	St Hildas	2:54.61
8	Shann, Ivy	13	Pimpama	3:07.44
9	Coleman, Lily	13	Pimpama	3:10.71

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Meet Program - 2024 SGC Distance Preparation Meet

Heat 2 Finals (#4 Girls 12 & Over 200 LC Metre Breaststroke)

0	Stevenson, Grace	12	Helensvale	NT
1	Walton, Piper	15	Griffith Uni Bne	NT
2	Maker, Emily	13	Helensvale	3:38.35
3	King, Zayla	14	Pimpama	3:20.84
4	Melo, Makyra	12	Somerset GC	3:18.47
5	Zhang, Selina	12	Southport	3:18.84
6	Scott, Sarah	12	Emmanuel	3:37.44
7	Drage, Oceane	13	Helensvale	3:45.07
8	Simmonds, Lucy	13	Lawrence	NT
9				

Event 5 Boys 12 & Over 200 LC Metre Butterfly

Lane	Name	Age	Team	Seed Time
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Heat 1 of 1 Finals

0				
1				
2				
3	Eddy, Oscar	16	Tss Aquatic	NT
4	Erwin, Hamish	16	Helensvale	2:30.28
5	Hembling, Martin	14	Somerset GC	2:44.87
6				
7				
8				
9				

Event 6 Girls 11 & Over 200 LC Metre Butterfly

Lane	Name	Age	Team	Seed Time
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Heat 1 of 2 Finals

0	Christensen, Chevay	13	Helensvale	3:03.22
1	Mair, Alexandra	11	AB Pat College	2:52.80
2	Innes, Sophie	12	Lawrence	2:39.48
3	Gray, Olivia	14	St Hildas	2:31.08
4	Rayward, Bianca	16	Miami	2:21.46
5	Naylor, Myla	14	Miami	2:26.98
6	Swindale, Zoe	14	RACKL	2:36.80
7	Lowry, Josie	16	Pimpama	2:39.83
8	Switala, Indie	12	Pimpama	2:59.40
9	Tassell, Holly	12	Helensvale	3:05.46

Heat 2 of 2 Finals

0				
1				
2	Lee, Christine	11	SHAR	NT
3	Melo, Jessica	14	Somerset GC	NT
4	Hannan, Amy	13	Emmanuel	NT
5	Short, Bonnie	12	Helensvale	NT
6	Strachen, Chelsea	14	Somerset GC	NT
7				
8				
9				

Event 7 Boys 11 & Over 400 LC Metre IM

Lane	Name	Age	Team	Seed Time
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Heat 1 of 1 Finals

0				
1	Anderson, Levi	13	Somerset GC	NT
2	Truman, Braxtyn	11	Somerset GC	6:27.54
3	Baxter, Danny	14	Somerset GC	4:51.80
4	Kamprad, Noah	19	Bond	4:25.97
5	Grigor, Leny	15	Somerset GC	4:30.84
6	Walmsley, Tyler	14	AB Pat College	5:40.00
7	Burrows, Toby	12	Trinity	6:39.71
8	Anderson, Cooper	15	Somerset GC	NT
9				

Event 8 Girls 11 & Over 400 LC Metre IM

Lane	Name	Age	Team	Seed Time
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Heat 1 of 1 Finals

0	Melo, Makyra	12	Somerset GC	NT
1	Bajraszewski, Penelope	12	RACKL	NT
2	Teng, Jasmine	12	Somerset GC	5:54.18
3	Bell, Tia	12	Helensvale	5:50.09
4	Asquith, London	13	Griffith Uni Bne	5:32.08
5	Volz, Evelina	13	Helensvale	5:39.45
6	Middleton, Georgia	14	Pimpama	5:52.85
7	Mair, Alexandra	11	AB Pat College	6:02.13
8	Ramirez, Sofia	18	Emmanuel	NT
9	Balla Zsolnai, Tiara	13	Helensvale	NT

Event 9 Boys 12 & Over 200 LC Metre Backstroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 1 Finals

0	Deschamps, Ethan	14	Somerset GC	NT
1	Anderson, Levi	13	Somerset GC	NT
2	Falicz, Ashton	13	Helensvale	2:38.27
3	Truman, Maximus	14	Somerset GC	2:20.59
4	Sutcliffe, Will	17	Tss Aquatic	2:08.53
5	Shadforth, Tomo	17	Tss Aquatic	2:13.67
6	Wellm, Timothy	14	All Saints	2:25.48
7	Harvey, Jasper	13	Emmanuel	2:44.07
8	Anderson, Cooper	15	Somerset GC	NT
9				

Event 10 Girls 11 & Over 200 LC Metre Backstroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 2 Finals

0	Lee, Christine	11	SHAR	2:55.12
1	Jones, Kirralee	13	Miami	2:47.81
2	Walton, Piper	15	Griffith Uni Bne	2:40.84
3	Wogan, Zara	13	Emmanuel	2:37.65
4	Melo, Jessica	14	Somerset GC	2:22.81
5	Cooper, Anastasia	16	Belgravia GC	2:28.40
6	Coates, Indiana	13	Trinity	2:38.47
7	Innes, Sophie	12	Lawrence	2:45.11
8	De Vincentiis, Isabella	13	Griffith Uni Bne	2:50.63
9	Ramirez, Samara	14	Tss Aquatic	2:59.07

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Heat 2 Finals (#10 Girls 11 & Over 200 LC Metre Backstroke)

0				
1	Thomas, Avalon	12	Somerset GC	NT
2	Henrison, Charlie	14	Griffith Uni Bne	NT
3	Mercer, Sienna	14	Griffith Uni Bne	NT
4	Zhang, Selina	12	Southport	3:06.51
5	Turnor, Cassandra	12	Helensvale	3:06.99
6	Gaffney, Hunter	12	Lawrence	NT
7	Vincetic, Paige	13	Helensvale	NT
8	Kam, Hayley	12	Emmanuel	NT
9				

Event 11 Boys 12 & Over 1500 LC Metre Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 1 Finals

0				
1	Howes, Christiaan	15	Emmanuel	NT
2	Kalogeropoulos, Christophe	16	Tss Aquatic	NT
3	Hudson, Cooper	14	Tss Aquatic	17:58.48
4	Hensley, Will	15	Tss Aquatic	17:47.08
5	Baxter, Danny	14	Somerset GC	17:49.67
6	Zhang, Toby	13	AB Pat College	21:42.27
7	Mower, Mason	15	Tss Aquatic	NT
8	Rayward, Dane	15	Miami	NT
9				

Event 12 Girls 12 & Over 1500 LC Metre Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 1 Finals

0	Robinson, Arabella	14	St Hildas	NT
1	Bell, Kiera	14	Helensvale	NT
2	Crisp, Leilani	14	Moreton Bay	19:45.94
3	Burden, Ella	16	Emmanuel	18:15.52
4	Jones, Maya	13	Tss Aquatic	17:51.99
5	Anderson, Allegra	15	Griffith Uni Bne	17:55.72
6	Ball, Zoe	14	AB Pat College	19:34.84
7	Tapper, Alyssa	17	St Hildas	NT
8	Kalogeropoulos, Sarah	13	Griffith Uni Bne	NT
9	Volz, Evelina	13	Helensvale	NT