



**Mc Donald's FNQ Regional LC Championships**  
*HOSTED BY INNISFAIL SWIMMING CLUB.*  
**Innisfail Swimming Complex 27/28 February 2010**



<b>M</b>		<b>F</b>		<b>Saturday 27 February</b>		<b>M</b>		<b>F</b>		<b>Sunday 28 February</b>		
				<b>Pool opens at 9am for a 10am start.</b>						<b>Pool opens at 8am for a 9.00am start.</b>		
1				Open 800m Freestyle	73					Open 1500m Freestyle		
2				Open 400 IM						Open 400 IM	74	
3	4			10yr 100m Breaststroke	75	76				<b>10 &amp; U 200m Freestyle</b>		
5	6			11yr 100m Breaststroke	77	78				11yr 100m Butterfly		
7	8			15yr 100m Butterfly	79	80				12yr 100m Freestyle		
9	10			12yr 100m Butterfly	81	82				<b>15 &amp; O 200m Freestyle</b>		
11	12			13yr 100m Freestyle	83	84				13yr 100m Backstroke		
13	14			9yr 50m Breaststroke	85	86				14yr 100m Breaststroke		
15	16			M/D 50m Backstroke	87	88				16 & O 100m Breaststroke		
17	18			Open 200m Butterfly	89	90				15yr 100m Breaststroke		
19	20			8yr 50m Freestyle	91	92				M/D 50m Freestyle		
21	22			7yr 50m Backstroke	93	94				7yr 50m Butterfly		
23	24			14yr 100m Butterfly	95	96				8yr 50m Backstroke		
25	26			<b>15 &amp; O 200m I.M.</b>	97	98				Open 50m Butterfly		
27	28			13yr 100m Breaststroke	99	100				9yr 50m Butterfly		
29	30			11yr 100m Backstroke	101	102				<b>11/12yr 200m I.M.</b>		
31	32			Open 50m Breaststroke	103	104				13yr 100m Butterfly		
33	34			12yr 100m Backstroke	105	106				14yr 100m Freestyle		
35	36			16 & O 100m Butterfly	107	108				10yr 100m Butterfly		
37	38			<b>10/U 200m I.M.</b>	109	110				7yr 50m Breaststroke		
39	40			M/D 50m Breaststroke	111	112				Open 200m Backstroke		
41	42			Open 400m Freestyle	113	114				8yr 50m Butterfly		
LUNCH				115	116					9yr 50m Freestyle		
43	44			<b>11/12yr 200m Freestyle</b>	117	118				M/D 50m Butterfly		
45	46			<b>13/14yr 200m Freestyle</b>	119	120				Open 50m Freestyle		
47	48			10yr 100m Freestyle	121	122				10yr 100m Backstroke		
49	50			Open 50m Backstroke	123	124				11yr 100m Freestyle		
51	52			7yr 50m Freestyle	125	126				12yr 100m Breaststroke		
53	54			Open 200m Breaststroke	127	128				<b>13/14yr 200m I.M.</b>		
55	56			8yr 50m Breaststroke	129	130				15yr 100m Backstroke		
57	58			9yr 50m Backstroke	131	132				16 & O 100m Backstroke		
59	60			14yr 100m Backstroke	133	134				10 & U 4x50m Medley Relay		
61	62			15yr 100m Freestyle	135	136				12 & U 4x50m Medley Relay		
63	64			16yr & O 100m Freestyle	137	138				14 & U 4x50m Medley Relay		
65	66			10U 4X50 Free Relay	139	140				Open 4x100m Medley Relay		
67	68			12U 4X50 Free Relay	PRESENTATIONS							
69	70			14U 4X50 Free Relay								
71	72			Open 4x100m Free Relay								

**CONDITIONS OF ENTRY**

- A. The meet will be conducted under the rules of FINA and By-laws of Swimming Australia and Swimming Queensland.
- B. All competitors must be currently registered members of a club in the FNQ or NQ region. SWD must present their classification card to the referee of the day.
- C. All decisions taken will be at the discretion of the Chief Referee of the day.
- D. Age shall be as on **27 February 2010**.
- E. Nomination fee: Individual Events \$3.50. Relays \$6.50. All nominations to:  
**The Nominations Secretary**  
**Innisfail Swimming Inc**  
**P O Box 535**  
**Innisfail, QLD 4860**  
**Email : [innisfailswimming@yahoo.com.au](mailto:innisfailswimming@yahoo.com.au)**
- F. Programs will be available from the FNQ website [www.fnqswimming.asn.au](http://www.fnqswimming.asn.au). Programs will not be available at the gate for purchase.
- G. In the event of a protest, a fee of \$100 is to be deposited with a written protest not later than 30 minutes following the conclusion of the event. (SAL CBL 12)
- H. All events are timed finals. FNQ "Gold" Standard times apply for all events 200M & Over. **Open events for 10yrs and over only**

**AWARDS**

1. Medals will be awarded to the first three FNQ place-getters. Visitors will receive a visitors medal if they place in the first three finishers.
2. Ribbons for all Relay place-getters.
3. Awards for Age Aggregate winners and runners-up 8yrs to 16yrs & over, Open & Multi-disability. Points will be awarded on the 5-3-1 basis.
4. All competitors in 7yrs events will be awarded a participation ribbon & certificate. 7yr old competitors will not score points.
5. Visitors may not score points. (See SQ visitors policy).
6. Age aggregates will be determined by points accrued in age events for 8yrs and in age events plus 200IM and 200 Free for 9yrs & above.  
**Events 25/26; 37/38; 43/44; 45/46; 75/76; 81/82; 101/102; 127/128 will be multi-aged scored for Aggregate awards only (not medals)**

**TROPHIES**

**THE FNQ TEAM TROPHY** will be awarded to the FNQ team earning most points in individual events only.

**THE FNQ RELAY SHIELD** will be awarded to the FNQ Team amassing most points in Relay events.

**THE RENEE DUNCOMBE MEMORIAL TROPHY** awarded to the FNQ team who is judged the "Best Presented" Club in the "March Past"

**BILL RAIL MEMORIAL TROPHIES** will be awarded to the FNQ Boy & Girl swimmer achieving the fastest times in 200m Individual Medley events.

**THE CANON TROPHIES** for FNQ Male & Female will be awarded for equaling or improving records as follows: 5 points for a best by FNQ Record & an additional 3 points for an FNQ Regional Record.

**THE JEFF ZAHMEL MEMORIAL TROPHY** will be awarded to the winner of the FNQ boys 11/12 yrs 200m Freestyle.

**JULIE MAJER PERPETUAL TROPHY** presented to the 9 & over FNQ swimmer deemed to have made the most outstanding swim of the Championships, in relation to FNQ Records, but not awarded any of the other major trophies of the meet.

**EDDIE LEEON MEMORIAL TROPHY** awarded to the best FNQ Male **OR** Female performance in 100m Butterfly events.

**TEAM SPIRIT AWARD** Presented to the FNQ Club to be judged to give their swimmers the greatest support throughout the weekend.

*MARCH PAST WILL TAKE PLACE AT 9.45AM ON SATURDAY 27 February Prior to Carnival Start GATE \$3 Adult, Children free.*

***Nominations Close Monday 15 February 2010  
 Late nominations will not be accepted***