

10-19 years Swimming Competition Procedures

Pathways for excellence in representative school sport

*Inspiring world-class opportunities for sporting success,
engagement and wellbeing*



**Queensland
Government**

Queensland Representative School Sport

Table of Contents

Sport Competition Guidelines.....	2
10-19 years Swimming competition information.....	5
10-12 and 13- 19 Years Championship Rules and Guidelines.....	14

Change History

Version	Date	Description	Prepared by
1	7/12/2023	Updated to new format	Michael Vaughan

NOTE: This manual is to be read in conjunction with the:

- School Sport Australia policies and guidelines
- Queensland Representative School Sport Leadership handbook



Sport Competition Guidelines

Minimum Venue Standards

The host region venue must comply with audit requirements and:

- complete a procurement process (where required).
- have sufficient and suitable (e.g., cabin/motel style) accommodation within the host town/city to provide places for all visiting parents/supporters competitors/ student officials/team officials
- have access to appropriate transport to/from the host town/city
- have access/proximity to 24-hour medical services (e.g., hospital, ambulance, dentist, physio)
- The playing venue must be a suitable standard and must comply with the sport specific minimum requirements. Consideration must also be given to factors such as:
 - sufficient number of suitably sized change rooms present
 - spectators must be adequately catered for with suitable viewing, toilet facilities, canteen etc.
 - Competition Area – Field of Play/number of courts or fields required
 - Suitable shade & shelter for hot & wet weather if necessary
 - Access to water
 - Officials' Room with secure area for official's bags
 - Championship working group control room
 - Access to internet
 - Laptop and printer
 - Photocopier
 - Paper
 - General stationery

First Aid

A minimum of two First Aid Officers/Sports Trainers must be provided each day of competition. Any child treated must be accompanied by a Team Official or parent.

Spectator's facilities

Ensure there is sufficient shade, seating, toilets facilities, food and drinks vendors.

Officials

It is preferable that all key officials have a minimum Level accreditation and first aid/CPR. The key officials are (but not limited to):

- Tournament Director
- Technical Convenor
- Chief Referee

Additional officials required (list individually) list
Student Officials – insert QSS 'categories'

Equipment

- The Host Region must supply all equipment for the safe conduct of the Championships.
- All equipment must comply with sport specific requirements
- Other necessary equipment is:
- Competition Software (if applicable) meet manager
- Access Passes (if applicable) regional managers/ coaches/carers/ officials

Queensland Representative School Sport

Competition areas must be checked each day for potential hazards and steps must be taken to rectify or make safe these potential hazards.

Bulletins

Bulletin 1

- Team levy
- Venue
- Dates
- Pre-championship meeting date and venue
- Participating regions
- Team size
- Competition working group contact details
- Program of events
- Sports medicine arrangements
- Opening ceremony information
- Closing ceremony information
- Photograph cost
- Canteen arrangements
- State nomination details

Bulletin 2

- Confirmation of previous bulletin information
- Program
- Photo Schedule

Additional information required for the tournament Links for Live results & Live streaming

Special Guest for Opening ceremony

- Education Minister, Sport Minister
- Director Teaching and Learning
- Local Government representative
- Department of Education
- QSS Board
- State Organisation
- Event sponsors
- Life members

Ceremonies

Opening Ceremony

Closing Ceremony

Invitation to the following:

- Host Region officials
- Key Event Officials
- Team Officials
- Sponsor representative
- State Sporting Organisation Representative
- Life members



Queensland Representative School Sport

Meetings

Pre-Championship Meeting
 Selection Meetings
 Post-Championship Meeting

A pre-championship meeting, chaired by the host RSSO / Asst. RSSO, in conjunction with the QRSS-SE member in attendance shall be convened for the purpose of discussing the conduct of the championships. The convenor may also be involved in the hosting of the meeting.

Regional team lists are to be confirmed at the pre-championship meeting. No changes are to occur after the list is confirmed.

