



McDonalds FNQ RSA Regional Long Course Championships



FRIDAY 11 th March 2011			
F	M	AGE	DISTANCE / STROKE
	1	OPEN	1500m Free
2		OPEN	800m Free

Reminder GOLD standards apply for 200m & over events for qualifying. Open events 10 & over only

SATURDAY 12 th March 2011			
F	M	AGE	DISTANCE / STROKE
3	4	Open	400 Freestyle
5	6	10yr	100m Breaststroke
7	8	11yr	100m Breaststroke
9	10	15 / 16&O	100m Butterfly
11	12	12yr	100m Butterfly
13	14	13yr	100m Freestyle
15	16	9yr	50m Breaststroke
17	18	SWD	50m Backstroke
19	20	Open	200m Breaststroke
21	22	8yr	50m Freestyle
23	24	7yr	50m Backstroke
25	26	14yr	100m Butterfly
27	28	15 & Over	200IM
29	30	13yr	100m Breaststroke
31	32	11yr	100m Backstroke
33	34	OPEN	50m Breaststroke
35	36	12yr	100m Backstroke
37	38	10 & U	200IM
39	40	SWD	50m Breaststroke
41	42	OPEN	200m Butterfly
LUNCH BREAK			
43	44	11/12yr	200m Freestyle
45	46	13/14yr	200m Freestyle
47	48	10yr	100m Freestyle
49	50	OPEN	50m Backstroke
51	52	7yr	50m Freestyle
53	54	8yr	50m Breaststroke
55	56	9yr	50m Backstroke
57	58	14yr	100m Backstroke
59	60	15 / 16&O	100m Freestyle
61	62	10 & Under	4x50m Freestyle Relay
63	64	12 & Under	4x50m Freestyle Relay
65	66	14 & Under	4x50m Freestyle Relay
67	68	OPEN	4x50m Freestyle Relay

SUNDAY 13 th March 2011			
F	M	AGE	DISTANCE / STROKE
69	70	Open	400 IM
71	72	10 & U	200m Freestyle
73	74	11yr	100m Butterfly
75	76	12yr	100m Freestyle
77	78	15 & Over	200m Freestyle
79	80	13yr	100m Backstroke
81	82	14yr	100m Breaststroke
83	84	15 / 16&O	100m Breaststroke
85	86	SWD	50m Freestyle
87	88	7yr	50m Butterfly
89	90	Open	50m Butterfly
91	92	8yr	50m Backstroke
93	94	9yr	50m Butterfly
95	96	11/12yr	200 IM
97	98	13yr	100m Butterfly
99	100	14yr	100m Freestyle
101	102	10yr	100m Butterfly
103	104	7yr	50m Breaststroke
105	106	Open	200m Backstroke
107	108	8yr	50m Butterfly
109	110	9yr	50m Freestyle
111	112	SWD	50m Butterfly
113	114	Open	50m Freestyle
115	116	10yr	100m Backstroke
117	118	11yr	100m Freestyle
119	120	12yr	100m Breaststroke
121	122	13/14yr	200 IM
123	124	15 / 16&O	100m Backstroke
125	126	10 & Under	4x50m Medley Relay
127	128	12 & Under	4x50m Medley Relay
129	130	14 & Under	4x50m Medley Relay
130	132	OPEN	4x50m Medley Relay

PRESENTATIONS

EVENT HELD AT
Smithfield Swimming Complex
Leisure Park Road
Smithfield, CAIRNS QLD

CONDITIONS OF ENTRY

- 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 11th March 2011.
- Nomination fee: Individual Events \$3.50 Relays \$6.50 Individual. All entries to be nominated through the clubs Hytek Team Manager.
FNQ Nominations Officer on email - deanswim@aapt.net.au
- Programs will be available from the FNQ website www.fnqswimming.asn.au Limited programs will be available at the gate for purchase at \$2.00.
- 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)
- All events are timed finals. FNQ "Gold" Standard times apply for qualifying in all events 200M & Over. **Open events for 10yrs and over only**

AWARDS

- Medals will be awarded to the first three FNQ place-getters. Visitors will receive medals if they place in the first three finishers.
- Ribbons for all Relay place-getters.
- Awards for Aggregate winners and runners-up 8yrs to 16yrs & over, Open & Multi-disability (SWD). Points will be awarded on the 5-3-1 basis.
- All competitors in 7yrs events will be awarded a participation ribbon & certificate. 7yr old competitors will not score points.
- Visitors do not score points. (See SQ visitors policy on FNQ Website).
- Age aggregates will be determined by points accrued by the following
8 & 9yrs - 50m of each stroke
10, 11, 12, 13, 14, 15 & 16&O -100m each stroke plus 200IM.
Open aggregate includes all OPEN events -50m all strokes, 200m Back / Fly / Breast, 400IM, 400Free & 1500m(M)/800m(F) plus 200m Free - the fastest 3 swimmers Male & Female from events 43,44,45,46,71,72,77,78 will be awarded the 5-3-1 points only towards the Open aggregate.
Multi-disability (SWD) - 50m of each stroke.
200IM events will be multi-aged for Medals, Aggregates & Team Points
200 Freestyle events are multi-aged for Medals & Team Points
Open events are not Multi-aged.

Shield Awards

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 equalling 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.

CARNIVAL WILL HOSTED BY FNQ
Incorporating all FNQ Swimming Clubs

POOL TO BE CLEARED BY 9.30am Saturday
MARCH PAST WILL TAKE PLACE AT 9:40AM ON SATURDAY
12th March 2011 Prior to Carnival Start
GATE \$3 per Adult, Children free, Friday Entry Free
Late nominations will not be accepted

NOMINATIONS CLOSE Monday 7th March 2011
All entries to go via your clubs Team Manager
Send entries to Email : deanswim@aapt.net.au

Your Club Nominations CLOSE on the
March 2011