



2020 Swimming Gold Coast Welcome Back to Swimming Invitational



You are cordially invited to attend the 2020 Swimming Gold Coast Welcome Back to Swimming Invitational.

- Please note this is a recognised meet sanctioned by Swimming Queensland.
- This is a closed invitational meet for Swimming Gold Coast members only.

DATES	Saturday 5 th September 2020 Sunday 6 th September 2020
TIME	Gates open at: 7AM Saturday Session: Warmup commences 7:30 AM Saturday Session: Competition commences 8:30 AM Sunday Session: Warmup commences 7:30 AM Sunday Session: Competition commences 8:30 AM Entrance to the facility will be closed at the commencement of each session (8.30am) on both days.
VENUE	Gold Coast Aquatic Centre, Marine Pde, Southport.
POOL ENTRY FEE	Due to COVID restrictions, this is a spectator free event. NO spectators will be permitted access to the venue during the duration of the meet. All coaches, technical officials, volunteers & team managers will have their entry subsidised by Swimming Gold Coast.
NOMINATIONS CLOSE	Midnight, Friday 28 th August 2020
NOMINATION FEE	\$5 per event (plus online processing fee)
QUALIFYING TIMES	There are no qualifying times, except 800m and 1500m Freestyle events
AGE DETERMINATION	Age as at 5 th September 2020 Minimum Age for this Meet is 8 years
SWIMMER ELIGIBILITY	This Meet is for Swimming Gold Coast 'Competitive' registered swimmers. 'Recreational' swimmers are ineligible to enter. # International Visiting swimmers are eligible to enter and must be members of a Swimming Gold Coast club.



<p>EVENTS</p>	<p>See attached Program of Events.</p> <p>Timed Finals only will be swum.</p> <p>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.</p> <p>Please note: qualifying times apply to 800m & 1500m Freestyle events only.</p> <p>18 year and over swimmers may be moved to a separate event to meet COVID policies, if applicable, dependent current restrictions, relevant numbers and at the discretion of the meet director.</p>
<p>ENTRIES & PAYMENT</p>	<p>Online entries <u>via Swim Central only</u></p> <p>Swimmers will be limited to 5 events per day with a maximum of 10 events for the meet.</p> <p>Payment is to be made online, through Swim Central.</p> <p>If you have any problems or questions regarding on-line entries, please email Race Secretary – Karen Meyer-</p> <p>racesecretary@swimminggoldcoast.org.au</p> <p>Mob: 0425 212 281</p>
<p>LATE ENTRIES</p>	<p>Late entries <u>WILL NOT</u> be accepted under any circumstances for this meet, due to underlying COVID-19 compliance requirements.</p>
<p>RULES</p>	<p>This meet will be conducted utilising the Swimming Queensland General Rules, SQ Championship By-Laws, FINA and SAL rules.</p> <p>This is a self-marshaling event. Swimmers should be advised by their coaches as to when they should report to the starting blocks for their event. Please refer to the electronic signage beside the pool, and furthermore listen to the announcer for which event is currently swimming in the water.</p>
<p>PROGRAMS</p>	<p>The Swimming Gold Coast is committed to reducing our environmental footprint, and therefore Swimming Gold Coast will email all competing clubs a PDF copy of the Meet Program prior to the event. Clubs may distribute this as they wish to competitors.</p> <p>Programs will also be available on our website for download.</p> <p>There will be no programs for sale on the day.</p>
<p>PHOTOGRAPHY AND IMAGES</p>	<p>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.</p>



<p>WARMUP</p>	<p>Warmup will commence as follows:</p> <p>Saturday session: 7.30am</p> <p>Sunday session: 7.30am</p> <p>Dive starts and pacework will be allocated for Lanes 1 and 8.</p>
<p>RESULTS</p>	<p>This event is a timed event meet for swimmers to have fun in the pool, returning to racing as a pre-state hit out.</p> <p>There are no medals or age champions for this event.</p> <p>A copy of results will be available on the website www.swimminggoldcoast.org.au</p>
<p>MEET MOBILE</p>	<p>Results may be published in near real time during this meet 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 Swim Central</p>
<p>POOL COMPLIANCE</p>	<p>The Gold Coast Olympic 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>
<p>COMPETITIVE DIVE ENTRY</p>	<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. This policy can be found here.</p>
<p>OTHER</p>	<p>For any entry or swimming enquiries regarding this meet please contact:</p> <p>Race Secretary: Karen Meyer Mob:0425 212 281 raceseecretary@swimminggoldcoast.org.au</p>



