



## MEMBERSHIP BOOKLET

Thank you to our 2023-2024 sponsors!



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## Welcome

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Welcome into Lightning Swimming Club.

A place and a group of people that just love swimming. Around water is where we feel at home, where our dreams start to come alive, and we are compelled to be our best.

A life of excellence through water.

**We Learn** - How to live our best life by working to be the best swimmer we can be. That success comes from enjoyment of, and dedication to the process, and that the only place that success comes before work is in the dictionary.

**We Strive** - Ever higher. Learning how to push our body and mind to achieve. Through planning, preparation, patience, performance, and evaluation, we chip away at our own goals and find immense satisfaction in our own personal best.

**We Support** - Each other. We laugh together and encourage each other in and out of the pool. We are a Team who are motivated by and find joy in our teammate's achievements. In our pursuit for our individual goals, we know that when one of us wins, we all win.

Achievement in sport, as in life, needs a balance between mind, body and spirit.

Lightning is the result of nature balancing itself, and the results are phenomenal.

We are Lightning, and we are glad you are too.

It is time to strike.

Where do you want to make your mark?

It's our second season, so let's go!

**Maria Sieben**  
**Head Coach**

## About Us

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Lightning Swim Club (LSC) was established on 9<sup>th</sup> September 2022. It is Townsville's newest competitive Club and based at the Northern Beaches Leisure Centre (NBLC). LSC aims to support swimmers work toward their goals whether it be recreational, for local competitions, or as an Olympic hopeful!

LSC is affiliated with Swimming North Queensland, Swimming Queensland and Swimming Australia. The club promotes swimming by facilitating opportunities for members to participate in local, state and national swim meets, in addition to hosting our own Open Meet.

All club members are expected to train with the North Shore Swim School (NSSS) based at NBLC. The NSSS welcomes new members into the swimming community, and LSC works closely with the NSSS Coaches to encourage swimmers to join our swimming family at the club. The Committee promotes excellence in swimming and contributes to the development of pathways.

Swimming is a great way to stay healthy, fit and active and the club provides a safe environment to allow every swimmer to maximise their potential. The club provides opportunities for the local community to engage in the sport in a friendly and welcoming atmosphere. A holistic approach ensures our swimmers can achieve balance in and out of the water to promote a fulfilling life.

## 2023-24 Management Committee

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The LSC Management Committee consists of members elected and appointed to the positions noted below each year at its Annual General Meeting. The Management Committee may also create positions, and appoint members to those positions, required by the Club for it to function efficiently and effectively. Committee members appointed for the 2023-24 season are:

President (Exec)	<b>Deb Smith</b>	<a href="mailto:president@lightningclub.org.au">president@lightningclub.org.au</a>
Vice President (Exec)	<b>Wanda Austin</b>	<a href="mailto:vicepresident@lightningclub.org.au">vicepresident@lightningclub.org.au</a>
Treasurer (Exec)	<b>Matthew Jamieson</b>	<a href="mailto:treasurer@lightningclub.org.au">treasurer@lightningclub.org.au</a>
Secretary (Exec)	<b>Melissa Thorburn</b>	<a href="mailto:secretary@lightningclub.org.au">secretary@lightningclub.org.au</a>
Race Secretary	<b>Wanda Austin</b>	<a href="mailto:raceselector@lightningclub.org.au">raceselector@lightningclub.org.au</a>
Uniforms Officer	<b>Luke Thorburn</b>	<a href="mailto:uniforms@lightningclub.org.au">uniforms@lightningclub.org.au</a>
Technical Officer	<b>Michelle Connors</b>	
Sponsorship and Fundraising	<b>Mel, Deb, Matt, Wanda</b>	
General Members	<b>Ramona Lazzaroni Rosanna Keir</b>	

## Contact Us

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**Club email:** [info@lightningclub.org.au](mailto:info@lightningclub.org.au)  
**Club website:** <https://lightningclub.org.au/>  
**Club Public Facebook:** <https://www.facebook.com/lightningclubswim>  
**Club Families Private Facebook:** <https://www.facebook.com/groups/1639816189723769>

## Coaches

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Maria Sieben is the appointed club coach responsible for providing professional coaching services to the club's swimmers whilst in attendance at an approved swim meet. Volunteer assistant coaches may also support swimmers at meets. Only coaches appointed by the LSC committee are approved to support club swimmers at meets.

## Training

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All club members are to train with Maria and her team from North Shore Swim School (NSSS) based at Northern Beaches Leisure Centre (NBLC).

NBLC has four pools including an Olympic distance 50m outdoor heated pool, a smaller heated pool for learn to swim programs and toddler pools. It has two water slides, BBQs and picnic areas.

Swimmers and/or their families should contact the NSSS staff at NBLC directly for current timetables and to arrange training sessions. Training fees are paid direct to NSSS.

### **Northern Beaches Leisure Centre**

7-31 Erskine Pl

Burdell Qld 4818

Phone: 07 4774 7593

[swim@nblc.net.au](mailto:swim@nblc.net.au)



## Club Nights

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Club events are informal meets hosted by individual clubs. Non-members are allowed two (2) trial club events per swimmer before you are required to join the club. All categories of swimmers – recreational, competitive and 8 years and under– are encouraged to participate. This means that at LSC Club events, only our club members can participate, or swimmers intending on joining the club.

Club events are held at the discretion of the Management Committee and the existence of Club events as well as distances and strokes offered depends upon sufficient swimming participants and sufficient volunteers to act as timekeepers, marshals, and race starters. Details of Club events will be provided to club members in advance. The Club aims to hold several club events each season.

## Parent Support

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Without parent support, the club cannot function. We encourage all parents to become involved with the club in some capacity. Parents may choose to take on a role on the committee; help out on club nights with setup/pack-up, preparing or serving food, timekeeping and other official roles; social or fundraising events; or assist with transporting equipment to regional meets etc.

Club events are family friendly events and a great opportunity for social support and networking. The club has a family friendly atmosphere, and we expect that all parents will support their children and the club. All members and their parents, guardians, family and friends attending events are expected to abide by the Code of Conduct.

## Uniform

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Members in the following categories will each receive a complementary Club shirt and Club swimming cap when they first join as members:

- Competitive swimmers 9 years +
- Swimmers 8 years and under

**All Club swimmers are required to wear the Club shirt and cap to represent the Club at competitive swim meets.** Upon joining, members will need to provide their shirt size.

All members are strongly encouraged to wear the current Club uniform when participating in training and club nights. Other merchandise will be available in the coming months. These items are optional.

## Club Membership

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Membership runs from 1 July to 30 June. Memberships can be purchased through [Swim Central](https://swimcentral.swimming.org.au/) <https://swimcentral.swimming.org.au/>

Parents or legal guardians of members under the age of 18 years are requested to create a FREE parent account, and also register as a member. There is no fee payable for parent members.

New memberships are available to purchase through the swim central store – search '4818' to find Lightning Swim Club.

Club membership categories and associated benefits are listed in the table below.

### Membership Types and Benefits

Membership fees include all amounts payable to Lightning Swim Club, Swimming North Queensland, Swimming Queensland and Swimming Australia Ltd.



Membership Category	Eligibility	Eligible to participate as a swimmer in Club Nights	Eligible to participate as a swimmer in Inter-Club, State and National meets	Complementary short sleeve t-shirt upon initial registration *	Complementary cap upon registration	Fees *
Competitive Swimmer 9 years +	Any person 9 years and over at time of registration	✓	✓	✓	✓	\$194.20
Recreational Swimmer 9 years +	Any person 9 years and over at time of registration	✓	X	X Available to purchase	X Available to purchase	105.94
Swimmer 8 years and Under	Any person 8 years old or under at time of registration	✓	✓	✓	✓	\$142.50
Parent	Parent or Legal guardian of another member	As Volunteer only	n/a	X Available to purchase	n/a	FREE
Non-Swimmer	Any non-swimming member	As Volunteer only	n/a	X Available to purchase	n/a	\$21.63
Coach	Appointed by Management Committee	As coach only	As coach only	X	n/a	\$21.63
Life Member	Granted by special resolution at an AGM after nomination by a member of the Management Committee to a person who has provided meritorious service to the LSC in recognition of efforts in furthering the interests of the LSC			X Available to purchase	n/a	FREE

Please note:

- Every member must be registered individually.
- For all swimmers in the various membership categories, the swimmer's **birth certificate must be sighted by the Club.**
- Membership is subject to approval by the Club's Management Committee, in accordance with the Club Constitution. Membership is not confirmed until approved, regardless of monies paid. Any memberships not approved may be refunded.
- For the safety of all our members Lightning SC encourages members over the age of 18 years to apply for a volunteer Blue Card. There is no fee payable to obtain a Volunteer Blue Card and the parts of the application that must be filled in by an organization will be completed by the Club. It is a requirement of Swimming QLD that all volunteers who are not parents at all club events has a blue card and further information is available on this website: <https://www.bluecard.qld.gov.au>

## Renewing Membership

For several seasons, a 'Pending Period' has automatically been applied to memberships, effectively extending the expiry date to 30 September. This was initiated primarily to ensure swimmers were not disadvantaged by the limited online system capabilities. This 'Pending Period' has been applied to 2022-23 memberships, but this will be the last season it is applied. In future, all memberships will expire 30 June, with no 'Pending Period' applied. Current memberships remain valid until 30<sup>th</sup> September 2023. Renewal will be required to nominate for any event after this time.

