



2010 SWIMMING GOLD COAST CHAMPIONSHIPS

You are cordially invited to attend the 2010 Swimming Gold Coast Championships. This is a Swimming Queensland sanctioned Qualifying Meet. Times from this meet may be used for the 2010 National Age Meet. The details of the meet are:

DATE: Friday 12th March – Sunday 14th March, 2010

TIME: Friday – 5.30pm Warm-up for 6.30pm start
Saturday 8.30am warm-up for 9.30am start
Sunday 8.30am warm-up for 9.30am start

VENUE: **Miami Aquatic Centre
Pizzy Park
80 Pacific Avenue
Miami, Gold Coast**

NOMINATION FEE: **Swimmers & Coaches (current ASCTA cards to be shown)
will be admitted into the venue at no cost.**
All spectators will be required to pay \$3 entry per session
\$4 per Individual Event (inc GST)
\$10 per Relay Event (inc GST)

NOMINATIONS CLOSE: **MANUAL – Monday 1st March, 2010
TEAM MANAGER – Wednesday 3rd March, 2010**

AGE DETERMINATION: Age as at 12th March, 2010

ELIGIBILITY: **Only Swimming Gold Coast registered swimmers are
eligible to enter.**
Swimming Gold Coast Club point score will be in place.
Age Champions will be recognised.
Champion Towels will be awarded to each age group from 8yrs
to Opens.

ENTRIES: All entries **must be submitted through the swimmer's Club
Race Secretary**, either through Team Manager, or on the
attached nomination form. A **maximum** of 4 relay entries for
each relay event, per club will be allowed.
**All Swimmers must be fully registered as a Competitive
Swimmer (submitted on the Swimming Australia database)
at the time of the Meet.**

LATE ENTRIES: Clubs will be notified after nominations close of any
unregistered swimmers by the Regional Registrar and given
instructions to fulfil registration obligations prior to this meet.
Failure to do so may result in the club being fined.
**Late entries will not be accepted. Entries will not be
accepted on the day.**

EVENTS: All enquiries regarding these entries **MUST** only come through
the attending club's Race Secretary and not through
individuals.
As per attached Program of Events. Heats only will be swum in
each event. If less than 3 nominations are received for an
event, Swimming Gold Coast reserves the right to cancel the
event and refund nominations. Swimming Gold Coast also
reserves the right, on the day, to combine heats and events.
Qualifying times for all events will be enforced. Medals will only
be awarded to placegetters within the qualifying time.

RESULTS:

1st, 2nd and 3rd placings will be determined from the OFFICIAL TIMES swam in the heats. Medals will be awarded. In the Open 400 Free, 400 IM, 800m Free & 1500m Free Medals will be awarded in the following Age Groups 13yrs & under, 14 yrs, 15yrs, 16 yrs and 17yrs & over. For the Open 200m Free, & 200IM events and Open 200 Back, 200 Breast, 200 Fly. Medals will be awarded for 11, 12, 13, 14, 15, 16 and 17yrs & over.

11 yrs is the minimum age for the above events.

Age Champions will be recognised from all events in a swimmers age group. A minimum of 4 events in their age group must be swum to be eligible. An individual point score for all placings will be used for these championships. All individual swimmers, who swim in an event, will accrue a minimum of 1 point for their club. All relay teams will accrue a minimum of 2 points.

CLUB PRIZE MONEY:

In an attempt to restore our Gold Coast Regional Meet to the major meet it once was it has been decided to once again provide incentives for your club. This year, at the end of the Meet, the total club Point score will be calculated @ 50c per point to every club - every club will get something back eg. if you end up with 200pts you get \$100 prize money; 24 pts - \$12 prize money etc. –

Prize money will be dispatched to the clubs, after the Championship Meet VIA a Direct Debit.

RULES:

Swimming QLD rules will apply, including the one start rule.

RESULTS:

A copy of results will be available on the website

www.qcrsa.org

For any enquiries, please contact
Race Secretary - Mandy Savage - 0429 056 647

Nominations should be addressed to:

**The Race Secretary
Swimming Gold Coast
C/- 64 Sailaway Street
Mermaid Waters, 4218**

or TM files emailed to asavage@austarnet.com.au Entries sent through email must be immediately followed with a complete print out of the nominations and full entry fees, within **3 working days**.

All Clubs nominating swimmers for this meet will be expected to provide Timekeepers.