A post-championship meeting may be convened and from this meeting recommendations may be put forward for consideration by the QRSS-SE. If recommendations are endorsed by regional delegates, these must then be submitted to the QRSS-MC for approval.

All regional officials must attend all meetings and official functions as organised by the championship convenor and/or the QRSS-SE. This would include any Professional development opportunities as organised by the QRSS-SE.

Pre Championship Meeting agenda

1. Welcome and Introductions
 2. Team officials' registrations
 3. Student protection
 4. Project Consent
 5. Reporting injuries
 6. Concussion
 7. Game time consideration
 8. State Team selection
 9. Communication lines
 10. Championship working group items
 - Championship schedule
 - Check program for player changes
 - First Aid/Ice
- Venue information
 - Venue layout
 - Parking
 - Fields/Courts/warm up area
 - Championship Contact Numbers
 - Team Photographs
 - Opening and Closing Ceremonies
 - State championship draw
 - Competition procedures
 - Unofficial Dinner
 - Referees

Duration and Draws

Duration of championships are to be scheduled to use no more than two school days for competition.

Where this cannot occur, the Host Region will communicate with the QRSS – RC and QRSS for approval and endorsement.

Such issues may include:

- availability of venues,
- number of games played per day etc.

At each State Championship for team sports, the draw must ensure that all teams play on each day of the event.

At each State Championship a Queensland team may be selected and named (as a travelling or merit team). No other teams are to be named.

The sport specific competition procedures outline the draws and round robin matches to be played for various formats.



Queensland Representative School Sport

10-19 years Swimming competition information

<p>Queensland Representative School Sport swimming trials and championships shall be conducted according to the:</p> <ul style="list-style-type: none"> • Swimming Australia Rules - The competition will be conducted under the current F.I.N.A Swimming Rules and the current International Paralympic Committee (IPC) Rules except where otherwise stated. • School Sport Australia- Swimming • QRSS Leadership Handbook • QRSS Risk assessment handbook 	
Age groups offered	<ul style="list-style-type: none"> • 10-19 years Boys & Girls – State Championship/SSA National Championship
Event Officials	<ul style="list-style-type: none"> • Meet Director (1) • Assistant Meet Director (1) • Championship Convenor (1) and host region RSSO (1) • Technical Manager (1)- Swimming Queensland Official • Control room <ul style="list-style-type: none"> ○ Recorders/Meet Manager Operator (2) ○ AOE- Venue staff ○ Announcer (1) • First Aid- Venue staff • Pool deck <ul style="list-style-type: none"> ○ SQ officials: Starter, Referees Judges of Strokes and Inspector of Turns (20)- Swimming Queensland Officials ○ Marshalls (2) ○ Check starters (2) ○ Chief timekeeper (1) - Swimming Queensland Official ○ Timekeepers (2-3 per lane)- Student officials ○ Student officials' managers (1 per school) • Presentations (2) and student officials (3) • Safety usher (1) 10-12 only • Runners (3)
Sporting Organisation Support	<ul style="list-style-type: none"> • Swimming Queensland – technical officials
Minimum Venue Standard	<p>The minimum venue standard (in addition to requirements listed on page 3) include:</p> <p>Field of Play</p> <ul style="list-style-type: none"> • 50m competition pool (long course), with at least 8 lanes. <p>Pool depth considerations</p> <ul style="list-style-type: none"> • Less than 1.0 metre - No dives • 1.0 metre to less than 1.2 metre - Concourse dive (providing concourse is not more than 0.4 metre above the water surface) • 1.2 metre to less than 1.35 metre – Concourse dive or Platform dive (As long as the platform is not more than 0.75 metre above the water surface) • 1.35 metre and more - As per FINA Rule FR2.7 <p>Warm up spaces</p> <ul style="list-style-type: none"> • Warm up pool (preferably 50m), with at least 8 lanes, separate to the competition pool. • Deck area or shaded space for stretching and pre- competition exercises <p>Support Spaces</p> <ul style="list-style-type: none"> • PA Room or tent • Marshalling room or tent • Control room or tent • Medal room or tent



