



2024 ROCKY CITY SPRING SPRINT MEET

Rockhampton Southside Memorial Pool, Lions creek Road
Long Course Meet

Saturday 7 September 2024

Nominations Close: Monday 2 September 2024 at 23:59

SESSION 1					SESSION 2				
Female	Male	Age	Dist	Stroke	Female	Male	Age	Dist	Stroke
1	2	MC	50m	Backstroke	59	60	MC	50m	Breaststroke
3	4	7&U	25m	Backstroke	61	62	7&U	25m	Breaststroke
5	6	8Yrs	25m	Backstroke	63	64	8Yrs	25m	Breaststroke
7	8	14Yrs	50m	Backstroke	65	66	14Yrs	50m	Breaststroke
9	10	15&O	50m	Backstroke	67	68	15&O	50m	Breaststroke
11	12	11Yrs	50m	Backstroke	69	70	11Yrs	50m	Breaststroke
13	14	12Yrs	50m	Backstroke	71	72	12Yrs	50m	Breaststroke
15	16	13Yrs	50m	Backstroke	73	74	13Yrs	50m	Breaststroke
17	18	9Yrs	50m	Backstroke	75	76	9Yrs	50m	Breaststroke
19	20	10Yrs	50m	Backstroke	77	78	10Yrs	50m	Breaststroke
21	22	7/8Yrs	50m	Backstroke	79	80	7/8Y	50m	Breaststroke
23	24	14&O	100m	Backstroke	81	82	14&O	100m	Breaststroke
25	26	12/13Yrs	100m	Backstroke	83	84	12/13Y	100m	Breaststroke
27	28	9/10/11Yrs	100m	Backstroke	85	86	9/10/11Yrs	100m	Breaststroke
29	30	MC	50m	Butterfly	87	88	MC	50m	Freestyle
31	32	7&U	25m	Butterfly	89	90	7&U	25m	Freestyle
33	34	8Yrs	25m	Butterfly	91	92	8Yrs	25m	Freestyle
35	36	14Yrs	50m	Butterfly	93	94	14Yrs	50m	Freestyle
37	38	15&O	50m	Butterfly	95	96	15&O	50m	Freestyle
39	40	11Yrs	50m	Butterfly	97	98	11Yrs	50m	Freestyle
41	42	12Yrs	50m	Butterfly	99	100	12Yrs	50m	Freestyle
43	44	13Yrs	50m	Butterfly	101	102	13Yrs	50m	Freestyle
45	46	9Yrs	50m	Butterfly	103	104	9Yrs	50m	Freestyle
47	48	10Yrs	50m	Butterfly	105	106	10Yrs	50m	Freestyle
49	50	7/8Yrs	50m	Butterfly	107	108	7/8Yrs	50m	Freestyle
51	52	14&O	100m	Butterfly	109	110	14&O	100m	Freestyle
53	54	12/13Yrs	100m	Butterfly	111	112	12/13Yrs	100m	Freestyle
55	56	9/10/11Yrs	100m	Butterfly	113	114	9/10/11Yrs	100m	Freestyle
57	58	Open	200m	Freestyle	115	116	Open	400m	Freestyle

Special Events

21, 22, 23, 24, 25, 26, 27, 28, 49, 50, 51, 52, 53, 54, 55, 56,
79, 80, 81, 82, 83, 84, 85, 86,
107, 108, 109, 110, 111, 112, 113, 114

\$15 Cash will be awarded to the winner of each of these events

GENERAL ENTRY INFORMATION

- This meet will be conducted under the general rules and by-laws of SQ and is open to swimmers who hold a current SQ registration. Competitors in the 7 & U events will not be disqualified or score points, they will each receive a participation prize.
- No deck entries will be accepted.
- This is a Long Course competition.
- All events will be swum as timed finals. Events may be amalgamated at the discretion of the Chief Referee and Meet Director.
- The age of competitors for the meet is the age at the day of the meet.
- Open events will be open to 10 & over competitors.
- All entries will be via Swim Central. Nominations close Monday 2 September at 23:59.
- Over the top starting will be used. All backstroke competitors must enter the water feet first.
- This is a self-marshalling event.
- During warm-up Lane 0 and 9 will be available for Dive Starts.
- Medals will be awarded to all 1st, 2nd and 3rd place getters in all events, except those marked as special events.
- Patrons of the facility are reminded that no chairs or stools are permitted in or on the grandstand steps and are advised to bring a pillow or something soft to sit on.
- **Only team managers are to approach officials and event organizers in case of a discrepancy/query.**

AGE CHAMPION AWARDS

- Age Champion will be based on the four individual age group swims or four 15 & over 50m events for 15 & over competitors.
- Age Champion will be awarded in 8, 9, 10, 11, 12, 13, 14, 15 & over age groups and MC.
- Competitors in any of the designated age champion events who place 1st score 6 points, 2nd score 3 points and 3rd score 1 point. You do not need to compete in all age champion events to be eligible for age champion.

MULTI-CLASS AWARDS

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

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