



Sunshine Coast School Sport

Swimming 10-19 years regional trial notice

Date and time

Session 1 - 10-12 years trial: Monday 02 March 2026, 8:15am to 11:45am

Session 2 - 13-19 years trial: Monday 02 March 2026, 12:30pm to 3:30pm

Location

Grammar Aquatic Centre

372 Mons Road, Forest Glen (entry via Gardenia Place off Parsons Road)

Phone: 07 5477 4499

Who can take part in this trial?

Primary school students (aged 10 to 12 years old)

- You must be selected in a district team.
- Your district will forward your nomination to us.
- You will swim as part of your district team on the day.

High school students (ages 12 to 19 years old)

- You must nominate using our online nomination process.
- We will check all nominations and email students who have qualified to swim at our trial.
- Please do not pay the regional trial levy until you receive our invitation email.
- Invited swimmers will swim as a district representative at our trial.

Cost

- \$25.00 – Please pay by Monday 23 February.
- Go to our [regional online shop information](#) to learn how to pay.
- Click on the 'Pay now Levies and apparel' button.



- Click '*Regional Trials*' and follow the prompts.
- Bring a copy of your payment receipt to the regional trial as proof of payment.

Check-in

- You must check-in with your district team official and then sit in your district's allocated seating area.
- Parents can accompany their child to the check-in. They must then move to the designated spectator areas and remain there, unless leaving the venue.

Spectators

- There is no entry fee for swimmers or spectators at the venue.
- Spectators must remain in the designated spectator areas unless leaving the venue.
- **We request only one spectator per swimmer due to limited seating availability.**

Coach attendance

- Private coaches are not permitted on pool deck and must remain in spectator areas.

Nomination process for primary school students

- All nominations must be forwarded through your district swimming team coordinator.
- Only students who have been nominated by district are eligible to attend our trial.
- You can only compete in your own age group (based on your year of birth).
- If you wish to nominate in an event that is not conducted at your district swim trial or our regional trial, a SUN 10-12 Paper nomination form for unconducted events is required.
- All nominated times must have been swum in the current swimming season (1 July 2025 to 16 February 2026 inclusive).
- If you have been nominated in an event that is not conducted at our regional trial, then you must include a 'Swimming Australia – Results Central' database print-out with your paper nomination form to verify your result.
- Only long-course times will be accepted.

Nomination process for high school students

- Collect a swimming Online Nomination Pack from your school sport coordinator. This pack includes: *Nomination process for 12-19 years high school students*, *QRSS Consent form* and the *Regional trial consent booklet*.
- All nominations must meet the criteria as outlined in our *Nomination process for 12-19 years high school students*.
- Nominations for all events must be submitted through our online nomination form by the due date.
- Only long-course times will be accepted.
- Email our sports office pages 5 and 6 of the QRSS consent form by the due date.
- Late nominations will not be accepted.

Events conducted at our regional trial

- We will only be conducting 50 metre and 100 metre swimming events at our regional trial.
- Nominated times must be verified by a club coach or P.E. teacher, or
- verified via the 'Swimming Australia - Results Central' database in the current swimming season (1 July 2025 to 16 February 2026 inclusive).

Events not conducted at our regional trial

The following events will not be conducted at our regional swimming trial:

- All 200 metre events.
- 400 metre Individual Medley and 400 metre Freestyle events.
- 800 metre Freestyle and 1500 metre Freestyle events.
- 10-12 years primary school students must nominate using the paper nomination process detailed in the 'Nomination process for primary school students' section above.
- 12-19 years high school students must nominate using our online nomination process.
- Nominated times will be considered when selecting the regional team.
- Please make sure that all times you nominate online are verified in the '*Swimming Australia - Results Central*' database in the current swimming season (1 July 2025 to 16 February 2026 inclusive).
- Times that have been falsified or that are not verifiable through the '*Swimming Australia - Results Central*' database may result in disqualification.

Nomination Check

- We will publish event nominations on our website prior to our regional swimming trial.
- Please check your event nominations on our website when we publish them.
- No nominations or substitutions will be accepted on the trial day.

Event Program information

- All events will be swum as timed finals.
- All events will be swum in age groups according to year of birth.
- Please download the regional trial order of events from our website.
- No printed event programs will be available for sale at the regional trial.
- Event and break times are approximate times only.
- Please ensure you arrive early and allow time for check-in and warm-up.

Multi-class swimmer information

- If you want to be part of our regional swimming team for the state championship you must swim at our regional trial.
- Please be aware that this event is a representative pathway for multi-class swimmers.
- There are no regional qualifying times for multi-class swimmers. Please check the *QRSS Multi-class State Qualifying Times* on our website as a guide.
- To be selected in our regional team, you must be registered and classified by a national disability sporting organisation, such as Sport Inclusion Australia or Swimming Australia and meet the multi-class state qualifying standard.
- If you do not have an official classification, you can still take part in our regional trial, but you will not be eligible for selection in our regional swimming team.

- Upon marshalling for an event at the regional trial, if there are only one or two competitors in a multi-class event, these swimmers can choose to compete, or be automatically invited to join the regional team in that event.
- Carers are allowed to sit with their child in the grandstand if needed and will get a wristband and lanyard when they check-in with their district.

Exemptions

- To request an exemption, please complete our [Swimming absentee application form](#).
- Please ensure your application meets our regional exemption policy conditions.
- Email your exemption application to our sports office at least 24 hours before the start of our regional swimming trial.

Timing at our trial

- All events will be timed using semi-automatic electronic timing.

Break rule at our trial

- Any swimmer who breaks may be disqualified.

Swimsuit rules

- All swimwear worn by competitors to be commercially available products.
- Men's swimwear is limited to a one (1) piece swimsuit that covers at most the body surface from hips to knee. Swimwear must not extend above the waist or below the knees.
- Women's swimwear is limited to a one (1) piece swimsuit that is of "open back" and "open shoulder" design that may extend down to the knee.
- Swimwear must not have a zipper or any type of fastening system.
- Suits must be of textile material and must not contain any non-textile material such as polyurethane or neoprene.

Canteen

- A canteen is available to purchase food and drinks.
- We encourage you to bring your own snacks and lunch.

Hydration

Bring your own water bottle and hydrate regularly throughout the day.

Seating allocations

- Each district will be allocated an area in the grandstand for competitors, officials and carers of multi-class swimmers.
- District banners will be provided on the day to assist team members and officials.

Regional team selection

- Regional team selections will be advised on the day of the trial.
- Qualifiers for events not conducted at our regional trial will be displayed at the start of the morning for viewing and checking.
- Invited team members will receive an invitation letter at the regional trial. Instructions are provided on how to download the *Team invitation* and *Regional team permission booklet*.

State swimming championship information

10-12 years QRSS state swimming championship

When: 25 to 27 March 2026

Where: Chandler Aquatic Centre, Brisbane

Travel: You must make your own travel and accommodation arrangements.

Approximate cost: \$220 plus apparel purchases.

13-19 years QRSS state swimming championship

When: 22 to 24 March 2026

Where: Chandler Aquatic Centre, Brisbane

Travel: You must make your own travel and accommodation arrangements.

Approximate cost: \$200 plus apparel purchases.