Queensland Representative School Sport

	<ul style="list-style-type: none"> • Grandstand seating (shaded) for spectators and swimmers. • Multiple tents or shaded spaces at warm pool for swimmers, regional officials and private coach use • Queensland Team officials' room, tent or space • Private Coaches seating area – <i>see the Leadership handbook for all information regarding Private Coaches</i> <p>Equipment Requirements</p> <ul style="list-style-type: none"> • Trestle tables (1.83cm) (results, medals, programs, officials) • Internet access • Plastic chairs (marshalling, officials and pool deck) • PA system • Results board • Marshalling board • Meet manger operator • Electronic timing equipment • Timing gear operator • Plungers/Pads • Backstroke ledgers • Medal dais (single or team) <p>Catering</p> <ul style="list-style-type: none"> • Retail outlet/s for swimmers, spectators and regional officials • Catering options for officials' lunch and breaks <p>Other requirements</p> <ul style="list-style-type: none"> • Space for merchandise sales • Storage space for team equipment and luggage (day 3).
State Championship Team Officials	<ul style="list-style-type: none"> • Team officials — At the State Championships each regional team may send a coach/manager/multi class manager and Tour Manager as required by their regions.
Appointment of Queensland Team Officials	<ul style="list-style-type: none"> • All Queensland team officials must have (or be prepared to have prior to your event/s): <ul style="list-style-type: none"> ○ QCOT registration or valid blue card. ○ Current first aid/CPR certification ○ Principal/line manager approval (obtained in the year of competition) • Queensland coaches: <ul style="list-style-type: none"> ○ Applicants considering the role of Queensland team coach must have a minimum level 1 coaching qualification, or equivalent.
Appointment of Selectors	<p>The appointment of selector will be:</p> <ul style="list-style-type: none"> • Queensland Team Tour Manager will take on role as Chair of selectors. • Remaining selectors will be drawn from current Queensland Team officials. <p>Selection Panel</p> <ul style="list-style-type: none"> • Chair of selectors • Selectors from Queensland Team officials <p>The chair of the selectors will be the:</p> <ul style="list-style-type: none"> • Queensland team Tour Manager <p>At the Championship</p> <ul style="list-style-type: none"> • Chair of Selectors to collate State Team Consideration for selection form. • Chair of Selectors selects teams based on swimmer placing with support of additional selectors. <p>After Championship</p>