SWIMMING GOLD COAST CHAMPIONSHIPS

Session One

Friday Evening 12th March, 2010

Warm-up: 5.30pm - Start: 6.30pm

NO:	EVENT	Q.T.	NO:	EVENT	Q.T.
1	Women's Open 400m Freestyle		2	Men Open 400m Freestyle	
	13 years & under	5:20:00		13 years & under	5:15:00
	14 years	5:15:00		14 years	5:00:00
	15 years	5:10:00		15 years	4:50:00
	16 years	5:05:00		16 years	4:45:00
	17 years & over	5:00:00		17 years & over	4:35:00
	Girls 11-12 years 200m Individual				
3	Medley	3:20:00	4	Boys 11-12years 200m Individual Medley	3:20:00
	Girls 13-14 years 200m Individual			Boys 13-14 years 200m Individual	
5	Medley	3:17:00	6	Medley	2:58:00
	Girls 15-16 years 200m Individual			Boys 15-16 years 200m Individual	
7	Medley	3:07:00	8	Medley	2:49:00
9	Women 17yrs & Over 200m Ind Medley	2:59:00	10	Men 17yrs & Over 200m Ind Medley	2:42:00
11	Girls 11 years 100m Backstroke	1:34:00	12	Boys 11 years 100m Backstroke	1:34:00
13	Girls 12 years 100m Backstroke	1:31:00	14	Boys 12 years 100m Backstroke	1:31:00
15	Girls 13 years 100m Backstroke	1:29:00	16	Boys 13 years 100m Backstroke	1:25:00
17	Girls 14 years 100m Backstroke	1:27:00	18	Boys 14 years 100m Backstroke	1:22:00
19	Girls 15 years 100m Backstroke	1:23:00	20	Boys 15 years 100m Backstroke	1:20:00
21	Girls 16 years 100m Backstroke	1:22:00	22	Boys 16 years 100m Backstroke	1:18:00
23	Women 17yrs & Over 100m Backstroke	1:21:00	24	Men 17yrs & Over 100m Backstroke	1:15:00



Session Two
Saturday 13th March, 2010
Warm- up: 8.30am - Start: 9.30am

NO:	EVENT	Q.T.	NO:	EVENT	Q.T.
25	Girls 12yrs & Und 200m Freestyle Relay		26	Boys 12yrs & Und 200m Freestyle Relay	
27	Women Open 200m Butterfly	3:10:00	28	Men Open 200m Butterfly	2:53:00
29	Girls 8 years 50m Breaststroke	1:12:00	30	Boys 8 years 50m Breaststroke	1:10:00
31	Girls 9 years 50m Breaststroke	1:10:00	32	Boys 9 years 50m Breaststroke	1:06:00
33	Girls 12 years 100m Breaststroke	1:43:00	34	Boys 12 years 100m Breaststroke	1:43:00
35	Girls 11 years 100m Breaststroke	1:47:00	36	Boys 11 years 100m Breaststroke	1:47:00
37	Girls 10 years 100m Breaststroke	1:50:00	38	Boys 10 years 100m Breaststroke	1:50:00
39	Women Open 200m Backstroke	3:12:00	40	Men Open 200m Backstroke	2:55:00
41	Girls 12 years 100m Butterfly	1:32:00	42	Boys 12 years 100m Butterfly	1:32:00
43	Girls 11 years 100m Butterfly	1:35:00	44	Boys 11 years 100m Butterfly	1:35:00
45	Girls 13 years 100m Butterfly	1:27:00	46	Boys 13 years 100m Butterfly	1:23:00
47	Girls 14 years 100m Butterfly	1:24:00	48	Boys 14 years 100m Butterfly	1:20:00
49	Girls 15-16 years 200m Freestyle	2:47:00	50	Boys 15-16 years 200m Freestyle	2:31:00
51	Women 17yrs & Ov 100m Breaststroke	1:29:00	52	Men 17yrs & Ov 100m Breaststroke	1:22:00
53	Girls 8 years 50m Backstroke	1:10:00	54	Boys 8 years 50m Backstroke	1:08:00
55	Girls 9 years 50m Backstroke	1:03:00	56	Boys 9 years 50m Backstroke	1:03:00
57	Girls 10 years 100m Backstroke	1:50:00	58	Boys 10 years 100m Backstroke	1:45:00
59	Women Open 400m Individual Medley		60	Men Open 400m Individual Medley	
	13 years & under	6:10:00		13 years & under	5:55:00
	14 years	6:00:00		14 years	5:45:00
	15 years	5:55:00		15 years	5:35:00
	16 years	5:50:00		16 years	5:30:00
	17 years & over	5:45:00		17 years & over	5:20:00
POSSIBLE - 15 MINUTE BREAK (DEPENDING OF ENTRIES, TIME, CONDITIONS)					
61	Women 17yrs & Over 200m Freestyle	2:40:00	62	Men 17yrs & Over 200m Freestyle	2:24:00
63	Girls 15 years 100m Butterfly	1:22:00	64	Boys 15 years 100m Butterfly	1:17:00
65	Girls 16 years 100m Butterfly	1:20:00	66	Boys 16 years 100m Butterfly	1:14:00
67	Girls 13 years 100m Breaststroke	1:38:00	68	Boys 13 years 100m Breaststroke	1:35:00
69	Girls 14 years 100m Breaststroke	1:36:00	70	Boys 14 years 100m Breaststroke	1:33:00
71	Girls 15 years 100m Breaststroke	1:35:00	72	Boys 15 years 100m Breaststroke	1:31:00
73	Girls 16 years 100m Breaststroke	1:34:00	74	Boys 16 years 100m Breaststroke	1:27:00
75	Girls 11-12 years 200m Freestyle	3:00:00	76	Boys 11-12 years 200m Freestyle	3:00:00
77	Girls 13-14 years 200m Freestyle	2:56:00	78	Boys 13-14 years 200m Freestyle	2:39:00
79	Girls 8 - 10 years 200m Individual Medley	3:35:00	80	Boys 8 -10 years 200m Individual Medley	3:35:00
81	Women 13yrs & Ov 200m Medley Relay		82	Men 13yrs & Ov 200m Medley Relay	



