



## MEET INFORMATION

2021 Long Course Preparation Meet #1

Brisbane Aquatic Centre  
9-10 October 2021



# EVENT DETAILS

## 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.

*International swimmers training with, or members of, clubs in Australia will be nominated under their country name not the Australian club name.*

## Age

Minimum age is 12 years. Age as at the first day of the 2021 McDonald's Queensland Championships (11 December 2021).

## Entries

Entries are to be completed via Swim Central.

**Entries close Midnight, Tuesday 28 September.**

## 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 will be available through Swim Central from Wednesday 29 September until midday Friday 1 October and will incur a late entry fee of \$22 per event\*. *Any further late entries are at the discretion of the Nominations Officer and if accepted will be \$50 per event.*

## Entry List

The entry list will be emailed to all competitors, and available on the event page, on Friday 1 October. All competitors must check their entries thoroughly and if any discrepancies are noted they must be submitted using the online form by Midnight, Sunday 3 October.

## Qualifying Times

Qualifying times must have been achieved at an approved qualifying meet (either short course or long course) on or after 1 January 2020.

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.

## Ticketing

Tickets will go on sale Tuesday 5 October.

## Timeline

The timeline for this meet will be published on the event page of our website on or before Wednesday 6 October.

## Self-Marshalling Entry List

A final entry list will be published on the event page on or before Wednesday 6 October detailing event number, heat and lane for swimmers to use for self-marshalling.

## Online Meet Program

An online meet program will be published on the event page on Thursday 7 October. No printed programs will be available.

## 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.

# EVENT DETAILS

## Warm Up Procedure

Warm up will commence at 4:30pm Friday and 7:00am Saturday and Sunday. The competition pool may be used for warm up, until 15 minutes prior to racing commencing. The outdoor pool will be in use for the duration of the meet; the dive pool may not be used.

## Self-Marshalling

Self-marshalling will be in place for this event. Swimmers will only be permitted on pool deck to self marshal a certain number of races prior to their heat. Three heats prior for 50m-200m events, two heats prior for 400m events and one heat prior for 800m and 1500m events.

## Marshalling Requirements for 400m, 800m & 1500m events

Events of 400m and over require swimmers (or their Coach / Team Manager) to confirm their intention to swim. This must be completed at the Help Desk a minimum of one hour prior to the published start time of the relevant event. Failure to confirm their intention to swim will be taken as a withdrawal. Confirmed swimmers should then follow the self-marshalling procedures.

## 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.

## Results

Live results will be made available for this meet on the event page of our website.

## Other Competitor Guidance Notes

Heats are seeded fastest to slowest. Heats may be amalgamated or re-seeded at the discretion of the Technical Manager and Referee.

Starts will be 'over the top'. Competitors will remain in their respective lanes until the next heat is started, with the exception that for Multi Class events, competitors in the final heat of the event prior to all Multi Class events, during the heats of all Multi Class events and after the final heat of all Multi Class events will be asked to clear the water.

Protests must be submitted in writing to the Referee by a responsible team leader, together with a deposit of \$100, within 30 minutes of the conclusion of the respective competition.

All Swimming Queensland Rules, Championship By-Laws, SAL and FINA Swimming Rules will apply with additions or amendments as from time to time decided by the Board.

