



We would like to welcome our new and existing members to the Marlin Coast Swimming Club Inc. for the 2023-2024 season. Our aim is to promote the sport of swimming in the Northern Beaches region of Cairns and we wish you all a very successful and enjoyable season with our club. This handbook will inform you about our swimming club and the many activities it has to offer.

The Marlin Way – Commitment, Respectful, Passionate, Accountable & Supportive

MEMBERSHIP OATH

As a member -

I agree to abide by the Constitution rules and by laws of the Marlin Coast Swimming Club Inc.

I agree to only compete for Marlin Coast Swimming Club Inc. when competing at any registered swim meet.

I agree to wear the Marlin Coast swim-cap, when representing the Marlin Coast Swimming Club Inc. at swim meets.

I agree to train exclusively with Marlin Coast Swimming Club's appointed Coach.

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A MESSAGE FROM THE HEAD COACH

Troy Gazzola



Swimming has always played a huge part in my life, from my competitive days to now my career as a Swim Coach. As a swimmer, I competed in Victoria and Queensland. I swam at Nationals and won State Medals and when I moved to Queensland in 2010 I joined a squad that coached several Olympic swimmers.

When I graduated from school, I immediately became a Learn to Swim instructor in Brisbane and enjoyed it enough to want to make a career out of it. Working my way up the LTS ranks I eventually landed a Lead Instructor/Assistant Coach job. After two years in that role I joined TAS Swimming as Assistant Coach under Olympic coach Duncan Todd. After a further two years I was offered the job as Head Coach of the Mighty Marlins.

I am very lucky to have had great mentors along my career who have helped me become the coach I am today. A mix of several different types of philosophies have allowed for me to see all sides of the sport.

The number one value I believe that is important as a coach is developing the whole person and not just the swimmer. As the New Zealand Rugby team the 'All Blacks' mantra goes, "Better People Make Better All Blacks", at Marlin Coast we believe the same for our swimmers. The Marlin Way is for all swimmers to be supportive, respectful, accountable, passionate and take ownership of their swimming journey.

Please always see Troy if you have any questions. A suitable time out of coaching hours will be arranged.

To swimmers:

- ◆ Be prepared, be positive and be the best that you can be.
- ◆ The effort you put into training and your preparation will reflect in your results.
- ◆ Respect yourself and other squad members, coaches and officials.
- ◆ Prepare well through diet, stretching, recovery and training.
- ◆ Organise your swim bag - have all necessary equipment for your level and have them marked.
- ◆ Ask questions, read or watch shows about swimming to gain a better understanding.

Assistant Coach – Kaname Woodfield



Hello, my name is Kaname Woodfield and my swimming journey began when I was a primary school student in Osaka Japan. I trained and competed with the Japanese Junior Olympic squad until I was 17 years old. During college, I played Water Polo until I became a swimming teacher at my swimming school for 5 years. In the year 2000, I travelled to Australia and became a diving instructor, met my fabulous husband and had three wonderful children.

I have been a LTS teacher for over 13 years in Cairns. Teaching babies to junior children and handicapped people young and old.

I have a competitive side which sees me swim in the 70.3 Ironman relay for last 4 years, Master Games and 'Swimming the Gap' between Green Island to Yorkeys Knob. I believe if you love something with a passion then it is what you are supposed to do. That is me and swimming.

Assistant Coach – Brittney Berger



Born and raised in the country city of Warrnambool at the end of the Great Ocean Road in Victoria. I Started swimming competitively at the age of 8 for the Warrnambool Swimming Club. I obtained my first state time at 9. Came first at all juniors in 50 breast at 13. Competed at nationals for 100 back and relay at 14 and 15 swimming for Melbourne Vic Centre.

At 17 I got my austswim and have been teaching learn to swim ever since (10 years). With the Warrnambool Swimming Club I have coached adult squads, recreational squads and junior squads.

I love teaching squads and seeing kids reach their goals and improve their technique.

Fun fact: I'm a bridal designer with my own brand (Brittney Paige couture) so if anyone needs a formal, graduation or wedding dress custom made hit me up.