Session Three

Sunday 14th March, 2010

Warm- up: 8.30am - Start: 9.30am

NO:	EVENT	Q.T.	NO:	EVENT	Q.T.
83	Women 13yrs & Ov 200m Freestyle Relay		84	Men 13 yrs & Ov 200m Freestyle Relay	
85	Girls 12 years & Under Medley Relay		86	Boys 12 years & Under Medley Relay	
87	Girls 8 years 50m Butterfly	1:12:00	88	Boys 8 years 50m Butterfly	1:10:00
89	Girls 9 years 50m Butterfly	1:04:00	90	Boys 9 years 50m Butterfly	1:04:00
91	Girls 10 years 100m Butterfly	1:55:00	92	Boys 10 years 100m Butterfly	1:50:00
93	Women 17 years & Ov 100m Butterfly	1:17:00	94	Men 17 years & Ov 100m Butterfly	1:09:00
95	Women Open 200m Breaststroke	3:35:00	96	Men Open 200m Breaststroke	3:15:00
97	Girls 8 years 50m Freestyle	1:00:00	98	Boys 8 years 50m Freestyle	0:58:00
99	Girls 9 years 50m Freestyle	0:48:00	100	Boys 9 years 50m Freestyle	0:48:00
101	Girls 10years 50m Freestyle	0:45:00	102	Boys 10years 50m Freestyle	0:43:00
103	Women Open 50m Freestyle		104	Men Open 50m Freestyle	
	11 years	0:40:00		11 years	0:40:00
	12 years	0:39:00		12 years	0:39:00
	13 years	0:38:50		13 years	0:38:00
	14 years	0:37:00		14 years	0:37:00
	15 years	0:36:50		15 years	0:35:00
	16 years	0:36:00		16 years	0:34:00
	17 years & Over	0:34:00		17 years & Over	0:30:50
105	Girls 10 years 100m Freestyle	1:27:00	106	Boys 10 years 100m Freestyle	1:27:00
107	Girls 11 years 100m Freestyle	1:23:00	108	Boys 11 years 100m Freestyle	1:23:00
109	Girls 12 years 100m Freestyle	1:19:00	110	Boys 12 years 100m Freestyle	1:19:00
111	Girls 13 years 100m Freestyle	1:17:00	112	Boys 13 years 100m Freestyle	1:15:00
113	Girls 14 years 100m Freestyle	1:15:00	114	Boys 14 years 100m Freestyle	1:11:00
115	Girls 15 years 100m Freestyle	1:14:00	116	Boys 15 years 100m Freestyle	1:09:00
117	Girls 16 years 100m Freestyle	1:13:00	118	Boys 16 years 100m Freestyle	1:08:00
119	Women 17 years & Ov 100m Freestyle	1:11:00	120	Men 17 years & Ov 100m Freestyle	1:04:00
			121	Boys 13 years & Under 800m Freestyle	11:00:00
122	Women Open 800m Freestyle		123	Men Open 1500m Freestyle	
	12-13 years	11:00:00		12-13 years	19:20:00
	14 years	10:50:00		14 years	19:00:00
	15 years	10:40:00		15 years	18:40:00
	16 years	10:20:00		16 years	18:20:00
	17years & Over	10:10:00		17years & Over	18:10:00



