



GLADSTONE SWIMMING CLUB INC.

Presents



Strength and Honour

LIQUID ENERGY

Strength and Honour

SATURDAY 5th November 2022

Gladstone Aquatic Centre – 60 Tank St. Gladstone

Enquiries to:

Susan Brown: 0427 732 557
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Nominations Close: Wednesday, 26th October 2022 - 11.59pm
Nominations Via Swim Central: \$6.00 per event, \$4.00 per 25m event.

PLEASE NOTE - late nominations will not be accepted.

GENERAL CONDITIONS

The meet will be conducted under FINA, SA and SQ swimming rules, SQ by-laws and general rules of CQSA.

The Meet is open to SQ registered swimmers and other swimmers who meet clearance criteria.

Age group of competitors for the Meet is the age as at the day of competition (ie 5th November, 2022).

Swimming 'up' is not permitted

GENERAL INFORMATION

All events will be conducted as "Multi-Age", "Timed Finals" type events. 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 one (1) discipline of their choice.

Events will be seeded fastest to slowest.

7 & Under will receive a participation award.

AWARDS

MEDALS

Medals will be awarded to 1st, 2nd and 3rd as per placings, excluding age events as listed below. These events will be Multi-Aged to determine medals.

AGE AGGREGATE & RUNNER UP AWARDS

Age Aggregate prizes will be awarded to the following age groups: 8yrs, 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15 & Over and MCS.

AGE AGGREGATE POINTS

Age events: 8 to 11yrs: 4 x 50m & 200IM
12 to 15yrs & O: 4 x 100m & 200IM
MCS: 4 x 50m & 100m Free

The points allocation will be:

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

HIGH POINT CLUB

Points will be determined as per medal distribution.

Points will be scored as follows for 1st to 16th:

35, 30, 26, 23, 20, 17, 14, 11, 8, 7, 6, 5, 4, 3, 2, 1.

SESSION 1 SATURDAY MORNING EVENTS Gates Open at 7.00am. First Event Commences at 8.30am.				
SESSION 1				
F	M	Age	Dist	Stroke
1	2	11yrs & Over	400m	Individual Medley
3	4	9yrs & Under	25m	Backstroke
5	6	10yrs & Over	200m	Backstroke
7	8	9 - 11yrs	100m	Breaststroke
9	10	Multi Class	100m	Breaststroke
11	12	12yrs & Over	100m	Breaststroke
13	14	11yrs & Under	50m	Butterfly
15	16	Multi Class	50m	Butterfly
17	18	12yrs & Over	50m	Butterfly
19	20	9yrs & Under	25m	Freestyle
21	22	10yrs & Over	200m	Freestyle
23	24	9 - 11yrs	100m	Backstroke
25	26	Multi Class	100m	Backstroke
27	28	12yrs & Over	100m	Backstroke
29	30	11yrs & Under	50m	Breaststroke
31	32	Multi Class	50m	Breaststroke
33	34	12yrs & Over	50m	Breaststroke
35	36	9yrs & Under	25m	Butterfly
37	38	10yrs & Over	400m	Freestyle
Lunch Break				
SESSION 2 SATURDAY AFTERNOON EVENTS				
F	M	Age	Dist	Stroke
39	40	10yrs & Over	200m	Butterfly
41	42	9yrs & Under	25m	Breaststroke
43	44	10yrs & Over	200m	Breaststroke
45	46	8 - 11yrs	100m	Freestyle
47	48	Multi Class	100m	Freestyle
49	50	12yrs & Over	100m	Freestyle
51	52	11yrs & Under	50m	Backstroke
53	54	Multi Class	50m	Backstroke
55	56	12yrs & Over	50m	Backstroke
57	58	8yrs & Over	200m	Individual Medley
59	60	9 - 11yrs	100m	Butterfly
61	62	Multi Class	100m	Butterfly
63	64	12yrs & Over	100m	Butterfly
65	66	11yrs & Under	50m	Freestyle
67	68	Multi Class	50m	Freestyle
69	70	12yrs & Over	50m	Freestyle

