



2024 Emu Park Winter Short Course Preparation Meet
Qualifying Meet for 2024 QLD SC Championships



Friday July 12th and Saturday July 13th

Venue: 25m Heated Pool - Don Ireland Swimming Complex, Pattison St, Emu Park

Online nominations via Swim Central

Gates Open: Fri - 5.00pm & Sat - 7.00am

First Events: Fri - 6.00pm & Sat - 8.30am

EVENT NUMBER		AGE	DISTANCE	STROKE
FEMALE	MALE			
FRIDAY EVENING SESSION. FIRST RACE 6.00PM				
1	2	11 & over	400	IM
3	4	11 & over	1500	FREE
5	6	11 & over	800	FREE
7	8	11 & over	200	BREAST
SATURDAY MORNING SESSION FIRST RACE 8.30AM				
9	10	8 & over	100	FLY
11	12	7&U	25	FLY
13	14	11 & over	200	FREE
15	16	8 & O	50	FLY
17	18	MC	50	FLY
19	20	8 & over	100	BREAST
21	22	7&U	25	BACK
23	24	11 & over	200	FLY
25	26	8 & O	50	BACK
27	28	MC	50	BACK
29	30	8 & over	100	IM
31	32	11 & over	400	FREE
LUNCH BREAK				
AFTERNOON SESSION				
33	34	8 & over	100	FREE
35	36	7&U	25	BREAST
37	38	11 & over	200	BACK
39	40	8 & O	50	BREAST
41	42	MC	50	BREAST
43	44	8 & over	100	BACK
45	46	7&U	25	FREE
47	48	8 & O	50	FREE
49	50	MC	50	FREE
51	52	7&U	50	FREE
53	54	10 & over	200	IM

Qualifying Times

Distance Events have the following qualifying times. If a swimmer has not swum the event at a carnival the club coach may email a nomination to epscmeetnoms@gmail.com

Event	Qualifying Time M & F
400 IM	6:30.00
1500 Free	23:00.00
800 Free	12:30.00
200 Breast	3:40.00
200 Free	3:10.00
200 Fly	3:20.00
400 Free	6:10.00
200 Back	3:20.00

ENTRY CONDITIONS

Only registered financial members of SQ and recognised affiliated clubs are eligible to enter.

Meet will be conducted under SQ Rules and By-Laws. Age as of 12

July 2024

Swimmers 7 & under will be presented with participation awards, they will not be competing for points or medals.

Rule tolerances will apply for swimmers 8 & under.

Age Champion Awards:

Age Champions will be awarded in 8, 9, 10, 11, 12, 13, 14, 15 & O age groups and MC.

All events offer points towards the Age Champion awards. Point system is 1st - 7 pts, 2nd - 5pts, 3rd - 4pts, 4th - 3pts, 5th - 2pts, 6th - 1pt

Multi Age Events:

All 50m & 100m events will be swum as combined events however medals and age champion points will be awarded in individual age groups.

For all other distance events the multi age groups will be 13yrs & Under and 14yrs & Over.

Multi-Class Swimmers

MC swimmers may nominate in both MC and Age Group/Open Events, however can only accrue points in one. (MC events will be scored using the Swimming Australia MCP Points Calculator.)

Nomination Fees:

7 & U events - \$3.00 each
 All other events - \$5.00 each

Nominations are online via Swim Central

Enquiries to: Renee Stieg
 Phone: 0407731367
 Email: epscmeetnoms@gmail.com

**BREAKFAST AND LUNCH
 AVAILABLE SATURDAY**