



2019 MCDONALDS SWIMMING GOLD COAST CHAMPIONSHIPS

You are cordially invited to attend the 2019 McDonalds Swimming Gold Coast Championships.

This is a Swimming Queensland sanctioned Qualifying Meet. Times from this meet may be used for the 2019 National Age Meet.

DATE	Friday 8 th March – Saturday 9 th March, 2019
TIME	Friday (Session 1) – 5.00pm Warm-up for 6.00pm start Saturday (Session 2) - 7.00am warm-up for 8.00am start
VENUE & GATE ENTRY	Gold Coast Aquatic Centre Marine Parade Southport <i>Swimmers & Coaches - FREE. (current ASCTA cards to be shown) Spectator Pool Entry Fee - \$2.90 per person per session</i>
NOMINATION FEE	\$5.50 per event Individual Event (inc GST) #No Manual entries will be accepted#
NOMINATIONS CLOSE	Friday 1st March 2019 (via Online Entry)
AGE DETERMINATION	Age as at 8 th March 2019
ENTRIES	All entries must be submitted through the online link <u>CLICK HERE FOR ONLINE ENTRIES</u> All Swimmers must be fully registered as a Competitive Swimmer (submitted on the Swimming Australia database) at the time of the Meet.
ELIGIBILITY	This Championship Meet is for Swimming Gold Coast 'Competitive' registered swimmers. 'Recreational' swimmers are ineligible to enter. #For eligibility of Visiting swimmers <u>please read 'Visiting Swimmers' on next page.</u>



<p>MULTI-CLASS EVENTS</p>	<p>Multi-Class Swimmers must be registered as 'competitive' swimmers with a Gold Coast club and have a classification card. Your classification number/s must be registered against your swimmers record in ClubLane.</p> <p>Your classification card needs to be sighted by the Chief Referee & Chief Recorder on Saturday morning before competition starts.</p> <p>The events (all four 50m & 100m Stroke events plus 200 IM) are for 10years & Over and run as Open events. <u>There are no qualifying times.</u></p> <p>Medals/points will be awarded for 1st, 2nd & 3rd place using the Swimming Australia Multi-Class Points System.</p> <p># Please note - Multi-class swimmers without a Classification Card will be allowed to swim as an Exhibition swimmer only.</p>
<p>SWIMMING GOLD COAST ANNUAL AWARDS</p>	<p>Swimmers registered with Swimming Gold Coast must compete at this Championships to be eligible for our Annual Awards including Rising Star, Presidents Award, Age Group Awards, Swimmer of Stroke & Coach's Award. More information about these awards is available on our website www.swimminggoldcoast.org.au</p> <p>Swimmers with Swimming Qld or Swimming Australia commitments will be given special exemption if unable to attend.</p>
<p>EVENTS</p>	<p>As per attached Program of Events.</p> <p>Heats only will be swum in each event. If less than 3 nominations are received for an event, Swimming Gold Coast reserves the right to cancel the event and refund nominations. Swimming Gold Coast also reserves the right, on the day, to combine heats and events. Qualifying times for all events will be enforced. Medals will only be awarded to placegetters within the qualifying time.</p>
<p>VISITING SWIMMERS</p>	<p>This Meet is a closed Meet for members that are registered with Gold Coast Swimming Clubs ONLY.</p>
<p>LATE ENTRIES</p>	<p>Late entries will be accepted at the discretion of the Race Secretary and a fee of \$50 per event applied.</p> <p>All enquiries regarding these entries MUST only come through the attending club's Race Secretary and not through individuals.</p>