## Insurance included in your membership

As part of your membership with Swimming Queensland, all club members and volunteers are covered under the swimming Australia National Insurance Program. All information on "the program" can be found at <https://sport.marshadvantage.com.au/swimming/index.aspx>

The program provides cover for **Public Liability** (coverage provided for you if you are sued by a third party), **Management Liability** (coverage provided for the committee members of the club) and **Personal Injury** (coverage provided for swimmers/members if they are injured).

The club, as an affiliate of Swimming Queensland, has \$20,000,000 public liability insurance cover.

Note: Personal Injury Cover provides financial assistance in three key areas: Non-Medicare Medical Benefits, Loss of Income Benefits and Capital Benefits.

## Swim Central

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New swimmers are required to become a member via Swim Central. Click on the link below to go to the Swim Central home page: <https://swimcentral.swimming.org.au/>

Parent or guardian registers for an account (for child under 18 years). As part of the set-up process you can create a family group and add dependents. Once your profiles are set up in Swim Central you can purchase memberships. In Swim Central, select Shopping, search for "Lightning SC", then select the required membership options. You will be required to accept the terms and conditions of membership.

The Swim Central Support Centre offers helpful resources including for the following topics. These are online at: <https://support.swimming.org.au/hc/en-us>

- How to register with swim central as a new member
- How to create a family group
- How to add a dependent
- How to purchase a membership
- How to edit my details
- How do I transfer between clubs
- How do I upgrade to a competitive membership

Once you are a member you will be able to nominate for meets and club nights through Swim Central.

Join now via Swim Central: <https://swimcentral.swimming.org.au/>

Send a copy of your birth certificate to the Secretary: [secretary@lightningsc.org.au](mailto:secretary@lightningsc.org.au)

## Fair Play Vouchers

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The Lightning SC is registered as a participating organization in the Fair Play Program. This program provides eligible children and young people aged 5 to 17 (inclusive) who can least afford to join a sport or recreation club with a voucher valued at up to \$150 for membership and/or registration fees. There is a limit of one voucher per child/young person per calendar year.

Vouchers are issued on a first come, first served basis; therefore, there is no guarantee that a child or young/person would be able to obtain a voucher.

**Eligible applicants** are Queensland children and young people aged from 5 to 17 (inclusive) who hold (or whose parent, carer or guardian holds) a valid Centrelink Health Care Card or Pensioner Concession Card with the child's name on it or are identified by a registered referral agent (school principal/deputy or school guidance officer, police officer, youth justice and child safety officer, community health workers).

### **If you don't meet the eligibility criteria:**

As part of a limited trial, certain families may be able to submit an expression of interest (EOI) for a FairPlay voucher. Check if you meet the [EOI requirements](#) at the link below.

More information can be found here: <https://www.qld.gov.au/recreation/sports/funding/fairplay/apply>



## Competition

A great part of being a Competitive swimmer at Lightning SC is that you will have the ability to engage in competitions and improve your swimming skills. There are a variety of swimming competitions, called Meets, that you and your Club may attend. Each level of Meet caters for swimmers at a particular stage of their development and swimming journey. There's something for everyone when it comes to competing, from Club Development meets through to State and National Championships.

Swimming Queensland Competition Pathway ( from: <https://qld.swimming.org.au/about-competition> )



### Club Meets

- **Development Meets** are run by a region or club and don't require you to have achieved a qualifying time in order to enter. These meets generally run no longer than 3 hours and follow a recommended events program by Swimming Queensland. Times achieved at these meets may be used to qualify for Preparation Meets and Regional Championships
- **Transition Meets** are similar to Development Meets, Transition Meets are run by a region or club and don't require you to have achieved a qualifying time in order to enter. These meets generally run for no longer than 4 hours and follow a recommended events program prepared by Swimming Queensland. Times achieved at Transition Meets can be used for all other meets, including Regional, State and National Championships.
- **Preparation Meets** are also run by a region or club and are considered the next step on the pathway from Transition or Development meets. Some Preparation Meets may have qualifying times and Rule Tolerances are not applied at these events. These meets may run over one or two days and follow a recommended events program prepared by Swimming Queensland. Times achieved at Preparation Meets can be used for all other meets including Regional, State and National Championships.

## Regional Championships

- **Regional Championships** are run by Swimming North Queensland in around March each year. Qualifying times are set in order for members to enter their Championships. Rule Tolerances are not applied at these meets. Entry to Regional Championships is limited to your Region. Time achieved at Regional Championships can be used for all other meets.
- **North Queensland Championships**
  - Alternates locations yearly, Long Course, 8yrs & Over - In March each year

## State Preparation Meets and Championships

- Swimming Queensland runs two types of meets – Preparation Meets and State Championships. Qualifying times are required in order to enter both types of meets. Rule Tolerances are not applied at these meets. Members from across Queensland as well as members from other states and national federations may attend these meets if they have achieved the qualifying criteria.
- **Qld State Sprint Championships**
  - Held in Brisbane, Long Course, 50m Events only, 10yrs & Over – In February each year
- **Qld State Short Course Championships**
  - Held in Brisbane, Short Course, All Events, 11yrs & Over – In August each year
- **Qld Open Water Championships**
  - Held in Coolumb, Open Water, 2.5km, 5km, 7.5km, 10km, 12yrs & Over – In October each year
- **Qld State Championships**
  - Held in Brisbane, Long Course, All Events, 12yrs & Over – In December each year

## National Championships

- **Age and Open National Championships** are held across the country each year by Swimming Australia. Swimmers are required to meet qualifying criteria in order to be able to enter the Championships. Times from these meets can be used to enter all other meets. National Championships are also used as a qualifying meet for selecting international Junior and Senior Australian Teams.
- **Australian Age National Championships**
  - Host changes yearly, Girls 13yrs & Over / Boys 14yrs & Over - April each year
- **Australian Para National Championships**
  - Host changes yearly, All ages, based on Classifications - April each year
- **Australian National Championships**
  - Host changes yearly, All ages, based on Open times - April each year after Age Champs

## Qualifying for Meets

Certain meets will require qualifying times for swimmers to be able to enter an event. If qualifying times are set for a meet you are trying to enter, in some cases you will need to have achieved the qualifying time within a certain time period in either Long Course (LC) or Short Course (SC). Always check the individual event page for entry and qualifying details.

## Recognition Programs

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### **Junior Excellence (JX)**

Swimming Australia's Junior Excellence (JX) program recognizes the performance of swimmers aged 9 – 13yrs to encourage and inspire the next generation of competitive swimmers.

Within the JX program, junior swimmers strive to achieve gold, silver, bronze or blue standard times when they compete.

Swimmers who achieve a new JX qualifying time receive a congratulatory email, have their status displayed in Swim Central and at the end of the season will receive merchandise dependent on the level they achieve. It is worthwhile to keep an eye out on how your swimmer is tracking against the JX times as they start as being achievable and then progress to categorising the top swimmers in each age group across the country.

Current Season qualifying times are in the appendices. For more information go to: <https://www.swimming.org.au/get-involved/programs/jx>

### **A & B Grade Divisional Times**

SNQ has set times to help identify standards for swimmers and to apply recognition. Some Meets will require swimmers to have achieved an A Grade time to compete. In other Meets, having an A Grade or a B Grade time for an event, will determine the type of recognition, whether it be ribbons for first, second & third or medals.

There is a set of times for both LC & SC Events and are further broken down to each event for each age of boys & girls. A copy is at the back of this Membership Booklet. They can also be found on the SNQ Website: <https://snq.swimmingclub.org.au/>

At Lightning SC, we celebrate the achievement of A Grade times at the completion of each Meet. If a swimmer achieves an A Grade time for the first time, we present a Certificate at Training or Club Night to congratulate them.

See appendix for current times.

### **Club Records and Awards**

Records are meant to be broken and are another way to show the growth of the Club. After each Meet, the Race Secretary will analyse the results to check for any new records.

Records are announced and celebrated at End of Season Presentation and other significant opportunities throughout the Season.

Our Club Awards can be found on our families facebook page. All competitive members will receive a medal to recognise their commitment to the season. Further trophies will be presented for other quantifiable achievements.

## National Integrity Framework

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Swimming Australia's National Integrity Framework (NIF) applies to all activities organised or authorised by Swimming Australia or a member organization. LSC has adopted the NIF.

