



## MEET INFORMATION

### 2022 Medal Shots Long Course Preparation Meet

Brisbane Aquatic Centre  
12-13 November 2022





# KEY DETAILS

## Purpose

This meet has been designed to provide a quality racing opportunity for swimmers prior to the Queensland Championships, and to provide an opportunity for swimmers to qualify for those Championships.

## 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.

## Photo Release

In nominating, swimmers agree that they may be photographed/videoed by Swimming Queensland's approved photographer; that the images may be displayed for viewing and purchasing on site during the meet and on the photographer's secure website after the Championships; and that they may also be used by Swimming Queensland at its discretion.

## Age

Age as at the first day of the Queensland Championships, 10 December. Minimum age is 12 years.

## Qualifying Times

Qualifying times must have been achieved at an approved meet (either short course or long course) on or after 1 January 2021. Converted short course times will only be used where an existing long course 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 Qualifying Times and Entries

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

## Entries

Entries are to be completed online via Swim Central using the link available on the event page of our website. International swimmers and teams should contact the [Nominations Officer](#).

**Entries close Midnight, Tuesday 1 November.**

## Entry Fees

Online Meet Entry	\$13.00*
International Swimmer/Team#	\$15.00

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

#International swimmers must request a manual nomination form from the Nominations Officer

[Refund Policy](#)



# KEY DETAILS

## Late Entries

All entries for individual events submitted between Wednesday 2 November and midday Friday 4 November will be \$23 per event. Any further late entries are at the discretion of the Nominations Officer and if accepted will be \$50 per event.

## COVID

We have a shared responsibility to ensure the safe running of events. We appreciate your support in making this happen by maintaining physical distancing, good hand hygiene, staying at home, and getting tested if you have symptoms.

## Ticketing

Tickets for this meet will be on sale via Ticketbooth on the Tuesday prior to the meet. The ticket link will be made available [on our website](#).

- Ticketing is general admission.
- Tickets are only required for spectators 16 years and over (\$7 each *plus fees*).
- Children 15 years and younger are free (and don't require a ticket).
- Concession Card Holders\* are free on presentation of their card (and don't require a ticket).

### \*Eligible Concessions:

- Department of Veterans' Affairs Card Holder
- TPI or Department of Veterans' Affairs issued Pensioner Concession Card Holder
- Commonwealth Senior Health Care Card Holder
- Pensioner Concession Card Holder
- Health Care Card Holder
- Full time Australian Secondary or Tertiary student Card Holder

## Event Parking and Drop Off Areas

Parking and drop off for this meet will be in car park 3. Parking is only permitted in designated bays. [Sleeman Sports Complex venue map can be accessed here](#).

## Entry and Opening Times

The front entry will open at 7:00am. All attendees will be required to enter via the ticketing marquees positioned centrally on the grandstand level. Spectators will be given a wristband after scanning their ticket or showing their Concession Card.

## SQ Swim Shop

The Swimming Queensland Swim Shop, located in Aquatic Reception, will be open during this meet, including a pop-up shop on the grandstand level. SQ members receive a 10% discount on all full price items. Check out our socials for special promos!

## Food and Drink

Catering outlets will be open for this event, including coffee and a variety of lunch options.

## Bags and Eskies

Please note that Stadiums Queensland rules state that bags/eskies must be soft to touch, no bigger than 40cm x 40cm x 40cm and stowed under seats. All other bags/eskies will be refused.

## Accommodation

Chandler Lodge and Cabins offer on site accommodation. [Contact them direct for more details](#).

Quest Eight Mile Plains provides a 15% discount for attendees at this meet when they use the code - SWIMQ - when booking.



# KEY DETAILS

## Entry List

The entry list will be provided to all competitors, and made available [on our website](#).

All competitors must check their entries thoroughly and if any discrepancies are noted they [must be submitted using the online form](#) by Midnight, Sunday 6 November.

## Timekeeper Roster

A timekeeper roster will be confirmed and published [on our website](#) closer to the meet.

## Timeline

The timeline for this meet will be published [on our website](#) by the Thursday prior to the meet. The timeline is to be used as a guide only and actual start times of events may vary depending on a variety of circumstances on the actual day of competition.

## Online Program

An online program will be published [on our website](#) on the Thursday prior to the meet. No printed programs will be available.

## Self-Marshalling Entry List

A final entry list will be published [on our website](#) on the Thursday prior to the meet, for swimmers to use for self-marshalling.

## Marshalling Procedures

Self-marshalling will be in place for this event. Swimmers should ensure they are in the designated self-marshalling area:

- 8 heats prior for 50m events,
- 3 heats prior for 100m and 200m events,
- 2 heats prior for 400m\* events, and
- 1 heat prior for 800m\* and 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 must then follow the self-marshalling procedures.*

## Racing Format

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. Seeding will be from fastest to slowest. No medals or awards will be presented at this meet.

## Results

Live results will be made available for this meet and will be accessible [on our website](#). Results will also be viewable on Meet Mobile for this meet. Following the conclusion of the meet a PDF results file will be published on our website.