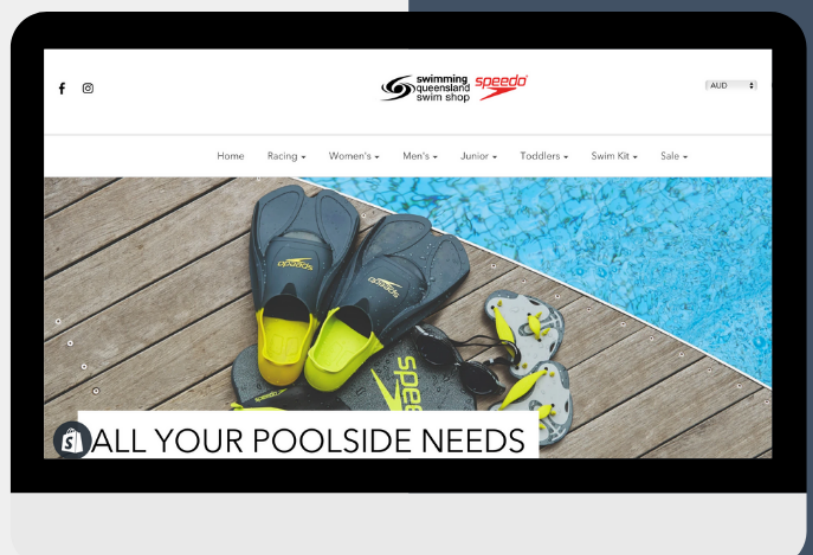
## SQ Swim Shop

The Swimming Queensland Swim Shop, located at Brisbane Aquatic Centre, 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

The SQ SWIM SHOP IS OWNED & RUN BY  
SWIMMING QUEENSLAND

SHOP NOW



# PROGRAM OF EVENTS

Saturday 9 October

## First Session

Competition Start Time: 8:30 a.m.

Event	Age	Gender	Distance	Stroke
1.	Open	Male	50m	Multi Class Freestyle
2.	Open	Female	50m	Multi Class Freestyle
3.	Open	Male	50m	Freestyle
4.	Open	Female	50m	Freestyle
5.	Open	Male	200m	Butterfly
6.	Open	Female	200m	Butterfly
7.	Open	Male	100m	Breaststroke
8.	Open	Female	100m	Breaststroke
9.	Open	Male	100m	Multi Class Freestyle
10.	Open	Female	100m	Multi Class Freestyle
11.	*Open	Male	400m	Freestyle
12.	*Open	Female	400m	Freestyle
13.	Open	Male	100m	Backstroke
14.	Open	Female	100m	Backstroke
15.	Open	Male	100m	Multi Class Backstroke
16.	Open	Female	100m	Multi Class Backstroke

## Second Session

Competition Start Time: TBA

Event	Age	Gender	Distance	Stroke
17.	Open	Male	400m	Individual Medley
18.	Open	Female	400m	Individual Medley
19.	Open	Male	100m	Multi-Class Butterfly
20.	Open	Female	100m	Multi-Class Butterfly
21.	Open	Male	50m	Backstroke
22.	Open	Female	50m	Backstroke
23.	*Open	Male	200m	Freestyle
24.	*Open	Female	200m	Freestyle
25.	Open	Male	100m	Multi Class Breaststroke
26.	Open	Female	100m	Multi Class Breaststroke
27.	Open	Male	800m	Freestyle
28.	13 Years & Over	Female	1500m	Freestyle

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

# PROGRAM OF EVENTS

Sunday 10 October

## Third Session

Competition Start Time: 8:30 a.m.

Event	Age	Gender	Distance	Stroke
29.	Open	Male	50m	Breaststroke
30.	Open	Female	50m	Breaststroke
31.	Open	Male	100m	Freestyle
32.	Open	Female	100m	Freestyle
33.	*Open	Male	200m	Individual Medley
34.	*Open	Female	200m	Individual Medley
35.	Open	Male	50m	Butterfly
36.	Open	Female	50m	Butterfly

