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2023 SOSOC Prep Meet

You are cordially invited to attend the 2023 SOSOC Prep Meet

Date	Saturday 18 November 2023
Time	7.00am warm-up for 8.00am start
Nomination fee	\$8.00 (incl GST) per individual event + associated Swim Central fees. Includes digital program.
Venue & Gate entry	<p>Gold Coast Aquatic Centre Marine Parade Southport</p> <p>Each club will be allocated tent spaces – tents can be erected on the day only. COVID Guidelines in place, each club must remain in its dedicated area.</p> <p>The GCAC fees is \$4.00 for spectators.</p> <p>Competitors, registered volunteers & registered coaches are free.</p>
Spectator Attendance	<p>All spectators and competitors will comply with GCAC entry conditions.</p> <p>Swimming Gold Coast encourages people considered high risk (aged 70+, have pre-existing medical or auto-immune conditions etc.) not to attend the swim meet.</p>
Nominations close	<p>Nominations close Friday 10 November at 23:59 on Swim Central.</p> <p>All entries must be submitted through swim central</p> <p>#No manual entries will be accepted, except approved visiting swimmers, as below#</p>
Late entries	Late entries WILL NOT be accepted, under any circumstances.
Age Requirements	<p>Age as of Saturday 18 November 2023</p> <p>12 yrs is the minimum age for this club meet.</p> <p>11 year olds may enter if they will be 12 years old by the commencement of the Swimming QLD State Championships – Saturday 9 December 2023.</p>
Status	This is a Swimming Queensland and Swimming Gold Coast sanctioned Qualifying meet.
Code of conduct	By entering this swim meet all swimmers and attendees agree to adhere to the Swimming Gold Coast code of conduct. The code of conduct can be found at the following link. CODE OF CONDUCT LINK

<p>Entry Eligibility</p>	<p>All Swimmers must be fully registered as a Competitive Swimmer on Swim Central to nominate for this 2023 SOSC Prep Meet 'Recreational' swimmers are ineligible to enter.</p> <p>Qualifying times must have been achieved after 1 January 2023 at an approved qualifying meet. Club night, club championships and no times (NT) are NOT ACCEPTABLE.</p> <p>Entries will not be accepted unless the qualifying times have been swum and approved at a sanctioned Short Course or Long Course Qualifying Meet prior to this meets' closing date.</p> <p>Long Course / short course converted times (whichever is applicable) can be used, however, these will only be used where an existing short course / long course (whichever is applicable) qualifying time has not been achieved.</p>
<p>Visiting swimmers</p>	<p>Swimmers registered to Gold Coast Clubs that are members of another Federation, or from Interstate, are permitted to swim.</p> <p>A member of another Federation must be shown in the program with a (V) beside their first name and the Federation they are registered with.</p> <p>Inter-State swimmers (not members of another Federation) must be shown in the program with a (V) beside their surname and the club they are registered with.</p> <p>Swimmers must be registered in SAL Swim Central and be able to enter via the online entry form.</p> <p>There will be no manual entries accepted.</p>
<p>Entry Cap</p>	<p>Swimmers are only able to enter a maximum of 6 events at this meet.</p>
<p>Events</p>	<p>As per the attached Program of Events.</p> <p>This meet to be conducted as timed finals. If less than 3 nominations are received for an event, SOSC Swim Club reserves the right to cancel the event and refund nominations. SOSC Swim Club in consultation with the chief referee, also reserves the right, on the day, to combine heats and / or events.</p>
<p>Withdrawals / Refunds</p>	<p>Any withdrawals requested prior to the closing of nominations will be fully refunded through Swim Central. After nominations have closed, all withdrawals prior to the day of competition will be refunded at the discretion of SOSC.</p>
<p>Rules</p>	<p>This meet will be conducted under the rules as documented within: "Swimming Queensland General Rules", "Swimming Queensland Championship By-Laws", "FINA" and "Swimming Australia Limited" rules</p> <p>Competitors in the first two events should be behind the blocks in the self-marshalling zone (holding area) prior to the scheduled starting time of the session. In addition, all competitors should be in the self-marshalling zone (holding area) 4 heats prior to their own heat for events up to 200m and 2 heats for 400m and over events.</p>

