



FNQ Sprint and Relay Day

SUNDAY 11TH SEPTEMBER 2011

SMITHFIELD POOL: GATES OPEN AT 8 AM SWIMMING STARTS 9 AM

Event			Age Group	Distance	Stroke
M	F	Mixed			
		1	8U	4 X 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		8-9	50m	Fly
14	15		10-11	50m	Fly
16	17		12-13	50m	Fly
18	19		Open	50m	Fly
20	21		Multiclass	50m	Fly
22	23		7U	25m	Free
24	25		8	25m	Free
26	27		Open	100m	Breast
28	29		8-9	50m	Free
30	31		10-11	50m	Free
32	33		12-13	50m	Free
34	35		Open	50m	Free
36	37		Multiclass	50m	Free
BREAK					
		38	8U	2 X 25m	Medley Relay
		39	10U	4 X 50m	Medley Relay
		40	12U	4 X 50m	Medley Relay
41	42		Open	4 X 50m	Medley Relay
43	44		7U	25m	Back
45	46		8	25m	Back
47	48		Open	100m	Fly
49	50		8-9	50m	Back
51	52		10-11	50m	Back
53	54		12-13	50m	Back
55	56		Open	50m	Back
57	58		Multiclass	50m	Back
59	60		7U	25m	Breast
61	62		8	25m	Breast
63	64		Open	100m	Free
65	66		8-9	50m	Breast
67	68		10-11	50m	Breast
69	70		12-13	50m	Breast
71	72		Open	50m	Breast
73	74		Multiclass	50m	Breast
		75	Open	10 X 50m	Free Relay

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 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.
3. All decisions taken will be at the discretion of the Chief Referee of the day.
4. Age shall be as on 11TH September 2011.
5. Swimmers may nominate for their age and for Open events.
6. 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.
7. NOMINATION FEE: \$2 for individual events, \$5 for relay teams.
8. Swims are for times only. No medals will be awarded.
9. MIXED RELAYS: Any combination of boys and girls are allowed
10. MEDLEY RELAYS: Medley swimmers will swim in the following order: Back, Breast, Fly and Free.
11. 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. Clubs with insufficient swimmers to enter a team may combine with another club to make up a team.



FNQ REGIONAL SWIMMING ASSOCIATION THANKS
MCDONALD'S FOR THEIR GENEROUS SUPPORT