You will find more detailed information regarding Swimming Australia's code of conduct and the National Integrity Framework on their website via the link below:

<https://www.swimming.org.au/resources/2022-swimming-national-integrity-framework>

## Code of Conduct

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Swimming Australia and Clubs expect that the following General Code of Conduct and the Code of Conduct for dealing with Children or Young People are followed at all times and by all people involved in any way with the Sport of swimming:

- a. Respect the rights, dignity and worth of others – treat others as you would like to be treated yourself.
- b. Be ethical, considerate, fair, courteous and honest in all dealings with other people and organisations.
- c. Be professional in, and accept responsibility, for your actions.
- d. Be aware of and follow - at all times - Swimming Australia's standards, rules, policies and procedures and promote those standards, rules, policies and procedures to others. This includes the Code of Conduct for dealing with Children or Young People.
- e. Operate within the rules and spirit of the Sport, including the national and international guidelines that govern Swimming Australia.
- f. Understand the possible consequences of breaching the Safe Sport Framework.
- g. Report any breaches of the Swimming Australia Safe Sport Framework to the appropriate Person(s) in a Position of Authority, as appropriate.
- h. Refrain from any form of Abuse, Harassment, Discrimination and Victimisation towards others.
- i. Raise concerns regarding decisions or conduct of Persons in Positions of Authority through the appropriate channels and in a timely manner.
- j. Provide a safe environment for the conduct of activities in accordance with any relevant Swimming Australia policy.
- k. Show concern, empathy and caution toward others that may be sick or injured.
- l. Be a positive role model to all – particularly to your team.
- m. Respect and protect confidential information obtained through Swimming Australia activities or services – whether regarding individuals or organisational information.
- n. Maintain the required standard of accreditation and/or licensing of professional competencies, as applicable to your role(s).
- o. Ensure that any physical contact with others is appropriate to the situation, such as being necessary for the person's skill development.
- p. Subject to lawful exceptions, refrain from intimate relations with persons over whom you have authority.

Source: Swimming Australia Limited 2016. Safe Sport Framework, Page 35

## Swimming Australia's Guideline for Parents/Carers

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The participation, safety and enjoyment of Children and Young People in Swimming Australia, Member Association and Club activities, programs, services or events are our primary considerations. As parents and carers your role is to support these outcomes by:

- encouraging your child's participation in a positive manner;
- not engaging in behaviour that discriminates against any other person on the basis of gender, race, ability, colour, religion, language, politics or national or ethnic origin;
- not engaging in, or threatening to engage in, violent or physical confrontations with any other person;
- not encouraging or inciting swimmers to violence, or similar breaches of competition rules or spirit;
- expressing your support by cheering our swimmers and not engaging in behaviour designed to belittle, insult or intimidate others; • never mocking or insulting participants – including our own – when they make a mistake or do not swim well;
- demonstrating good sportsmanship by respecting and acknowledging good results and/or behavior by competitors;
- respecting and accepting the decisions of officials and not criticising or arguing about decisions during or after the event other than raising concerns through appropriate channels;
- not entering the swimming area, inclusive of pool, without appropriate authority; and
- following any directions of Swimming Australia, Member Association or Club staff or officials, including any request to modify your behaviour or to leave a facility following a breach of these guidelines.

## Glossary

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Learn the swimming lingo... here is a start!

- Freestyle - Free or FR
- Breaststroke - Breast or BR (Not to be called Froggie!!)
- Backstroke - Back or BA
- Butterfly - Fly or BF
- Individual Medley - IM. All four strokes in one event joined together with turns. 200 & 400m.
  - Medley Order - Butterfly, backstroke, breaststroke, freestyle
  - Medley Order – Relays – Backstroke, breaststroke, butterfly, freestyle. Different due to the Backstroke swimmer having to start in the water.
- Swimming North Queensland - SNQ
- Swimming Queensland - SQ
- Swim Central - Website used to register swimmers to a club and register for events
- Meet Mobile - Application used to view swimming event results
- Long Course - LC. Meets swam in a 50m pool
- Short Course - SC. Meets swam in a 25m pool
- Age - Is usually calculated at the first day of a meet, not the year you are born in
- Marshaling - Swimmers gather to prepare for a race and marked as present by a marshaling representative. Some meets are self-marshaling where a representative will not mark off swimmers and it is the swimmers' responsibility to know their event, heat and lane
- Personal Best - PB. This is your best time to date for a particular stroke and distance
- Awards - Some meets provide awards in the form of medals and ribbons. View the conditions of entry section in the meet flyer for more information
- A Division - A swimmer who has swum a time faster than the A Division time set by SNQ for that distance and stroke. The swimmer may be eligible for an award as per conditions of entry per meet.
- B Division - A swimmer who has not yet swum a time faster than the A Division time set by SNQ for that distance and stroke. The swimmer may be eligible for an award as per conditions of entry per meet.
- SNQ Up Grade Medal - A swimmer who breaks the A Division time for the first time for that distance and stroke (not available at all meets)
- Warm up - Swimming steadily to warm up the muscles prior to racing to swim faster and also to prevent injury
- Warm Down - Swimming slowly and steadily at the end of the session or a race to warm down and remove lactic acid from the muscles to aid recovery
- Deck - The area around the swimming pool. During a meet only authorised people may be on the deck. This includes swimmers, coaches and officials
- Flags - These are suspended over the width of each end of the pool approximately 5m from the wall. They allow backstroke swimmers to determine where the end of the pool is
- Stroke - The stroke you are completing
- Stroke Count - SC. Number of strokes per 25m or 50m
- Stroke Rate - SR. Number of strokes per minute
- Blocks - The starting platform located behind each lane
- Dive Start - Diving entry from the blocks in the deep end
- Lane Ropes - Divide the pool into set out lanes. These are made of individual finned discs strung on a cable that turn on the cable when hit by a wave, dissipating the wave

- Lap Counter - The large, numbered cards (or the person turning the cards) used during the freestyle events 800m or longer. Counting is done from the non-starting end
- Touch Pad - The removable plate (on each end of pools) that is connected to an automatic timing system. A swimmer must properly touch the touchpad to register an official time in a race
- Tumble turn - The flip (somersault style) turn used for Freestyle and Backstroke. Only the feet touch the wall.
- Open Turn – The technique used to change direction in Breaststroke & Butterfly. First both hands touch the wall and then both feet to push off.
- Set - A self-contained part of the swimming session as 'set' by the coach e.g. a 'main set' might be 10 x 100m free
- Six Beat Kick - 6 leg movements per arm stroke in freestyle, used for sprinting & going fast. Similarly, 2 and 4 beat kicks may be used primarily for mid to long distance swims.
- Bilateral Breathing - Breathing to both the left and right sides in Freestyle by swimming an odd number of strokes before turning to breath, eg. 3, 5, 7, 9
- Dolphin Kick - Simultaneous leg kick used predominantly in Butterfly but also after the push off the wall for every stroke.
- Flutter Kick – Alternating leg kick used in Freestyle & Backstroke
- Sprint - All out as fast as you can go, breathing as little as you can.
- Steady - Swimming at a pace which is easily maintained (not easy or too hard, aiming for consistency of pace)
- Streamline - Underwater body position after diving or pushing off the wall which maximises swim speed and efficiency
- Drill – Hybrid of a stroke to teach one element of that stroke. Drills must be performed as part of a progression ending in full stroke.
- Catch-up - Drill where one hand stays at full stretch ahead until the other meets it then it begins the stroke
- Kickboard - A flat float used for doing kick
- Pull Buoy - The figure of eight style float that goes between your legs for pull
- Snorkel – Like for Scuba & snorkeling but the breathing tube runs from mouth up the front of the face in front of the forehead.
- Finger Paddles – Equipment that is strapped to fingers only to provide pressure on water to develop a "feel" for the water and strength
- Fins – Equipment for feet to instill a correct kicking pattern and to develop strength & speed. Must be "short blade".

If you have any questions please contact the Secretary, or any of the committee members. We look forward to meeting you pool side!



# Appendices

## SNQ A Grade Times

As at September 2018

### SWIMMING NORTH QUEENSLAND INC. "A" Grade LONG COURSE Times

**\*\*Please Note: Swimmer must break these times to be "A" Grade\*\***

Age & Gender	50 Free	50 Back	50 Breast	50 Fly	100 Free	100 Back	100 Breast	100 Fly	200 IM	200 Free	200 Back	200Breast	200 Fly	400 Free	400 IM	800 Free	1500 Free
Girls 8yr	0:45.00	0:56.00	1:00.00	0:55.00													
Boys 8yr	0:45.00	0:56.00	1:00.00	0:55.00													
Girls 9yr	0:43.00	0:52.00	0:57.00	0:51.00	1:37.00	1:51.00	2:06.00	1:53.00	3:50.00								
Boys 9yr	0:43.00	0:52.00	0:57.00	0:51.00	1:37.00	1:51.00	2:06.00	1:53.00	3:50.00								
Girls 10yr	0:41.00	0:50.00	0:55.00	0:48.00	1:33.00	1:45.00	1:58.00	1:49.00	3:40.00	3:00.00							
Boys 10yr	0:41.00	0:50.00	0:55.00	0:48.00	1:33.00	1:45.00	1:58.00	1:49.00	3:40.00	3:00.00							
Girls 11yr	0:39.00	0:48.00	0:53.00	0:44.50	1:24.00	1:37.00	1:52.00	1:43.00	3:32.00	2:59.00	3:26.00	3:55.00	3:27.00	6:20.00	7:32.00	12:52.00	24:36.00
Boys 11yr	0:39.00	0:48.00	0:53.00	0:44.50	1:24.00	1:37.00	1:52.00	1:43.00	3:30.00	2:54.00	3:27.00	3:47.00	3:25.00	6:11.00	7:29.00	12:34.00	24:05.00
Girls 12yr	0:36.50	0:44.50	0:50.00	0:42.00	1:19.00	1:32.00	1:45.00	1:30.00	3:22.00	2:51.00	3:17.00	3:45.00	3:18.00	6:02.00	7:11.00	12:15.00	23:26.00
Boys 12yr	0:36.50	0:44.50	0:50.00	0:42.00	1:17.00	1:32.00	1:42.00	1:28.00	3:20.00	2:46.00	3:18.00	3:37.00	3:15.00	5:54.00	7:08.00	11:58.00	22:56.00
Girls 13yr	0:35.50	0:43.50	0:48.00	0:38.00	1:16.00	1:28.00	1:40.00	1:26.00	3:12.00	2:43.00	3:08.00	3:34.00	3:08.00	5:44.00	6:50.00	11:39.00	22:19.00
Boys 13yr	0:33.50	0:42.50	0:46.50	0:38.00	1:13.00	1:27.00	1:37.00	1:24.00	3:09.00	2:36.00	3:07.00	3:25.00	3:05.00	5:34.00	6:46.00	11:31.00	21:51.00
Girls 14yr	0:33.50	0:41.00	0:45.50	0:37.50	1:15.00	1:26.00	1:38.00	1:24.00	3:09.00	2:39.00	3:04.00	3:30.00	3:04.00	5:37.00	6:42.00	11:25.00	21:52.00
Boys 14yr	0:32.50	0:40.00	0:44.00	0:36.50	1:11.00	1:24.00	1:32.00	1:20.00	3:01.00	2:33.00	2:59.00	3:16.00	2:57.00	5:27.00	6:28.00	11:17.00	21:29.00
Girls 15&O	0:33.00	0:40.50	0:44.50	0:36.50	1:14.00	1:25.00	1:37.00	1:23.00	3:07.00	2:38.00	3:02.00	3:28.00	3:02.00	5:34.00	6:38.00	11:18.00	21:39.00
Boys 15&O	0:31.50	0:37.00	0:41.00	0:33.50	1:09.00	1:21.00	1:30.00	1:18.00	2:56.00	2:27.00	2:54.00	3:10.00	2:52.00	5:14.00	6:16.00	10:51.00	20:38.00