<p>CLUB PRIZE MONEY</p>	<p>At the end of the Meet, the total club Point score will be calculated @ 50c per point to every club - every club will get something back eg. if you end up with 200pts you get \$100 prize money; 24 pts - \$12 prize money etc. –</p> <p>Points from SGC Relay Championships held on 24th November 2018 will be added to the tally.</p> <p>Prize money will be dispatched to the clubs, after the Championship Meet VIA a Direct Debit.</p>
<p>RESULTS</p>	<p>Swimming Gold Coast Club point score will be in place. Age Champions will be recognised and awarded to each age group from 8yrs to 17years & Over.</p> <p>1st, 2nd and 3rd 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 & 1500m Free Medals will be awarded in the following Age Groups 13yrs & under, 14 yrs, 15yrs, 16 yrs and 17yrs & over.</p> <p>For the Open 200m Free, & 200IM events and Open 200 Back, 200 Breast, 200 Fly. Medals will be awarded for 11, 12, 13, 14, 15, 16 and 17yrs & over.</p> <p>8 yrs is the minimum age for these championships.</p> <p>Age Champions will be recognised from all events in a swimmers age group. A minimum of 4 events in their age group must be swum to be eligible. An individual point score for all placings will be used for these championships. All individual swimmers, who swim in an event, will accrue a minimum of 1 point for their club. All relay teams will accrue a minimum of 2 points. (Results from Relay Meet held November 2018)</p> <p>Age Champions will receive their prize at the Regional Awards Presentation Day.</p>



COLLECTION OF MEDALS	Collection of medals is the responsibility of each swimmer. Medals not collected by the end of the meet will not be redeemed.
RULES	<p>These championships will be conducted under the rules as documented within: "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>
TIMEKEEPERS	<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 3 timekeepers for each swimmer/team entered.</p>
PHOTOGRAPHY & IMAGES	In nominating for this Meet, swimmers agree 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.
WARMUP	<p>Warmup will commence as follows:</p> <p>Friday evening session: 5pm Saturday morning session: 7am</p> <p>Dive starts and pacework will be allocated for Lanes 1 and 8.</p>
COPY OF RESULTS	A copy of results will be available on the website www.swimminggoldcoast.org.au

For any enquiries, please contact

- Karen Meyer - 0425 212 281- email racesecretary@swimminggoldcoast.org.au
- Kim Cook - 0403 586 701 - email president@swimminggoldcoast.org.au

No manual TM entry files will be accepted.

- Payment must be completed during event registration via the online entries process.



2019 McDonalds Swimming Gold Coast Championships

SESSION ONE

Friday Evening 8th March 2019

Warm up: 5.00pm – Racing Starts: 6.00pm

Event No	Event Details GIRLS	Qualifying Time	Event No	Event Details BOYS	Qualifying Time
1	Girls 10 200 IM Girls 11 200 IM Girls 12 200 IM Girls 13 200 IM Girls 14 200 IM Girls 15 200 IM Girls 16 200 IM Girls 17&O 200 IM	3:25.00 3:15.00 3:10.00 3:00.00 3:00.00 2:50.00 2:50.00 2:50.00	2	Boys 10 200 IM Boys 11 200 IM Boys 12 200 IM Boys 13 200 IM Boys 14 200 IM Boys 15 200 IM Boys 16 200 IM Boys 17&O 200 IM	3:25.00 3:15.00 3:10.00 2:55.00 2:50.00 2:45.00 2:45.00 2:40.00
3	Girls 10 100 Back Girls 11 100 Back Girls 12 100 Back Girls 13 100 Back Girls 14 100 Back Girls 15 100 Back Girls 16 100 Back Girls 17&O 100 Back	1:50.00 1:34.00 1:31.00 1:29.00 1:27.00 1:23.00 1:22.00 1:21.00	4	Boys 10 100 Back Boys 11 100 Back Boys 12 100 Back Boys 13 100 Back Boys 14 100 Back Boys 15 100 Back Boys 16 100 Back Boys 17&O 100 Back	1:45.00 1:34.00 1:31.00 1:25.00 1:22.00 1:20.00 1:18.00 1:15.00
5	Girls 11-13 800 Free Girls 14 800 Free Girls 15 800 Free Girls 16 800 Free Girls 17&O 800 Free	11:00.00 10:15.00 10:10.00 10:00.00 9:55.00			
			8	Boys 12-13 1500 Free Boys 14 1500 Free Boys 15 1500 Free Boys 16 1500 Free Boys 17&O 1500 Free	19:25.00 19:00.00 18:20.00 18:00.00 17:25.00