MARLIN COAST SWIMMING CLUB INC. is a non-profit sporting organisation. The club exists only because of the contribution of time and effort made by our parents, and like other clubs, we rely on your support and participation. This is YOUR club! We work hard to ensure that the Marlin Coast families benefit from belonging to our club and especially enjoy swimming with us. There are many ways that you may be actively involved in our club:

Marlin Coast Swimming Club Committee 2023/2024

President	Ramayana Loveridge	rloveridge4@icloud.com
Vice President	Troy Gazzola	headcoach@mcsf.com.au
Race Secretary	Salli Graham	ssgraham@aapt.net.au
Treasurer	Kellie Vickers	Kellie.vickers@gmail.com
Registrar	Marilyn Woods	Johnmarilyn7@bigpond.com
Canteen Convenor	Tammy Holland	Al.tam.lenny@gmail.com
Junior Liaison Officer & Uniforms	Scott O'Neile	scottandjaneo@hotmail.com
Secretary	Fiona Solomonides	fionasolomonides@gmail.com
General Member & FNQ Committee	Toni Bartley	camntoni@ozemail.com.au



(Photos above in order - Ramayana, Troy, Salli, Kellie, Marilyn, Scott, Fiona & Toni)

Committee Membership

The committee is made up of volunteer adult family members who have been nominated and elected to the committee positions. All adult members are capable of working on our committee and we encourage parents to consider helping in this way at some time during their club membership. We meet monthly and elect annually.

Marlin Coast Swimming Club vs Marlin Coast Swimming & Fitness Centre Responsibilities

Area	Who's Responsible	Contact Point
Squads and Training	MCSF	headcoach@mcsf.com.au
Squad Fees	MCSF	swimschool@mcsf.com.au
LTS Program	MCSF	headcoach@mcsf.com.au swimschool@mcsf.com.au
Facility e.g. pool temp	MCSF	headcoach@mcsf.com.au swimschool@mcsf.com.au
Carnivals	MC Swim Club	Entries Issues = mcsc4@outlook.com General Info = Troy
Club Nights	MC Swim Club	headcoach@mcsf.com.au
Uniforms	MC Swim Club	scottandjaneo@hotmail.com
Swim Central + Club Fees	MC Swim Club	mcsc@mail.tidyhq.com
Club Events e.g. Awards Night	MC Swim Club	mcsc@mail.tidyhq.com

Key
Marlin Coast Swimming and Fitness Centre = MCSF
Marlin Coast Swimming Club = MC Swim Club

Membership (available through Swim Central as follows)

23/24 Competitive Swimmer (9 & Over) - \$177.20

Swimmer (8 & Under) - \$82.92

23/24 Recreational Club Night Swimmer - \$108.51

23/24 Come n Try Swimmer – Free for 30 days trial

Parent - Free

These annual membership fees cover the costs of:

- Insurance & Affiliation fees to Swimming Queensland
- Affiliation with the FNQ Regional Swimming Association
- Club costs of stationery, pool hire, Club Night expenses and the cost of ribbons, collateral and trophies for our end-of-season awards.

23/24 Club Night Swimmer 9 & Over*	23/24 Competitive Swimmer 9&O*	Come n Try Swimmer
Marlin Coast SC Inc \$108.51 Inc fees & GST	Marlin Coast SC Inc \$177.20 Inc fees & GST	Marlin Coast SC Inc \$0.00 Inc fees & GST
Age as at 1 June. Membership product for swimmers aged 9 years and over who only participate recreationally (e.g. club nights and club training).	Age as at 1 June. Membership product for competitive swimmers aged 9 years and over.	Automatically expiring membership for swimmers to trial intra-club activities - e.g. training, club nights
Start Date: 1.6.2023 Expiry Date: 30.6.2024 Product Type: Membership - Competitive	Start Date: 1.6.2023 Expiry Date: 30.6.2024 Product Type: Membership - Competitive	Duration: 30 days Product Type: Membership - Come'nTry
Add to Cart for Chloe	Add to Cart for Chloe	Add to Cart for Chloe

Awards Night

Each year, usually in April post National Championships, our club conducts an award night to honour the remarkable achievements of our swimmers throughout the year. These awards are nominated by the Head Coach and cover all ages. Our 2023/24 season Awards Night will be announced shortly, venue TBC.