Queensland Representative School Sport

	<ul style="list-style-type: none"> Relay teams selected Team members notified Substitutions made <p>Schedule Pre-Championship meeting</p> <ul style="list-style-type: none"> Meet and discuss the selection process. Establish the criteria (e.g., The number of swimmers to be selected for each event based on SSA requirements).
Announcement of the state team	<ul style="list-style-type: none"> Team selection made based on swimmer placing and team requirements. Individual team members will be invited to join the team during the championships.
Nominations to State meet	<p>It is recommended that Regions nominate using times taken from a Regional swimming trial or a single meet that is used for this purpose.</p> <p>Paper nomination selection</p> <ul style="list-style-type: none"> Although some regions may need to use this process, larger regions are encouraged to run all events presented at the state championships at a regional meet to ensure fair and equitable selection of the regional team. If a region uses paper nominations, then the time must have been swum at a recognised Swimming Queensland or Swimming Australia event on or after 1 July, the previous year.
Qualifying standards	<ul style="list-style-type: none"> Qualifying standards for all swimmers will be reviewed by the Championship Convenor and Executive on an annual basis and will accompany these competition conditions.
Complaints management	<p>Protests and jury of appeal</p> <ul style="list-style-type: none"> Protests to the referee by a team manager on behalf of a swimmer must be made through the meet director. Protests must be submitted: <ol style="list-style-type: none"> in writing; and within 30 minutes following the conclusion of the respective event All protests shall be considered by the referee. The team manager may appeal the decision of the referee to a jury of appeal whose decision will be final. The meet director shall select the members of the jury of appeal on each occasion when one is required. The championship convenor shall select the members of the jury of appeal on each occasion when one is required.
Eligibility	<p>All competitors must be bona-fide pupils of Queensland Schools, which are affiliated with Queensland Representative School Sport.</p> <p>All competitors must be bona fide school students,</p> <ul style="list-style-type: none"> For the 10- 12 State Championships a student must be a minimum age of 10 years and a maximum age of 12 years by 31 December in the year of competition. For the 13- 19 State Championships a student must be a minimum age of 13 years and a maximum age of 19 years by 31 December in the year of competition.
Events for students with a disability	<ul style="list-style-type: none"> All events for multi class students will be conducted as multi class events. Nominations for swimmers competing in a multi class event are to be submitted in the meet manager/team manager nomination file supplied to the region. The disability classification for each event must be submitted on the nomination form supplied. All multiclass swimmers must obtain an official classification card. A copy of the classification card and nomination form must be emailed to the championship convenor by the due date. All competitors must complete the classification forms for their disability area and have this classification ratified by the National Disability Sporting Body prior to competing. Present disability classification card to the regional delegate one week prior to competition meet. The regional delegate will present the card to the meet director at



Queensland Representative School Sport

	<p>the meet.</p> <ul style="list-style-type: none"> Multi class carers that require pool deck access can apply for an accreditation pass as per coaches. Multi- class students are able to nominate and swim in able bodied events- if selected by their region for both events.
Multi class/ Multi class carers	<p>Multi Class formula</p> <ul style="list-style-type: none"> Multi-class placings are determined by using the Australian Paralympic points system in the Swimming Meet Manager program. Medallists from timed final events should be alert for the announcement of the placegetters so that they can be presented with their medals without delays. Team managers should assist with the notification to their medallists. <p>Multi- Class Carers</p> <ul style="list-style-type: none"> Swimmers entered in multi-class events are eligible to have carer attend. Carers can attend events and access students at all swimming events with accreditation. Carers may access the competition pool, and dive pool (if in use), to accompany their student throughout the warm-up, warm down and competition. During competition, the field of play is only accessible by participating students and carers. Carers are to provide support and assistance to their child. Carers are not permitted to film or take photos during events from the side of pool and adhere to officials' communication. Carers may accompany their student to all areas. They cannot access officials' areas. There will be no designated area for carers on the spectator side of the pool. Carers may be able to sit with their student in the student section of grandstand. If required, a carer is permitted to sit with student in grandstand. <p>Carer accreditation</p> <ul style="list-style-type: none"> Swimmers must apply through their regional team management for access to the pool deck for their multi class carer. It is the responsibility of regions to manage the application process of coaches and Carers from their region. Applicants must have a current Blue Card (if they are not a parent or guardian of the swimmer). All carers must agree to and sign the "code of conduct" and complete mandatory training. Carer's passes must be worn at all times. Regions are required to provide a list of approved applicants to the championship convenor by the due date. All passes required by regions will be provided by the organising committee.
Participation expectations – sport specific	<ul style="list-style-type: none"> All competitors ages are calculated on the year of birth.
Playing uniform	<ul style="list-style-type: none"> QRSS meets will be conducted in line with the Swimming Australia Inclusive Swimwear Policy as found at the following link: https://swimmingausprd.wpengine.com/wp-content/uploads/SWIMMING-AUSTRALIA- INCLUSIVE-SWIMWEAR-POLICY-APRIL-2021.pdf
Team Size	<ul style="list-style-type: none"> There is no limit on team size.
First Aid	<ul style="list-style-type: none"> A first aid officer and lifeguards will be in attendance at events.
Spectator's facilities	<ul style="list-style-type: none"> Ensure there is sufficient shade, seating, toilets facilities, food and drinks vendors.
Trophies and presentations	<p>Notes for medallists</p> <ul style="list-style-type: none"> Medallists should present themselves for presentations suitably attired including a regional shirt immediately after the conclusion of their race.



