



MEET INFORMATION

2020 Medal Shots Long Course Preparation Meet

Brisbane Aquatic Centre
13-15 November 2020





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EVENT DETAILS

There will be an allocation of Coach and Club Manager passes. Limited spectator tickets will be made available for purchase online closer to the event, based on venue capacity limits.

Eligibility

This meet is open to Swimming Queensland registered competitive swimmers, competitive swimmers registered with clubs affiliated with other State Associations and international swimmers who meet the clearance criteria.

Clearance Criteria

International swimmers and teams must supply a letter of clearance from their National Swimming Federation to satisfy the clearance criteria. International swimmers training with, or members of, clubs in Australia will be nominated under their country name not the Australian club name. Clearances must be submitted to the [Nominations Officer](#) before the nomination closing date.

Age

Minimum age is 12 years. Age as at the first day of the 2020 McDonald's Queensland Championships (12 December 2020).

Entries

Entries are to be completed online via Swim Central.

Entries close Midnight, Tuesday 3 November.

Entry Fees

Online Meet Entry	\$12.00*
International Swimmer/Team	\$14.00

*Plus a transaction fee (debit/credit card processing) of 1.5%

Late Entries

Late entries may only be accepted from Wednesday 4 November until midday Friday 6 November and will incur a late entry fee of \$22 per event*.

Entry List

The entry list will be emailed to all competitors, and available on the event page, on Friday 6 November. All competitors must check their entries thoroughly and if any discrepancies are noted they [must be submitted using the online form](#) by Midnight, Sunday 8 November 2020.

Qualifying Times

Qualifying times must have been achieved at an approved qualifying meet (either short course or long course) on or after 1 January 2019.

Converted short course qualifying times will only be used where an existing long course qualifying time has not been achieved. If there is no qualifying time stated for your age group, you cannot compete in the event/s concerned.

Multi Class

Para swimmers competing in the 200m and 400m Freestyle and 200m Individual Medley must meet the Multi Class qualifying time and need to contact the [Nominations Officer](#) to submit their entry. Swimmers competing in the 50m and 100m Multi Class events will submit entries online through Swim Central; there are no qualifying times for these events.

Para swimmers who are swimming in events that are not designated as Multi Class must produce their exemption cards to the session Referees.

Rules

All Swimming Queensland General Rules, Championship By-Laws, SAL & FINA Swim Rules apply.

Warm-up Start Time

4:30pm Friday, 7:00 am Saturday and Sunday

Timeline

The timeline for this meet will be published on the event page of our website on or before Wednesday 11 November.

Self-Marshalling Entry List

A final entry list will be published on the event page on or before Wednesday 11 November detailing event number, heat and lane for swimmers to use for self-marshalling.



EVENT DETAILS

Events & Medals

All events will be conducted as timed finals. Events will be swum on a "seed-entry" basis, not in age groups (i.e. competitors will be grouped by time rather than by age group). Medals will not be awarded at this meet.

Results

Live results will be made available for this meet and will be accessible from the event page of our website. Following the conclusion of the meet a PDF results file will be published on the events page of our website. *Please note, TM Results files will only be provided, on request, to club race secretaries.*

Photo Release

In nominating for this meet, swimmers agree that they may be photographed by Swimming Queensland's approved photographer and that the photos may be used by Swimming Queensland at its discretion.

Bags/Eskies

Please note that Stadiums Queensland rules state that bags/eskies must be a pliable nature (soft to touch) and are to be no bigger than 40cm x 40cm x 40cm and must be stowed under seats. All other bags/eskies will be refused admission.

SQ Swim Shop

The Swimming Queensland Swim Shop, located in Aquatic Reception, will be open during this meet. The SQ Swim Shop is dedicated to all areas of swimming, from learn to swim to high performance, including everything in between.

YOUR ONE STOP SHOP FOR ALL THINGS SWIMMING

Our Swim Shop is dedicated to all areas of swimming, from learn to swim to high performance, including everything in between.

DON'T MISS A MOMENT

CATCH THE ACTION LIVE

SUBSCRIBE NOW

2020 Medol Shots Long Course Preparation Meet

\$5.99 1-DAY PASS
\$8.99 EVENT PASS
\$49.99 ANNUAL PASS





PROGRAM OF EVENTS

Friday 13th November 2020

First Session

Competition Start Time: 6:00 p.m.

Event	Age	Gender	Distance	Stroke
1.	13 Years & Over	Male	1500	Freestyle
2.	13 Years & Over	Female	1500m	Freestyle
3.	12 Years & Over	Male	400m	Individual Medley
4.	12 Years & Over	Female	400m	Individual Medley



PROGRAM OF EVENTS

Saturday 14 November 2020

Second Session

Competition Start Time: 8:30 a.m.

