



# GLADSTONE SOUTH SWIMMING CLUB 2026 Short Course Preparation Meet



## Sunday 15th March 2026

John Dahl Pool, 180 Glenlyon rd, Gladstone

Enquiries to: Ryan Chinner  
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Nominations Close: 11.59pm Saturday, 7<sup>th</sup> March 2026  
Nominations: via Swim Central – Nominations \$5.00.  
**No Refunds after nominations close**

### GENERAL CONDITIONS

This is a preparation meet and will be conducted under FINA, SA and SQ swimming rules, by laws and the general rules of CQSA. The Meet is open to SQ registered swimmers and other swimmers who meet clearance criteria.

Nominations and entry via Swim Central. No refunds will be processed once nominations have closed.

Age group of competitors for the Meet is the age as at the first day of competition – 15th March 2026. Athletes cannot swim 'up' an age group.

All events will be conducted as "Multi-Age", "Timed Finals" type events. Events may be amalgamated at the discretion of the Referee and Meet Director.

Multi Class swimmers are welcome to enter any event.

### MEDALS

No medals will be awarded at this Meet, as it is being offered as an opportunity for fresh Short Course times.

### PROGRAM

Programs will be made available electronically by Friday 13<sup>th</sup> March 2026. No programs will be available for purchase on the day.

### TIMEKEEPING

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

### SPECTATORS

A \$5.00 fee per spectator will apply, payable on entry. Swimmers, Coaches and Officials are free.

### GENERAL

There will be a BBQ running throughout the day, with food and drinks available from the Canteen.

Competing clubs are required to supply their own suitable marquees.

SESSION 1 SUNDAY EVENTS Gates open 7.30am, first event at 8.30am				
F	M	Age	Dist	Stroke
1	2	10yrs & Over	200m	IM
3	4	10yrs & Over	100m	Backstroke
5	6	10yrs & Over	50m	Freestyle
7	8	10yrs & Over	200m	Butterfly
9	10	10yrs & Over	100m	Breaststroke
11	12	10yrs & Over	50m	Backstroke
13	14	10yrs & Over	200m	Freestyle
15	16	10yrs & Over	100m	Butterfly
17	18	10yrs & Over	50m	Breaststroke
19	20	10yrs & Over	200m	Backstroke
21	22	10yrs & Over	100m	Freestyle
23	24	10yrs & Over	50m	Butterfly
25	26	10yrs & Over	400m	Freestyle
27	28	10yrs & Over	200m	Breaststroke
29	30	10yrs & Over	400m	IM
31	32	10yrs & Over	1500m	Freestyle
33	34	10yrs & Over	800m	Freestyle

# McCOSKER

**SAFETY FIRST. PRODUCTION ALWAYS.**



# WALZ