

2024

LIGHTNING SWIM CLUB

LC TRANSITION MEET

Saturday 9 March 2024

Northern Beaches Leisure Centre (NBLC)
7-31 Erskine Place, Burdell, Qld 4818

FEATURING: IM Tough & Club Relay Challenges

Gates open 2:45pm - Warm up 3pm - Racing 4pm



M	F	AGE	DIST	EVENT		M	F	AGE	DIST	EVENT
1	2	10 & O	200	FREE		23	24	8 & O	50	BREAST
3	4	8 & O	50	BACK		25	26	7 & U	25	BREAST
5	6	7 & U	25	BACK		27	28	9 & O	100	BREAST
7	8	9 & O	100	BACK		RELAY CHALLENGE				
9	10	8 & O	50	FREE						
11	12	7 & U	25	FREE		29	8 - 10	4x50	Mixed - Free	
13	14	9 & O	100	FREE		30	11 - 12	4x50	Mixed - Free	
15	16	9 & O	200	IM		31	13 & O	4x50	Mixed - Free	
17	18	8 & O	50	FLY		32	8 - 10	4x50	Mixed - Medley	
19	20	7 & U	25	FLY		33	11 - 12	4x50	Mixed - Medley	
21	22	9 & O	100	FLY		34	13 & O	4x50	Mixed - Medley	

CONDITIONS OF ENTRY

- Competition is conducted under the laws of Swimming Australia Ltd and with the permission of Swimming Queensland.
- 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.
- Age of competitors is calculated at the first day of the meet.
- Swimming up is not permitted in individual events.
- Referee has the power to control events at his/her discretion.
- Competitors will marshal using the "Self Marshalling" protocols.
- All events will be timed finals.
- No multi-class events, however 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.
- Rule tolerance applies to all 7&U events only.
- Awards will be applied as outlined. Competitors seeded as A division must swim an A division time to be eligible for placing/award. B division will be awarded ribbons 1st-3rd. SNQ upgrade medals will be awarded to B division swimmers who break the A division time. No further award to these swimmers. 7&U will be awarded for their participation.
- THERE ARE NO AGE AGGREGATE/CHAMPIONS AWARDS
- ON-LINE ENTRIES ONLY. Club night times are accepted. Entry at <https://swimcentral.swimming.org.au/>
- Entry times are not essential, however NT entries will be placed in the slowest heat in B division. NT are ineligible for upgrades. Heats will be seeded fastest to slowest.
- 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.
- Entry fee is \$5.50 per individual entry. This includes the SNQ levy. Relay teams are \$20 per team. 7&U are free to race. Late entry charge is \$30 per entry.
- Individual entries close midnight, Thursday 29 February 2024. Relays close 8pm, Monday 4 March 2024.
- Admission of \$5 per swimmer will be included in the nomination process. Gates open 2.45pm Saturday. Programs will be emailed to club secretaries for distribution to their members.
- Time trials may be considered by the referee only for those swimmers seeking a qualifying time and attending the Swimming Australia National Age & Multi Class Championships, April 2024.
- All enquiries contact Wanda Austin on 0431 860 053 or email: racesecretary@lightningsc.org.au
- MEET MOBILE: 2024 Lightning Swim Club LC Transition Meet

LIGHTNING SWIM CLUB

Opportunity to get those NATIONAL TIMES!

FEATURING:

- Medals awarded to 1st, 2nd & 3rd in 7 & U with others receiving a Participation ribbon
- Medals awarded to 1st, 2nd & 3rd in A Division in the following age groups 8, 9, 10 yr olds.
- Cash Awards 1st 2nd and 3rd in A Division in the following age groups 11, 12, 13, 14, 15 and over.
- Ribbons awarded to 1st, 2nd & 3rd in B Division in the following age groups 8, 9, 10, 11, 12, 13, 14 and 15 & O.
- SNQ Up Grade medal awarded to swimmers who break the 'A' Division Time.
- Competitors seeded as A Division must swim an A Division time to be eligible for placings and/or awards.