Queensland Representative School Sport

- Medallists from events that have finals should commence their warm-downs in the lane closest to the main pool.

10- 12 Years Championships

Medals: Competitors placed 1st, 2nd and 3rd in the finals of individual events and in relay events, will receive a medal.

- Places for relay events will be determined on times. (i.e. no finals will be swum).

Age Champion Trophies:

- Points scale is as follows: 1st **six** points, 2nd **three** points, 3rd **two** points.
- Selection of each award is made by a panel made up of the Meet Director, Chair of Selectors and MM operator.
- Consideration is made of the number of points gained in the finals and the number of records established.
- Each age champion will receive a medallion.

Years	Male	Female
12 years	Graeme Freeman Trophy	Jeanette Kellett Trophy
11 years	Ray Cooper Trophy	Margaret Pugh Trophy
10 years	Sylvia Smith Trophy	David Andrews Trophy
Multi-Class (10-12 years)	Trophy	Sue Fleming Trophy

- “Tom Andrews Average team trophy”: This trophy is calculated from points earned in overall placing divided by the number of the in that team points scale is as follows: 1st 20 points 2nd 15 points 3rd 12 points 4th 10 points reducing by one point to 12th place and then all other swimmers one point.
- Overall Team Trophy. This trophy is calculated from points earned in overall placings as listed above.

Presentations

- The 10-12 years State Championships will conclude with presentations. The state team will be emailed to regions following the championships. **Note:** all regional teams should schedule transport to leave the competition arena at a time, not before 3.30pm on the final day of competition.

13- 19 Years Championships

Medals:

- Competitors placed 1st, 2nd and 3rd in the finals of individual events and in relay events, will receive a medal.
- Places for relay events will be determined on times. (i.e., no finals will be swum).

Swimmers of the Meet Trophies:

- Points scale is as follows:
 - 1st **six** points,
 - 2nd **three** points,
 - 3rd **two** points.

The following championship awards are presented each year:

- Female and male swimmer of the meet
- Female and male swimmer of the meet – multi-class
- John Gowdie & Barbie Hartman Shield - Champion region
- Bill Sole Shield - Champion Region by percentage



Queensland Representative School Sport

<p>Queensland Team Selections</p>	<p>Sport Specific Skills will be the primary criterion for selection, and this will be based on the performance of the swimmer at the Queensland Representative School Sport Swimming State Championships.</p> <ul style="list-style-type: none"> • The placing of the swimmer in individual events (based on time recorded). • The attitude and behaviour of the swimmer as a member of the team. Swimmers must meet the Queensland School Sport Code of Conduct. • The number of competitors selected for each individual event is based on the School Sport Australia Swimming rules and guidelines. • Special considerations for an absent competitor must adhere to Absent competitor form. Times submitted for consideration must be from a sanctioned Swimming Australia or Swimming Queensland meet post 1 July of the previous year and listed on Swimming Australia's Results Central. Special consideration times will be compared to the Results Central PB of the swimmers that they are to replace. • For Queensland team selection purposes only: If in a final there is a tie that would create a group of swimmers greater than the School Sport Australia eligible number of competitors for that event, consent for an additional swimmer will be requested to SSA. In the case of tie between a swimmer competing at the state championships and a swimmer who has applied for exemption, the swimmer competing at the state championships will be selected. • The team size (if limited) will be determined by the School Sport Australia Swimming rules and guidelines. <p>Relay selection</p> <ul style="list-style-type: none"> • Relays are selected on performance at the State Championships. • Able body relays will be selected using the fastest time combination. • Multi-class relays will be selected using the highest multi-class points combination. <p>During Championships</p> <ul style="list-style-type: none"> • All regional team members must complete the State Team Availability Form indicating their availability for selection in the Queensland Team. Regional managers must submit their team's forms to the meet director, in alphabetical order, at the pre championship meeting. Regional managers should indicate the names of the students who are not available for selection in the Queensland team at this time • Review final results and availability for selection forms. • Team selection made based on swimmer placing and team requirements. • Special considerations for an absent competitor must adhere to the QRSS Leadership Handbook <ul style="list-style-type: none"> ○ Times submitted for consideration must be from Swimming Australia's Results Central from a sanctioned Swimming Australia or Swimming Queensland meet post 1 July of the previous year. ○ Absent competitors times will be compared to the meet time and Results Central time of those who swam at the State Championships to determine eligibility. ○ In the case of tie between a swimmer competing at the state championships and a swimmer who has applied for exemption, the swimmer competing at the state championships will be selected. ○ Forms must be submitted to the Meet Director prior to the start of the meet. • If in a final, there is a tie that would create a group of swimmers greater than the School Sport Australia eligible number of competitors notification to SSA will be made to include the extra swimmer. This <u>only</u> applies to swimmers who swim at the QRSS state championships. <p>Post Championships</p>
--	---



