

# GLADSTONE SOUTH SWIMMING CLUB

## JOHN DAHL SPRING SPRINT

*Presented by FROST ENGINEERS*

**8<sup>th</sup> of October 2022**

**Nominations close 11:59pm Friday 30th of September 2022 (Via Swim Central)**

**Venue:** John Dahl Pool Complex Glenlyon Rd, Gladstone

**Gates open:** 7.00am – First event 8.30am

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### General Conditions

#### GENERAL CONDITIONS

#### & General Information

Competition will be conducted under the General Rules and By-Laws of Swimming Queensland. The meet is open to all CQ registered swimmers and other swimmers who meet the clearance criteria. Age group of competitors for the meet is the age as at the day of the competition (i.e. 8<sup>th</sup> of October 2022). Swimming 'up' is not permitted.

#### GENERAL INFORMATION

This event contains "Timed Finals" type events. Heats/ events may be amalgamated at the discretion of the Chief Referee and Meet Director.

Multi Class swimmers may compete in both able-body and multi-class events, however each swimmer can only accumulate points in (1) discipline of their choice.

Events will be seeded fastest to slowest.

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### Nominations

Online nominations only through Swim Central.

**Nominations close 11:59pm Friday 30th of September 2022**

***NO LATE NOMINATIONS WILL BE ACCEPTED***

Nominations \$5.50 per event Enquiries: Nicky Gibson - 0438752996

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### Medals

Medals will be awarded as follows;

4 x 25m 8 & Over events will be multi-aged as follows 8yrs, 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs & 15 & over.

4 x 50m & 100 IM combined events will be as per placings 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup>. (Medals will not be awarded for speed machine events)

All 7 & under swimmers will receive a participation award.

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### Age Aggregate Champion & Runner up

Prizes will be awarded to the following age groups;

8yrs, 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs & over & Multi Class.

Age Aggregate points will be awarded in 4 x 25m events & 100m IM (excluding Speed Machine)

**To be eligible for Age champion and runner up, swimmers must compete in all Age events (4 x 25m events & 100m IM).**

Combined events will be multi aged to determine points.

Points system used will be as follows:

**1st to 16th: 35, 30, 26, 23, 20, 17, 14, 11, 8, 7, 6, 5, 4, 3, 2, 1**

In the event of a tie, the swimmer who has the fastest combined time will be the winner

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### Speed Machine

Speed Machine prizes will be awarded as; 1<sup>st</sup> - \$30, 2<sup>nd</sup> - \$25, 3<sup>rd</sup> - \$20, 4<sup>th</sup> - \$15, 5<sup>th</sup> - \$10, 6<sup>th</sup> - \$5

Speed machine Final top 6 will be determined from Speed Machine heats.

**\*\* Please Note: To be able to qualify for the speed machine final, the swimmer must have swum in all 4 x 25m individual events\*\***

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### Club Highest Points Trophy

High Point Club Award -Points will be awarded in all events excluding Speed Machine and 7&U 25m events.

Points as follows - 1st to 16th: 35, 30, 26, 23, 20, 17, 14, 11, 8, 7, 6, 5, 4, 3, 2, 1

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**Entry**

Swimmers, children & Coaches entry to the facility will be free. Gate fee of \$5 will apply to all other persons.

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**Programs**

The Meet program will be distributed to Clubs prior to the Meet. No programs will be available for purchase on the day.

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**Time Keeping & Self  
Marshalling**

Clubs will be allocated time keeping duties based on swimmer numbers from each club. Self marshalling will be in place as per Swimming QLD requirements and a self marshalling area will be located between the starting end of the main pool and the small pool.

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**Breaks**

Breaks during the course of the day will be determined once all nominations have been received. This will be at the discretion of the Chief Referee and Meet Director

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**Food & Drinks**

Food and Drinks – The canteen will be operating, serving a variety of items.

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**Club Tents**

There will be limited shaded areas, so attending Clubs are advised to provide sufficient shade structures for their team. There are certain areas where pegs are not able to be used, predominantly those areas South of the Starting block end.

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THANK YOU TO OUR MAJOR  
SPONSOR OF THE MEET



**F R O S T**

**E N G I N E E R S**

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# PROGRAM OF EVENTS

Boys	Girls	Age	Event
1	2	8-9yrs	25m SPEED MACHINE HEATS
3	4	10-11yrs	25m SPEED MACHINE HEATS
5	6	12-13yrs	25m SPEED MACHINE HEATS
7	8	14 & over	25m SPEED MACHINE HEATS
9	10	12 & Under	100m IM
11	12	13 & Over	100m IM
13	14	7yrs/under	25m Fly
15	16	8yrs & Over	25m Fly
17	18	MCS	25m Fly
19	20	10yrs/under	50m Back
21	22	11-12yrs	50m Back
23	24	13-14yrs	50m Back
25	26	15yrs/over	50m Back
27	28	MCS	50m Back
29	30	7yrs/under	25m Breast
31	32	8yrs & Over	25m Breast
33	34	MCS	25m Breast
35	36	10yrs/under	50m Fly
37	38	11-12yrs	50m Fly
39	40	13-14yrs	50m Fly
41	42	15yrs/over	50m Fly
43	44	MCS	50m Fly
45	46	7yrs/under	25m Free
47	48	8yrs & Over	25m Free
49	50	MCS	25m Free
51	52	10yrs/under	50m Free
53	54	11-12yrs	50m Free
55	56	13-14yrs	50m Free
57	58	15yrs/over	50m Free
59	60	MCS	50m Free
61	62	10yrs/under	50m Breast
63	64	11-12yrs	50m Breast
65	66	13-14yrs	50m Breast
67	68	15yrs/over	50m Breast
69	70	MCS	50m Breast
71	72	7yrs/under	25m Back
73	74	8yrs & Over	25m Back
75	76	MCS	25m Back
<b>FINAL</b>	<b>FINAL</b>	<b>8 – 9yrs</b>	<b>25m SPEED MACHINE FINAL</b>
<b>FINAL</b>	<b>FINAL</b>	<b>10-11yrs</b>	<b>25m SPEED MACHINE FINAL</b>
<b>FINAL</b>	<b>FINAL</b>	<b>12-13yrs</b>	<b>25m SPEED MACHINE FINAL</b>
<b>FINAL</b>	<b>FINAL</b>	<b>14yrs/over</b>	<b>25m SPEED MACHINE FINAL</b>