*Please note, TM Results files will only be provided, on request, to club race secretaries.*



## KEY DETAILS

### Warm-up Procedure

Warm up will commence at 7:00am. 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.

Competitors must comply with signage on pool deck regarding the use of the warm up and warm down lanes. Diving will not be permitted unless the signage indicates otherwise. Paddles are not permitted during warm up or warm down.

### Other Competitor Guidance Notes

- Athletes are not permitted to 'swim up' an age.
- 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 event.
- All Swimming Queensland Rules, Championship By-Laws, SAL and FINA Swimming Rules will apply at this meet with additions or amendments as from time to time decided by the Board.

**SQ MEMBERS  
RECEIVE 10% OFF  
FULL-PRICED  
ITEMS**





# PROGRAM OF EVENTS

Saturday 12 November

First Session

Competition Start Time: 8:30 a.m.

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

Second Session

Competition Start Time: TBA

Event	Age	Gender	Distance	Stroke
17	12 Years & Over	Male	50m	Breaststroke
18	12 Years & Over	Female	50m	Breaststroke
19	Multi Class	Male	50m	Breaststroke
20	Multi Class	Female	50m	Breaststroke
21	12 Years & Over	Male	400m	Individual Medley
22	12 Years & Over	Female	400m	Individual Medley
23	12 Years & Over	Male	100m	Freestyle
24	12 Years & Over	Female	100m	Freestyle
25	Multi Class	Male	100m	Freestyle
26	Multi Class	Female	100m	Freestyle
27	12 Years & Over	Male	800m	Freestyle
28	12 Years & Over	Female	1500m	Freestyle

\*Para swimmers may compete in the 200m and 400m Freestyle and 200m Individual Medley if they have achieved the Multi Class qualifying time.



# PROGRAM OF EVENTS

Sunday 13 November

Fourth Session

Competition Start Time: 8:30 a.m.

Event	Age	Gender	Distance	Stroke
29	12 Years & Over	Male	200m	Individual Medley*
30	12 Years & Over	Female	200m	Individual Medley*
31	12 Years & Over	Male	50m	Backstroke
32	12 Years & Over	Female	50m	Backstroke
33	Multi Class	Male	50m	Backstroke
34	Multi Class	Female	50m	Backstroke
35	12 Years & Over	Male	200m	Breaststroke
36	12 Years & Over	Female	200m	Breaststroke
37	12 Years & Over	Boys	100m	Butterfly
38	12 Years & Over	Girls	100m	Butterfly
39	Multi Class	Male	100m	Butterfly
40	Multi Class	Female	100m	Butterfly

Fifth Session

Competition Start Time: TBA

Event	Age	Gender	Distance	Stroke
41	12 Years & Over	Male	200m	Freestyle*
42	12 Years & Over	Female	200m	Freestyle*
43	12 Years & Over	Male	50m	Butterfly
44	12 Years & Over	Female	50m	Butterfly
45	Multi Class	Male	50m	Butterfly
46	Multi Class	Female	50m	Butterfly
47	12 Years & Over	Male	200m	Backstroke
48	12 Years & Over	Female	200m	Backstroke
49	12 Years & Over	Male	1500m	Freestyle
50	12 Years & Over	Female	800m	Freestyle

\*Para swimmers may compete in the 200m and 400m Freestyle and 200m Individual Medley if they have achieved the Multi Class qualifying time.