As at September 2018

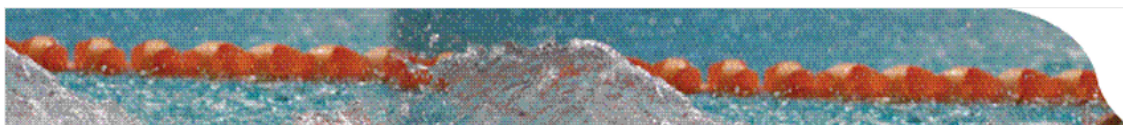
### SWIMMING NORTH QUEENSLAND INC. "A" Division SHORT COURSE Times

**\*\*Please note: Swimmer must break these times to be A Division\*\***

Age & Gender	50 Free	50 Back	50 Breast	50 Fly	100 Free	100 Back	100 Breast	100 Fly	100 IM	200 IM	200 Free	200 Back	200Breast	200 Fly	400 Free	400 IM	800 Free	1500 Free
Girls 8yr	0:44.20	0:55.40	0:59.00	0:54.30														
Boys 8yr	0:44.20	0:55.40	0:59.00	0:54.30														
Girls 9yr	0:42.20	0:51.40	0:56.00	0:50.30	1:35.40	1:49.80	2:04.00	1:51.60	1:58.00	3:46.80								
Boys 9yr	0:42.20	0:51.40	0:56.00	0:50.30	1:35.40	1:49.80	2:04.00	1:51.60	1:58.00	3:46.80								
Girls 10yr	0:40.20	0:49.40	0:54.00	0:47.30	1:32.40	1:43.80	1:56.00	1:47.60	1:48.00	3:36.80	2:56.80							
Boys 10yr	0:40.20	0:49.40	0:54.00	0:47.30	1:32.40	1:43.80	1:56.00	1:47.60	1:48.00	3:36.80	2:56.80							
Girls 11yr	0:38.20	0:47.40	0:52.00	0:43.80	1:22.40	1:35.80	1:50.00	1:41.60	1:44.00	3:28.80	2:55.80	3:23.60	3:51.00	3:24.20	6:13.60	7:25.60	12:39.20	24:12.00
Boys 11yr	0:38.20	0:47.40	0:52.00	0:43.80	1:22.40	1:35.80	1:50.00	1:41.60	1:43.00	3:26.80	2:50.80	3:24.60	3:43.00	3:22.20	6:04.60	7:22.60	12:21.20	23:41.00
Girls 12yr	0:35.70	0:43.90	0:49.00	0:41.30	1:17.40	1:30.80	1:43.00	1:28.60	1:39.00	3:18.80	2:47.80	3:14.60	3:41.00	3:15.20	5:55.60	7:04.60	12:02.20	23:02.00
Boys 12yr	0:35.70	0:43.90	0:49.00	0:41.30	1:15.40	1:30.80	1:40.00	1:26.60	1:38.00	3:16.80	2:42.80	3:15.60	3:33.00	3:12.20	5:47.60	7:01.60	11:45.20	22:32.00
Girls 13yr	0:34.70	0:42.90	0:47.00	0:37.30	1:14.40	1:26.80	1:38.00	1:24.60	1:34.00	3:08.80	2:39.80	3:05.60	3:30.00	3:05.20	5:37.60	6:43.60	11:26.20	21:55.00
Boys 13yr	0:32.70	0:41.90	0:45.50	0:37.30	1:11.40	1:25.80	1:35.00	1:22.60	1:33.00	3:05.80	2:32.80	3:04.60	3:21.00	3:02.20	5:27.60	6:39.60	11:18.20	21:27.00
Girls 14yr	0:32.70	0:40.40	0:45.50	0:36.80	1:13.40	1:24.80	1:36.00	1:22.60	1:33.00	3:05.80	2:35.80	3:01.60	3:26.00	3:01.20	5:30.60	6:35.60	11:12.20	21:28.00
Boys 14yr	0:31.70	0:39.40	0:43.00	0:35.80	1:09.40	1:22.80	1:30.00	1:18.60	1:29.00	2:57.80	2:29.80	2:56.60	3:12.00	2:54.20	5:20.60	6:21.60	11:04.20	21:05.00
Girls 15&O	0:32.20	0:39.90	0:43.50	0:35.80	1:12.40	1:23.80	1:35.00	1:21.60	1:32.00	3:04.80	2:34.80	2:59.60	3:24.00	2:59.20	5:27.60	6:31.60	11:05.20	21:15.00
Boys 15&O	0:30.70	0:36.40	0:40.00	0:32.80	1:07.40	1:19.80	1:28.00	1:16.60	1:26.00	2:52.80	2:23.80	2:51.60	3:06.00	2:49.20	5:07.60	6:09.60	10:38.20	20:14.00

# Queensland State Sprint Championships Qualifying Times

10-11 February 2023 – QTs



## QUALIFYING TIMES

### Male

	10 Years		11 Years		12 Years		13 Years		14 Years		15 Years		16 Years	
	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC
50m FREE	42.62	41.78	40.83	40.03	38.02	37.28	35.57	34.87	33.06	32.41	31.24	30.62	30.32	29.73
50m BACK	47.93	46.99	45.92	45.02	42.76	41.92	39.97	39.18	37.15	36.42	35.10	34.41	34.07	33.40
50m BREAST	52.94	51.90	50.72	49.73	47.23	46.31	44.21	43.34	41.09	40.29	38.83	38.06	37.69	36.95
50m FLY	47.02	46.10	43.80	42.94	40.04	39.25	37.46	36.72	34.81	34.13	32.89	32.25	31.93	31.30

	17 & 18 Years		Open	
	LC	SC	LC	SC
50m FREE	28.96	28.39	28.08	27.53
50m BACK	32.54	31.90	32.07	31.44
50m BREAST	35.99	35.29	34.93	34.25
50m FLY	30.49	29.89	29.94	29.35

### Female

	10 Years		11 Years		12 Years		13 Years		14 Years		15 Years		16 Years	
	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC
50m FREE	42.62	41.78	40.83	40.03	38.02	37.28	36.49	35.78	34.45	33.78	33.18	32.53	32.92	32.28
50m BACK	47.93	46.99	45.92	45.02	42.76	41.92	41.04	40.24	38.75	37.99	37.31	36.58	37.02	36.30
50m BREAST	52.94	51.90	50.72	49.73	47.23	46.31	45.33	44.44	42.80	41.96	41.21	40.40	40.89	40.09
50m FLY	47.02	46.10	43.80	42.94	40.04	39.25	38.42	37.67	36.27	35.56	34.93	34.25	34.66	33.98

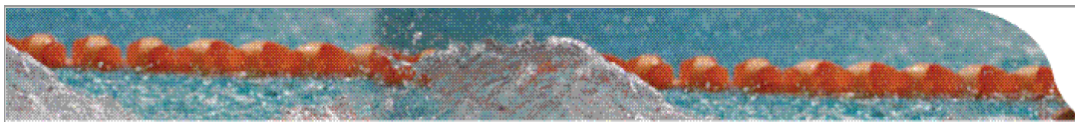
	17 & 18 Years		Open	
	LC	SC	LC	SC
50m FREE	32.67	32.03	31.55	30.93
50m BACK	36.74	36.02	35.85	35.15
50m BREAST	40.58	39.78	40.12	39.33
50m FLY	34.39	33.72	33.55	32.90

Qualifying times must have been achieved at an approved qualifying meet (either short course or long course) on or after 1 January 2022. Converted short course qualifying times will only be used where an existing long course qualifying time has not been achieved.