Event	Age	Gender	Distance	Stroke
5.	12 Years & Over	Male	50m	Freestyle
6.	12 Years & Over	Female	50m	Freestyle
7.	12 Years & Over	Male	50m	Multi Class Freestyle
8.	12 Years & Over	Female	50m	Multi Class Freestyle
9.	12 Years & Over	Male	200m	Butterfly
10.	12 Years & Over	Female	200m	Butterfly
11.	12 - 14 Years	Male	100m	Breaststroke
12.	12 - 14 Years	Female	100m	Breaststroke
13.	15 Years & Over	Male	100m	Breaststroke
14.	15 Years & Over	Female	100m	Breaststroke
15.	12 Years & Over	Male	100m	Multi Class Freestyle
16.	12 Years & Over	Female	100m	Multi Class Freestyle
17.	*12 Years & Over	Male	400m	Freestyle
18.	*12 Years & Over	Female	400m	Freestyle
19.	12 Years & Over	Male	100m	Multi Class Breaststroke
20.	12 Years & Over	Female	100m	Multi Class Breaststroke

Third Session

Competition Start Time: TBA

Event	Age	Gender	Distance	Stroke
21.	12 - 14 Years	Male	100m	Backstroke
22.	12 - 14 Years	Female	100m	Backstroke
23.	15 Years & Over	Male	100m	Backstroke
24.	15 Years & Over	Female	100m	Backstroke
25.	12 Years & Over	Male	100m	Multi Class Backstroke
26.	12 Years & Over	Female	100m	Multi Class Backstroke
27.	12 Years & Over	Male	50m	Breaststroke
28.	12 Years & Over	Female	50m	Breaststroke
29.	*12 Years & Over	Male	200m	Freestyle
30.	*12 Years & Over	Female	200m	Freestyle
31.	12 Years & Over	Male	100m	Multi Class Butterfly
32.	12 Years & Over	Female	100m	Multi Class Butterfly
33.	12 Years & Over	Male	800m	Freestyle

*Swimmers With Disability may swim in these events provided they have achieved the SWD qualifying times attached.



PROGRAM OF EVENTS

Sunday 15 November 2020

Fourth Session

Competition Start Time: 8:30 a.m.

Event	Age	Gender	Distance	Stroke
34.	12 - 14 Years	Male	100m	Freestyle
35.	12 - 14 Years	Female	100m	Freestyle
36.	15 Years & Over	Male	100m	Freestyle
37.	15 Years & Over	Female	100m	Freestyle
38.	*12 Years & Over	Male	200m	Individual Medley
39.	*12 Years & Over	Female	200m	Individual Medley
40.	12 Years & Over	Male	50m	Butterfly
41.	12 Years & Over	Female	50m	Butterfly

Fifth Session

Competition Start Time: TBA

Event	Age	Gender	Distance	Stroke
42.	12 Years & Over	Male	200m	Backstroke
43.	12 Years & Over	Female	200m	Backstroke
44.	12 - 14 Years	Male	100m	Butterfly
45.	12 - 14 Years	Female	100m	Butterfly
46.	15 Years & Over	Male	100m	Butterfly
47.	15 Years & Over	Female	100m	Butterfly
48.	12 Years & Over	Male	50m	Backstroke
49.	12 Years & Over	Female	50m	Backstroke
50.	12 Years & Over	Male	200m	Breaststroke
51.	12 Years & Over	Female	200m	Breaststroke
52.	12 Years & Over	Female	800m	Freestyle

*Swimmers With Disability may swim in these events provided they have achieved the SWD qualifying times attached.