Technical Officials	<p>All technical officials will be contacted to register their availability, for either day, or both by Chief Referee, Sharon Wicking.</p> <p>Any persons interested in learning about the possibilities of becoming a Technical Official, please make contact with the Swimming Gold Coast Chief Referee Sharon Wicking at: chiefreferee@swimminggoldcoast.org.au for communication on the opportunities available and any training requirements.</p>
Further Communication	<p>In the week preceding the meet, further relevant information will be provided to all participants and attendees within the program. This will include drop-off and collection zone, facility maps, contact tracing procedures (if required) , seating requirements and any further information as required.</p>
Swimmer Check-in Requirements	<p>Events of 400m and over (400m IM, 400m Free, 800m and 1500m Free) require swimmers (or their Coach / Team Manager) to confirm their intention to swim. This must be completed at the Help Desk a minimum of one hour prior to the published start time of the relevant event. Failure to confirm their intention to swim will be taken as a withdrawal. Confirmed swimmers should then follow the self-marshalling procedures.</p> <p>Prior to the meet, events of 400m and over will be seeded from nominations as normal.</p> <p>Any swimmer who has not confirmed their intention to swim one hour prior to the published start time for the relevant event will be deemed a withdrawal and the event will be reseeded.</p>
Marshalling	<p>All swim meets within the Gold Coast region are self-marshalling.</p>
Meet Mobile	<p>Results will be published throughout this meet to the Meet Mobile application.</p> <p>Please note:</p> <ul style="list-style-type: none"> ● Results published via Meet Mobile ARE NOT OFFICIAL and should be used as a guide only. ● Official meet results are printed by officials during the meet and posted in a prominent position. <p>Official results are published within 48hrs of the completion of a meet on the Swimming Gold Coast website and Swim Central.</p>
Results	<p>1st, 2nd and 3rd placings will be determined from the OFFICIAL TIMES swam in the heats.</p> <p>Age Champions will not be recognised.</p> <p>Unfortunately no medals are awarded for Preparation Meets.</p>
Collection of medals	<p>No medals to be given at this meet.</p>
Timekeepers & Volunteers & TO's	<p>Timekeepers, Technical Officials and check starters will be required to be provided by each club, where available. A schedule will be provided to the clubs by SOSC Swim Club with all team manager's, check starters and timekeepers to be allocated to clubs by the SOSC Swim Club.</p>

Photography & images	In nominating for this meet, swimmers agree that they may be photographed by Swimming Queensland and/or Swimming Gold Coast approved photographers. Any images may be displayed for viewing and purchasing on site during the Meet and on the photographer's secure website after the Meet. They may also be used by Swimming Queensland, Swimming Gold Coast and affiliated clubs at their discretion.
Warmup	Warmup will commence as follows: Saturday Session: 7.00am Dive starts and pacework will be allocated for Lanes 0 and 9. Warmup and Cool down will be available in allocated lanes in the old competition pool once events commence.
Food	There will be a BBQ being run by SOSC . Café Catalina (a SOSC sponsor) has a range of hot/cold beverages and meal options available throughout the day.
Volunteers & Team Managers	The following volunteer roles will be allocated to clubs on date after the closing of nominations. Please register your interest with your club. <ul style="list-style-type: none"> ● Timekeepers – Allocated on a per session basis. ● Check starters – Allocated on a per session basis.
COVID Safety Officer	For any information relating to the operation of the swim meet in relation to COVID requirements please contact: Garth Lambert Email garthlambert.sosc@gmail.com Mobile 0400 798 093
Force Majeure	In the case of force majeure preventing or resulting in the SOSC Prep Meet being cancelled, refund of registration fees will be at the discretion of SOSC .
Pool Compliance	The Gold Coast Aquatic Centre has undertaken compliance testing and met all current competitive pool standards, as set by Swimming Australia. Gold Coast pool certifications can be viewed here .
Competitive Dive Policy	All swimming competitors and/or their parents, accept that, by nominating for this event, that they have read and understand Swimming Australia's "Dive Entry for Competitive Swimming Policy" and the swimmer(s) meet the dive competency levels outlined in that policy. This policy can be found here .
Copy of results	A copy of results will be available on the website https://goldcoast.swimming.org.au/ as well as the Swimming Australia Results Central database – Results Central

For any enquiries, please contact:

- Rebecca Macdonald Race Secretary SOSC – soscomm@gmail.com

No manual TM entry files will be accepted (except Internationals).

- Payment **MUST BE COMPLETED** during event registration via the swim central online entries process. You will receive a purchase order confirmation from Swim Central as proof of entry.

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Program of Events

18 November SOSC Preparation Meet

Boys	Event	Girls
1	12yrs & over 800m Freestyle*	2
3	12yrs & over 1500m Freestyle*	4
5	12yrs & over 100m Breaststroke	6
7	12yrs & over 200m Backstroke	8
9	12yrs & over 400m IM*	10
11	12yrs & over 100m Butterfly	12
13	12yrs & over 200m Freestyle	14
15	12yrs & over 100m Backstroke	16
17	12yrs & over 200m Breaststroke	18
19	12yrs & over 400m Freestyle*	20
21	12yrs & over 200m Butterfly	22
23	12yrs & over 200m IM	24
25	12yrs & over 100m Freestyle	26

Qualifying Times*

BOYS	EVENTS	GIRLS
6:45.00	12yrs & Over 400m Individual Medley	6:45.00
6:30.00	12yrs & Over 400m Freestyle	6:30.00
11:20.00	12yrs & Over 800m Freestyle	11:20.00
19:40.00	12yrs & Over 1500m Freestyle	20:00.00

Please Note : Swimmers who are 12 years of age by Saturday 9 December 2023 may enter this meet to allow qualifying opportunities for the Queensland Long Course Championships.

SOSC would like to acknowledge our 2023 Season Sponsors

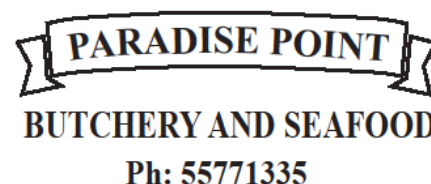
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VINCENTS

every angle.



Thank you to the Southport Olympic Families for supporting our volunteers refreshments.

Thank you to Gold Coast Aquatic Centre staff for their ongoing assistance in hosting our meet.