



PAQ Winter Grand Prix 2023

Dates:	Series 1 - Friday 2 nd June 2023 Series 2 - Friday 14 th July 2023 Series 3 - Friday 11 th August 2023
Entry fee:	\$6 per event
Warm up:	4:30-4:50pm
Start Time	5:00-6:30pm
Venue:	MARC (Short Course)
Prizes:	Cash \$100 Prize for top 10 and under (25 + 50 + 100IM) Cash \$100 Prize for top 11/12 years (50 + 100 + 100 IM) Cash \$100 Prize for top 13/14 years (50 + 100 + 200 IM + Skins) Cash \$100 Prize for top 15 and over (50 + 100 + 200 events + Skins) Cash \$50 Prize for the most improved Junior (12 and under) Cash \$50 Prize for highest FINA points (13 and over)
Points System:	10 points for 1st 8 points for 2nd 6 points for 3rd 4 points for 4th 2 points for 5th 1 point for 6 th
Conditions:	Start of each session there will be a draw and the event picked will be double points Swimmers must do all 3 Series to be eligible for the overall cash prize . Top 4 of the individual 50 events will go through to the Skins . This will be a knockout format (alternating female then male race). Winner of the Skins = triple points . Elite swimmers are not eligible for this competition and will time keep/referee at these events
Skins:	Swimmers race 3 x 50 on 2min The 4 th place swimmer gets knocked out after 1 st 50m The 3 rd place swimmer gets knocked out after 2 nd 50m The remaining two swimmers remain race head-to-head to decide the winner!
Raffle prizes:	30 min 121 session with Zoe Baker 30 min 121 session with Filip Fraczek-Kryger 30 min 121 session with Elite athlete of your choice <i>*Winners will be drawn after Series 3</i>
BBQ:	There will be a BBQ available from 6:15pm onwards

Programme of Events

Series 1 – May

1. Female 50 Bk	(all ages)
2. Male 50 Bk	(all ages)
3. Female 50 Br	(all ages)
4. Male 50 Br	(all ages)
5. Female 200 Fr	(15 and overs)
6. Male 200 Fr	(15 and overs)
7. Female 25 Fly	(10 and under)
8. Male 25 Fly	(10 and under)
9. Female 25 Fr	(10 and under)
10. Male 25 Fr	(10 and under)
11. Female 100 Fly	(11 and over)
12. Male 100 Fly	(11 and over)
13. BK skins (starting with female)	(13 and over)

Series 2 - June

14. Female 50 Fr	(all ages)
15. Male 50 Fr	(all ages)
16. Female 200 BR	(15 and overs)
17. Male 200 BR	(15 and overs)
18. Female 25 Br	(10 and under)
19. Male 25 Br	(10 and under)
20. Female 200 Fly	(13 and over)
21. Male 200 Fly	(13 and over)
22. Female 100 Bk	(11 and over)
23. Male 100 Bk	(11 and over)
24. Female 200 IM	(13 and over)
25. Male 200 IM	(13 and over)
26. Female 100 IM	(12 and under)
27. Male 100 IM	(12 and under)
28. Open FR skins (starting with female)	(13 and over)

Series 3 – July

29. Female 50 Fly	(all ages)
30. Male 50 Fly	(all ages)
31. Female 200 BK	(15 and overs)
32. Male 200 BK	(15 and overs)
33. Female 25 BK	(10 and under)
34. Male 25 Bk	(10 and under)
35. Female 100 BR	(11 and over)
36. Male 100 BR	(11 and over)
37. Female 100 Fr	(11 and over)
38. Male 100 Fr	(11 and over)
39. Open Fly skins (starting with female)	(13 and over)

****Male and female maybe mixed in seeded heats to fill all 6 lanes.***

****2 lanes for swim down during the meet***

****Electronic timing will be used, and official times recorded***