QUALIFYING TIMES

Male

	12 Years		13 Years		14 Years		15 Years		16 Years		17 & 18 Years		Opens	
	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC
50 FREE	32.96	32.30	29.69	29.09	28.97	28.39	27.77	27.21	27.53	26.98	26.57	26.04	25.60	25.09
100 FREE	1:11.50	1:10.07	1:05.11	1:03.81	1:03.54	1:02.27	1:00.91	59.69	1:00.39	59.18	58.29	57.12	56.84	55.70
200 FREE	2:36.17	2:33.04	2:19.95	2:17.15	2:17.65	2:14.90	2:13.07	2:10.41	2:11.92	2:09.28	2:07.33	2:04.78	2:04.37	2:01.89
400 FREE	5:25.24	5:18.73	4:56.87	4:50.93	4:52.00	4:46.16	4:42.27	4:36.63	4:39.84	4:34.24	4:30.10	4:24.70	4:26.18	4:20.85
800 FREE	11:11.10	10:57.68	10:14.53	10:02.24	9:59.42	9:47.43	9:34.24	9:22.75	9:29.20	9:17.82	9:19.13	9:07.94	9:10.51	8:59.50
1500 FREE			19:30.59	19:07.18	19:11.24	18:48.21	18:22.87	18:00.81	18:13.19	17:51.33	17:53.85	17:32.37	17:32.59	17:11.54
50 BACK	38.57	37.80	34.97	34.27	33.63	32.95	32.82	32.16	32.28	31.64	31.21	30.58	29.24	28.65
100 BACK	1:22.59	1:20.94	1:14.80	1:13.31	1:11.93	1:10.49	1:10.20	1:08.79	1:09.05	1:07.67	1:06.75	1:05.41	1:02.80	1:01.54
200 BACK	2:58.05	2:54.49	2:43.90	2:40.62	2:37.59	2:34.44	2:33.81	2:30.73	2:31.29	2:28.26	2:26.25	2:23.32	2:17.90	2:15.14
50 BREAST	43.27	42.41	38.68	37.91	37.20	36.45	36.30	35.58	35.71	34.99	34.52	33.83	31.85	31.21
100 BREAST	1:33.53	1:31.66	1:23.50	1:21.83	1:20.29	1:18.68	1:18.36	1:16.79	1:17.07	1:15.53	1:14.51	1:13.01	1:09.63	1:08.24
200 BREAST	3:22.61	3:18.55	3:03.32	2:59.65	2:56.27	2:52.74	2:52.04	2:48.60	2:49.22	2:45.83	2:43.58	2:40.31	2:30.86	2:27.84
50 FLY	36.68	35.94	32.77	32.12	31.51	30.88	30.76	30.14	30.25	29.65	29.24	28.66	27.29	26.75
100 FLY	1:21.57	1:19.94	1:12.03	1:10.59	1:09.26	1:07.88	1:07.60	1:06.25	1:06.49	1:05.16	1:04.27	1:02.99	1:00.80	59.58
200 FLY	3:01.34	2:57.71	2:42.67	2:39.41	2:36.41	2:33.28	2:32.66	2:29.60	2:30.15	2:27.15	2:25.15	2:22.25	2:16.71	2:13.98
200 IM	2:58.30	2:54.74	2:48.97	2:45.59	2:36.17	2:33.04	2:31.05	2:28.03	2:29.77	2:26.77	2:24.65	2:21.75	2:17.51	2:14.76
400 IM	6:19.78	6:12.18	6:01.16	5:53.94	5:31.07	5:24.45	5:20.12	5:13.72	5:17.39	5:11.04	5:09.18	5:02.99	4:57.37	4:51.42



QUALIFYING TIMES

Female

	12 Years		13 Years		14 Years		15 Years		16 Years		17 & 18 Years		Opens	
	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC
50 FREE	32.96	32.30	31.35	30.72	30.82	30.20	30.28	29.67	30.01	29.41	29.74	29.15	28.76	28.19
100 FREE	1:11.50	1:10.07	1:08.01	1:06.65	1:06.85	1:05.51	1:05.68	1:04.37	1:05.10	1:03.80	1:04.52	1:03.23	1:02.69	1:01.44
200 FREE	2:36.17	2:33.04	2:27.28	2:24.33	2:24.74	2:21.85	2:23.47	2:20.60	2:22.20	2:19.36	2:20.93	2:18.11	2:17.38	2:14.63
400 FREE	5:25.24	5:18.73	5:06.73	5:00.59	5:01.44	4:55.41	4:58.80	4:52.82	4:56.15	4:50.23	4:53.51	4:47.64	4:43.76	4:38.08
800 FREE	11:11.10	10:57.68	10:27.45	10:14.90	10:16.54	10:04.21	10:11.08	9:58.86	10:05.63	9:53.52	10:00.17	9:48.17	9:54.06	9:42.17
1500 FREE			19:53.01	19:29.15	19:32.26	19:08.82	19:21.89	18:58.65	19:11.51	18:48.48	19:01.14	18:38.32	18:42.09	18:19.64
50 BACK	38.57	37.80	36.46	35.73	35.86	35.14	35.56	34.85	35.26	34.55	34.96	34.26	32.68	32.03
100 BACK	1:22.59	1:20.94	1:18.07	1:16.51	1:16.78	1:15.25	1:16.14	1:14.61	1:15.49	1:13.98	1:14.85	1:13.35	1:10.22	1:08.81
200 BACK	2:58.05	2:54.49	2:48.32	2:44.95	2:45.53	2:42.22	2:44.14	2:40.86	2:42.75	2:39.50	2:41.36	2:38.13	2:32.17	2:29.13
50 BREAST	43.27	42.41	40.27	39.47	39.61	38.82	39.28	38.49	38.94	38.16	38.61	37.84	36.57	35.84
100 BREAST	1:33.53	1:31.66	1:27.05	1:25.31	1:25.62	1:23.90	1:24.90	1:23.20	1:24.18	1:22.49	1:23.46	1:21.79	1:18.76	1:17.18
200 BREAST	3:22.61	3:18.55	3:08.58	3:04.81	3:05.46	3:01.75	3:03.90	3:00.23	3:02.35	2:58.70	3:00.79	2:57.17	2:49.56	2:46.16
50 FLY	36.68	35.94	34.14	33.46	33.57	32.90	33.29	32.63	33.01	32.35	32.73	32.07	30.59	29.98
100 FLY	1:21.57	1:19.94	1:15.93	1:14.41	1:14.67	1:13.18	1:14.04	1:12.56	1:13.42	1:11.95	1:12.79	1:11.33	1:07.15	1:05.81
200 FLY	3:01.34	2:57.71	2:48.79	2:45.41	2:46.00	2:42.68	2:44.60	2:41.31	2:43.21	2:39.94	2:41.81	2:38.58	2:31.77	2:28.74
200 IM	2:58.30	2:54.74	2:49.74	2:46.35	2:46.89	2:43.55	2:45.47	2:42.16	2:44.04	2:40.76	2:42.61	2:39.36	2:32.09	2:29.04
400 IM	6:19.78	6:12.18	5:55.67	5:48.55	5:49.64	5:42.65	5:46.62	5:39.69	5:43.61	5:36.74	5:40.60	5:33.78	5:25.09	5:18.59

