



Waterson Diesel and Gladstone-Yeppoon Cinemas

AND

GLADSTONE SOUTH SWIMMING CLUB

PROUDLY PRESENTS

LIQUID ENERGY

- Date** Saturday 17th January 2026
- Time** Junior Session: Warm up 12:00pm - racing from 12:45pm
Senior Session: Warm up 3:00pm - racing from 4:00pm (TBC)
- Venue** Gladstone Aquatic Centre - 60 Tank St, Gladstone
- Eligibility** 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 - 17th January 2026. Swimming 'up' is not permitted. A minimum age of 11yrs for Open events (except Handicap events which will be 8yrs and up).
- Events** As per the attached Program of Events. 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. Events will be seeded fastest to slowest.
- Multi Class swimmers may compete in both able-body and Multi Class Events, however each swimmer can only qualify for awards in one (1) discipline of their choice.
- Medals** Medals will be awarded to the three fastest placegetters in the following age groups:
- 8 years - 25m Events
 - 8, 9, 10, 11 years - 50m Events
 - 9, 10 and 11 years – 100m & 200m Events
 - 7 & Under will receive a participation award
- Age Champion and Runner Up Awards** Age Champion awards will be determined by the following events and will be multi aged to determine distribution of medals – 8yrs, 9yrs, 10yrs, 11yrs and MCS – 8-11yrs.
- Point allocation will be – 1st to 16th - 35, 30, 26, 23, 20, 17, 14, 11, 8, 7, 6, 5, 4, 3, 2, 1.
- 8yrs - 4x50m and 100m Free – (Events – 3, 4, 11, 12, 19, 20, 29, 30)
 - 9yrs to 11yrs - 4x50m and 200IM – (Events – 1, 2, 3, 4, 11, 12, 19, 20, 29, 30)
 - MCS - 4x50m and 100m Free – (Events – 5, 6, 13, 14, 21, 22, 27, 28, 31, 32)
 - 7years & under will receive a participation award.
- Cash Prizes** Cash Prizes will be awarded to male and female competitors in age groups 12yrs, 13yrs, 14 yrs and 15&O for all 50m and 100m events and first overall 3 placegetters in OPEN events. Cash prizes for place getters are:
- First place: \$15
Second place: \$10
Third place: \$5

Multi Class Cash Prizes	<p>MC events will be scored using the Swimming Australia MC Points calculator. Cash prizes will be award to male and female MCS competitors in age groups 12 & Over for all 50m and 100m events based on the points scored in each event. Cash prizes for place getters are:</p> <p>First place: \$15 Second place: \$10 Third place: \$5</p>
Handicap Events	<p>At the commencement of Session 2, Handicap Events will begin. Four events will be held: 50 m Butterfly, Backstroke, Breaststroke, and Freestyle.</p> <p>This is a very exciting event that gives swimmers of all levels an equal chance to win.</p> <p>Each event will use the swimmers' nominated Liquid Energy times and will be mixed-gender races including Multi-Class swimmers. Each heat will feature eight swimmers of different ages (8yrs, 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs and 15yrs & Over).</p> <p>Swimmers wishing to go in the draw for selection in a handicap race must have nominated in other events at the Meet and must indicate their interest by also nominating in the FREE handicap events as well. Following the close of nominations, the 8 participants for each handicap event will be randomly selected electronically from those who have nominated. Swimmers will only be drawn for one handicap event each, so it is worth nominating for all 4 strokes to secure the best chance of being selected. Swimmers will be advised if they have been selected in the handicap events the end of Session 1.</p> <p>Cash prizes for each handicap event are:</p> <p>First place: \$200 Second place: \$75 Third place: \$25</p>
Nominations	<p>Nominations Close: Saturday 10th January 2026 - 11.59pm</p> <p><u>PLEASE NOTE - late nominations will not be accepted.</u></p> <p>Nominations Via Swim Central:</p> <p>\$6.00 per event \$4.00 per 25m event Free – Handicap events</p>
Program	<p>Programs will be made available electronically by Thursday 15th January 2026. No programs will be available for purchase on the day.</p>
Timekeeping	<p>Competing clubs will be required to assist with timekeeping. A timekeeping roster with club lane allocations will be sent to clubs and published in the meet program.</p>
Spectators	<p>A \$5.00 fee per spectator will apply, payable on entry. Swimmers, coaches and officials are free.</p>
General	<p>There will be a BBQ running throughout the day, with food and drinks available from the Canteen.</p> <p>Competing clubs are required to supply their own suitable marquees. Gladstone South Swimming Club as the hosting club will be allocated the grandstand and adjacent hill for seating.</p>
Enquiries	<p>All enquiries to Ryan Chinner - swim@gladstonessc.com.au</p>

Program of Events

Session 1 – Junior session - Warm up 12:00pm - racing from 12:45pm

Girls Events	Boys Events	Age	Event Description
1	2	9 – 11yrs	200m Individual Medley
3	4	11yrs and Under	50m Freestyle
5	6	Multi Class - 11yrs and Under	50m Freestyle
7	8	8yrs and Under	25m Backstroke
9	10	9 – 11yrs	100m Backstroke
11	12	11yrs and Under	50m Breaststroke
13	14	Multi Class - 11yrs and Under	50m Breaststroke
15	16	8yrs and Under	25m Butterfly
17	18	9 – 11 years	100m Butterfly
19	20	11yrs and Under	50m Backstroke
21	22	Multi Class - 11yrs and Under	50m Backstroke
23	24	8yrs and Under	25m Freestyle
25	26	8 – 11 years	100m Freestyle
27	28	Multi Class – 8 – 11 years	100m Freestyle
29	30	11yrs and Under	50m Butterfly
31	32	Multi Class - 11yrs and Under	50m Butterfly
33	34	8yrs and Under	25m Breaststroke
35	36	9 – 11 years	100m Breaststroke
37	38	9 – 11 years	200m Freestyle

Session 2 – Handicap session - Warm up 3:00pm - racing from 4:00pm - These are approximate times with a confirmed timeline provided with the program

Girls Events	Boys Events	Age	Event Description
	39	Mixed Open	50m Butterfly handicap
	40	Mixed Open	50m Backstroke handicap
	41	Mixed Open	50m Breaststroke handicap
	42	Mixed Open	50m Freestyle handicap

Session 3 – Senior session – to commence immediately after Session 2

Girls Events	Boys Events	Age	Event Description
43	44	Open	400m Freestyle
45	46	12 years & over	100m Breaststroke
47	48	Multi Class - 12 years & over	100m Breaststroke
49	50	12 years & over	50m Backstroke
51	52	Multi Class - 12 years & over	50m Backstroke
53	54	Open	200m Butterfly
55	56	Open	200m Breaststroke
57	58	Open	200m Backstroke
59	60	12 years & over	100m Butterfly
61	62	Multi Class - 12 years & over	100m Butterfly
63	64	12 years & over	50m Breaststroke
65	66	Multi Class - 12 years & over	50m Breaststroke
67	68	Open	200m Individual Medley
69	70	12 years & over	100m Freestyle
71	72	Multi Class - 12 years & over	100m Freestyle

73	74	12 years & over	50m Butterfly
75	76	Multi Class - 12 years & over	50m Butterfly
77	78	Open	200m Freestyle
79	80	12 years & over	100m Backstroke
81	82	Multi Class - 12 years & over	100m Backstroke
83	84	12 years & over	50m Freestyle
85	86	Multi Class - 12 years & over	50m Freestyle
87	88	Open	400m Individual Medley
89	90	Open	800m Freestyle
91	92	Open	1500m Freestyle

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