## Fourth Session

Competition Start Time: TBA

Event	Age	Gender	Distance	Stroke
37.	Open	Male	200m	Backstroke
38.	Open	Female	200m	Backstroke
39.	Open	Male	100m	Butterfly
40.	Open	Female	100m	Butterfly
41.	Open	Male	200m	Breaststroke
42.	Open	Female	200m	Breaststroke
43.	13 Years & Over	Male	1500m	Freestyle
44.	Open	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
<b>50 FREE</b>	35.41	34.70	31.98	31.34	30.35	29.74	29.10	28.51	28.84	28.27	27.84	27.28	26.82	26.28
<b>100 FREE</b>	1:16.12	1:14.60	1:09.31	1:07.92	1:06.56	1:05.23	1:03.81	1:02.54	1:03.26	1:02.00	1:01.06	59.84	59.54	58.35
<b>200 FREE</b>	2:43.60	2:40.33	2:26.61	2:23.68	2:24.21	2:21.33	2:19.40	2:16.61	2:18.20	2:15.44	2:13.39	2:10.73	2:10.30	2:07.69
<b>400 FREE</b>	5:40.73	5:33.91	5:11.01	5:04.79	5:05.91	4:59.79	4:55.71	4:49.80	4:53.16	4:47.30	4:42.97	4:37.31	4:38.85	4:33.27
<b>800 FREE</b>	11:43.06	11:29.00	10:43.80	10:30.92	10:27.97	10:15.41	10:01.58	9:49.55	9:56.30	9:44.38	9:45.75	9:34.04	9:36.72	9:25.19
<b>1500 FREE</b>			20:26.33	20:01.80	20:06.06	19:41.94	19:15.39	18:52.28	19:05.25	18:42.35	18:44.98	18:22.48	18:22.71	18:00.66
<b>50 BACK</b>	41.29	40.47	37.52	36.77	36.11	35.39	35.27	34.56	34.69	34.00	33.57	32.90	31.50	30.87
<b>100 BACK</b>	1:27.88	1:26.12	1:19.57	1:17.98	1:15.35	1:13.84	1:13.54	1:12.07	1:12.34	1:10.89	1:09.92	1:08.53	1:05.79	1:04.47
<b>200 BACK</b>	3:06.53	3:02.80	2:51.70	2:48.27	2:45.10	2:41.79	2:41.13	2:37.91	2:38.49	2:35.32	2:33.21	2:30.15	2:24.46	2:21.58
<b>50 BREAST</b>	46.21	45.29	41.40	40.58	39.85	39.06	38.91	38.13	38.29	37.53	37.04	36.30	34.24	33.56
<b>100 BREAST</b>	1:39.49	1:37.51	1:28.81	1:27.04	1:24.11	1:22.43	1:22.09	1:20.45	1:20.74	1:19.13	1:18.05	1:16.49	1:12.95	1:11.49
<b>200 BREAST</b>	3:32.25	3:28.01	3:12.05	3:08.21	3:04.66	3:00.97	3:00.23	2:56.63	2:57.28	2:53.73	2:51.37	2:47.94	2:38.04	2:34.88
<b>50 FLY</b>	39.30	38.52	35.21	34.51	33.89	33.21	33.10	32.44	32.57	31.92	31.52	30.88	29.48	28.89
<b>100 FLY</b>	1:28.09	1:26.33	1:16.63	1:15.09	1:12.56	1:11.11	1:10.82	1:09.40	1:09.66	1:08.26	1:07.33	1:05.99	1:03.69	1:02.42
<b>200 FLY</b>	3:09.98	3:06.18	2:50.41	2:47.00	2:43.86	2:40.58	2:39.93	2:36.73	2:37.30	2:34.16	2:32.06	2:29.02	2:23.22	2:20.36
<b>200 IM</b>	3:06.79	3:03.06	2:57.01	2:53.47	2:43.60	2:40.33	2:38.24	2:35.07	2:36.90	2:33.76	2:31.53	2:28.50	2:24.05	2:21.17
<b>400 IM</b>	6:37.87	6:29.91	6:18.36	6:10.79	5:46.83	5:39.90	5:35.37	5:28.66	5:32.50	5:25.85	5:23.90	5:17.42	5:11.53	5:05.30

Qualifying times must have been achieved at an approved qualifying meet (either short course or long course) on or after 1 January 2020.

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.

