



HSC 2023 National Qualifier & Pentathlon Upto \$1320 in Prize Money

Date	19th February 2023
Time	Gates open at: 8am Warmup commences 8.00 am Competition commences 9.00am
Venue	Coomera Anglican Aquatic Centre Billinghurst Dr Upper Coomera 4209
Warmup	Dive starts and pacework will be allocated for Lanes 1 and 8.
Gate Entry	\$5.00 for spectators. Competitors, Coaches and children under 6 free
Nomination Fee	\$9.50 per event plus online charges <u>Includes electronic program</u> <u>Printed programs will be provided for nominated coaches and officials</u>
Nominations Close	13 th February 2023 at 11.59pm - No Refunds will be given – Currently No Restriction on number of swimmers, but we will limit to around a 6 hour time frame.
Age Determination	Age as at 19 th February 2023
Entries	All entries must be submitted Swim Central with a maximum of 6 events per swimmer
COVID	Helensvale Swimming Club reserves the right to change meet format and restrict number if our COVID Plan is required to change because of Qld Government directions.
Eligibility	This Meet is for Swimming Australia ‘Competitive’ registered swimmers. ‘Recreational’ swimmers are ineligible to enter.
Events	As per below Program of Events. Heats only will be swum in each event. If less than 3 nominations are received for an event, the club reserves the right to cancel the event and refund nominations. The club also reserves the right, on the day, to combine heats and events. There are qualifying times for the 200 & 400m events as per the List of Events.
Late Entries	Late entries will be accepted at the discretion of the Race Secretary and a discretionary fee of \$50 per event can be applied. All enquiries regarding these entries <u>MUST</u> only come through the attending club’s Race Secretary and not through individuals.
Collections of Awards	Collection of medals/prizes is the responsibility of each swimmer. Medals/prizes not collected by the end of the meet will not be redeemed.
Refreshments	Helensvale Swimming Club will be operating a BBQ , cold drinks, great coffee, tea and cakes/slices will also be on sale.

HSC 2022 Winter Transition Meet

<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>Swimmers must be registered in SAL Swim Central and be able to enter via the online entry form. There will be no manual entries accepted.</p>
<p>Results</p>	<p>1st, 2nd and 3rd placings will be determined from the OFFICIAL TIMES swam in the heats.</p> <p>For all 50m events & 100m IM medals will be awarded in age groups applicable to that event. 8,9,10,11,12,13,14,15 years & Over.</p> <p>In the 12years & over 100, 200 & 400m eventsexcluding 100m IM, Medals will not be awarded in age groups but prize money as follows 1st \$20, 2nd \$15 and 3rd \$10 as long as there are more than 8 swimmers registered for that event.</p> <p>The Pentathlon will consist of 5 events 50 FS, 50 Fly, 50 BK, 50 BR and 100 IM and winners will be calculated by adding up the times from the 5 events. Only swimmers who have competed in the 5 events will be eligible to win the trophies and they will be awarded to the fastest time in each age group and gender from 8, 9 ,10,11,12 ,13, 14,15 & over.</p> <p><u>8yrs</u> is the minimum age for the above events.</p>
<p>Rules</p>	<p>This event will be conducted under: the Swimming Queensland General Rules, SQ Championship By-Laws, FINA and SAL rules</p> <p>Competitors in the first two events should be in the marshalling area 10 minutes prior to the scheduled starting time of the session. In addition, competitors should be in the marshalling area at least two events ahead of the event in progress.</p>
<p>Timekeepers</p>	<p>Timekeepers will be required to be provided by each club. A timekeeping schedule will be provided at a ratio dependant on the number of swimmers attending</p>
<p>Photography & Images</p>	<p>In nominating for this Meet, swimmers agree that:</p> <ul style="list-style-type: none"> • They may be photographed by Swimming Queensland, Swimming Gold Coast and the Club approved photographers, • The images may be displayed for viewing and purchasing on site during the Meet and on the photographer's secure website after the Meet, and • They may also be used by Swimming Queensland, Swimming Gold Coast and the Club at its discretion.
<p>Meet Mobile</p>	<p>Results may be published in near real time during this meet at the clubs discretion via 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 all meets and posted in a prominent position. • Official results are also published within 24hrs of the completion of a meet upon the Swimming Gold Coast website event pages and later on SAL Results Central
<p>Copy of Results</p>	<p>A copy of official results will be available on the event pages of the website www.swimminggoldcoast.org.au and forwarded to Swimming Queensland.</p>
<p>Pool Compliance</p>	<p>The Coomera Anglican Aquatic Centre has undertaken compliance testing and met all current competitive pool standards, as set by Swimming Australia. The certification can be viewed here.</p>

HSC 2022 Winter Transition Meet

Competitive Dive Entry	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.
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**UP TO \$1320 in Prize Money plus trophies for Pentathlon Age Group
Winners**

Program of Events

Session 1:

Girls	Events	Boys
1	12 yrs & Over 100m Freestyle	2
3	8 yrs & Over 50m Butterfly	4
5 QT 3.30	12 years & Over 200m Breaststroke	6 QT 3.10
7	8 years & Over 50m Backstroke	8
9 QT 2.55	12 years & Over 200m Individual Medley	10 QT 2.50
11	12 Years & Over 100 Breaststroke	12
13	8 years & Over 50m Freestyle	14
15 QT 2.55	12 yrs & Over 200m Butterfly	16 QT 2.55
17	8 years & Over 50m Breaststroke	18
19 QT 2.40	12 years & Over 200m Freestyle	20 QT 2.30
21	8 years & Over 100m Individual Medley	22
23 QT 5.20	12 yrs & Over 400m Freestyle	24 QT 5.00
25 QT 2.40	12 yrs & Over 200m Backstroke	26 QT 2.50
27	12 yrs & Over 100m Butterfly	28
29	12 yrs & Over 100m Backstroke	30
31 QT 6.00	12 yrs & Over 400m Individual Medley	32 QT 5.40

*Minimum age for this Meet is 8 years of age

