



2023 MIAMI SPRING PREPARATION MEET

Saturday, 30th September 2023

Miami Aquatic Centre



First Federal

Home Loans

Date	Saturday 30 th of September 2023
Session	7:00 warm-up for 8:30 start Warm-up will be in competition pool 7:00 – 8:15am Warm-up and cool-down lanes will be also available during meet in new pool lanes 6-9
Nomination fee	\$9.50 per event - (inc GST) per individual event + associated Swim Central fees. Includes electronic program. <i>Printed programs will be provided for nominated coaches and officials</i> \$2.00 swimmer surcharge to cover the cost of officials
Venue & Gate entry	Miami Aquatic Centre 80 Pacific Ave Miami Gate entry costs for spectators – \$3.30 Entry to the Meet is NOT through main Miami Aquatic Centre entry but through the side gate located to the left of the Main Entry. For All coaches, technical officials, volunteers & team managers (where applicable) the entry will be free
Spectator Attendance	Spectators are allowed in attendance Miami Swimming Club encourages people considered high risk (aged 70+, have pre-existing medical or auto-immune conditions etc.) not to attend the swim meet.
Nominations close	Sunday 24 th of September 2023 @ 11.59pm No Refunds will be given – Currently No Restriction on number of swimmers All entries must be submitted through swim central #No manual entries will be accepted
Late entries	Late entries WILL NOT be accepted, under any circumstances.
Age Requirements	Age as of Saturday 30 th of September 2023. 12yrs is the minimum age for this 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
Entry Eligibility	All Swimmers must be fully registered as a Competitive Swimmer on Swim Central to nominate for this 2023 Mimi Spring Preparation Meet. 'Recreational' swimmers are ineligible to enter.



ENGINE

<p>Visiting swimmers</p>	<p>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.</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. This meet to be conducted as timed finals. If less than 3 nominations are received for an event, Miami Swimming Club reserves the right to cancel the event and refund nominations. Miami Swimming 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, NO refunds will be given.</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 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</p>
<p>Swimmer Check-in Requirements</p>	<p>Event of 400m, 800m Free and 400IM 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. 800m swimmers will need to provide lap counter person and timekeepers as their event is first for this meet. Prior to the meet, event of 400m, 800m Free and 400IM will be seeded from nominations as normal. 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	All swim meets within the Gold Coast region are self-marshalling.
Meet Mobile	<p>Results will be published throughout this meet to the Meet Mobile application.</p> <p>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.</p>
Results	<p>Age Champions will not be recognised.</p> <p>1st, 2nd and 3rd placings will be determined from the OFFICIAL TIMES swam in the heats. Medals will be awarded.</p> <p>In the 12years & over 400m and 800m events, Medals will not be awarded in age groups.</p> <p>For the 50m,100m & 200m events medals will be awarded in age groups applicable to that event - 12, 13, 14, 15, 16 years & Over.</p>
Collection of medals	Collection of medals is the responsibility of each swimmer. Medals not collected by the end of the meet will not be redeemed.
Timekeepers & Volunteers & TO's	Timekeepers, Technical Officials, check starters and volunteers will be required to be provided by each club, where available. A schedule will be provided to the clubs by the Miami Swimming Club, timekeeper's and the chief timekeeper to be allocated to clubs by the Miami Swimming Club
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	<p>Warmup will commence as follows:</p> <p>Competition Pool: 7.00am, New Pool lanes 6-9 during meet Dive starts and pacework will be allocated for Lane 9.</p>
Food	Miami Swimming Club will be running BBQ

<p>Volunteers & Team Managers</p>	<p>The following volunteer roles will be allocated to clubs on date after the closing of nominations. Please register your interest with your club.</p> <ul style="list-style-type: none"> • Timekeepers – Allocated on a per session basis. • Check starters – Allocated on a per session basis. • Chief Timekeepers – Allocated on a per session basis. <p>Volunteer allocations will be added to your TM allocation to allow rotation of volunteers throughout the day. – only if team managers are required</p> <p>Further opportunities for parents to attend the 2023 Miami Spring Preparation Meet involve assisting their clubs as a team manager. The role of the team manager is:</p> <ul style="list-style-type: none"> • Supervising all swimmers from the club, especially those 17yrs & under. • Monitoring the COVID responsibilities of your club at the meet. • Supporting the coach(es) in matters relating to the swimmers. • Ensuring swimmers know what, when and where for seating, warm-up, self-marshalling, racing and warm-down and being present for these. • Being a point of contact for drop-off of swimmers. • Ensuring ALL swimmers are collected upon exit from the facility. • Have relevant emergency contact details for each swimmer. • Commit to the time required to fulfil the role. <p>All team managers MUST have a valid working with children blue card – link here.</p>
<p>Force Majeure</p>	<p>In the case of force majeure preventing or resulting in the 2023 Miami Spring Preparation Meet being cancelled, refund of registration fees will be at the discretion of the Miami Swimming Club management committee</p>
<p>Pool Compliance</p>	<p>The Miami Aquatic Centre has undertaken compliance testing and met all current competitive pool standards, as set by Swimming Australia.</p>
<p>Competitive Dive Policy</p>	<p>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.</p>
<p>Copy of results</p>	<p>A copy of results will be available on the website https://www.swimminggoldcoast.org.au/ as well as the Swimming Australia Results Central database – Results Central</p>

For any enquiries, please contact:

- Paul Sawoniewski – pacesecretary@miamiswimmingclub.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.



2023 Miami Spring Preparation Meet

Program of Events

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

Please see next Page for Qualifying Times

Preparation Meet Qualifying Times

Event	Age (Boys)				
	12yrs	13yrs	14yrs	15yrs	16 & Over
50m Freestyle	0:39.00	0:37.00	0:34.50	0:32.00	0:30.00
100m Freestyle	1:25.00	1:20.00	1:15.00	1:12.00	1:08.00
200m Freestyle	2:50.00	2:45.00	2:40.00	2:32.00	2:25.00
400m Freestyle	6:00.00				
800m Freestyle	12:00.00				
1500m Freestyle		20:00.00			
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	3:15.00				
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	0:37.00	0:35.00	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				
100m Individual Medley	1:35.00	1:30.00	1:25.00	1:20.00	1:16.00
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	0:36.00	0:34.50	0:33.00
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	12:00.00				
1500m Freestyle		20:00.00			
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				
100m Individual Medley	1:35.00	1:32.50	1:30.00	1:27.50	1:25.00
200m Individual Medley	3:25.00	3:16.00	3:10.00	3:05.00	2:57.00
400m Individual Medley	6:40.00				