

# BOWEN SWIMMING CLUB FAMILY LC TRANSITION MEET

16th and 17th March 2024



**LAST CHANCE  
TO GET THOSE  
NATIONAL TIMES**

SATURDAY – GATES OPEN 10AM FOR WARM UP. RACING STARTS AT 11AM					SUNDAY – GATES OPEN 8AM FOR WARM UP. RACING STARTS AT 9AM				
EVENT		AGE	DISTANCE	STROKE	EVENT		AGE	DISTANCE	STROKE
MEN	WOMEN				MEN	WOMEN			
1	2	9 & OVER	200	IM	21	22	11 & Over	400	IM
3	4	7 & UNDER	25	FLY	23	24	10 & OVER	50	BACK
5	6	10 & OVER	200	FREE	25	26	10 & OVER	50	FLY
7	8	8-9	50	FLY	27	28	7 & UNDER	25	BACK
9	10	9 & OVER	100	FLY	29	30	8-9	50	BACK
11	12	11 & OVER	400	FREE	31	32	9 & OVER	100	BACK
13	14	7 & UNDER	25	BREAST	33	34	10 & OVER	50	BREAST
15	16	8-9	50	BREAST	35	36	7 & UNDER	25	FREE
17	18	10 & OVER	50	FREE	37	38	8-9	50	FREE
19	20	9 & OVER	100	BREAST	39	40	9 & OVER	100	FREE

## CONDITIONS OF ENTRY:

1. Competition is conducted under the laws of Swimming Australia Ltd and with the permission of Swimming Queensland
2. Competitors must be a current financial registered member of a club affiliated with Swimming Queensland as at the closing date of meet entries. Swimmers must be registered as 'COMPETITOR'
3. Age of competitors is calculated at the first day of the meet
4. Swimming up is not permitted in individual events
5. Referee has the power to control events at his/her discretion
6. Competitors will marshal using the "Self-Marshalling" protocols
7. ALL EVENTS are TIMED FINALS
8. MULTI CLASS: No specific events. Athletes with an impairment may enter in any event specific to their age and are required to present their classification card to the referee prior to the start of the meet.
9. Rule tolerance applies to 7 years & under events
10. No qualifying times apply
11. Medals awarded in 'A' Division & Ribbons awarded in 'B' Division to 1st, 2nd & 3rd. These events will be multi aged 8, 9, 10, 11, 12, 13, 14 and 15&O age groups. SNQ UP-GRADE MEDAL awarded to swimmers who break "A" division times. 7 & under awarded a Participation Ribbon.
12. Online Entries only. Club Night times are accepted if on Results Central. Online entry link is available at [www.snq.swimming.org.au](http://www.snq.swimming.org.au)
13. Entry Times are not essential however NT's will be placed in the slowest heat.
14. Late Entries will be accepted up to thirty (30) minutes prior to the start of competition each day & subject to lane availability. A late fee will apply \$30, payable at time of nomination. Swimmers are eligible for award.
15. Entry Fees: \$5.00 per event (includes 50c SNQ surcharge) 7 Years & Under Free..
16. ENTRIES CLOSE 8th March 2024.
17. All enquiries please contact Alexandra Sinclair 0437081236 or email [bowenswimmingclub@gmail.com](mailto:bowenswimmingclub@gmail.com)
18. Admission charged online \$5 per swimmer.
19. Programs will be emailed to clubs for distribution to attending swimmers and coaches.

Coaches please note the pool will remain available for 30 mins at the completion of each day for the purpose of warm down. Each club must provide adequate supervision for their swimmers who take this opportunity.

ARABLE FIELD RESEARCH

 Bowen Physiotherapy