Queensland Representative School Sport

	<ul style="list-style-type: none"> The State Managers shall provide all available information concerning the State Team to the students immediately upon selection. Further information shall be provided as soon as possible after the invitation has been accepted. If a swimmer withdraws from the team, the swimmer who placed next in that event will be offered a team invitation.
Warm up and warm down	<p>Warm ups</p> <ul style="list-style-type: none"> The main pool and warm-up pool are available for warm-ups each morning. If time permits, the main pool may be available for warm-ups during the lunch session. All students must be supervised by a regional team coach or manager. Regions will be allocated lanes and one multi-class lane provided whenever possible. <p>Warm downs</p> <ul style="list-style-type: none"> Warm downs shall be permitted in the warm-up pool. Swimmers should return to their designated team area after their warm down is completed unless required for medal presentations.
Entry to pool deck/marshalling	<ul style="list-style-type: none"> Pool deck entry shall be limited to swimmers that have been called for their event. Bags will not be permitted onto the pool deck. Swimmers should limit the amount of apparel that they take to the marshal room/pool deck. Wheel-chaired multi class swimmers who need access to the pool deck shall be permitted full access to the pool deck. Team managers should organise team members before they access the pool deck. <p>Marshall area</p> <ul style="list-style-type: none"> All competitors should wait until their event is called before moving to the marshalling. Competitors are not permitted to leave the marshalling area once they have been marshalled unless they need access to the toilet. To ensure a clear pool deck, competitors should only bring necessary equipment. Full marshalling will be used at the championships not self-marshalling, therefore all swimmers must go through the marshalling room process. <p>Withdrawal and Marshalling</p> <ul style="list-style-type: none"> Any entrant who fails to report to the marshalling area at least ten minutes prior to the scheduled time for the start of the session on that day if entered in the first or second events, or at the time of the start of an event at least two events prior to the event in which they are entered shall be deemed to be withdrawn. All heats shall be deemed to be one event for the purpose of this rule. In all competition, finalists, and reserves (there shall be only two reserves listed) wishing to be withdrawn from a final shall do so in writing and signed by the competitor or his/her manager within 30 minutes of the final being posted. An entrant not having withdrawn as herein before provided who does not compete in the event, shall be deemed a late withdrawal except where there are medical reasons or proven hardship, and as such shall be debarred from competing in the next entered event.
Private coaches	<ol style="list-style-type: none"> Private coaches can attend events and access students at all swimming events with accreditation. Private coaches may access the competition pool, and additional warm up pool (e.g., dive pool- if in use), prior to the start of each competition day and during the lunch time general warm up period only. Once the day's competition begins, all coaches must leave the field of play. During competition, the field of play is only accessible by participating students, Team Officials and Event Officials. Private coaches will not have access to the field of play during competition hours. Coaches may continue to use the outdoor warm up pool throughout the day. They can only access this through a designated area. They cannot access this via the pool deck.