Buddy Program

Marlin Coast Swimming Club prides itself on its positive culture and supportive team. Our Buddy Program helps to promote these ideals whilst also helping the next generation of swimmers. If a new swimmer attends a Club Night or a Marlin Coast event eg Race Clinic they will be paired with one (sometimes more) of our senior swimmers. They will be mentored and aided by this buddy for that event and future ones. When it comes to competition time our senior swimmers help their buddies by taking them to and from their races. The Buddy Program also includes Buddy Week! During this week the senior swimmers will do their best to attend and participate in their buddies swim lesson or squad session.



Club Nights

All members are expected to attend Club nights. All families are expected to assist with time-keeping, set up, pack down etc to ensure the smooth running of our Club Nights. Your child will welcome your participation and you will enjoy working with other families to assist in the running of these nights as well as getting to know other families in the club. Club nights are normally run monthly and we encourage kids of all ages and abilities. We also facilitate a canteen style dinner through our volunteers for nourishment afterwards. Remaining Club Nights for 2023-24 are;

Friday 25th August 2023

Friday 2nd February 2024

Friday 8th September 2023

Friday 15th March 2024

Friday 1st December 2023

Friday 19th April 2024

Friday 28th April 2023

Club Uniform

The Marlin Coast Swimming Club "colours" are navy, white, gold & teal and our club logo is the MARLIN. Everyone is part of our Marlin Coast team and our club uniform is available for purchase online. We have club t-shirts, polo shirts, bucket hats, swimming caps and hoodies which are all part of our club uniform. We sell via our online website and pick up is co-ordinated with Scott O'Neile & purchasing parents.

<http://marlincoastswimclub.org.au/>

T-shirt	\$46.50	Swim Cap – name	\$23
Polo Shirt	\$49	Swim Cap	\$16
Hoodie	\$72.50	Bucket Hat	\$29

As with all sports, it is important for our swimmers to wear a uniform as part of the TEAM. This season we would like to have all our swimmers competing in the inter-club carnivals to wear the correct uniform. The shirt, swim cap and bucket hat are all compulsory items as part of our uniform and safe sun policy (the hoodie is optional). It is terrific to see our swimmers looking sharp in their team merchandise. Parents sizes are available and encouraged to demonstrate team spirit and pride. We cater uniform items for both competitors and parents.

Fund-Raising

Every family is asked to assist in the various fund-raising efforts of the club. Fund-raising is essential to pay expenses and obligations not covered by fees. Our club endeavours to keep fund-raising to a minimum, but parents are encouraged to assist with any fundraising activity which are planned for during the season. Current fund raisers include Bunnings BBQ's, Nutrition/Hydration Station at Ironman Cairns and our annual Marlin Coast Long Course swim meet in October.

Information nights

As part of our service to improve and educate both swimmers and their parents / carers we will continue with our successful events for 2023/24. In late 2022 these included Nutrition, Gynaecology and Swimming, Sport & Performance Psychologist and in Feb 2023 Sports Psychology. Details will be released by the Committee on Whats App as opportunities present.

Sponsorship

Like all clubs, we could not achieve our high standards without support of our sponsors. We are fortunate to have many local sponsors who play assist us through out the year. Please contact Ramayana, our Club President (as above), if you know anyone who may be interested in sponsoring us.

MARLIN COAST WELCOME CHECK LIST

1. Welcome to Marlin Coast Swimming Handbook
2. Make sure swimmers are registered on Swim Central annually. Memberships open in July and all memberships should be purchased by 30th September as either a
 - a. Competitive Swimmer
 - b. Club Swimmer
 - c. Recreational Swimmer
3. If you are a Competitive Swimmer, subscribe to the Meet Mobile App (\$14.99/year) to follow your swimmer and all competitors. (See next page)
4. Make sure parents are on the Marlin Coast App chat to keep up with all the latest information.
5. Marlin Coast Calendar 2023-24
<https://s3.tidyhq.com/orgs/4dd8302a2ad6/storage/23012149818ad91997954546163f77f7b041b3fc/original/MCSC-2023-Calendar-2-.pdf?1687326989>
 - i. Targeted Meets information
 1. Short Course (SC) vs Long Course (LC)
 - ii. Club Nights
 - iii. Fund Raising annually
 - iv. Club dinner, Awards Night, skills sessions on top of normal program eg Race Clinic
6. Marlin Coast information on our website
<https://mcsc.tidyhq.com/>
7. Purchase uniforms. (Contact Scott as above)
8. Social media – follow, like and share our activity on Facebook & Instagram
9. All club members and families are photographed and images used on all Marlin Coast sites