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SESSION TWO

Saturday 9th March 2019

Warm up: 7.00am – Racing Starts: 8.00am

Event No	Event Details GIRLS	Qualifying Time	Event No	Event Details BOYS	Qualifying Time
9	Girls 11-13 400 Free Girls 14 400 Free Girls 15 400 Free Girls 16 400 Free Girls 17&O 400 Free	05:20.00 05:15.00 05:10.00 05:05.00 05:00.00	10	Boys 11-13 400 Free Boys 14 400 Free Boys 15 400 Free Boys 16 400 Free Boys 17&O 400 Free	05:15.00 05:00.00 04:50.00 04:45.00 04:35.00
11	Girls 8 50 Breast Girls 9 50 Breast	01:05.00 01:00.00	12	Boys 8 50 Breast Boys 9 50 Breast	01:05.00 01:00.00
13	Girls 11 200 Fly Girls 12 200 Fly Girls 13 200 Fly Girls 14 200 Fly Girls 15 200 Fly Girls 16 200 Fly Girls 17&O 200 Fly	03:10.00 03:05.00 03:00.00 02:55.00 02:50.00 02:45.00 02:42.00	14	Boys 11 200 Fly Boys 12 200 Fly Boys 13 200 Fly Boys 14 200 Fly Boys 15 200 Fly Boys 16 200 Fly Boys 17&O 200 Fly	02:53.00 02:51.00 02:49.00 02:47.00 02:40.00 02:38.00 02:35.00
15	Girls Open Multi-Class 50m Free		16	Boys Open Multi-Class 50m Free	
17	Girls 8 50 Free Girls 9 50 Free	50.00 43.00	18	Boys 8 50 Free Boys 9 50 Free	50.00 43.00
19	Girls 10 50 Free Girls 11 50 Free Girls 12 50 Free	40.00 36.00 34.00	20	Boys 10 50 Free Boys 11 50 Free Boys 12 50 Free	40.00 36.00 34.00
21	Girls 13 50 Free Girls 14 50 Free Girls 15 50 Free Girls 16 50 Free Girls 17&O 50 Free	32.00 32.00 31.00 31.00 30.00	22	Boys 13 50 Free Boys 14 50 Free Boys 15 50 Free Boys 16 50 Free Boys 17&O 50 Free	32.00 32.00 31.00 30.00 28.00



Event No	Event Details GIRLS	Qualifying Time	Event No	Event Details BOYS	Qualifying Time
23	Girls Open Multi-Class 100m Breaststroke		24	Boys Open Multi-Class 100m Breaststroke	
25	Girls 10 100 Breast Girls 11 100 Breast Girls 12 100 Breast Girls 13 100 Breast Girls 14 100 Breast Girls 15 100 Breast Girls 16 100 Breast Girls 17&O 100 Breast	1:50.00 1:47.00 1:43.00 1:38.00 1:36.00 1:35.00 1:34.00 1:29.00	26	Boys 10 100 Breast Boys 11 100 Breast Boys 12 100 Breast Boys 13 100 Breast Boys 14 100 Breast Boys 15 100 Breast Boys 16 100 Breast Boys 17&O 100 Breast	1:50.00 1:47.00 1:43.00 1:35.00 1:33.00 1:31.00 1:27.00 1:22.00
27	Girls 8 50 Back Girls 9 50 Back	1:00.00 58.00	28	Boys 8 50 Back Boys 9 50 Back	1:00.00 58.00
29	Girls 11 200 Back Girls 12 200 Back Girls 13 200 Back Girls 14 200 Back Girls 15 200 Back Girls 16 200 Back Girls 17&O 200 Back	3:12.00 3:12.00 3:12.00 3:12.00 3:12.00 3:12.00 3:12.00	30	Boys 11 200 Back Boys 12 200 Back Boys 13 200 Back Boys 14 200 Back Boys 15 200 Back Boys 16 200 Back Boys 17&O 200 Back	2:55.00 2:55.00 2:55.00 2:55.00 2:55.00 2:55.00 2:55.00
31	Girls Open Multi-Class 100m Butterfly		32	Boys Open Multi-Class 100m Butterfly	
33	Girls 10 100 Fly Girls 11 100 Fly Girls 12 100 Fly Girls 13 100 Fly Girls 14 100 Fly Girls 15 100 Fly Girls 16 100 Fly Girls 17&O 100 Fly	1:45.00 1:30.00 1:28.00 1:20.00 1:18.00 1:16.00 1:14.00 1:12.00	34	Boys 10 100 Fly Boys 11 100 Fly Boys 12 100 Fly Boys 13 100 Fly Boys 14 100 Fly Boys 15 100 Fly Boys 16 100 Fly Boys 17&O 100 Fly	1:45.00 1:28.00 1:20.00 1:18.00 1:16.00 1:12.00 1:10.00 1:08.00
35	Girls 8 50 Fly Girls 9 50 Fly	1:00.00 55.00	36	Boys 8 50 Fly Boys 9 50 Fly	1:00.00 55.00
37	Girls Open Multi-Class 200m Individual Medley		38	Boys Open Multi-Class 200m Individual Medley	