IM TOUGH CHALLENGE – sponsored by JMS Aquatics (value \$1,330)

1. Fastest broken 200IM - Swimmers who swim 50m in all four strokes will have their times combined as a broken 200IM.
2. Fastest broken 400IM – Swimmers who swim 100m in all four strokes will have their times combined as a broken 400IM.

IM TOUGH CHALLENGE Event Prize Money: 1st – 3rd Male and 1st – 3rd Female

- 8 - 10yrs 200IM \$25 | \$15 | \$10
- 11 - 12yrs 200IM \$30 | \$20 | \$15
- 13&O 200IM \$50 | \$40 | \$30
- 9 - 10yrs 400IM \$50 | \$30 | \$20
- 11 - 12yrs 400IM \$60 | \$40 | \$30
- 13&O 400IM \$80 | \$70 | \$50

RELAY CHALLENGE – sponsored by JMS Aquatics (\$320)

- Awards:
 - Fastest Team in each Relay Event - \$20 per winning Team
 - Team with the biggest team PB in each Relay Event - \$20 per winning Team
 - Youngest team (ages combined) in Ev29-31; and Ev32-34 with the fastest time - \$20 per winning Team
 - Oldest team (ages combined) in Ev29-31 & Ev32-34 with the fastest time - \$20 per winning Team
- Must have at least 1x swimmer per gender in each relay
- Clubs that can't register a full team can submit their swimmer/s names to the Race Secretary who will allocate mixed clubs team in any relay event where possible.
- Nominate teams on the attached entry form with swimmers in the order they are to swim.
- Relay fees are payable prior to the meet via Direct Deposit including your club name as a description. Bank details are:

Lightning Swim Club

BSB: 654 000
AC: 641 994 33



CLUB SPONSORS



2024 Lightning Swim Club LC Meet - RELAY CHALLENGE

Nomination Form - **FREESTYLE RELAYS**

Club: _____

Event 29: 8-10 years 4 x 50m Freestyle Mixed

Team A Team Entry Time: _____

Name	Age at 9/3	Entry time
1		
2		
3		
4		

Team B Team Entry Time: _____

Name	Age at 9/3	Entry time
1		
2		
3		
4		

Event 30: 11-12 years 4 x 50m Freestyle Mixed

Team A Team Entry Time: _____

Name	Age at 9/3	Entry time
1		
2		
3		
4		

Team B Team Entry Time: _____

Name	Age at 9/3	Entry time
1		
2		
3		
4		

Event 31: 13 years and Over 4 x 50m Freestyle Mixed

Team A Team Entry Time: _____

Name	Age at 9/3	Entry time
1		
2		
3		
4		

Team B Team Entry Time: _____

Name	Age at 9/3	Entry time
1		
2		
3		
4		

Please copy form if you have further teams.

Total relay fees due prior to the meet. \$20 per team.

Please include your club name as a description

Bank details:

Lightning Swim Club

BSB: 654 000

AC: 641 994 33

2024 Lightning Swim Club LC Meet - RELAY CHALLENGE

Nomination Form - **MEDLEY RELAYS**

Club: _____

Event 32: 8-10 years 4 x 50m Medley Mixed

Team A Team Entry Time: _____

Name	Age at 9/3	Entry time
1		
2		
3		
4		

Team B Team Entry Time: _____

Name	Age at 9/3	Entry time
1		
2		
3		
4		

Event 33: 11-12 years 4 x 50m Medley Mixed

Team A Team Entry Time: _____

Name	Age at 9/3	Entry time
1		
2		
3		
4		

Team B Team Entry Time: _____

Name	Age at 9/3	Entry time
1		
2		
3		
4		

Event 34: 13 years and Over 4 x 50m Medley Mixed

Team A Team Entry Time: _____

Name	Age at 9/3	Entry time
1		
2		
3		
4		

Team B Team Entry Time: _____

Name	Age at 9/3	Entry time
1		
2		
3		
4		

Please copy form if you have further teams.

Total relay fees due prior to the meet. \$20 per team.

Please include your club name as a description

Bank details:

Lightning Swim Club

BSB: 654 000

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