# 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
<b>50 FREE</b>	35.41	34.70	33.73	33.05	32.29	31.64	31.72	31.09	31.44	30.81	31.16	30.54	30.14	29.54
<b>100 FREE</b>	1:16.12	1:14.60	1:12.47	1:11.02	1:10.03	1:08.63	1:08.81	1:07.44	1:08.20	1:06.84	1:07.59	1:06.24	1:05.68	1:04.36
<b>200 FREE</b>	2:43.60	2:40.33	2:34.29	2:31.21	2:31.63	2:28.60	2:30.30	2:27.30	2:28.97	2:25.99	2:27.64	2:24.69	2:23.92	2:21.04
<b>400 FREE</b>	5:40.73	5:33.91	5:21.34	5:14.91	5:15.79	5:09.48	5:13.02	5:06.76	5:10.25	5:04.05	5:07.48	5:01.33	4:57.27	4:51.32
<b>800 FREE</b>	11:43.06	11:29.00	10:57.33	10:44.19	10:45.90	10:32.98	10:40.18	10:27.38	10:34.47	10:21.78	10:28.75	10:16.18	10:22.34	10:09.90
<b>1500 FREE</b>			20:49.82	20:24.82	20:28.08	20:03.52	20:17.22	19:52.87	20:06.35	19:42.22	19:55.48	19:31.57	19:35.52	19:12.01
<b>50 BACK</b>	41.29	40.47	39.08	38.30	38.45	37.68	38.14	37.37	37.82	37.06	37.50	36.75	35.11	34.41
<b>100 BACK</b>	1:27.88	1:26.12	1:23.14	1:21.48	1:20.44	1:18.83	1:19.76	1:18.17	1:19.09	1:17.50	1:18.41	1:16.84	1:13.56	1:12.09
<b>200 BACK</b>	3:06.53	3:02.80	2:56.33	2:52.80	2:53.42	2:49.95	2:51.96	2:48.52	2:50.50	2:47.09	2:49.04	2:45.66	2:39.42	2:36.23
<b>50 BREAST</b>	46.21	45.29	43.08	42.21	42.37	41.52	42.03	41.19	41.68	40.85	41.33	40.50	39.19	38.41
<b>100 BREAST</b>	1:39.49	1:37.51	1:32.71	1:30.85	1:29.69	1:27.90	1:28.94	1:27.16	1:28.19	1:26.42	1:27.43	1:25.68	1:22.51	1:20.86
<b>200 BREAST</b>	3:32.25	3:28.01	3:17.56	3:13.61	3:14.29	3:10.41	3:12.66	3:08.81	3:11.03	3:07.21	3:09.40	3:05.61	2:57.63	2:54.08
<b>50 FLY</b>	39.30	38.52	36.64	35.91	36.06	35.34	35.76	35.05	35.46	34.75	35.17	34.46	32.92	32.26
<b>100 FLY</b>	1:28.09	1:26.33	1:20.85	1:19.23	1:18.23	1:16.66	1:17.57	1:16.02	1:16.91	1:15.37	1:16.25	1:14.73	1:10.35	1:08.94
<b>200 FLY</b>	3:09.98	3:06.18	2:56.82	2:53.29	2:53.90	2:50.42	2:52.44	2:48.99	2:50.98	2:47.56	2:49.52	2:46.13	2:39.00	2:35.82
<b>200 IM</b>	3:06.79	3:03.06	2:57.83	2:54.27	2:54.84	2:51.34	2:53.34	2:49.88	2:51.85	2:48.41	2:50.36	2:46.95	2:39.33	2:36.14
<b>400 IM</b>	6:37.87	6:29.91	6:12.60	6:05.15	6:06.29	5:58.96	6:03.13	5:55.87	5:59.97	5:52.77	5:56.82	5:49.68	5:40.57	5:33.76

Qualifying times must have been achieved at an approved qualifying meet (either short course or long course) on or after 1 January 2020.

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.