# Queensland State Short Course Championships Qualifying Times

11-13 August 2023

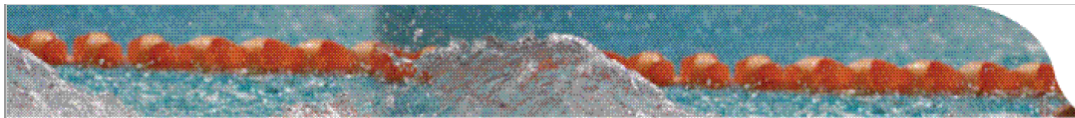


## QUALIFYING TIMES

### Male

	11 Years		12 Years		13 Years		14 Years		15 Years		16 Years		17 & Over	
	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC
<b>50 FREE</b>	35.55	34.85	33.19	32.54	29.35	28.77	28.19	27.63	26.74	26.22	26.51	25.99	25.35	24.85
<b>100 FREE</b>	1:15.98	1:14.49	1:10.99	1:09.59	1:03.99	1:02.73	1:00.99	99.79	57.49	56.36	56.49	55.38	55.07	53.99
<b>200 FREE</b>	2:44.90	2:41.67	2:30.70	2:27.75	2:15.42	2:12.76	2:09.96	2:07.41	2:05.59	2:03.12	2:03.40	2:00.98	2:00.52	1:58.16
<b>400 FREE</b>	5:47.49	5:40.67	5:15.05	5:08.88	4:47.26	4:41.62	4:37.99	4:32.54	4:26.41	4:21.18	4:21.77	4:16.64	4:17.92	4:12.87
<b>800 FREE</b>			10:56.97	10:44.09	10:02.70	9:50.89	9:45.04	9:33.57	9:06.67	8:55.95	9:01.88	8:51.25	8:53.44	8:42.98
<b>1500 FREE</b>					19:17.54	18:54.85	18:49.08	18:26.94	17:29.93	17:09.34	17:20.72	17:00.31	16:59.96	16:39.96
<b>50 BACK</b>	44.04	43.18	38.52	37.76	34.84	34.16	33.52	32.87	32.41	31.77	31.89	31.26	30.83	30.23
<b>100 BACK</b>	1:27.10	1:25.39	1:22.71	1:21.09	1:13.95	1:12.50	1:09.02	1:07.67	1:06.28	1:04.98	1:04.64	1:03.37	1:03.52	1:02.28
<b>200 BACK</b>			2:54.03	2:50.62	2:38.43	2:35.32	2:30.03	2:27.09	2:24.03	2:21.20	2:22.83	2:20.03	2:19.48	2:16.75
<b>50 BREAST</b>	49.88	48.90	43.21	42.36	38.54	37.78	36.79	36.07	35.56	34.86	34.98	34.29	34.11	33.44
<b>100 BREAST</b>	1:40.89	1:38.91	1:33.55	1:31.72	1:22.55	1:20.93	1:17.04	1:15.53	1:13.37	1:11.94	1:12.76	1:11.34	1:10.43	1:09.05
<b>200 BREAST</b>			3:20.03	3:16.10	2:57.21	2:53.73	2:49.15	2:45.83	2:41.10	2:37.94	2:39.75	2:36.62	2:32.59	2:29.60
<b>50 FLY</b>	41.39	40.58	36.62	35.90	32.65	32.01	31.41	30.79	30.37	29.77	29.88	29.29	28.90	28.33
<b>100 FLY</b>	1:28.09	1:26.36	1:22.82	1:21.19	1:11.21	1:09.81	1:06.99	1:05.68	1:03.83	1:02.57	1:02.77	1:01.54	1:00.98	99.79
<b>200 FLY</b>			3:02.26	2:58.68	2:37.24	2:34.16	2:30.09	2:27.15	2:24.14	2:21.31	2:21.76	2:18.98	2:17.12	2:14.43
<b>100 IM</b>		1:26.15		1:17.94		1:13.13		1:07.59		1:05.28		1:03.09		1:00.89
<b>200 IM</b>	3:08.88	3:05.18	2:54.26	2:50.84	2:45.71	2:42.46	2:31.11	2:28.15	2:25.01	2:22.17	2:22.58	2:19.78	2:16.80	2:14.12
<b>400 IM</b>			6:15.09	6:07.73	5:54.22	5:47.27	5:25.59	5:19.21	5:04.76	4:58.78	5:02.15	4:56.23	4:55.84	4:50.04

Qualifying times must have been achieved at an approved qualifying meet (either short course or long course) on or after 1 January 2022. Converted short course qualifying times will only be used where an existing long course qualifying time has not been achieved. If there is no qualifying time stated for your age group, you cannot compete in the event/s concerned.



## QUALIFYING TIMES

### Female

	11 Years		12 Years		13 Years		14 Years		15 Years		16 Years		17 & Over	
	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC
<b>50 FREE</b>	35.55	34.85	33.19	32.54	31.29	30.67	30.24	29.64	29.15	28.58	28.90	28.33	28.38	27.82
<b>100 FREE</b>	1:15.98	1:14.49	1:10.99	1:09.59	1:06.96	1:05.65	1:04.75	1:03.48	1:01.98	1:00.76	1:01.43	1:00.22	1:00.75	99.56
<b>200 FREE</b>	2:44.90	2:41.67	2:30.70	2:27.75	2:23.84	2:21.02	2:19.00	2:16.28	2:15.38	2:12.72	2:14.17	2:11.54	2:13.12	2:10.51
<b>400 FREE</b>	5:47.49	5:40.67	5:15.05	5:08.88	4:59.56	4:53.68	4:49.49	4:43.81	4:41.94	4:36.41	4:39.42	4:33.94	4:34.96	4:29.57
<b>800 FREE</b>			10:56.97	10:44.09	10:15.37	10:03.30	9:57.34	9:45.62	9:41.75	9:30.35	9:36.56	9:25.25	9:35.73	9:24.44
<b>1500 FREE</b>					19:09.70	18:47.15	18:55.75	18:33.48	18:26.12	18:04.43	18:16.24	17:54.75	18:07.47	17:46.15
<b>50 BACK</b>	44.04	43.18	38.52	37.76	36.37	35.65	35.48	34.78	34.83	34.15	34.55	33.87	34.25	33.58
<b>100 BACK</b>	1:27.10	1:25.39	1:22.71	1:21.09	1:16.78	1:15.28	1:13.71	1:12.27	1:11.87	1:10.46	1:10.64	1:09.25	1:09.24	1:07.88
<b>200 BACK</b>			2:54.03	2:50.62	2:42.89	2:39.69	2:38.91	2:35.80	2:34.94	2:31.90	2:32.29	2:29.30	2:30.04	2:27.10
<b>50 BREAST</b>	49.88	48.90	43.21	42.36	40.50	39.70	39.19	38.42	38.47	37.72	38.16	37.41	37.56	36.82
<b>100 BREAST</b>	1:40.89	1:38.91	1:33.55	1:31.72	1:26.30	1:24.61	1:23.56	1:21.92	1:20.14	1:18.57	1:18.77	1:17.22	1:17.65	1:16.13
<b>200 BREAST</b>			3:20.03	3:16.10	3:06.95	3:03.28	3:01.01	2:57.46	2:53.59	2:50.19	2:50.63	2:47.28	2:47.18	2:43.90
<b>50 FLY</b>	41.39	40.58	36.62	35.90	34.05	33.38	33.09	32.44	32.62	31.98	32.34	31.71	32.06	31.43
<b>100 FLY</b>	1:28.09	1:26.36	1:22.82	1:21.19	1:15.27	1:13.79	1:12.88	1:11.45	1:09.89	1:08.52	1:08.70	1:07.35	1:06.21	1:04.91
<b>200 FLY</b>			3:02.26	2:58.68	2:47.32	2:44.04	2:42.01	2:38.84	2:35.37	2:32.33	2:32.72	2:29.72	2:29.65	2:26.72
<b>100 IM</b>		1:26.15		1:17.94		1:13.48		1:12.24		1:09.69		1:09.08		1:08.47
<b>200 IM</b>	3:08.88	3:05.18	2:54.26	2:50.84	2:47.03	2:43.75	2:42.95	2:39.76	2:36.17	2:33.10	2:34.81	2:31.77	2:32.61	2:29.62
<b>400 IM</b>			6:15.09	6:07.73	5:55.81	5:48.84	5:44.33	5:37.58	5:29.99	5:23.52	5:27.12	5:20.70	5:26.22	5:19.82

Qualifying times must have been achieved at an approved qualifying meet (either short course or long course) on or after 1 January 2022. Converted short course qualifying times will only be used where an existing long course qualifying time has not been achieved. If there is no qualifying time stated for your age group, you cannot compete in the event/s concerned.



