



FNQ REGIONAL SHORTCOURSE CHAMPIONSHIP 2010-2011

TAS AQUATIC CENTRE, 7-8TH AUGUST, 2010



SATURDAY, Gates open 9am for 10am start				
F	M	Age	Distance	Stroke
1	2	12 & O	100	IM
3	4	7U	25	Fly
5	6	8-9yrs*	25	Fly
7	8	10	100	Fly
9	10	11	50	Fly
11	12	12	100	Fly
13	14	13	50	Fly
15	16	14	100	Free
17	18	15,16+*	100	Free
19	20	Multiclass	50	Fly
21	22	10 & O	25	Breast
23	24	12	50	Back
25	26	13	100	Back
27	28	14	50	Breast
29	30	15,16+*	100	Back
31	32	11	100	Free
33	34	10	50	Breast
35	36	7U	25	Back
37	38	8-9*	25	Back
39	40	Multiclass	50	Breast
41	42	Open	200	Back
LUNCH BREAK				
43	44	15,16+*	50	Fly
45	46	12	100	Free
47	48	13	100	Fly
49	50	14	100	Back
51	52	15,16+*	50	Breast
53	54	10 & O	25	Back
55	56	8-9*	50	Fly
57	58	10	100	Back
59	60	11	100	Breast
61	62	Open	200	Free
63	64	12	50	Breast
65	66	13	50	Breast
67	68	14	50	Fly
69	70	15,16+*	100	Breast
71	72	8-9*	50	Back
73	74	10	50	Free
75	76	11	50	Breast
77	78	Open	400	IM
79	80	10U	100 Relay	Medley
81	82	Open	200 Relay	Free

1. The Meet will be conducted under the rules of FINA and By-laws of Swimming Australia(SAL)and Swimming Queensland(SQ)
2. All competitors must be currently registered members of an affiliated SQ club within the FNQ and NQ swimming regions.
3. Visiting swimmers will not be styled FNQ champions, or awarded FNQ Championships Perpetual trophies.
4. All decisions taken will be at the discretion of the Chief Referee of the day.
5. All protests must be submitted in writing together with a fee of \$100 not later than 30 minutes following the conclusion of the event. (SAL CBL 12).
6. 7U events are non competitive and do not attract individual or team points.
7. Age shall be as on 7th August, 2010
8. Swimmers must be nominated by their club using a TM file. Clubs wishing to use paper nominations must contact the Secretary of FNQRSA.

SUNDAY Gates open 8am for 9am start				
F	M	Age	Distance	Stroke
83	84	Open	400	Free
85	86	9-11*	100	IM
87	88	10 & O	25	Fly
89	90	Open	200	Breast
91	92	7U	25	Breast
93	94	8-9*	25	Breast
95	96	10	50	Fly
97	98	12	100	Back
99	100	13	50	Back
101	102	14	100	Breast
103	104	15,16+*	100	Fly
105	106	Multiclass	50	Back
107	108	11	50	Back
109	110	12	50	Fly
111	112	13	100	Free
113	114	14	50	Back
115	116	15,16+*	50	Back
117	118	7U	25	Free
119	120	8-9*	25	Free
121	122	10	100	Breast
123	124	11	100	Fly
125	126	Multiclass	50	Free
127	128	Open	200	Fly
LUNCH BREAK				
129	130	Open	200	IM
131	132	10&O	25	Free
133	134	8-9*	50	Breast
135	136	10	100	Free
137	138	11	100	Back
139	140	12	100	Breast
141	142	13	100	Breast
143	144	14	100	Fly
145	146	15,16+*	50	Free
147	148	8-9*	50	Free
149	150	10	50	Back
151	152	11	50	Free
153	154	12	50	Free
155	156	13	50	Free
157	158	14	50	Free
159	160	10U	100Relay	Free
161	162	Open	200Relay	Medley
163	164	Open	800/1500	Free

EVENTS MARKED WITH * WILL BE MULTI-AGED SCORED FOR AGGREGATES AND TEAM POINTS.

1. Nomination fee: \$4.00(individual event), \$7 (Relay). Please email nominations to Roxanne Wu rockdocs@bigpond.net.au (Ph: 0418985420) by 2 August,2010. Late nominations will be accepted until 30 minutes before commencement of swimming each day if accompanied by a fee of \$20 per nomination.
1. 10 & O 25m events for records only. No points or medals will be awarded.
2. Medals will be awarded for the first three placegetters in open events and the first three placegetters in each age group for multi-aged events. Relay placegetters will receive ribbons.
3. 7U swimmers will all receive a participation award.
4. AGE AGGREGATE TROPHIES FOR 8-11YR OLDS will be awarded on points earned in their individual age group events only.
5. AGE AGGREGATE FOR 12, 13, 14, 15, AND 16&O AGE GROUPS will be determined by points earned in age AND open events. Open events are NOT multi-age scored.
6. All swimmers in events 200m or greater must have achieved an FNQ Gold time for their age to qualify for nomination. Only official short course and unconverted long course times are acceptable. Medals and points will not be awarded if the qualifying time is not met.
7. HOLDERS OF PERPETUAL TROPHIES ARE REMINDED TO BRING THEM TO THE MEET.
8. PROGRAMS WILL BE AVAILABLE ON THE FNQ WEBSITE www.fnqswimming.asn.au , ON THURSDAY EVENING, 5TH AUGUST, 2010.