



COMPETITIONS

We are lucky in Queensland that the weather permits our swimming season to occur all year round. The year is basically divided into winter and summer seasons. Swim meets are held locally by our club and another clubs and both the Gold Coast Region and at times, Swimming Queensland. Check the calendar in the handbook for dates. Also check the notice board outside the clubhouse and the Pro-Ma Miami website. At all times check with your coach as to the appropriateness of a meet for your level and training program.

Please keep a record of your times as per the Swimmer's Personal Record profile on the handbook. You will need to know your Personal Best times to enter competitions. Some competitions will have qualifying times for certain or all events. These times must have been achieved at a recognised qualifying meet. Ask your coach or a committee member if you are unsure.

ENTERING COMPETITIONS

When invitations to a meet arrive they are vetted by the coaches. If a meet is considered suitable to a squad's program and approved by the coaches, the information is posted on the *Upcoming Meets* notice board outside the clubhouse. Meet Entry Forms are kept in the clubhouse near the doors and also available from [here](#) for you to print.

Always check with the coach before nominating for a competition.

If you would like to go the meets which are not displayed on the board, you will first need to get an approval from your coach. Once approved, you will need to email the race secretary the meet details at least 2 weeks prior to the closing date. The race secretary will check with the coach and confirm the eligibility. Once confirmed, you can drop your nomination and payment as per usual.

Meet Entry Procedure

1. Check the closing date. Late entries will not be processed.

Our club closing date is one week prior to the closing date printed on the meet invitation.

Please note that the closing date printed on the meet invitation is the date when the payment, printed reports and electronic entries file MUST be received by the meet organiser. We need a few days to process your entries



and payment within the club as we normally receive a large number of nominations.

2. Check Qualifying Times (if applicable). Invalid entries will not be processed.
3. Please fill in the Meet Entry Form accordingly. Put it in the envelope together with the payment and drop it in the clubhouse dropbox prior to the closing date & time. Entries without payment will not be processed. Don't forget to write your/the swimmer's name and the meet entered on the front of the envelope.

Payment Method

Meet entry payments can be made in cash/cheque (payable to Pro-Ma Miami Swimming Club Inc.)/direct debit /credit card. If paying by credit card or direct debit, please enclosed the receipt with the payment.

4. The Entries Report will be displayed on the notice board prior to the date of the meet (normally by the closing date). Please notify the Race Secretary immediately if there are any mistakes. We will try our best to rectify data entry mistake.