# Queensland Championships (Long Course) Brisbane Aquatic Centre

9-15 December 2023



## QUALIFYING TIMES

Male

	12 Years		13 Years		14 Years		15 Years		16 Years		17/18 Years		Open	
	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC
<b>50 FREE</b>	32.41	31.76	29.41	28.82	27.82	27.26	26.68	26.15	26.45	25.92	25.31	24.80	24.38	23.89
<b>100 FREE</b>	1:09.61	1:08.21	1:03.37	1:02.10	1:00.40	99.19	97.43	96.28	96.94	95.80	94.96	93.86	93.59	92.52
<b>200 FREE</b>	2:27.24	2:24.30	2:14.12	2:11.43	2:09.79	2:07.19	2:05.46	2:02.95	2:04.38	2:01.89	2:00.05	1:57.65	1:57.27	1:54.92
<b>400 FREE</b>	5:09.15	5:02.96	4:44.50	4:38.81	4:35.32	4:29.81	4:26.14	4:20.82	4:23.85	4:18.57	4:18.18	4:13.02	4:10.97	4:05.95
<b>800 FREE</b>	10:37.90	10:25.14	9:48.92	9:37.14	9:29.92	9:18.52	9:11.60	9:00.57	8:56.67	8:45.94	8:47.18	8:36.63	8:39.05	8:28.67
<b>1500 FREE</b>			18:51.07	18:28.44	18:14.57	17:52.68	17:47.30	17:25.95	17:10.73	16:50.11	16:52.48	16:32.23	16:32.44	16:12.59
<b>50 BACK</b>	37.60	36.85	34.33	33.64	33.05	32.39	32.28	31.63	31.77	31.13	30.74	30.13	28.84	28.26
<b>100 BACK</b>	1:21.11	1:19.49	1:13.43	1:11.96	1:09.05	1:07.67	1:06.86	1:05.52	1:05.76	1:04.44	1:03.57	1:02.30	23:31.20	58.61
<b>200 BACK</b>	2:52.22	2:48.78	2:38.49	2:35.32	2:30.09	2:27.09	2:26.49	2:23.56	2:24.08	2:21.20	2:19.28	2:16.50	2:11.33	2:08.70
<b>50 BREAST</b>	42.16	41.32	37.98	37.22	36.28	35.55	35.43	34.72	34.86	34.16	34.01	33.33	31.41	30.78
<b>100 BREAST</b>	1:31.82	1:29.98	1:21.97	1:20.33	1:17.07	1:15.53	1:14.63	1:13.13	1:13.40	1:11.94	1:10.96	1:09.54	1:06.32	1:04.99
<b>200 BREAST</b>	3:15.93	3:12.01	2:57.28	2:53.73	2:49.22	2:45.84	2:43.85	2:40.57	2:41.16	2:37.94	2:35.79	2:32.67	2:23.67	2:20.80
<b>50 FLY</b>	35.74	35.03	32.17	31.53	30.97	30.35	30.25	29.65	29.77	29.17	28.81	28.23	26.92	26.38
<b>100 FLY</b>	1:21.27	1:19.64	1:10.71	1:09.30	1:06.49	1:05.16	1:04.38	1:03.09	1:03.32	1:02.06	1:01.21	99.99	57.90	56.75
<b>200 FLY</b>	2:55.36	2:51.85	2:37.30	2:34.15	2:30.15	2:27.15	2:25.39	2:22.48	2:23.00	2:20.14	2:18.24	2:15.47	2:10.20	2:07.60
<b>200 IM</b>	2:52.53	2:49.08	2:43.36	2:40.09	2:31.17	2:28.15	2:27.51	2:24.56	2:22.63	2:19.78	2:17.76	2:15.00	2:10.96	2:08.34
<b>400 IM</b>	6:07.44	6:00.09	5:49.18	5:42.20	5:23.12	5:16.66	5:15.30	5:08.99	5:02.27	4:56.23	4:54.46	4:48.57	4:43.21	4:37.54

Qualifying times must have been achieved at an approved qualifying meet (either short course or long course) on or after 1 January 2022. Converted short course qualifying times will only be used where an existing long course qualifying time has not been achieved. If there is no qualifying time stated for your age group, you cannot compete in the event/s concerned.



## QUALIFYING TIMES

Female

	12 Years		13 Years		14 Years		15 Years		16 Years		17/18 Years		Open	
	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC
<b>50 FREE</b>	32.14	31.50	30.88	30.26	29.86	29.26	29.09	28.51	28.84	28.26	28.33	27.76	28.13	27.57
<b>100 FREE</b>	1:09.61	1:08.21	1:06.32	1:04.99	1:03.58	1:02.31	1:01.93	1:00.69	1:01.38	1:00.16	1:00.84	99.62	59.11	57.93
<b>200 FREE</b>	2:27.24	2:24.30	2:21.26	2:18.44	2:16.47	2:13.74	2:15.27	2:12.57	2:14.08	2:11.39	2:12.88	2:10.22	2:09.53	2:06.94
<b>400 FREE</b>	5:09.15	5:02.96	4:54.19	4:48.30	4:44.22	4:38.53	4:43.41	4:37.74	4:39.23	4:33.64	4:38.48	4:32.91	4:27.54	4:22.19
<b>800 FREE</b>	10:37.90	10:25.14	10:01.89	9:49.85	9:46.46	9:34.73	9:36.17	9:24.64	9:31.02	9:19.60	9:25.88	9:14.56	9:20.11	9:08.91
<b>1500 FREE</b>			18:54.62	18:31.93	18:35.06	18:12.76	18:15.49	17:53.58	18:05.71	17:44.00	18:00.61	17:39.00	17:37.97	17:16.81
<b>50 BACK</b>	37.60	36.85	35.88	35.16	35.01	34.31	34.73	34.04	34.44	33.75	34.15	33.47	31.96	31.32
<b>100 BACK</b>	1:21.11	1:19.49	1:16.81	1:15.27	1:13.74	1:12.27	1:12.51	1:11.06	1:11.90	1:10.46	1:11.28	1:09.86	1:06.88	1:05.54
<b>200 BACK</b>	2:52.22	2:48.78	2:41.63	2:38.40	2:37.65	2:34.50	2:36.33	2:33.20	2:35.00	2:31.90	2:33.68	2:30.60	2:24.93	2:22.03
<b>50 BREAST</b>	42.80	41.94	39.63	38.84	38.67	37.90	38.36	37.59	38.04	37.28	37.72	36.97	35.77	35.05
<b>100 BREAST</b>	1:32.50	1:30.65	1:26.34	1:24.61	1:23.59	1:21.92	1:20.85	1:19.24	1:20.17	1:18.57	1:19.48	1:17.89	1:15.01	1:13.51
<b>200 BREAST</b>	3:17.41	3:13.46	3:05.54	3:01.83	2:58.12	2:54.56	2:55.15	2:51.64	2:53.66	2:50.19	2:52.18	2:48.74	2:41.48	2:38.25
<b>50 FLY</b>	35.74	35.03	33.59	32.92	32.78	32.12	32.51	31.86	32.24	31.60	31.98	31.34	29.91	29.31
<b>100 FLY</b>	1:21.27	1:19.64	1:14.70	1:13.21	1:12.31	1:10.86	1:10.52	1:09.11	1:09.92	1:08.52	1:09.32	1:07.94	1:03.95	1:02.67
<b>200 FLY</b>	2:56.69	2:53.16	2:43.41	2:40.14	2:39.42	2:36.23	2:36.76	2:33.63	2:35.43	2:32.33	2:34.11	2:31.02	2:24.55	2:21.66
<b>200 IM</b>	2:52.53	2:49.08	2:44.38	2:41.09	2:41.66	2:38.43	2:37.59	2:34.43	2:36.23	2:33.10	2:34.87	2:31.77	2:24.84	2:21.95
<b>400 IM</b>	6:07.44	6:00.09	5:47.34	5:40.39	5:41.66	5:34.83	5:30.12	5:23.52	5:27.25	5:20.70	5:24.38	5:17.89	5:09.61	5:03.42

Qualifying times must have been achieved at an approved qualifying meet (either short course or long course) on or after 1 January 2022. Converted short course qualifying times will only be used where an existing long course qualifying time has not been achieved. If there is no qualifying time stated for your age group, you cannot compete in the event/s concerned.

# Australian Age Swimming Championships Qualifying Times

6-14 April 2024

[HTTPS://WWW.SWIMMING.ORG.AU/EVENTS-RESULTS/EVENTS/2024-AUSTRALIAN-AGE-MC-AGE-CHAMPIONSHIPS](https://www.swimming.org.au/events-results/events/2024-australian-age-mc-age-championships)



## ENTRY QUALIFYING TIMES

2024 Australian Age Swimming Championships  
Location TBA | 6-14 April 2024

GIRLS					
EVENT	13 Yrs	14 Yrs	15 Yrs	16 Yrs	17 Yrs
50m Freestyle	29.02	28.48	28.02	27.99	27.70
100m Freestyle	1:03.52	1:02.02	1:01.03	1:00.48	59.84
200m Freestyle	2:17.80	2:15.09	2:13.85	2:11.98	2:11.29
400m Freestyle	4:50.72	4:43.94	4:42.27	4:35.54	4:37.00
800m Freestyle	9:48.75	9:40.68	9:29.49	9:18.15	9:17.66
1500m Freestyle	18:49.64	18:33.52	18:13.98	18:02.71	17:55.51
50m Backstroke	33.71	32.97	32.55	32.51	32.40
100m Backstroke	1:13.03	1:11.20	1:09.86	1:09.14	1:08.43
200m Backstroke	2:37.47	2:33.58	2:31.23	2:29.85	2:28.29
50m Breaststroke	37.79	37.14	36.53	36.48	35.68
100m Breaststroke	1:23.54	1:21.22	1:19.56	1:18.73	1:17.90
200m Breaststroke	3:00.53	2:55.86	2:52.59	2:49.50	2:47.71
50m Butterfly	31.55	30.79	30.18	29.93	29.54
100m Butterfly	1:11.05	1:08.52	1:06.75	1:06.05	1:05.36
200m Butterfly	2:39.75	2:34.94	2:30.91	2:29.34	2:27.78
200m IM	2:38.89	2:33.15	2:30.00	2:28.42	2:26.84
400m IM	5:37.02	5:28.91	5:20.17	5:16.80	5:13.43
RELAYS					
4 x 50m Freestyle	13 - 14 years		1:57.42		
4 x 50m Freestyle	15 - 16 years		1:54.00		
4 x 50m Freestyle	13 - 17 years		1:53.99		
4 x 100m Freestyle	13 - 17 years		4:07.92		
4 x 50m Medley	13 - 14 years		2:11.00		
4 x 50m Medley	15 - 16 years		2:07.00		
4 x 50m Medley	13 - 17 years		2:06.81		
4 x 100m Medley	13 - 17 years		4:37.36		

