2026 SGC State Preparation Meet

You are cordially invited to attend the 2026 SGC Preparation Meet held on November 21st 2026, at the Gold Coast Aquatic Centre.

Date	Saturday 21st November 2026
Time	7.00am warm-up for 8.00am start Dive starts and pace work will be allocated for Lanes 0 and 9.
Venue & Gate entry	**Gold Coast Aquatic Centre** **Marine Parade, Southport** Spectators will be permitted access to the venue during the duration of the meet. Gate entry opens at 6.30am for non-swimming spectators at a cost of $3.90 per person. All coaches and technical officials will have their entry covered by Swimming Gold Coast.
Spectator Attendance	Spectators can be in attendance, but we ask those in attendance to assist your club by way of bringing tents / gear etc., acting as a team manager to ensure swimmers are on time for their races, putting you hand up to volunteer, if required as a timekeeper etc. and by providing coaches with the space they need to do their jobs on the day.
Nomination fee	**$10.30** per individual event including all relevant fees and charges. Includes digital program. **$2.86** per swimmer surcharge to cover the cost of officials, including all relevant fees and charges. Any manual entry fee will be charged at **$13.73** per event entry, including all relevant fees and charges and will be either invoiced or charged through Swim Central, as available.
Nominations close	**Sunday 15th November 2026 @ 11.59pm.** All entries **must be submitted through swim central** **#No manual entries will be accepted, except approved visiting swimmers or those seeking qualifying exemptions, as below.**
Late entries	Late entries WILL be accepted, until 6.00pm Wednesday 18th November 2026. These are to be done through the SGC Race Secretary and will require a **$22.88** per event late entry fee, including all relevant fees and charges.
Age Requirements	Age as of 21st November 2026. **12yrs** is the minimum age for this meet, unless below.
Manual Entries	Swimmers aged 11yrs but will be 12yrs by QLD LC Championships on 12th December will be able to enter via Manual entry via emailing racesecretary@swimminggoldcoast.org.au. Any entry request MUST have met the applicable 12yrs qualifying time. MC swimmers may also apply for a manual entry exemption.
Status	This is a Swimming Queensland and Swimming Gold Coast sanctioned Qualifying Meet.
Marshalling	All swim meets within the Gold Coast region are self-marshalling.

Entry Eligibility	**All Swimmers must be fully registered as a Competitive Swimmer on Swim Central to nominate for this meet.** 'Recreational' swimmers are ineligible to enter. Qualifying times must have been achieved after January 1st 2025. Club night times etc. are **ACCEPTABLE**. Short Course converted times may be used, to achieve qualifying times.
Visiting swimmers	This Meet is open to all swimmers registered with Swimming Australia. All swimming members of another international federation must enter manually through the SGC Race Secretary. There will be a manual entry fee accompanying swimmers not entering through swim central.
Events	As per the attached Program of Events. This meet is to be conducted as timed finals. If less than 3 nominations are received for an event, Swimming Gold Coast reserves the right to cancel the event and refund nominations. Swimming Gold Coast also reserves the right, on the day, to combine heats and / or events.
Rules	This meet will be conducted under the rules as documented within: "World Aquatics" and "Swimming Australia " rules. 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. All events of 400m and over (400m IM, 400m Free, 800m Free and 1500m Free) require swimmers (or their Coach / Team Manager) to confirm their intention to swim using the Online QR Code or 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 may be taken as a withdrawal. Confirmed swimmers should then follow the self-marshalling procedures. Swimmers competing in the 800m and 1500m Freestyle events **MUST** provide their own lap-counter. Queries regarding any disqualification **MUST be made by a club coach, club official or swimmer only.** Technical officials will not be made available to any parents / spectators regarding swimmer disqualification.
Backstroke Ledges	Backstroke ledges will be used at this meet.
Meet Mobile	Results will be published throughout this meet to the Meet Mobile application. Please note: • Results published via Meet Mobile **ARE NOT OFFICIAL** and should be used as a guide only. • Official meet results are printed by officials during all meets and posted in a prominent position. Official results are published within 48hrs of the completion of a meet on the Swimming Gold Coast website and Swim Central.

Results	No Swimming Gold Coast club point score will be in place. Age Champions will not be recognised for this meet. **No medals will be awarded at this meet**. This meet is an opportunity for swimmers aiming to achieve qualifying times for higher pathway events, such as the SQ LC Championships, and the Swimming Australia Multi-Class, Age and Open National Championships.
Volunteers	The following volunteer roles will be allocated to clubs after the closing of nominations. Please register your interest with your club. • Timekeepers (2 per lane) • Catering Distributors (1) • Results Runners (1)
Photography & images	In nominating for this meet, swimmers agree that they may be photographed by 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 Australia, Swimming Queensland, Swimming Gold Coast and affiliated clubs at their discretion.
Food	There will be a BBQ throughout the day. A detailed menu will be provided on the last page of the meet program. Also, Café Catalina will be open to swimmers and spectators throughout the day.
Technical Officials	All technical officials will be contacted to register their availability to officiate. 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.
Further Communication	In the week preceding the meet, further information will be provided to all attendees. This will include entry list, timeline, meet program containing a facility map, seating requirements and any further information, as required.
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**.
Code of Conduct	By entering this swim meet all swimmers and attendees agree to adhere to the Swimming Gold Coast **Code of Conduct**.
Force Majeure	In the case of force majeure preventing or resulting in the 2025 SGC State Preparation Meet being cancelled, refund of event registration fees will be at the discretion of the SGC management committee.
Refunds	SGC will allow refunds until the completion of the entry period on Sunday 15th November 2026 at 11:59pm. Any request for a refund from this time will need to be accompanied by a valid medical certificate covering the day of the event.
Copy of results	A copy of results will be available on our website within 48 hours: **https://www.swimminggoldcoast.org.au/meetresults** Or on the Swim Results Portal: **https://results.swimming.org.au/portal/**