Event No	Event Details GIRLS	Qualifying Time	Event No	Event Details BOYS	Qualifying Time
39	Girls 11 200 Free Girls 12 200 Free Girls 13 200 Free Girls 14 200 Free Girls 15 200 Free Girls 16 200 Free Girls 17&O 200 Free	2:50.00 2:45.00 2:40.00 2:35.00 2:30.00 2:25.00 2:20.00	40	Boys 11 200 Free Boys 12 200 Free Boys 13 200 Free Boys 14 200 Free Boys 15 200 Free Boys 16 200 Free Boys 17&O 200 Free	2:50.00 2:45.00 2:35.00 2:30.00 2:25.00 2:20.00 2:15.00
41	Girls Open Multi-Class 100m Backstroke		42	Boys Open Multi-Class 100m Backstroke	
43	Girls 11-13 400 IM Girls 14 400 IM Girls 15 400 IM Girls 16 400 IM Girls 17&O 400 IM	6:15.00 6:00.00 5:55.00 5:50.00 5:45.00	44	Boys 11-13 400 IM Boys 14 400 IM Boys 15 400 IM Boys 16 400 IM Boys 17&O 400 IM	6:15.00 5:45.00 5:35.00 5:30.00 5:20.00
45	Girls Open Multi-Class 100m Freestyle		46	Boys Open Multi-Class 100m Freestyle	
47	Girls 11 200 Breast Girls 12 200 Breast Girls 13 200 Breast Girls 14 200 Breast Girls 15 200 Breast Girls 16 200 Breast Girls 17&O 200 Breast	3:25.00 3:15.00 3:10.00 3:05.00 3:00.00 2:55.00 2:50.00	48	Boys 11 200 Breast Boys 12 200 Breast Boys 13 200 Breast Boys 14 200 Breast Boys 15 200 Breast Boys 16 200 Breast Boys 17&O 200 Breast	3:15.00 3:15.00 3:10.00 3:00.00 2:50.00 2:48.00 2:42.00
49	Girls 10 100 Free Girls 11 100 Free Girls 12 100 Free Girls 13 100 Free Girls 14 100 Free Girls 15 100 Free Girls 16 100 Free Girls 17&O 100 Free	1:25.00 1:20.00 1:18.00 1:12.00 1:12.00 1:10.00 1:08.00 1:06.00	50	Boys 10 100 Free Boys 11 100 Free Boys 12 100 Free Boys 13 100 Free Boys 14 100 Free Boys 15 100 Free Boys 16 100 Free Boys 17&O 100 Free	1:25.00 1:19.00 1:17.00 1:10.00 1:07.00 1:05.00 1:04.00 1:01.00
7	Girls 11-13 1500 Free Girls 14 1500 Free Girls 15 1500 Free Girls 16 1500 Free Girls 17&O 1500 Free	19:40.00 19:15.00 19:00.00 18:45.00 18:40.00	6	Boys 11-13 800 Free Boys 14 800 Free Boys 15 800 Free Boys 16 800 Free Boys 17&O 800 Free	11:00.00 10:15.00 9:50.00 9:40.00 9:20.00