BOYS					
EVENT	14 Yrs	15 Yrs	16 Yrs	17 Yrs	18 Yrs
50m Freestyle	26.45	25.58	25.19	24.91	24.64
100m Freestyle	58.43	56.33	55.14	54.84	54.24
200m Freestyle	2:08.45	2:03.98	2:01.40	1:59.01	1:57.73
400m Freestyle	4:33.55	4:24.20	4:18.70	4:14.70	4:11.96
800m Freestyle	9:24.71	9:04.23	8:50.36	8:45.19	8:41.49
1500m Freestyle	18:03.02	17:27.39	17:09.32	16:47.84	16:37.10
50m Backstroke	31.06	29.94	29.24	28.63	28.23
100m Backstroke	1:07.25	1:04.68	1:02.78	1:02.11	1:01.45
200m Backstroke	2:26.42	2:20.73	2:16.68	2:15.22	2:13.77
50m Breaststroke	34.12	33.12	32.12	31.79	31.46
100m Breaststroke	1:15.20	1:12.96	1:10.72	1:09.97	1:09.23
200m Breaststroke	2:44.20	2:39.35	2:34.50	2:32.88	2:31.27
50m Butterfly	29.25	27.58	26.84	26.55	26.27
100m Butterfly	1:04.51	1:02.01	1:00.26	59.62	58.98
200m Butterfly	2:25.12	2:19.83	2:16.94	2:14.06	2:12.62
200m IM	2:26.30	2:21.76	2:18.99	2:16.06	2:14.60
400m IM	5:14.56	5:06.38	05:00.7	4:54.34	4:51.18
RELAYS					
4 x 50m Freestyle	14 - 15 years		1:46.80		
4 x 50m Freestyle	16 - 17 years		1:42.63		
4 x 50m Freestyle	14 - 18 years		1:42.08		
4 x 100m Freestyle	14 - 18 years		3:43.32		
4 x 50m Medley	14 - 15 years		2:03.00		
4 x 50m Medley	16 - 17 years		2:01.00		
4 x 50m Medley	14 - 18 years		1:57.38		
4 x 100m Medley	14 - 18 years		4:09.06		

Age as at 6<sup>th</sup> April 2024.

Short course times are not eligible for this meet.

Qualifying time must be achieved after 1<sup>st</sup> May 2023.

Entries close 11:59pm AEST Monday 18<sup>th</sup> March 2024. Times achieved after this date will not be accepted.

## 2023 Country Swimming Championships



# 2023 Country Swimming Championships



## Qualifying Times (must have been achieved after 1<sup>st</sup> January 2022)

Event	Age (Boys)					
	11-12yr	13yrs	14yrs	15yrs	16yrs	17yrs & Over
50m Freestyle	37.00	35.00	33.00	31.00	30.00	29.10
100m Freestyle	1:25.00	1:15.00	1:12.50	1:10.00	1:09.00	1:04.00
200m Freestyle	3:00.00	2:50.00	2:40.00	2:30.00	2:22.00	2:19.00
400m Freestyle	5:00.00					
800m Freestyle	NA	10:10.00				
1500m Freestyle	NA	21:00.00				
50m Backstroke	46.00	42.00	39.50	37.50	36.50	34.50
100m Backstroke	1:35.00	1:30.00	1:27.00	1:22.00	1:18.00	1:16.00
200m Backstroke	3:20.00	3:10.00	3:03.00	2:55.00	2:48.00	2:42.00
50m Breaststroke	52.00	47.00	45.00	43.00	41.00	38.00
100m Breaststroke	1:55.00	1:45.00	1:39.00	1:35.00	1:32.00	1:26.00
200m Breaststroke	3:59.00	3:35.00	3:25.00	3:15.00	3:05.00	3:00.00
50m Butterfly	43.00	39.00	36.00	34.50	33.50	32.00
100m Butterfly	1:33.00	1:29.00	1:26.00	1:22.00	1:18.00	1:12.00
200m Butterfly	3:30.00	3:20.00	3:16.00	3:05.00	2:55.00	2:45.00
200m Individual Medley	3:30.00	3:10.00	3:00.00	2:50.00	2:43.00	2:38.00
400m Individual Medley	NA	5:40.00				

Event	Age (Girls)					
	11-12yr	13yrs	14yrs	15yrs	16yrs	17yrs & Over
50m Freestyle	37.00	35.50	33.50	32.50	32.00	31.50
100m Freestyle	1:25.00	1:18.00	1:15.00	1:13.00	1:11.00	1:09.00
200m Freestyle	3:00.00	2:50.00	2:42.00	2:34.00	2:30.00	2:26.00
400m Freestyle	5:10.00					
800m Freestyle	NA	10:45.00				
1500m Freestyle	NA	22:30.00				
50m Backstroke	46.00	42.00	40.00	39.00	38.00	36.00
100m Backstroke	1:35.00	1:32.00	1:28.00	1:25.00	1:22.00	1:18.00
200m Backstroke	3:20.00	3:15.00	3:07.00	3:00.00	2:52.00	2:45.00
50m Breaststroke	52.00	48.00	46.00	44.00	42.00	40.00
100m Breaststroke	1:55.00	1:48.00	1:45.00	1:41.00	1:37.00	1:32.00
200m Breaststroke	3:59.00	3:40.00	3:30.00	3:22.50	3:15.00	3:10.00
50m Butterfly	43.00	40.00	38.00	36.00	34.50	33.50
100m Butterfly	1:33.00	1:30.00	1:27.00	1:24.00	1:21.00	1:17.00
200m Butterfly	3:30.00	3:22.00	3:16.00	3:10.00	3:03.00	2:55.00
200m Individual Medley	3:30.00	3:15.00	3:05.00	2:58.00	2:52.00	2:45.00
400m Individual Medley	NA	6:00.00				





## JX Australia Qualifying Times

<https://www.swimming.org.au/get-involved/programs/jx>



## AUSTRALIAN JX 2023-2024 CRITERIA AND QUALIFYING TIMES

The 2023-24 Australian JX program recognises performances from 1 May 2023 to 30 April 2024. Australian JX automatically recognises swimmers aged 9-13 years with gold, silver, bronze or blue standard, based on their best performance/s correlating to the times set by Swimming Australia. To qualify for the program, swimmers need to be a member of an Australian swimming club and achieve a qualifying time at an approved meet.

To enquire further whether an event is an approved meet please contact your State/Territory office or visit the relevant competition flyer for more details.

If your child has a birthday within the JX season, they will be recognised with their highest standard achieved in one age bracket – not both. Furthermore, lead off times will not be recognised in the program, only individual swims will qualify.

### 9-10 YEAR-OLDS

**GOLD STANDARD** – At least 1 Tier 1 time in any of the specified events

**SILVER STANDARD** – At least 1 Tier 2 time in any of the specified events

**BRONZE STANDARD** – At least 1 Tier 3 time in any of the specified events

**BLUE STANDARD** – At least 1 Tier 4 time in any of the specified event

### 11-13 YEAR-OLDS

**GOLD STANDARD** – At least 1 Tier 1 time in two or more of the specified events

**SILVER STANDARD** – At least 1 Tier 1 or Tier 2 time in one or more of the specified events

**BRONZE STANDARD** – At least 1 Tier 3 time in one or more of the specified events

**BLUE STANDARD** – At least 1 Tier 4 time in one or more of the specified events

9-10 year-old times will be recognised from both short course and long course events.

11-13 year-old times will be recognised from long course events only.

## MULTI-CLASS

The Australian JX multi-class recognition will be determined using the Multi-Class Point Score (MCPS) system. The MCPS is based on the world record (WR) times for each classification and will be updated annually. The WR is allocated 1000 points with times above and below awarded a point score incrementally. Swimming must hold a current classification to be eligible for JX recognition.

### 9-10 YEAR-OLDS

**GOLD STANDARD** – At least 1 Tier 1 MCPS time in any of the specified events

**SILVER STANDARD** – At least 1 Tier 2 MCPS time in any of the specified events

**BRONZE STANDARD** – At least 1 Tier 3 MCPS time in any of the specified events

**BLUE STANDARD** – At least 1 Tier 4 MCPS time in any of the specified events

### 11-13 YEAR-OLDS

**GOLD STANDARD** – At least 1 Tier 1 MCPS time in two or more of the specified events

**SILVER STANDARD** – At least 1 Tier 1 or Tier 2 MCPS time in any of the specified events

**BRONZE STANDARD** – At least 1 Tier 3 MCPS time in any of the specified events

**BLUE STANDARD** – At least 1 Tier 4 MCPS time in any of the specified events

9-10 year-old times will be recognised from both short course and long course events in both multi-class and able bodied competitions. 11-13 year-old times will be recognised from long course events only, in both multi-class and able bodied competition.