# 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>	34.03	33.35	30.88	30.26	29.21	28.63	28.01	27.45	27.77	27.22	26.58	26.04	25.60	25.09
<b>100 FREE</b>	1:13.83	1:12.35	1:07.21	1:05.87	1:04.06	1:02.78	1:00.91	59.69	1:00.39	59.18	58.29	57.12	56.84	55.70
<b>200 FREE</b>	2:36.17	2:33.04	2:22.24	2:19.40	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
<b>400 FREE</b>	5:27.88	5:21.33	5:01.74	4:55.70	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
<b>800 FREE</b>	11:16.56	11:03.03	10:24.61	10:12.12	10:04.46	9:52.37	9:34.24	9:22.75	9:29.20	9:17.82	9:19.13	9:07.94	9:10.51	8:59.50
<b>1500 FREE</b>			19:59.61	19:35.62	19:20.91	18:57.69	18:22.87	18:00.81	18:13.19	17:51.33	17:53.85	17:32.37	17:32.59	17:11.54
<b>50 BACK</b>	39.48	38.69	36.05	35.33	34.70	34.01	33.89	33.22	33.36	32.69	32.28	31.63	30.28	29.68
<b>100 BACK</b>	1:25.17	1:23.46	1:17.10	1:15.56	1:12.50	1:11.05	1:10.20	1:08.79	1:09.05	1:07.67	1:06.75	1:05.41	1:02.80	1:01.54
<b>200 BACK</b>	3:00.83	2:57.21	2:46.41	2:43.09	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
<b>50 BREAST</b>	44.27	43.38	39.88	39.08	38.09	37.33	37.20	36.46	36.60	35.87	35.71	35.00	32.98	32.32
<b>100 BREAST</b>	1:36.41	1:34.48	1:26.07	1:24.35	1:20.92	1:19.31	1:18.36	1:16.79	1:17.07	1:15.53	1:14.51	1:13.01	1:09.63	1:08.24
<b>200 BREAST</b>	3:25.73	3:21.61	3:06.14	3:02.42	2:57.68	2:54.13	2:52.04	2:48.60	2:49.22	2:45.83	2:43.58	2:40.31	2:30.86	2:27.84
<b>50 FLY</b>	37.53	36.78	33.78	33.10	32.52	31.87	31.76	31.13	31.26	30.63	30.25	29.65	28.27	27.70
<b>100 FLY</b>	1:25.33	1:23.63	1:14.25	1:12.76	1:09.81	1:08.42	1:07.60	1:06.25	1:06.49	1:05.16	1:04.27	1:02.99	1:00.80	59.58
<b>200 FLY</b>	3:04.13	3:00.45	2:45.17	2:41.86	2:37.66	2:34.50	2:32.66	2:29.60	2:30.15	2:27.15	2:25.15	2:22.25	2:16.71	2:13.98
<b>200 IM</b>	3:01.16	2:57.53	2:51.53	2:48.10	2:38.73	2:35.55	2:34.89	2:31.79	2:29.77	2:26.77	2:24.65	2:21.75	2:17.51	2:14.76
<b>400 IM</b>	6:25.81	6:18.10	6:06.64	5:59.31	5:39.28	5:32.49	5:31.06	5:24.44	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 2021.

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>	33.75	33.07	32.42	31.78	31.35	30.73	30.54	29.93	30.28	29.68	29.75	29.15	29.54	28.95
<b>100 FREE</b>	1:13.83	1:12.35	1:10.34	1:08.93	1:07.43	1:06.08	1:05.68	1:04.37	1:05.10	1:03.80	1:04.52	1:03.23	1:02.69	1:01.44
<b>200 FREE</b>	2:36.17	2:33.04	2:29.82	2:26.83	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
<b>400 FREE</b>	5:27.88	5:21.33	5:12.02	5:05.78	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
<b>800 FREE</b>	11:16.56	11:03.03	10:38.37	10:25.60	10:22.00	10:09.56	10:11.08	9:58.86	10:05.63	9:53.52	10:00.17	9:48.17	9:54.06	9:42.17
<b>1500 FREE</b>			20:03.38	19:39.32	19:42.64	19:18.98	19:21.89	18:58.65	19:11.51	18:48.48	19:01.14	18:38.32	18:42.09	18:19.64
<b>50 BACK</b>	39.48	38.69	37.67	36.92	36.76	36.03	36.47	35.74	36.16	35.44	35.86	35.14	33.56	32.89
<b>100 BACK</b>	1:25.17	1:23.46	1:20.65	1:19.04	1:17.43	1:15.88	1:16.14	1:14.61	1:15.49	1:13.98	1:14.85	1:13.35	1:10.22	1:08.81
<b>200 BACK</b>	3:00.83	2:57.21	2:49.71	2:46.32	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
<b>50 BREAST</b>	44.94	44.04	41.61	40.78	40.60	39.79	40.28	39.47	39.94	39.14	39.61	38.81	37.56	36.81
<b>100 BREAST</b>	1:37.13	1:35.18	1:30.66	1:28.84	1:27.77	1:26.01	1:24.90	1:23.20	1:24.18	1:22.49	1:23.46	1:21.79	1:18.76	1:17.18
<b>200 BREAST</b>	3:27.28	3:23.13	3:14.82	3:10.92	3:07.03	3:03.29	3:03.90	3:00.23	3:02.35	2:58.70	3:00.79	2:57.17	2:49.56	2:46.16
<b>50 FLY</b>	37.53	36.78	35.27	34.56	34.42	33.73	34.14	33.45	33.85	33.17	33.58	32.91	31.41	30.78
<b>100 FLY</b>	1:25.33	1:23.63	1:18.43	1:16.87	1:15.93	1:14.41	1:14.04	1:12.56	1:13.42	1:11.95	1:12.79	1:11.33	1:07.15	1:05.81
<b>200 FLY</b>	3:05.52	3:01.81	2:51.58	2:48.15	2:47.39	2:44.04	2:44.60	2:41.31	2:43.21	2:39.94	2:41.81	2:38.58	2:31.77	2:28.74
<b>200 IM</b>	3:01.16	2:57.53	2:52.60	2:49.15	2:49.74	2:46.35	2:45.47	2:42.16	2:44.04	2:40.76	2:42.61	2:39.36	2:32.09	2:29.04
<b>400 IM</b>	6:25.81	6:18.10	6:04.71	5:57.41	5:58.74	5:51.57	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 2021.

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 2021.

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.