ONLINE RESOURCES

Marlin Coast Swimming Club: <https://mcsc.tidyhq.com/>

Facebook: <https://www.facebook.com/MarlinCoastSwimmingClubInc>

Instagram: <https://www.instagram.com/marlincoastsc/>

FNQRSA: <https://fnqswimming.com.au/>

Far North Queensland Regional Swimming Association (FNQRSA) incorporates 19 swimming clubs in Cairns, north to Weipa, west to Normanton, south to Tully and the Atherton Tablelands. FNQ Swimming provides support in many areas including membership drives, QLD Swimming development clinics, and hosting swim events. FNQRSA, together with Swimming Queensland, has also developed pathways for swimmers to reach their goals at a regional, state and national level.

FNQRSA Meets 2023-24: <https://fnqswimming.com.au/events/#>

Swimming Australia JX Program 2023-24 (Swimmers 9-13 years only, see full details following pages):
<https://swimmingausprd.wpengine.com/wp-content/uploads/JX-QTs-2023-24.pdf>

Meet Mobile: <https://www.active.com/mobile/meet-mobile-app>

Transforms the swim meet experience for fans, swimmers, coaches. From national, state, regional and local swim meets get access to real time results. Once a swimmer turns 13, a ranking button appears to show the swimmer their position in club, state and nationally for age specific events.



Meet Mobile
Swimmers, fans, and coaches!
Keep track of meets from the palm of your hand, no matter where you are.

Follow your favourite swimmers & teams
Flag swimmers and/or teams as 'favourites' and then easily filter down to see both completed results and upcoming schedule.

Used by more than a million Swimmers, Fans & Coaches

Download on the App Store GET IT ON Google play

ACTIVE
network



Swim Central: [Home \(swimming.org.au\)](https://www.swimming.org.au/)

Swim Central is the membership and event entry system that empowers parents, swimmers, administrators and coaches to participate and run community swimming.

Swimming Queensland: <http://www.qld.swimming.org.au/>

QLD State Short Course (SC) Age Swimming Championships 11-13 Aug 2023:

<https://qld.swimming.org.au/events/2023-hancock-prospecting-queensland-short-course-championships>

Qualifying times for male & female ages follow (at SC, swimmers must be 11 years and over & strict qualifying times as on following pages). Multi Class qualifications across all categories in link above.

QLD State Long Course (LC) Age Swimming Championships 9-15 Dec 2023:

<https://qld.swimming.org.au/events/2023-hancock-prospecting-queensland-championships>

Qualifying times for male & female ages to follow (at LC, swimmers must be 12 years and over & strict qualifying times as on following pages). Multi Class qualifications across all categories in link above.

National Age Swimming Championships (venue TBC) 6-14 April 2024:

<https://www.swimming.org.au/events-results/events/2024-australian-age-mc-age-championships>

Qualifying times for male & female ages follow (swimmers must be 13 years minimum girls and 14 years for males strict qualifying times as on following pages). Multi Class qualifications across all categories in link above.

FNQ Development Squads

FNQ Swimming's squads are designed to cater for all competitive swimmers from regional level to national. FNQ Swimming provides support in many areas including membership drives, development clinics, and hosting swim events. FNQ Swimming, together with Swimming Queensland, has also developed pathways for swimmers to reach their goals at a regional, state and national level. FNQ Swimming would like to thank Swimming Queensland for their ongoing support in facilitating the year round clinics under Brant Best, coach and club development officer. For more information go to <https://fnqswimming.com.au/development/>



The regional FNQ Development Squad is aimed at swimmers who are regularly participating in club, and regional competitions, while striving to achieve state qualifying times.



The State Development Squad is aimed at swimmers between 12-18 years of age who meet the FNQ Qualifying times and are striving to qualify for State and National Age Championships.



