



LAWNTON SWIM CLUB

2024 LAWNTON LONG COURSE SPRINT PREPARATION MEET

SUNDAY 14th JANUARY 2024

Lawnton Aquatic Centre
Cnr Lawnton Pocket Rd and Gympie Roads Lawnton

- NOMINATIONS OPEN
- NOMINATIONS CLOSE: TUESDAY 2nd JANUARY 2024
- NOMINATIONS via SWIM CENTRAL
- GATES OPEN AND WARM UP from 8am
- Free Admission for all Swimmers and parents for 50m pool ONLY
- Anyone intending on using either the indoor heated pool or toddler pool will be required to purchase a wristband at reception. Further details on this following.
- Kiosk and BBQ will be available for purchase on the day.
- Raffles and prizes throughout the day

ENQUIRIES: lawntonswimclub@hotmail.com



Thankyou to our partners and sponsors for their ongoing support:





Date:	Sunday 14th Jan2024
Time:	Morning Session (8-11 Years): Warm up 8am, Competition commences 9am sharp. Afternoon Session (12 Years & Over): Will not start before 10.30am (or later depending on entry numbers)
Programs:	Programs will be sent out and will also be found on Lawnton Swim Club webpage www.lawntonswimclub.com
Age	Ageas at 14th Jan 2024. Minimum age for competitors is 8 years.
Eligibility	Entry is open to all Swimming Queensland Competitive registered swimmers who are a member of one of the following clubs Albany Creek ASA Swim Team, Ashgrove Tridents Aspley, Australian Crawl, Belgravia, Boondall Bracken Ridge, Brisbane Grammar, Clayfield, Commercial, Eagle Junction, Electric Eels, Ferny Hills, Genesis, Grace, Ipswich Grammar, Ironside, Ithaca Creek, Kedron, MCA, Newmarket Racers, Nudgee College, Pine Rivers, Rackley Centenary, Rackley Chermside, Rackley North Lakes, Redcliffe Leagues, Samford, Somerville House, Southern Cross, St Margaret's, St Peter's Caboolture, St Peters Western, The Gap, The Lakes College, The Swim Academy (Brisbane), United, University Of Queensland, Virginia, Wilston, Wide Bay
Conditions of entry	A Swimmer may nominate in any or all events in their age group. No swimming up is allowed. Nominations are accepted on the understanding that the nominating club has the responsibility to ensure that all competitors are registered with Swimming Queensland, date of birth is correct, and times entered are current. Clubs nominate on the condition that they provide timekeepers on the day.
Timing	Semi-automatic timing system will be used three timekeepers per lane. Time keeping assignments for each club will be based on the percentage of each club's nominations per session. Lane assignments will be emailed to club secretaries prior to event and will be available on the day. Times recorded maybe used as qualifying times for ALL other meets, including States & Nationals.
Entry cost	\$8.50 per event. Entries will be via Swim Central. <u>NO GATE ENTRY</u>
Nominations	Online nominations OPEN. ENTRIES CLOSE TUESDAY 2nd JANUARY at 11.55pm. Late entries will only be accepted at the discretion of the Event Organiser and only if there is an empty lane. No new heats will be created. Late entries will be \$50 per event.
Facilities	Lawnton Aquatic Centre is an outdoor facility with a large undercover grandstand. There is a grassed area which can accommodate club tents. Marshalling is held underneath the grandstand and swimmers are to go to the shallow end of the pool to walk behind the grandstand to get to Marshalling. There is NO warmup pool – Anyone using Toddler pool or Indoor pool are required to purchase a wrist band at reception. Anyone in these pools that is a non-swimmer or under 5ys must be within ARMS REACH OF AN ADULT AT ALL TIME. Anyone 5yrs and over must ALWAYS have ADULT SUPERVISION.



Events	As per the Program of Events on Swim Central. The meet will be conducted and run under SQ/SAL rules. One start rule will apply. All events will be swum as timed finals and placing given to the three fastest times in each age group. Referees' decision is final. Minimum age of 11 years is required for Open Events
Medals	Medals will be awarded to the three fastest place getters in each age group. 50m – 8, 9, 10, and 11 years, 12, 13, 14, and 15 years & Over

Any queries about the swim please email: lawntonswimclub@hotmail.com

We look forward to a great day of racing.

Program of Events – 14th January 2023

2023 Lawnton LC Preparation Meet - 14/01/2023

Junior Session 8am - Warm Up 9am

Event No	Event Name	Event No
1	8-11 50 Butterfly	2
3	8-11 50 Backstroke	4
5	8-11 50 Breaststroke	6
7	8-11 50 Freestyle	8

Senior Session - Will Not Start Prior to 11am

Event No	Event Name	Event No
9	12-99 50 Butterfly	10
11	12-99 50 Backstroke	12
13	12-99 50 Breaststroke	14
15	12-99 50 Freestyle	16