



2020 SOSC Preparation Qualifying Meet Saturday 8 February 2020

Date	Saturday February 8 2019
Time	Gates open at: 6.00 AM Session 1: Warm up commences 7.00 AM Session 1: Competition commences 8.00 AM
Venue	Gold Coast Aquatic Centre Marine Parade Southport
Warmup	Dive starts and pacework will be allocated for Lanes 0 and 9.
Gate Entry	\$4.00 for spectators. Competitors & Coaches free
Nomination Fee	\$7.50 per event <u>Includes electronic program</u> <u>Printed programs will be provided for nominated coaches and officials</u>
Nominations Close	Friday 31 January 2020 at 11.59pm.
Age Determination	Age as at Saturday February 8 for all competitors aged 12 years and over.
Entries	All entries must be submitted through the Swim Central online link Please Click Here for the Link to Online Entries Page <i><u>Note: All Swimmers must be fully registered as a Competitive Swimmer (submitted on the Swimming Australia database) at the time of the Meet.</u></i>
Marshalling	All Club level swim meets in the Gold Coast Region are self-Marshalling
Eligibility	This Meet is for Swimming Gold Coast 'Competitive' registered swimmers. 'Recreational' swimmers are ineligible to enter. <i>#For eligibility of Visiting swimmers please read 'Visiting Swimmers' below.</i>
Visiting Swimmers	Swimmers registered to Gold Coast Clubs that are members of another Federation, or from Inter-state, are permitted to swim. A member of another Federation must be shown in the program with a (V) beside their first name and the Federation they are registered with. Inter-State swimmers (not members of another Federation) must be shown in the program with a (V) beside their surname and the club they are registered with. Swimmers must be registered in SAL Swim Central and be able to enter via the online entry form. Please contact the race secretary for any manual entry queries – chodg45@gmail.com

Events	<p>As per below Program of Events.</p> <p>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.</p>
Late Entries	<p>Late entries will be accepted at the discretion of the Race Secretary and a fee of \$50 per event may be applied.</p> <p>All enquiries regarding these entries <u>MUST</u> only come through the attending club's Race Secretary and not through individuals.</p>
Results	<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, 14yrs, 15yrs, 16yrs & over.</p> <p>For all 50m, 100m & 200m events -medals will be awarded for 12, 13, 14, 15, 16yrs & over.</p> <p><u>Swimmers must be 12yrs by Saturday February 8 2020 to compete at this event.</u></p>
Collections of Medals	<p>Collection of medals is the responsibility of each swimmer. Medals not collected by the end of the meet will not be redeemed.</p>
Rules	<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>
Timekeepers / Lap Counters	<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 you must provide 2 timekeepers and a lap counter for each swimmer entered. These events will be run at the conclusion of this meet.</p> <p>Note: The meet hosting club will provide a Lane Chief per lane who will act as the 3rd timekeeper.</p>
Photography & Images	<p>In nominating for this Meet, swimmers agree that:</p> <ul style="list-style-type: none"> • They may be photographed by Swimming Queensland, Swimming Gold Coast and the Club approved photographers, • 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 • They may also be used by Swimming Queensland, Swimming Gold Coast and the Club at its discretion.

Meet Mobile	<p>Results may be published in near real time during this meet at the club’s discretion via the Meet Mobile application.</p> <p>Please note:</p> <ul style="list-style-type: none"> • Results published via Meet Mobile ARE NOT OFFICIAL and should be used as a guide only. • Official meet results are printed by officials during all meets and posted in a prominent position. <p>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</p>
Copy of Results	<p>A copy of results will be available on the website www.swimminggoldcoast.org.au and forwarded to Swimming Queensland.</p>
Pool Compliance	<p>The Gold Coast Aquatic Centre has undertaken compliance testing and met all current competitive pool standards, as set by Swimming Australia. The certification can be viewed here.</p>
Competitive Dive Entry	<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 meet the dive competency levels outlined in that policy. This policy can be found here.</p>
Refreshments	<p>Southport Olympic Swimming Club will be operating a BBQ. Refreshments will also be available at Café Catalina.</p>
Parking	<p>The Gold Coast Aquatic Centre and Broadwater Parklands is a metered parking area. Paid parking commences from 9.00am on a Saturday. Australia Fair Shopping Centre has the first 3 hours of free parking and Carey Park is \$5.00 for a full day. The GCCC utilises the EasyPark App for metered parking, which can be downloaded at any time from the App Store or Google Play.</p>

2019 – 2020 SOSC SPONSORS



2020 SOSC Preparation Qualifying Meet

12 yrs & Over

Program of Events

BOYS	EVENTS	GIRLS
1	12yrs & Over 400m Freestyle	2
3	12yrs & Over 100m Breaststroke	4
5	12yrs & Over 200m Butterfly	6
7	12 yrs & over 200m Backstroke	8
9	12 yrs & Over 50m Freestyle	10
11	12 yrs & Over 400m IM	12
13	12yrs & Over 100m Butterfly	14
15	12 yrs & over 200m Breaststroke	16
17	12 yrs & Over 100m Freestyle	18
19	12yrs & Over 200m IM	20
21	12 yrs & over 100m Backstroke	22
23	12 yrs & Over 200m Freestyle	24
25	12 yrs & over 800m Freestyle	26
27	12 yrs & Over 1500m Freestyle	28

Qualifying Times

BOYS	EVENTS	GIRLS
5:35.00	12yrs & Over 400m Freestyle	5:40.00
11:20.00	12yrs & Over 800m Freestyle	11:20.00
19:40.00	12yrs & Over 1500m Freestyle	20:00.00
6:15.00	12yrs & Over 400m IM	6:20.00