QUALIFYING TIMES

Multi Class

Male

	200m FREE		400m FREE		200m IM	
	LC	SC	LC	SC	LC	SC
S1	8:16.00	8:06.08				
S2	7:38.00	7:28.84				
S3	6:50.00	6:41.80				
S4	4:56.00	4:50.08				
S5	4:08.00	4:03.04			SM5	4:58.00 4:52.04
S6	3:58.00	3:53.24	8:00.00	7:50.40	SM6	4:32.00 4:26.56
S7	3:53.00	3:48.34	8:00.00	7:50.40	SM7	4:26.00 4:20.68
S8	3:42.00	3:37.56	7:28.00	7:19.04	SM8	3:57.00 3:52.26
S9	3:29.00	3:24.82	7:09.00	7:00.42	SM9	3:46.00 3:41.48
S10	3:16.00	3:12.08	6:43.00	6:34.94	SM10	3:42.00 3:37.56
S11	3:32.00	3:27.76	7:47.00	7:37.66	SM11	3:59.00 3:54.22
S12	3:24.00	3:19.92	6:55.00	6:46.70	SM12	3:40.00 3:35.60
S13	3:27.00	3:22.86	7:06.00	6:57.48	SM13	3:46.00 3:41.48
S14	3:23.00	3:18.94	7:21.00	7:12.18	SM14	3:55.00 3:50.30
S15	3:13.00	3:09.14	6:41.00	6:32.98	SM15	3:33.00 3:28.74
S16	4:10.00	4:05.00	7:21.00	7:12.18	SM16	3:55.00 3:50.30

Female

	200m FREE		400m FREE		200m IM	
	LC	SC	LC	SC	LC	SC
S1	9:08.00	8:57.04				
S2	8:03.00	7:53.34				
S3	7:05.00	6:56.50				
S4	5:28.00	5:21.44				
S5	4:38.00	4:32.44			SM5	5:58.00 5:50.84
S6	4:26.00	4:20.68	9:42.00	9:30.36	SM6	5:21.00 5:14.58
S7	4:08.00	4:03.04	8:44.00	8:33.52	SM7	5:00.00 4:54.00
S8	3:59.00	3:54.22	7:59.00	7:49.42	SM8	4:28.00 4:22.64
S9	3:41.00	3:56.58	7:16.00	7:07.28	SM9	4:05.00 4:00.10
S10	3:47.00	3:42.46	7:42.00	7:32.76	SM10	4:58.00 4:52.04
S11	4:19.00	4:13.82	9:00.00	8:49.20	SM11	4:59.00 4:53.02
S12	3:51.00	3:46.38	7:54.00	7:44.52	SM12	4:10.00 4:05.00
S13	3:43.00	3:38.54	7:35.00	7:25.90	SM13	4:05.00 4:00.10
S14	3:44.00	3:39.52	8:12.00	8:02.16	SM14	4:23.00 4:17.74
S15	3:26.00	3:21.88	7:36.00	7:26.88	SM15	4:06.00 4:01.08
S16	4:37.00	4:31.46	8:12.00	8:02.16	SM16	4:23.00 4:17.74