The High Performance Squad is aimed at swimmers (13-18 years) who have qualified or are striving to qualify for the National Age Championships.

Marlin Coast Swimming Club Squads

MARLIN COAST SQUADS PATHWAY



Graduation Pathway

Junior Squad (First Squad)

Minimum attendance to graduate: 2 sessions

Graduation test set: 8 x 50 Freestyle on one minute cycle

Other graduation criterias: - Correct skills

- Correct technique of Freestyle, Backstroke and Breastroke over 100 metres
- Correct technique of Butterfly over 50 metres

Super Squad

Minimum attendance requirement: 3 sessions

Graduation attendance requirement: 4 sessions weekly. Must be a member of the swim club and regularly attend swim carnivals.

Factors to consider for Graduation: Still training during holidays, looking to prioritise swimming training over other sports and extracurricular, willing and able to train Saturday mornings, able to lead the lane.

Competitive Development Squad

Minimum attendance requirement: 4 sessions

Graduation attendance requirement: 5 sessions weekly. Must be attending one weekday morning session and Saturday morning session. Must be a member of the swim club and regularly attend swim carnivals.

Factors to consider for graduation: The swimmer is able to communicate independently with the coach, consistently attending their sessions without large gaps, as independent athletes they know their own personal best times and where they are at with their training efforts and performance. Attending all Marlin Coast events such as awards night, specialist talks and club nights. Able to complete the test set 10 x 100m in 1.35's.

Transitional Performance Squad (Fourth Squad)

Minimum attendance requirement: Monday PM, Tuesday PM, Thursday PM, Saturday AM and either the Monday or Thursday AM session.



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.

MARLIN COAST SWIMMING RECIPIENTS



2022-23 JX Results

First Name	Last Name	Club	State	Award
Samuel	Chapman	Marlin Coast SC Inc	QLD	Silver
Raiden	De Carlo	Marlin Coast SC Inc	QLD	Gold
Darragh	Dempsey	Marlin Coast SC Inc	QLD	Blue
Maycee	Donovan	Marlin Coast SC Inc	QLD	Blue
Fraser	Finlay	Marlin Coast SC Inc	QLD	Bronze
Tully	Habgood	Marlin Coast SC Inc	QLD	Blue
Ashley	Hewitt	Marlin Coast SC Inc	QLD	Bronze
Brooklyn	Hewitt	Marlin Coast SC Inc	QLD	Blue
Cooper	Hudson	Marlin Coast SC Inc	QLD	Gold
Archie	Loveridge	Marlin Coast SC Inc	QLD	Gold
Oscar	Loveridge	Marlin Coast SC Inc	QLD	Gold
Arabella	Lulham	Marlin Coast SC Inc	QLD	Silver
Asia	Mcperson	Marlin Coast SC Inc	QLD	Blue
Elizabeth	Meller	Marlin Coast SC Inc	QLD	Blue
Noah	Mittempergher	Marlin Coast SC Inc	QLD	Blue
Alessandro	Mocci	Marlin Coast SC Inc	QLD	Bronze
Ty	Murphy	Marlin Coast SC Inc	QLD	Bronze
Ellie	Nona	Marlin Coast SC Inc	QLD	Silver
Chloe	O'Neile	Marlin Coast SC Inc	QLD	Silver
Hamish	Smallbane	Marlin Coast SC Inc	QLD	Blue
Alice	Solomonides	Marlin Coast SC Inc	QLD	Blue
Nicolas	Thouroude	Marlin Coast SC Inc	QLD	Gold
Chantal	Thouroude	Marlin Coast SC Inc	QLD	Gold
Emily	Vickers	Marlin Coast SC Inc	QLD	Gold
Lily	Young	Marlin Coast SC Inc	QLD	Bronze
Freya	Chapman	Darwin Swimming Club	NT	Bronze

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

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

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

12 YEARS				
	GOLD	SILVER	BRONZE	BLUE
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	03:17.79
2.5KM OW	40:00.0	42:00.0	44:00.0	46:00.0

13 YEARS				
	GOLD	SILVER	BRONZE	BLUE
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

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.