# 2023-2024 JX GIRLS QUALIFYING TIMES

## 9 YEARS

	GOLD	SILVER	BRONZE	BLUE
50 FS	00:37.66	00:39.60	00:41.51	00:46.99
50 BK	00:42.27	00:44.44	00:46.58	00:55.35
50 BRS	00:46.91	00:49.36	00:51.72	01:01.70
50 BF	00:39.52	00:41.55	00:44.04	00:51.67
200 IM	03:19.49	03:32.52	03:38.87	04:05.69

## 10 YEARS

	GOLD	SILVER	BRONZE	BLUE
50 FS	00:34.31	00:35.91	00:38.14	00:42.48
50 BK	00:38.51	00:40.30	00:42.18	00:48.61
50 BRS	00:42.65	00:44.70	00:47.51	00:54.19
50 BF	00:35.73	00:37.62	00:40.02	00:45.39
200 IM	02:58.63	03:10.19	03:20.99	03:42.10

## 11 YEARS

	GOLD	SILVER	BRONZE	BLUE
50 FS	00:32.64	00:34.20	00:35.47	00:38.70
100 FS	01:10.41	01:14.18	01:17.62	01:23.10
50 BK	00:36.61	00:38.46	00:39.89	00:43.35
100 BK	01:16.87	01:21.62	01:25.42	01:31.99
50 BRS	00:40.38	00:42.48	00:44.56	00:48.32
100 BRS	01:26.70	01:31.82	01:35.24	01:43.75
50 BF	00:34.24	00:35.73	00:37.93	00:40.47
100 BF	01:14.93	01:20.08	01:23.07	01:29.67
200 IM	02:49.09	02:58.63	03:08.83	03:22.35
2.5KM OW	42:00.0	44:00.0	46:00.0	50:00.0

Girls cont..

## 12 YEARS

	GOLD	SILVER	BRONZE	BLUE
50 FS	00:30.93	00:32.20	00:34.02	00:37.63
100 FS	01:06.75	01:09.20	01:13.02	01:20.79
200 FS	02:26.11	02:32.13	02:40.75	02:57.24
400 FS	05:05.28	05:17.86	05:35.75	06:11.50
800 FS	10:23.56	10:49.54	11:28.02	12:36.84
50 BK	00:34.44	00:35.88	00:37.31	00:42.28
100 BK	01:13.74	01:16.81	01:20.89	01:29.44
200 BK	02:39.00	02:45.60	02:55.66	03:13.60
50 BRS	00:38.04	00:39.63	00:42.21	00:47.13
100 BRS	01:22.96	01:25.65	01:31.26	01:40.87
200 BRS	02:58.12	03:07.33	03:17.91	03:39.00
50 BF	00:32.44	00:33.59	00:35.69	00:39.47
100 BF	01:11.71	01:14.70	01:18.01	01:27.18
200 BF	02:40.39	02:46.92	02:58.66	03:13.26
200 IM	02:40.40	02:46.93	02:59.00	03:16.74
2.5KM OW	40:00.0	42:00.0	44:00.0	48:00.0

## 13 YEARS

	GOLD	SILVER	BRONZE	BLUE
50 FS	00:29.86	00:30.88	00:32.53	00:36.95
100 FS	01:04.28	01:06.69	01:10.20	01:18.56
200 FS	02:20.71	02:25.99	02:32.11	02:52.34
400 FS	04:53.99	05:05.00	05:21.08	06:01.22
800 FS	09:58.28	10:24.50	10:57.55	12:15.92
1500 FS	19:15.96	19:55.48	20:35.00	22:13.80
50 BK	00:33.58	00:34.73	00:35.88	00:41.03
100 BK	01:10.63	01:13.50	01:16.81	01:26.97
200 BK	02:32.88	02:40.30	02:48.99	03:08.25
50 BRS	00:37.09	00:38.26	00:39.63	00:45.74
100 BRS	01:19.65	01:22.91	01:27.27	01:38.08
200 BRS	02:53.66	02:59.60	03:09.26	03:32.95
50 BF	00:31.07	00:32.33	00:34.00	00:38.31
100 BF	01:08.84	01:12.31	01:15.26	01:24.77
200 BF	02:32.60	02:41.64	02:48.08	03:07.91
200 IM	02:35.35	02:44.38	02:49.81	03:11.30
400 IM	05:30.02	05:53.89	06:08.30	06:49.39
2.5KM OW	38:00.0	40:00.0	42:00.0	46:00.0
5KM OW	1h 12m	1h 15m	1h 17m	1h 21m



# 2023-2024 JX BOYS QUALIFYING TIMES

## 9 YEARS

	GOLD	SILVER	BRONZE	BLUE
50 FS	00:36.48	00:38.21	00:40.01	00:46.48
50 BK	00:41.28	00:43.24	00:45.27	00:52.94
50 BRS	00:45.59	00:47.60	00:50.01	00:58.29
50 BF	00:38.46	00:40.98	00:42.55	00:49.79
200 IM	03:15.87	03:25.17	03:34.42	04:10.54

## 10 YEARS

	GOLD	SILVER	BRONZE	BLUE
50 FS	00:33.29	00:34.55	00:37.62	00:42.12
50 BK	00:37.41	00:39.26	00:41.89	00:47.96
50 BRS	00:41.38	00:43.36	00:46.39	00:52.90
50 BF	00:35.05	00:36.89	00:39.18	00:45.11
200 IM	02:57.99	03:06.43	03:19.40	03:46.00

## 11 YEARS

	GOLD	SILVER	BRONZE	BLUE
50 FS	00:31.63	00:33.55	00:35.00	00:38.62
100 FS	01:09.45	01:12.51	01:17.01	01:24.79
50 BK	00:35.87	00:37.62	00:39.62	00:43.98
100 BK	01:16.72	01:20.13	01:24.20	01:33.73
50 BRS	00:39.68	00:41.59	00:43.51	00:48.51
100 BRS	01:25.64	01:30.00	01:34.80	01:45.19
50 BF	00:33.61	00:35.22	00:37.02	00:41.37
100 BF	01:13.88	01:18.52	00:22.16	01:31.09
200 IM	02:50.67	02:58.77	03:07.08	03:28.15
2.5KM OW	42:00.0	44:00.0	46:00.0	50:00.0

Boys cont..

<b>12 YEARS</b>				
	<b>GOLD</b>	<b>SILVER</b>	<b>BRONZE</b>	<b>BLUE</b>
50 FS	00:29.41	00:30.76	00:32.89	00:36.70
100 FS	01:04.51	01:07.20	01:11.05	01:20.57
200 FS	02:22.93	02:27.98	02:35.66	02:58.23
400 FS	05:02.96	05:13.23	05:32.45	06:17.93
800 FS	10:18.85	10:38.04	11:02.03	11:50.00
50 BK	00:33.05	00:34.07	00:36.28	00:41.79
100 BK	01:10.69	01:13.88	01:17.62	01:29.07
200 BK	02:36.89	02:43.69	02:52.12	03:16.08
50 BRS	00:36.56	00:38.69	00:40.11	00:46.10
100 BRS	01:19.89	01:22.36	01:28.00	01:39.95
200 BRS	02:53.25	02:58.62	03:11.94	03:38.22
50 BF	00:30.97	00:31.93	00:34.88	00:39.31
100 BF	01:08.07	01:11.18	01:15.82	01:26.55
200 BF	02:33.73	02:40.50	02:53.45	03:14.14
200 IM	02:37.26	02:42.14	02:55.00	03:17.77
2.5KM OW	40:00.0	42:00.0	44:00.0	46:00.0

<b>13 YEARS</b>				
	<b>GOLD</b>	<b>SILVER</b>	<b>BRONZE</b>	<b>BLUE</b>
50 FS	00:28.27	00:29.18	00:31.25	00:33.66
100 FS	01:02.01	01:04.01	01:08.51	01:16.35
200 FS	02:15.47	02:19.84	02:30.11	02:48.90
400 FS	04:47.37	04:56.64	05:20.28	05:58.14
800 FS	09:54.78	10:14.05	10:38.05	11:21.22
1500 FS	19:02.49	19:39.34	20:25.41	21:48.33
50 BK	00:31.77	00:32.79	00:35.07	00:39.61
100 BK	01:07.95	01:10.14	01:15.26	01:24.41
200 BK	02:28.89	02:33.69	02:45.55	03:05.82
50 BRS	00:35.14	00:36.28	00:38.69	00:43.68
100 BRS	01:15.85	01:18.30	01:24.36	01:34.72
200 BRS	02:46.53	02:51.90	03:05.44	03:26.60
50 BF	00:29.77	00:30.73	00:31.61	00:34.78
100 BF	01:05.43	01:07.55	01:13.22	01:22.02
200 BF	02:27.77	02:32.54	02:48.98	03:03.98
200 IM	02:31.17	02:36.04	02:47.14	03:07.44
400 IM	05:23.12	05:43.54	05:56.60	06:45.26
2.5KM OW	38:00.0	40:00.0	42:00.0	44:00.0
5KM OW	1h 10m	1h 12m	1h 14m	1h 18m