



FNQ Sprint and Relay Day

SATURDAY, 11TH SEPTEMBER, 2010

SMITHFIELD POOL, WARM UP 11 AM, SWIMMING STARTS 12MD.

FNQ REGIONAL SWIMMING ASSOCIATION AGM AT 10AM, 11 TH SEPTEMBER.

Event			Age Group	Distance	Stroke
M	F	Mixed			
		1	8U	4X 25m	Free Relay
		2	10U	4 X 50m	Free Relay
		3	12U	4 X 50m	Free Relay
4	5		Open	4 X 50m	Free Relay
6	7		7U	25m	Fly
8	9		8	25m	Fly
10	11		Open	100m	Back
12	13		Open	50m	Fly
14	15		Multiclass	50m	Fly
16	17		7U	25m	Free
18	19		8	25m	Free
20	21		Open	100m	Breast
22	23		Open	50m	Free
24	25		Multiclass	50m	Free
	26		8U	4X 25m	Med. Relay
	27		10U	4 X 50m	Med. Relay
	28		12U	4 X 50m	Med. Relay
29	30		Open	4 X 50m	Med. Relay
31	32		7U	25m	Back
33	34		8	25m	Back
35	36		Open	100m	Fly
37	38		Open	50m	Back
39	40		Multiclass	50m	Back
41	42		7U	25m	Breast
43	44		8	25m	Breast
45	46		Open	100m	Free
47	48		Open	50m	Breast
49	50		Multiclass	50m	Breast
	51		Open	10 X 50m	Free

- The meet will be conducted under the rules of FINA and By-laws of Swimming Australia (SAL) and Swimming Queensland (SQ).
- All competitors must be currently registered members of an affiliated SAL club or a visiting member of a club in a FINA registered nation. SWD must present their classification card to the referee of the day.
- All decisions taken will be at the discretion of the Chief Referee of the day.
- Age shall be as on 12TH September, 2010
- Please note that swimmers will be nominated on seed times so that there will be MANY HEATS in the open 100m and open 50m events and there will be a big break between your swims in these events. Swimmers should have sufficient time to recover to do both events.
- Please nominate using TM by emailing to rockdocs@bigpond.net.au by Wed,, 8th September. Program will be posted on FNQ website: www.fnqswimming.org.au by Friday 10th Sept.
- In the event of a dispute, a fee of \$100 together with a written protest to be lodged within 30 minutes of the completion of the event.
- NOMINATION FEE: \$2 for individual events, \$4 for 4 man teams, and \$10 for 10 man teams.
- Swims are for times only, No medals will be awarded.
- MIXED RELAYS: Any combination of boys and girls are allowed. If your club has insufficient swimmers to form a team, please let us know the swimmers available and we will allocate them to a team.
- MEDLEY RELAYS: Medley swimmers will swim in the following order: Back, Breast, Fly and Free.
- 4 X 25m relays will be swum in the 25m warm up pool.
- 10 Person relay. Any combination of girls and boys may be entered. At least four swimmers must be 10U, and no team shall have more than 2 swimmers aged 14 and over.

FNQ SWIMMING THANK MCDONALDS
FOR THEIR GENEROUS SUPPORT!

