



## 2023 Helensvale Winter Preparation Meet

<b>Date</b>	<b>24<sup>th</sup> June 2023</b>
<b>Time</b>	Gates open at: 8am Warmup commences 8.00 am                                  Competition commences 9.00am
<b>Venue</b>	Gold Coast Aquatic Centre Marine Pde Southport
<b>Warmup</b>	Dive starts and pacework will be allocated for Lanes 1 and 8.
<b>Gate Entry</b>	\$3.20 for spectators. Competitors, Coaches and officials free
<b>Nomination Fee</b>	<b>\$9.50 per event plus online charges and \$2.00 Regional Fee for each swimmer.</b> <u>Includes electronic program</u> <u>Printed programs will be provided for nominated coaches and officials</u>
<b>Nominations Close</b>	19 <sup>th</sup> June 2023 at 11.59pm - No Refunds will be given – Currently No Restriction on number of swimmers.
<b>Age Determination</b>	Age as at 24 <sup>th</sup> June 2023
<b>Entries</b>	All entries <b>must be submitted through Swim Central or requests via your Club’s Race Secretary.</b>
<b>Eligibility</b>	This Meet is for Swimming Australia ‘Competitive’ registered swimmers. ‘Recreational’ swimmers are ineligible to enter.
<b>Events</b>	As per below Program of Events.  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.
<b>Late Entries</b>	<b>Late entries will be accepted at the discretion of the Race Secretary and a discretionary fee of \$50 per event can be applied.</b> All enquiries regarding these entries <b>MUST</b> only come through the attending club’s Race Secretary and not through individuals.
<b>Collections of Awards</b>	Collection of medals/prizes is the responsibility of each swimmer. Medals/prizes not collected by the end of the meet will not be redeemed.
<b>Visiting Swimmers</b>	Refer to Swimming Queensland policy.
<b>Results</b>	Age Champions will be not be recognised.  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.  In the 200, 400m, 800m and 1500m events, Medals will be awarded as an Open event.  For the 50m & 100m events medals will be awarded in the following age barackets 11&12yrs, 13&14yrs, 15yrs & over

## 2023 Helensvale Winter Preparation Meet

<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 you must provide 3 timekeepers for each swimmer entered plus a lap counter operator.</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> <li>• 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</li> </ul>
<b>Copy of Results</b>	<p>A copy of official results will be available on the event pages of the website <a href="http://www.swimminggoldcoast.org.au">www.swimminggoldcoast.org.au</a> and forwarded to Swimming Queensland.</p>
<b>Pool Compliance</b>	<p>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></p>
<b>Competitive Dive Entry</b>	<p>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 the swimmer(s) meet the dive competency levels outlined in that policy. <a href="#">This policy can be found here.</a></p>
	<p>For any further enquiries regarding this meet please contact:  Race Secretary: Leigh Potts  <a href="mailto:raceseecretary@helensvaleswimmingclub.com">raceseecretary@helensvaleswimmingclub.com</a></p>

## Program of Events Saturday 24<sup>th</sup> June 2023

Event No. Boys	Event	Event No. Girls
1	11yrs & over 200m Freestyle	2
3	11yrs & over 100m IM	4
5	11yrs & over 50m Breaststroke	6
7	12yrs & over 200m Butterfly	8
9	11yrs & over 100m Backstroke	10
11	12yrs & over 400m IM	12
13	11yrs & over 50m Freestyle	14
15	12yrs & over 200m Breaststroke	16
17	11yrs & over 100m Butterfly	18
19	11yrs & over 50m Backstroke	20
21	11yrs & over 400m Freestyle	22
23	12yrs & over 200m Backstroke	24
25	11yrs & over 50m Butterfly	26
27	11yrs & over 100m Freestyle	28
29	11yrs & over 200m IM	30
31	11yrs & over 100m Breaststroke	32
33	12yrs & over 800m Freestyle	34
35	13yrs & over 1500m Freestyle	36

### Notes:

- You may request to enter a 400m event, if you have achieved the qualifying time in the corresponding 200m event.
- You may request to enter the 800m Freestyle if you have achieved the qualifying time for the 400m freestyle.
- You may request to enter the 1500m Freestyle if you have achieved the qualifying time for the 400m or 800m freestyle.
- You may request to enter any event if your coach can verify that you have made the qualifying time

All requests must be via email to [racesecretary@helensvaleswimmingclub.com](mailto:racesecretary@helensvaleswimmingclub.com) and must come from either a coach or the Club's Race Secretary. No requests will be accepted from individuals.

The club reserves the right not to accept manual entries. If the club does choose to take manual entries, they are able to apply an additional entry fee to compensate for the additional work involved. This fee may be up to \$10 per swimmer.

## 2023 Helensvale Winter Preparation Meet

### Qualifying Times

Event	Qualifying Times		
	11 & 12yrs	13 & 14yrs	15yrs & over
50m Freestyle	0:39.00	0:37.00	0:34.50
100m Freestyle	1:25.00	1:20.00	1:15.00
200m Freestyle	2:55.00	2:55.00	2:55.00
400m Freestyle	5:55.00	5:55.00	5:55.00
800m Freestyle	12:10.00	12:10.00	12:10.00
1500m Freestyle	21:00.00	21:00.00	21:00.00
50m Backstroke	0:46.00	0:42.00	0:40.00
100m Backstroke	1:38.00	1:32.00	1:28.00
200m Backstroke	3:20.00	3:20.00	3:20.00
50m Breaststroke	0:55.00	0:46.00	0:41.00
100m Breaststroke	1:50.00	1:45.00	1:40.00
200m Breaststroke	3:40.00	3:40.00	3:40.00
50m Butterfly	0:43.00	0:40.00	0:37.00
100m Butterfly	1:35.00	1:30.00	1:25.00
200m Butterfly	3:20.00	3:20.00	3:20.00
100m Individual Medley	1:40.00	1:30.00	1:20.00
200m Individual Medley	3:20.00	3:10.00	3:00.00
400m Individual Medley	6:45.00	6:45.00	6:45.00

  

Event	Qualifying Times		
	11 & 12yrs	13yrs	14yrs
50m Freestyle	0:40.00	0:38.00	0:36.00
100m Freestyle	1:28.00	1:24.00	1:20.00
200m Freestyle	3:00.00	3:00.00	3:00.00
400m Freestyle	6:00.00	6:00.00	6:00.00
800m Freestyle	12:30.00	12:30.00	12:30.00
1500m Freestyle	20:00.00	20:00.00	20:00.00
50m Backstroke	0:46.00	0:43.00	0:41.00
100m Backstroke	1:40.00	1:36.00	1:32.00
200m Backstroke	3:25.00	3:25.00	3:25.00
50m Breaststroke	0:55.00	0:46.00	0:44.00
100m Breaststroke	1:52.00	1:48.00	1:44.00
200m Breaststroke	3:45.00	3:45.00	3:45.00
50m Butterfly	0:43.00	0:41.00	0:39.00
100m Butterfly	1:36.00	1:32.00	1:28.00
200m Butterfly	3:30.00	3:30.00	3:30.00
100m Individual Medley	1:40.00	1:32.50	1:27.50
200m Individual Medley	3:25.00	3:16.00	3:10.00
400m Individual Medley	7:00.00	7:00.00	7:00.00