# QUALIFYING TIMES

## Multi Class

### Male

	200m FREE		400m FREE			200m IM	
	LC	SC	LC	SC		LC	SC
<b>S1</b>	8:16.00	8:06.08					
<b>S2</b>	7:38.00	7:28.84					
<b>S3</b>	6:50.00	6:41.80					
<b>S4</b>	4:56.00	4:50.08					
<b>S5</b>	4:08.00	4:03.04			<b>SM5</b>	4:58.00	4:52.04
<b>S6</b>	3:58.00	3:53.24	8:00.00	7:50.40	<b>SM6</b>	4:32.00	4:26.56
<b>S7</b>	3:53.00	3:48.34	8:00.00	7:50.40	<b>SM7</b>	4:26.00	4:20.68
<b>S8</b>	3:42.00	3:37.56	7:28.00	7:19.04	<b>SM8</b>	3:57.00	3:52.26
<b>S9</b>	3:29.00	3:24.82	7:09.00	7:00.42	<b>SM9</b>	3:46.00	3:41.48
<b>S10</b>	3:16.00	3:12.08	6:43.00	6:34.94	<b>SM10</b>	3:42.00	3:37.56
<b>S11</b>	3:32.00	3:27.76	7:47.00	7:37.66	<b>SM11</b>	3:59.00	3:54.22
<b>S12</b>	3:24.00	3:19.92	6:55.00	6:46.70	<b>SM12</b>	3:40.00	3:35.60
<b>S13</b>	3:27.00	3:22.86	7:06.00	6:57.48	<b>SM13</b>	3:46.00	3:41.48
<b>S14</b>	3:23.00	3:18.94	7:21.00	7:12.18	<b>SM14</b>	3:55.00	3:50.30
<b>S15</b>	3:13.00	3:09.14	6:41.00	6:32.98	<b>SM15</b>	3:33.00	3:28.74
<b>S16</b>	4:10.00	4:05.00	7:21.00	7:12.18	<b>SM16</b>	3:55.00	3:50.30
<b>S17</b>	3:16.00	3:12.08	6:43.00	6:34.94	<b>SM17</b>	3:42.00	3:37.56

### Female

	200m FREE		400m FREE			200m IM	
	LC	SC	LC	SC		LC	SC
<b>S1</b>	9:08.00	8:57.04					
<b>S2</b>	8:03.00	7:53.34					
<b>S3</b>	7:05.00	6:56.50					
<b>S4</b>	5:28.00	5:21.44					
<b>S5</b>	4:38.00	4:32.44			<b>SM5</b>	5:58.00	5:50.84
<b>S6</b>	4:26.00	4:20.68	9:42.00	9:30.36	<b>SM6</b>	5:21.00	5:14.58
<b>S7</b>	4:08.00	4:03.04	8:44.00	8:33.52	<b>SM7</b>	5:00.00	4:54.00
<b>S8</b>	3:59.00	3:54.22	7:59.00	7:49.42	<b>SM8</b>	4:28.00	4:22.64
<b>S9</b>	3:41.00	3:56.58	7:16.00	7:07.28	<b>SM9</b>	4:05.00	4:00.10
<b>S10</b>	3:47.00	3:42.46	7:42.00	7:32.76	<b>SM10</b>	4:58.00	4:52.04
<b>S11</b>	4:19.00	4:13.82	9:00.00	8:49.20	<b>SM11</b>	4:59.00	4:53.02
<b>S12</b>	3:51.00	3:46.38	7:54.00	7:44.52	<b>SM12</b>	4:10.00	4:05.00
<b>S13</b>	3:43.00	3:38.54	7:35.00	7:25.90	<b>SM13</b>	4:05.00	4:00.10
<b>S14</b>	3:44.00	3:39.52	8:12.00	8:02.16	<b>SM14</b>	4:23.00	4:17.74
<b>S15</b>	3:26.00	3:21.88	7:36.00	7:26.88	<b>SM15</b>	4:06.00	4:01.08
<b>S16</b>	4:37.00	4:31.46	8:12.00	8:02.16	<b>SM16</b>	4:23.00	4:17.74
<b>S17</b>	3:47.00	3:42.46	7:42.00	7:32.76	<b>SM17</b>	4:58.00	4:52.04

Para swimmers competing in the 200m and 400m Freestyle and 200m Individual Medley must meet the Multi Class qualifying time.

Qualifying times must have been achieved at an approved qualifying meet (either short course or long course) on or after 1 January 2020.

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.