9 YEARS

	GOLD	SILVER	BRONZE	BLUE
50 FS	200	160	80	60
50 BK	200	160	80	60
50 BRS	200	160	80	60
50 BF	200	160	80	60
150 IM	200	160	80	60
200 IM	200	160	80	60

10 YEARS

	GOLD	SILVER	BRONZE	BLUE
50 FS	240	200	150	100
50 BK	240	200	150	100
50 BRS	240	200	150	100
50 BF	240	200	150	100
150 IM	240	200	150	100
200 IM	240	200	150	100

11 YEARS

	GOLD	SILVER	BRONZE	BLUE
50 FS	280	240	190	140
100 FS	280	240	190	140
200 FS	280	240	190	140
50 BK	280	240	190	140
100 BK	280	240	190	140
50 BRS	280	240	190	140
100 BRS	280	240	190	140
50 BF	280	240	190	140
100 BF	280	240	190	140
150 IM	280	240	190	140
200 IM	280	240	190	140

12 YEARS

	GOLD	SILVER	BRONZE	BLUE
50 FS	320	280	230	180
100 FS	320	280	230	180
200 FS	320	280	230	180
400 FS	320	280	230	180
50 BK	320	280	230	180
100 BK	320	280	230	180
50 BRS	320	280	230	180
100 BRS	320	280	230	180
50 BF	320	280	230	180
100 BF	320	280	230	180
200 BF	320	280	230	180
150 IM	320	280	230	180
200 IM	320	280	230	180

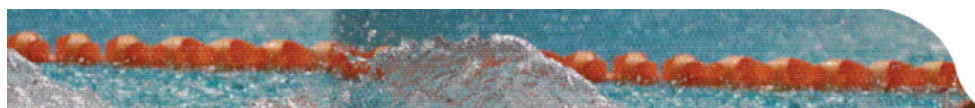
13 YEARS

	GOLD	SILVER	BRONZE	BLUE
50 FS	360	320	270	220
100 FS	360	320	270	220
200 FS	360	320	270	220
400 FS	360	320	270	220
50 BK	360	320	270	220
100 BK	360	320	270	220
50 BRS	360	320	270	220
100 BRS	360	320	270	220
50 BF	360	320	270	220
100 BF	360	320	270	220
200 BF	360	320	270	220
150 IM	360	320	270	220
200 IM	360	320	270	220

SWIMAUSTRALIA

2023 QUEENSLAND SC AGE SWIMMING CHAMPIONSHIPS 11-13 AUG 23

[https://qld.swimming.org.au/sites/default/files/assets/documents/2023%20Hancock%20Prospecting%20Qld%20SC%20Championships%20-%20Meet%20Information%20\(sm\)%20170523_O.pdf](https://qld.swimming.org.au/sites/default/files/assets/documents/2023%20Hancock%20Prospecting%20Qld%20SC%20Championships%20-%20Meet%20Information%20(sm)%20170523_O.pdf)

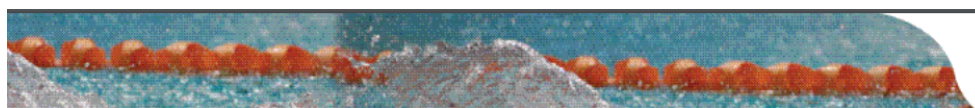


QUALIFYING TIMES

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
50 FREE	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
100 FREE	1:15.98	1:14.49	1:10.99	1:09.59	1:03.99	1:02.73	1:00.99	99.79	97.49	96.36	96.49	95.38	95.07	93.99
200 FREE	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
400 FREE	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
800 FREE			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
1500 FREE					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
50 BACK	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
100 BACK	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
200 BACK			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
50 BREAST	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
100 BREAST	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
200 BREAST			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
50 FLY	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
100 FLY	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
200 FLY			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
100 IM		1:26.15		1:17.94		1:13.13		1:07.59		1:05.28		1:03.09		1:00.89
200 IM	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
400 IM			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