EVENT COVID-19 GUIDELINES

<p>BACKGROUND</p>	<p>COVID-19 has ravaged the world in 2020, however, here in Queensland, we are currently doing quite well. This has enabled sporting events to resume again under strict rules and guidelines.</p> <p>As of Friday 3rd July, sporting events in Queensland moved to Stage 3 of their relevant Industry COVIDSafe Plans. The relevant industry plan for swimming is the Swimming Pool and Aquatic Centre Industry COVIDSafe Plan Stage 3 – link here.</p> <p>Swimming Gold Coast is responsible for providing the guidelines for a COVID-safe sporting event under the Industry relevant COVIDSafe Plan, with the key principles and public health strategies implemented and monitored. However, all attendees have a level of responsibility for their own welfare, as well as that of others around them by following the instructions and restrictions in place when attending events. This includes providing contact details for tracing purposes, ensuring they do not attend the event if they are unwell and practice good hygiene.</p> <p>Swimming Gold Coast reserves the right to refuse entry or expel attendees from the event if these guidelines are not adhered to.</p>
<p>COMPLIANCE</p>	<p>To ensure compliance with the above-mentioned industry plan, Swimming Gold Coast must comply with the following measures:</p> <ul style="list-style-type: none"> • Ensure health and safety is at the forefront of all events, including vigilance with hygiene and sanitation measures. • All people in the delivery of and participation in the event will be provided relevant information on the requirements of the plan. • Event scheduling and participant segmentation, where required, will be implemented to limit co-mingling between participation groups. • Provide sign-in / registration systems to track and trace all attendees. • Providing adequate arrival and exit facilities at the venue, to information regarding general participant movement in and around the venue during the activity. <p>Further details will be provided to all attendees closer to the event outlining hand sanitation locations, venue map detailing new venue entry and exit points as well as designated walkways, relevant information regarding sign-in procedures and seating allocations.</p>
<p>ATTENDANCE</p>	<p>Due to physical distancing requirements and the limited area within the pool facility, there will be NO spectators in attendance at this meet. However, Swimming Gold Coast does require a number of volunteers to ensure the running of the swim meet. These are listed below.</p> <p>Swimming Gold Coast also encourages people considered high risk (aged 70+, have pre-existing medical or auto-immune conditions etc.) not to attend the swim meet.</p>



VOLUNTEERS

To assist with the running of the meet, Swimming Gold Coast requires the assistance of parents to volunteer for the following roles throughout the meet.

- Timekeepers (8 per session)
- Lane Chief / Timekeeper (8 per session)
- Chief Timekeeper (1 per session)
- Announcer (1 per session)
- Photographer (1 per session)
- Entry and Exit Coordinator (2 per session)

Due to tracing requirements volunteers will be required to fulfil the nominated roles for the entire session. All volunteers must have valid working with children blue card – [application link here](#)

To nominate for these roles please fill in the following expression of interest:

[Volunteer Register \(click here to nominate\)](#)

Furthermore, parents are required to assist their clubs and coaches by making themselves available as team managers. The role of the team manager is:

- Supervising all swimmers from the club, especially those 17yrs & under;
- Assist in monitoring COVID responsibilities within your club area;
- Supporting the coach(es) in matters relating to the swimmers;
- Ensuring swimmers follow the guidelines;
- Ensuring swimmers know what, when and where for seating, warm-up, self-marshalling, racing and warm-down;
- Being a point of contact for drop-off and collection of swimmers;
- Have relevant emergency contact details for each swimmer; and
- Commit to the time required to fulfil the role

All team managers must have a valid working with children blue card – [link here](#).

Also, all team managers must have completed the Return to Sport COVID training – [COVID Training link](#). This is a free 20min online course with certification.

Team manager volunteers are to register through their club and all information is to be provided to Swimming Gold Coast by midnight Monday 31st August 2020. Coach and team manager ratios allowed to attend the meet are as follows:

1-10 Swimmers	1 Coach	1 Team Manager
11-20 Swimmers	2 Coaches	2 Team Managers
21-30 Swimmers	3 Coaches	3 Team Managers
31+ Swimmers	3 Coaches	4 Team Managers

Any parents interested in becoming a Technical Official please make contact with the Swimming Gold Coast Chief Referee Sharon Wicking at: chiefreferee@swimminggoldcoast.org.au for communication on training requirements.