For any enquiries, please contact:

- Sienna Dopson - **racesecretary@swimminggoldcoast.org.au**

SGC Preparation Meet

Saturday, 21st November 2026

Event No. Boys	Event	Event No. Girls
1	12yrs & over 800m Freestyle	2
3	12yrs & over 100m Backstroke	4
5	12yrs & over 200m Butterfly	6
7	12yrs & over 50m Breaststroke	8
9	12yrs & over 200m Freestyle	10
11	12yrs & over 50m Backstroke	12
13	12yrs & over 100m Breaststroke	14
15	12yrs & over 400m IM	16
17	12yrs & over 200m Breaststroke	18
19	12yrs & over 50m Freestyle	20
21	12yrs & over 100m Butterfly	22
23	12yrs & over 400m Freestyle	24
25	12yrs & over 200m Backstroke	26
27	12yrs & over 100m Freestyle	28
29	12yrs & over 200m IM	30
31	12yrs & over 50m Butterfly	32
33	13yrs & over 1500m Freestyle	34

For swimmers that have **NT** in a 400m Freestyle, IM, 800m Freestyle or 1500m Freestyle, they may apply to the SGC Race Secretary for a QT exemption provided they have met the QT in the same stroke one distance level below. This does not apply for any 50m, 100m or 200m events. For example:

- If you have NT for a 400m Individual Medley, you may request a manual entry provided you have met the 200m Individual Medley QT for your age.
- If you have NT for a 400m Freestyle, you may request a manual entry provided you have met the 200m Freestyle QT for your age.
- If you have NT for an 800m Freestyle, you may request a manual entry provided you have met the 400m Freestyle QT.
- If you have NT for a 1500m Freestyle, you may request a manual entry provided you have met the 800m Freestyle QT.

PLEASE NOTE: ALL REQUESTS MUST COME FROM THE COACH OF THE SWIMMER, NO PARENT REQUESTS WILL BE ENTERTAINED.

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Qualifying Times

Event	Age (Boys)				
	12yrs	13yrs	14yrs	15yrs	16 & Over
50m Freestyle	0:39.00	0:37.50	0:36.00	0:34.00	0:32.00
100m Freestyle	1:25.00	1:20.00	1:15.00	1:12.50	1:10.00
200m Freestyle	2:50.00	2:45.00	2:40.00	2:32.00	2:25.00
400m Freestyle	6:00.00				
800m Freestyle	13:00.00				
1500m Freestyle		22:00.00			
50m Backstroke	0:46.00	0:42.00	0:40.00	0:38.00	0:36.00
100m Backstroke	1:38.00	1:32.00	1:28.00	1:25.00	1:22.00
200m Backstroke	3:20.00				
50m Breaststroke	0:50.00	0:46.00	0:43.00	0:41.00	0:40.00
100m Breaststroke	1:50.00	1:45.00	1:40.00	1:35.00	1:30.00
200m Breaststroke	3:40.00				
50m Butterfly	0:43.00	0:40.00	0:38.00	0:36.00	0:34.00
100m Butterfly	1:35.00	1:30.00	1:25.00	1:20.00	1:16.00
200m Butterfly	3:20.00				
200m Individual Medley	3:20.00	3:10.00	3:00.00	2:52.00	2:45.00
400m Individual Medley	6:30.00				

Event	Age (Girls)				
	12yrs	13yrs	14yrs	15yrs	16 & Over
50m Freestyle	0:40.00	0:38.00	0:36.50	0:35.00	0:34.00
100m Freestyle	1:28.00	1:24.00	1:20.00	1:16.00	1:12.00
200m Freestyle	2:55.00	2:50.00	2:45.00	2:40.00	2:35.00
400m Freestyle	6:00.00				
800m Freestyle	13:00.00				
1500m Freestyle		22:00.00			
50m Backstroke	0:46.00	0:43.00	0:41.00	0:40.00	0:39.00
100m Backstroke	1:40.00	1:36.00	1:32.00	1:27.00	1:24.00
200m Backstroke	3:25.00				
50m Breaststroke	0:50.00	0:47.00	0:45.00	0:44.00	0:43.00
100m Breaststroke	1:52.00	1:48.00	1:44.00	1:40.00	1:36.00
200m Breaststroke	3:45.00				
50m Butterfly	0:43.00	0:41.00	0:39.00	0:37.00	0:36.00
100m Butterfly	1:36.00	1:32.00	1:28.00	1:25.00	1:22.00
200m Butterfly	3:30.00				
200m Individual Medley	3:25.00	3:16.00	3:10.00	3:05.00	2:57.00
400m Individual Medley	6:40.00				