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QUALIFYING TIMES

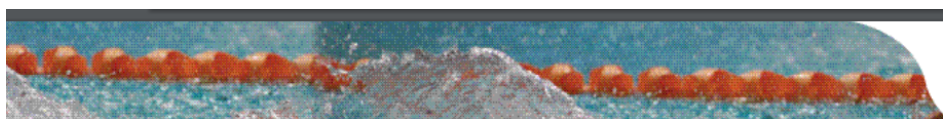
Female

	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
50 FREE	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
100 FREE	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
200 FREE	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
400 FREE	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
800 FREE			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
1500 FREE					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
50 BACK	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
100 BACK	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
200 BACK			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
50 BREAST	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
100 BREAST	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
200 BREAST			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
50 FLY	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
100 FLY	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
200 FLY			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
100 IM		1:26.15		1:17.94		1:13.48		1:12.24		1:09.69		1:09.08		1:08.47
200 IM	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
400 IM			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

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<https://qld.swimming.org.au/sites/default/files/assets/documents/2023%20Hancock%20Prospecting%20Queensland%20Championships%20-%20Meet%20Information%20090823.pdf>



QUALIFYING TIMES

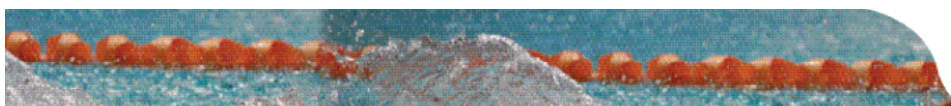
Male

	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
50 FREE	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
100 FREE	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
200 FREE	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
400 FREE	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
800 FREE	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
1500 FREE			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
50 BACK	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
100 BACK	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	99.81	98.61
200 BACK	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
50 BREAST	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
100 BREAST	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
200 BREAST	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
50 FLY	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
100 FLY	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	97.90	96.75
200 FLY	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
200 IM	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
400 IM	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

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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
50 FREE	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
100 FREE	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	99.11	97.93
200 FREE	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
400 FREE	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
800 FREE	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
1500 FREE			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
50 BACK	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
100 BACK	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
200 BACK	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
50 BREAST	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
100 BREAST	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
200 BREAST	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
50 FLY	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
100 FLY	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
200 FLY	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
200 IM	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
400 IM	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.



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NATIONAL AGE SWIMMING CHAMPIONSHIPS – 6-14 April (Venue TBC)

<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 6th April 2024.

Short course times are not eligible for this meet.

Qualifying time must be achieved after 1st May 2023.

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

QLD STATE SCHOOL AGE SWIMMING CHAMPIONSHIPS – Dates TBC (Chandler)

<https://peninsulaschoolsport.eq.edu.au/regional-sport/sports-h-s/swimming>

10-12yrs Peninsula School Swimming Time Standards 2024

Event	Age	Peninsula Time Standards
200m Individual Medley	10 yrs	3:35.00
200m Individual Medley	11 yrs	3:19.00
200m Individual Medley	12 yrs	3:04.00
200m Freestyle	10-12 yrs	2:40.00
200m Breaststroke	10-12 yrs	3:30.00 #
200m Backstroke	10-12 yrs	2:55.00 #
200m Butterfly	10-12 yrs	3:00.00 #
400m Individual Medley	10-12 yrs	6:28.00 #
400m Freestyle	10-12 yrs	5:20.00 #
100m Freestyle	10 yrs	1:27.00
100m Freestyle	11 yrs	1:22.00
100m Freestyle	12 yrs	1:18.00
100m Breaststroke	10 yrs	1:53.00
100m Breaststroke	11 yrs	1:49.00
100m Breaststroke	12 yrs	1:40.00
100m Backstroke	10 yrs	1:40.00
100m Backstroke	11 yrs	1:35.00
100m Backstroke	12 yrs	1:30.00
100m Butterfly	10 yrs	1:45.00
100m Butterfly	11 yrs	1:37.00
100m Butterfly	12 yrs	1:30.00
50m Freestyle	10 yrs	41.00
50m Freestyle	11 yrs	39.00
50m Freestyle	12 yrs	36.00
50m Breaststroke	10 yrs	54.00
50m Breaststroke	11 yrs	50.00
50m Breaststroke	12 yrs	46.00
50m Backstroke	10 yrs	49.00
50m Backstroke	11 yrs	45.00
50m Backstroke	12 yrs	42.00
50m Butterfly	10 yrs	47.00
50m Butterfly	11 yrs	44.00
50m Butterfly	12 yrs	41.00

These events are not eligible for selection to the Queensland Team.

