



2026 SGC Distance Preparation Meet

You are cordially invited to attend the 2026 SGC Distance Preparation Meet on Friday 10th October, commencing from 4:30pm.

Date	October 2 nd 2026
Time	4:30pm warm-up for a 5:30pm start
Nomination fee	\$9.00 (plus GST) per individual event and associated Swim Central fees. Includes digital program. \$2.50 per swimmer, technical official levy is also a requirement of entry
Nominations close	11:59pm on Tuesday September 29th nomination closure on Swim Central. All entries must be submitted through Swim Central #No manual entries will be accepted, except approved visiting swimmers, as below#
Entry Cap	NOTE: this meet is capped at 2.5hr. Entries will close on Swim Central once cap is met.
Venue & Gate entry	Gold Coast Aquatic Centre Marine Parade, Southport QLD 4215 Gate entry costs for spectators is \$3.50 as set by the facility All coaches, swimmers and technical officials will have their entry subsidised by Swimming Gold Coast.
Late entries	Late entries WILL NOT be accepted, under any circumstances.
Age Requirements	Age as of date of meet. 11yrs is the minimum age for this preparation meet.
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
Backstroke Ledges	Backstroke ledges will be made available to swimmers in the 11yrs & over 200m Backstroke events (Event 5)
Entry Eligibility	All Swimmers must be fully registered as a competitive swimmer on Swim Central to nominate for this 2026 SGC Distance Preparation Meet. 'Recreational' swimmers are ineligible to enter. Short course converted times can be used, however, these will only be used where an existing time has not been achieved.

Visiting swimmers	Swimmers registered to Gold Coast Clubs that are members of another Federation, or from Interstate, are permitted to swim. 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. 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. 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.
Entry Cap	Swimmers are only able to enter a maximum of 2 events at this meet.
Events	As per the attached Program of Events. A swimmer is not permitted to enter both the 800m and 1500m Freestyle at this event. This meet 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, in consultation with the chief referee, also reserves the right, on the day, to combine heats and / or events.
Withdrawals / Refunds	Any withdrawals requested prior to the closing of nominations will be fully refunded through Swim Central. After nominations have closed, all withdrawals MUST be accompanied with a medical certificate in order to receive a refund.
Rules	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 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.
Technical Officials	All technical officials will be contacted to register their availability, for either day, or both by Chief Referee, Sharon Wicking. 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 relevant information will be provided to all participants and attendees within the program. This will include the timeline and finalised meet program, which will outline all meet specific requirements.
Swimmer Check-in Requirements	Events of 400m and over (400m IM, 400m Free, 800m Free and 1500m Free) require swimmers (either by themselves, coach or team manager) to confirm their intention to swim. This must be completed using the Online QR Code, or at the Control Room a minimum of one hour prior to the published start time of the relevant event (confirmation times will be published in the program).

	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. Each swimmer MUST provide a volunteer to be a lap counter for their 400m, 800m and 1500m Freestyle event.
Marshalling	All swim meets within the Gold Coast region are self-marshalling.
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 the meet 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	Age Champions will not be recognised. Medals will be not awarded – this event is for preparation purposes only.
Timekeepers & Volunteers	Timekeepers and volunteers will be required to be provided by clubs, where available. A schedule will be provided to the clubs by the Swimming Gold Coast, with all timekeeper's and the chief timekeeper to be allocated to clubs by Swimming Gold Coast.
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: Friday's Session: 4:30pm warm-up There will be allocated lanes in the 25m Training pool for warm up / down throughout the meet – exact lanes will be communicated closer to the meet date.
Food	It is encouraged that all participants and spectators bring their own food for the duration of this meet. Café Catalina may still be open for food and beverages.
Force Majeure	In the case of force majeure preventing or resulting in the Swimming Gold Coast 2026 Distance Preparation Meet being cancelled, refund of registration fees will be at the discretion of the Swimming Gold Coast.
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 as well as the Swimming Australia Results Central database – https://www.swimminggoldcoast.org.au/meetresults Results Central
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For any enquiries, please contact:

- Race Secretary – racesecretary@swimminggold.coast.org.au

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.

Program of Events

Event No.	Event
1	Mixed 11yrs & over 400m Freestyle
2	Mixed 11yrs & over 200m Breaststroke
3	Mixed 11yrs & over 200m Butterfly
4	Mixed 11yrs & over 400m IM
5	Mixed 11yrs & over 200m Backstroke
6	Mixed 11yrs & over 800m Freestyle
7	Mixed 12yrs & over 1500m Freestyle