FURTHER COMMUNICATION	In the week preceding the meet, further relevant information from the COVIDSafe event plan will be provided to all participants and attendees. This will include drop-off and collection zone, facility maps, contact tracing procedures, seating requirements and any further information as required.
FOOD	For this particular meet a BBQ or drink station will not be available. ALL attendees must bring their own food and drinks for the event. At this stage it is unclear if Catalina's Cafe will be providing any take-away options, however, due to the increased risk associated with the co-mingling of participants at the cafe, Swimming Gold Coast currently recommends that ALL attendees provide their own food and beverage requirements for each day
SGC COVID Safety Officer	For any information relating to the operation of the swim meet in relation to COVID requirements please contact: Warren Dopson SGC Vice President – COVID Safety Officer vp@swimminggoldcoast.org.au 0419627519



Program of Events
Saturday 5th September 2020

Event No	Event Details Boys	QT	Event No	Event Details Girls	QT
1	Boys 11yrs 200m Free Boys 12yrs 200m Free Boys 13yrs 200m Free Boys 14yrs 200m Free Boys 15yrs 200m Free Boys 16yrs&O 200m Free	-	2	Girls 11yrs 200m Free Girls 12yrs 200m Free Girls 13yrs 200m Free Girls 14yrs 200m Free Girls 15yrs 200m Free Girls 16yrs&O 200m Free	-
3	Boys Open Multi-Class 50m Backstroke	-	4	Girls Open Multi-Class 50m Backstroke	-
5	Boys 8yrs 50m Back Boys 9yrs 50m Back Boys 10yrs 50m Back Boys 11yrs 50m Back Boys 12yrs 50m Back Boys 13yrs 50m Back Boys 14yrs 50m Back Boys 15yrs 50m Back Boys 16yrs&O 50m Back	-	6	Girls 8yrs 50m Back Girls 9yrs 50m Back Girls 10yrs 50m Back Girls 11yrs 50m Back Girls 12yrs 50m Back Girls 13yrs 50m Back Girls 14yrs 50m Back Girls 15yrs 50m Back Girls 16yrs&O 50m Back	-
7	Boys 8yrs 50m Fly Boys 9yrs 50m Fly Boys 10yrs 50m Fly	-	8	Girls 8yrs 50m Fly Girls 9yrs 50m Fly Girls 10yrs 50m Fly	-
9	Boys 11yrs 100m Breast Boys 12yrs 100m Breast Boys 13yrs 100m Breast Boys 14yrs 100m Breast Boys 15yrs 100m Breast Boys 16yrs&O 100m Breast	-	10	Girls 11yrs 100m Breast Girls 12yrs 100m Breast Girls 13yrs 100m Breast Girls 14yrs 100m Breast Girls 15yrs 100m Breast Girls 16yrs&O 100m Breast	-
11	Boys Open Multi-Class 50m Breaststroke	-	12	Girls Open Multi-Class 50m Breaststroke	-
13	Boys 13yrs 200m Fly Boys 14yrs 200m Fly Boys 15yrs 200m Fly Boys 16yrs&O 200m Fly	-	14	Girls 13yrs 200m Fly Girls 14yrs 200m Fly Girls 15yrs 200m Fly Girls 16yrs&O 200m Fly	-



Program of Events Cont...
Saturday 5th September 2020

Event No	Event Details Boys	QT	Event No	Event Details Girls	QT
15	Boys 8yrs 100m IM Boys 9yrs 100m IM Boys 10yrs 100m IM Boys 11yrs 100m IM Boys 12yrs 100m IM Boys 13yrs 100m IM Boys 14yrs 100m IM Boys 15yrs 100m IM Boys 16yrs&O 100m IM	-	16	Girls 8yrs 100m IM Girls 9yrs 100m IM Girls 10yrs 100m IM Girls 11yrs 100m IM Girls 12yrs 100m IM Girls 13yrs 100m IM Girls 14yrs 100m IM Girls 15yrs 100m IM Girls 16yrs&O 100m IM	-
17	Boys Open Multi-Class 100m Individual Medley	-	18	Girls Open Multi-Class 100m Individual Medley	-
19	Boys 8yrs 50m Breast Boys 9yrs 50m Breast Boys 10yrs 50m Breast Boys 11yrs 50m Breast Boys 12yrs 50m Breast Boys 13yrs 50m Breast Boys 14yrs 50m Breast Boys 15yrs 50m Breast Boys 16yrs&O 50m Breast	-	20	Girls 8yrs 50m Breast Girls 9yrs 50m Breast Girls 10yrs 50m Breast Girls 11yrs 50m Breast Girls 12yrs 50m Breast Girls 13yrs 50m Breast Girls 14yrs 50m Breast Girls 15yrs 50m Breast Girls 16yrs&O 50m Breast	-
21	Boys 13yrs 200m Back Boys 14yrs 200m Back Boys 15yrs 200m Back Boys 16yrs&O 200m Back	-	22	Girls 13yrs 200m Back Girls 14yrs 200m Back Girls 15yrs 200m Back Girls 16yrs&O 200m Back	-
23	Boys 8yrs 50m Free Boys 9yrs 50m Free Boys 10yrs 50m Free	-	24	Girls 8yrs 50m Free Girls 9yrs 50m Free Girls 10yrs 50m Free	-
25	Boys 12yrs 400m IM Boys 13yrs 400m IM Boys 14yrs 400m IM Boys 15yrs 400m IM Boys 16yrs&O 400m IM	-	26	Girls 12yrs 400m IM Girls 13yrs 400m IM Girls 14yrs 400m IM Girls 15yrs 400m IM Girls 16yrs&O 400m IM	-
27	Boys 12yrs&O 800m Free	11:00.00	28	Girls 12yrs&O 800m Free	11:00.00