*Please note these time standards should be used as a guide when nominating for the meet.
These are not the QSS Time Standards or Tier 2 or 3 Regional Qualifying Times.*

QLD STATE SCHOOL AGE SWIMMING CHAMPIONSHIPS – Dates TBC (Chandler)

<https://peninsulaschoolsport.eq.edu.au/regional-sport/sports-h-s/swimming>

13-19yrs Peninsula School Swimming Time Standards 2024

BOYS EVENTS		13 years	14 years	15 years	16 years	17-19 years
50 metres	Freestyle	32.00	30.00	29.00	28.50	28.00
50 metres	Breaststroke	39.50	37.00	36.00	35.50	35.50
50 metres	Backstroke	36.50	34.00	33.00	32.50	32.00
50 metres	Butterflystroke	33.50	32.00	31.00	30.00	29.00
100 metres	Freestyle	1:07.00	1:05.00	1:03.00	1:00.00	59.50
100 metres	Breaststroke	1:30.00	1:28.00	1:24.00	1:22.00	1:20.00
100 metres	Backstroke	1:19.00	1:17.00	1:15.00	1:13.00	1:08.00
100 metres	Butterflystroke	1:17.00	1:15.00	1:11.00	1:10.00	1:05.00
200 metres	Freestyle	2:22.00	2:20.00	2:18.00	2:15.00	2:12.00
200 metres	Breaststroke	3:07.00	3:05.00	3:00.00	2:56.00	2:53.00
200 metres	Backstroke	2:45.00	2:40.00	2:35.00	2:31.00	2:28.00
200 metres	Butterflystroke	2:45.00	2:42.00	2:36.00	2:30.00	2:25.00
200 metres	Individual Medley	2:40.00	2:38.00	2:35.00	2:32.00	2:30.00
400 metres	Freestyle	5:00.00	4:50.00	4:45.00	4:40.00	4:30.00
400 metres	Individual Medley	5:50.00	5:45.00	5:35.00	5:30.00	5:20.00
800 metres	Freestyle			13 – 19 Years 9:10.00		
1500metres	Freestyle			13 – 19 Years 18:10.00		
GIRLS EVENTS		13 years	14 years	15 years	16 years	17-19 years
50 metres	Freestyle	32.00	31.00	30.50	30.00	29.50
50 metres	Breaststroke	40.00	39.00	38.50	38.00	37.50
50 metres	Backstroke	37.00	36.00	35.00	34.50	34.50
50 metres	Butterflystroke	34.50	33.50	33.00	32.00	31.50
100 metres	Freestyle	1:10.00	1:09.00	1:07.00	1:05.00	1:04.00
100 metres	Breaststroke	1:31.00	1:30.00	1:29.00	1:28.00	1:26.00
100 metres	Backstroke	1:22.00	1:20.00	1:18.00	1:17.00	1:15.00
100 metres	Butterflystroke	1:19.00	1:18.00	1:16.00	1:14.00	1:13.00
200 metres	Freestyle	2:29.00	2:26.00	2:24.00	2:22.00	2:20.00
200 metres	Breaststroke	3:12.00	3:07.00	3:03.00	3:02.00	3:00.00
200 metres	Backstroke	2:50.00	2:46.00	2:42.00	2:38.00	2:36.00
200 metres	Butterflystroke	2:50.00	2:46.00	2:44.00	2:42.00	2:38.00
200 metres	Individual Medley	2:48.00	2:45.00	2:40.00	2:38.00	2:36.00
400 metres	Freestyle	5:10.00	5:00.00	4:50.00	4:45.00	4:45.00
400 metres	Individual Medley	6:00.00	5:50.00	5:45.00	5:40.00	5:35.00
800 metres	Freestyle			13 – 19 Years 9:40.00		
1500 metres	Freestyle			13 – 19 Years 19:20.00		

**** Multi-class qualifying times will be available in early 2024.**

Please note these time standards should be used as a guide when nominating for the meet.

These are not the QRSS Time Standards or 2024 Extra Qualifying Standards.