



MEET INFORMATION

2021 Medal Shots Long Course Preparation Meet

Brisbane Aquatic Centre
12-14 November 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 (12 December 2021).

Entries

Entries are to be completed via Swim Central.

Entries close Midnight, Tuesday 2 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 will be available through Swim Central from Wednesday 3 November until midday Friday 5 November 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 5 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 7 November.

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 9 November.

Timeline

The timeline for this meet will be published on the event page of our website on or before Wednesday 10 November.

Self-Marshalling Entry List

A final entry list will be published on the event page on or before Wednesday 10 November 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 11 November. 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.

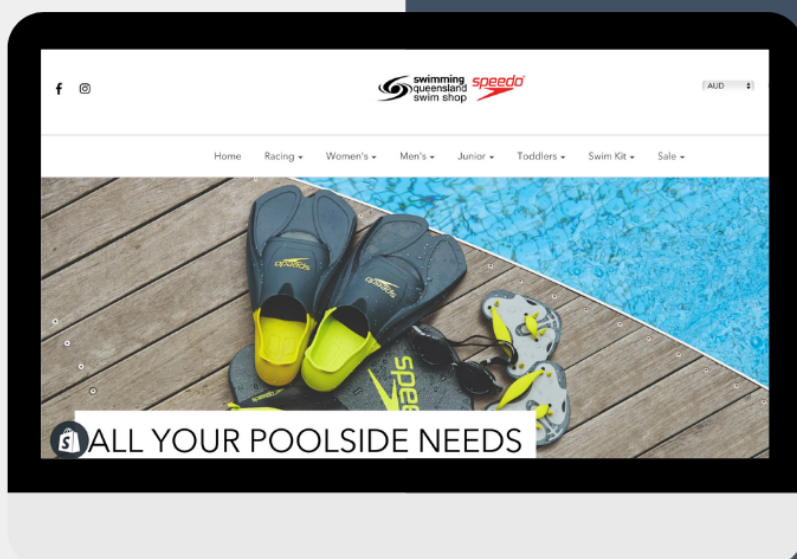
SQ Swim Shop

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

Friday 12th November

First Session

Competition Start Time: 6:00 p.m.

Event	Age	Gender	Distance	Stroke
1.	13 Years & Over	Male	1500m	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 13 November

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 14 November

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	33.80	33.12	30.52	29.91	28.97	28.39	27.77	27.22	27.53	26.98	26.58	26.04	25.60	25.09
100 FREE	1:09.21	1:07.83	1:05.18	1:03.88	1:03.54	1:02.27	1:00.91	0:59.69	1:00.39	59.18	58.29	57.12	56.84	55.70
200 FREE	2:31.73	2:28.70	2:22.93	2:20.07	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	5:23.73	5:17.26	5:04.92	4:58.82	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	11:10.24	10:56.84	10:31.30	10:18.67	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			20:01.01	19:36.99	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	39.42	38.63	35.82	35.10	34.47	33.78	33.66	32.99	33.12	32.45	32.05	31.41	30.07	29.47
100 BACK	1:22.59	1:20.94	1:18.18	1:16.62	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	3:07.27	3:03.52	2:51.31	2:47.88	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	44.11	43.23	39.52	38.73	38.04	37.28	37.14	36.40	36.55	35.82	35.35	34.65	32.69	32.03
100 BREAST	1:31.54	1:29.71	1:26.66	1:24.93	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	3:18.50	3:14.53	3:07.91	3:04.15	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	37.52	36.77	33.61	32.94	32.35	31.70	31.59	30.96	31.09	30.47	30.08	29.48	28.14	27.58
100 FLY	1:19.02	1:17.44	1:14.80	1:13.30	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	0:00
200 FLY	2:58.79	2:55.21	2:49.25	2:45.87	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	3:02.85	2:59.19	2:53.08	2:49.62	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	6:31.57	6:23.74	6:10.66	6:03.25	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 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
50 FREE	33.80	33.12	32.19	31.55	30.82	30.20	30.28	29.68	30.01	29.41	29.75	29.15	28.77	28.19
100 FREE	1:11.39	1:09.96	1:07.91	1:06.55	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	2:36.56	2:33.43	2:28.93	2:25.95	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	5:30.31	5:23.70	5:14.24	5:07.96	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	11:10.99	10:57.57	10:38.35	10:25.58	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			20:22.64	19:58.19	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	39.42	38.63	37.31	36.56	36.70	35.96	36.40	35.68	36.10	35.38	35.79	35.08	33.52	32.85
100 BACK	1:22.62	1:20.97	1:18.60	1:17.03	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	3:00.46	2:56.85	2:51.69	2:48.26	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	44.11	43.23	41.12	40.30	40.45	39.64	40.12	39.32	39.78	38.99	39.45	38.66	37.41	36.66
100 BREAST	1:34.61	1:32.72	1:30.01	1:28.21	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	3:25.99	3:21.87	3:15.96	3:12.04	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	37.52	36.77	34.98	34.28	34.42	33.73	34.14	33.45	33.85	33.17	33.57	32.90	31.43	30.80
100 FLY	1:20.79	1:19.17	1:16.85	1:15.31	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	3:00.77	2:57.15	2:51.97	2:48.53	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	3:04.97	3:01.27	2:55.97	2:52.45	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	6:33.89	6:26.01	6:14.72	6:07.23	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 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
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
S17	3:16.00	3:12.08	6:43.00	6:34.94	SM17	3:42.00 3:37.56

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
S17	3:47.00	3:42.46	7:42.00	7:32.76	SM17	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.

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SWIMMING QUEENSLAND

COVID-19 Terms and Conditions of Entry and Attendance at Events

All attendees will be required to read these Terms and Conditions and the Meet Information before nominating for, or attending the event. Nominating for, or attending the event confirms your acceptance of these Terms and Conditions.

Purpose

The purpose of this document is to provide COVID-19 terms and conditions for attendees at events and club activities in Queensland

Terms and Conditions

Swimming Queensland (SQ) will take reasonable, proportionate steps in accordance with published advice, to respond to the current (known) risks associated with the virus and requires all event attendees to do likewise.

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1. I acknowledge that by nominating for, or attending an event I agree to abide by and adhere to these COVID-19 Terms and Conditions.
 2. I acknowledge that I must follow all COVID Safe directions related to attendance at an event.
 3. As an attendee, I understand that I am responsible for adhering to physical distancing, health, and hygiene guidelines. Including, but not limited to:
 - Keep 1.5 metre distance between yourself and others
 - Adhere to all designated venue flow, entry and exit points as per event maps
 - Stay home, do not attend the event, and seek testing if you have symptoms
 - Wash your hands often and cover coughs and sneezes
 - Do not share food, drink, or sporting equipment with others
 4. I confirm, that neither I, nor any member of my household, is experiencing any COVID-19 symptoms, been in contact with any confirmed or suspected COVID-19 cases, been present in any COVID-19 hot spots in the previous 14 days or travelled internationally.
 5. I confirm that if I return a positive COVID-19 test within 14 days of the event, I will immediately notify my Club and SQ.
 6. I acknowledge that I have read, understood, and agree to comply with the published Meet Information.
 7. I warrant that I will provide all required information and that it will be true and correct.
 8. I authorise my information to be used and disclosed to relevant bodies where necessary to implement the government directions with regards to COVID-19 and the resumption of sporting activity; in particular for contact tracing purposes as required from time to time.