Program of Events
Sunday 6th September 2020

Event No	Event Details Boys	QT	Event No	Event Details Girls	QT
29	Boys 11yrs 200m IM Boys 12yrs 200m IM Boys 13yrs 200m IM Boys 14yrs 200m IM Boys 15yrs 200m IM Boys 16yrs&O 200m IM	-	30	Girls 11yrs 200m IM Girls 12yrs 200m IM Girls 13yrs 200m IM Girls 14yrs 200m IM Girls 15yrs 200m IM Girls 16yrs&O 200m IM	-
31	Boys Open Multi-Class 50m Freestyle	-	32	Girls Open Multi-Class 50m Freestyle	-
33	Boys 11yrs 50m Free Boys 12yrs 50m Free Boys 13yrs 50m Free Boys 14yrs 50m Free Boys 15yrs 50m Free Boys 16yrs&O 50m Free	-	34	Girls 11yrs 50m Free Girls 12yrs 50m Free Girls 13yrs 50m Free Girls 14yrs 50m Free Girls 15yrs 50m Free Girls 16yrs&O 50m Free	-
35	Boys 11yrs 100m Back Boys 12yrs 100m Back Boys 13yrs 100m Back Boys 14yrs 100m Back Boys 15yrs 100m Back Boys 16yrs&O 100m Back	-	36	Girls 11yrs 100m Back Girls 12yrs 100m Back Girls 13yrs 100m Back Girls 14yrs 100m Back Girls 15yrs 100m Back Girls 16yrs&O 100m Back	-
37	Boys Open Multi-Class 50m Butterfly	-	38	Girls Open Multi-Class 50m Butterfly	-
39	Boys 11yrs 50m Fly Boys 12yrs 50m Fly Boys 13yrs 50m Fly Boys 14yrs 50m Fly Boys 15yrs 50m Fly Boys 16yrs&O 50m Fly	-	40	Girls 11yrs 50m Fly Girls 12yrs 50m Fly Girls 13yrs 50m Fly Girls 14yrs 50m Fly Girls 15yrs 50m Fly Girls 16yrs&O 50m Fly	-
41	Boys 11yrs 400m Free Boys 12yrs 400m Free Boys 13yrs 400m Free Boys 14yrs 400m Free Boys 15yrs 400m Free Boys 16yrs&O 400m Free	-	42	Girls 11yrs 400m Free Girls 12yrs 400m Free Girls 13yrs 400m Free Girls 14yrs 400m Free Girls 15yrs 400m Free Girls 16yrs&O 400m Free	-



Program of Events Cont...
Sunday 6th September 2020

Event No	Event Details Boys	QT	Event No	Event Details Girls	QT
43	Boys 11yrs 100m Fly Boys 12yrs 100m Fly Boys 13yrs 100m Fly Boys 14yrs 100m Fly Boys 15yrs 100m Fly Boys 16yrs&O 100m Fly	-	44	Girls 11yrs 100m Fly Girls 12yrs 100m Fly Girls 13yrs 100m Fly Girls 14yrs 100m Fly Girls 15yrs 100m Fly Girls 16yrs&O 100m Fly	-
45	Boys 13yrs 200m Breast Boys 14yrs 200m Breast Boys 15yrs 200m Breast Boys 16yrs&O 200m Breast	-	46	Girls 13yrs 200m Breast Girls 14yrs 200m Breast Girls 15yrs 200m Breast Girls 16yrs&O 200m Breast	-
47	Boys Open Multi-Class 100m Freestyle	-	48	Girls Open Multi-Class 100m Freestyle	-
49	Boys 11yrs 100m Free Boys 12yrs 100m Free Boys 13yrs 100m Free Boys 14yrs 100m Free Boys 15yrs 100m Free Boys 16yrs&O 100m Free	-	50	Girls 11yrs 100m Free Girls 12yrs 100m Free Girls 13yrs 100m Free Girls 14yrs 100m Free Girls 15yrs 100m Free Girls 16yrs&O 100m Free	-
51	Boys 13yrs&O 1500m Free	19:20.00	52	Girls 13yrs&O 1500m Free	19:45.00