Queensland Representative School Sport

	<p>6. A designated seating area for coaches will be available on the spectator side of the pool. No seating will be available with swimmers in the coach's area.</p> <p>Swimming field of play includes:</p> <ul style="list-style-type: none"> ▪ Competition pool ▪ Diving pool ▪ Student toilets and change rooms ▪ Marshalling areas ▪ Surrounding pool deck <p>Private Coach accreditation</p> <ul style="list-style-type: none"> • Swimmers must apply through their regional team management for access to the pool deck for their swimming coach. • It is the responsibility of regions to manage the application process of coaches from their region. • Applicants must have a current Blue Card and coaching accreditation. • All coaches must agree to and sign the "code of conduct" and complete mandatory training. • Coach's passes must be worn at all times. • Regions are required to provide a list of approved applicants to the championship convenor by the due date. • All passes required by regions will be provided by the organising committee.
<p>Other information</p>	<p>Water entry</p> <ul style="list-style-type: none"> • Closely monitor all dive entries. • Follow the shallow water starts in competition guidelines outlined in Swimming Australia's facilities rules – dive entry for competitive swimming policy when conducting relay races. <p>Visibility</p> <ul style="list-style-type: none"> • All swimmers are strongly encouraged to have high-visibility swimming attire and a swimming cap that does not match the pool colour. • Regional officials and staff should be able to easily recognise those students with health support needs (in and out of the water) and be familiar with their needs. <p>Closure of nominations</p> <ul style="list-style-type: none"> • All nominations must be received by the championship convenor by the due date. • Please note that changes made after the due date may not appear in the official program. • The nominations must be forwarded by e-mail to the championship convenor via the meet entries file from team manager or the meet manager backup file. <p>Withdrawals and substitutions</p> <ul style="list-style-type: none"> • The committee would appreciate early notification of withdrawal from events prior to the championship. This may be done by e-mail to the championship convenor by the due date. • A region may substitute another eligible swimmer for a swimmer listed in the program. A substitution form, available at the pre-competition meeting, must be completed and signed by the regional team manager, and countersigned by the meet director before the end of the first session of competition. No other substitutions can be made after this time. <p>Substitution will be allowed only in the heats of individual events, provided that:</p> <ul style="list-style-type: none"> • They have met qualifying standards. • Such notification of substitution must be in the hand of the Championship Director or their nominee one half-hour before the start of the first event of the session in which the heats are swum.



Queensland Representative School Sport

- Such requests for substitution to be in writing.
- Certification of correct age, certified by the Principal or Manager, must accompany such request for substitution.

Medleys

- All medley events comprise four strokes which will be swum in the following order:
 - Individual Medley — butterfly, backstroke, breaststroke, freestyle
 - Medley relays — backstroke, breaststroke, butterfly, freestyle

Relays

- The names and order of relay swimmers must be provided on the Meet Manager nomination file.
- Any changes to the swimmers' names or order of swimmers can be made on an official relay card available at the pre-competition meeting and the recording area.
- Final confirmation of relay team members is to be submitted to the Meet Director before the finish of the previous session.
- Relays will be conducted as timed finals only. All relays will be conducted as 4 x 50 metre events.
- Where there are more than 10 teams nominated for an event, two heats will be conducted with the first three placegetters decided by the fastest three times swum over the two heats. No final will be swum.

Related Forms

- Consideration for selection form – to be collected by regional managers and submitted to the Qld Team Tour Manager.
- Substitutions form
- Relay form
- Student consent form – Team list summary to be submitted with nominations.

Finals

- All 50m and 100m able bodied events will be conducted as heats and finals.
- All other events will be conducted as timed finals.

10-12 Years Finals	13- 19 Years Finals
50m and 100m Events	100m, 200m and 400m Events
<ul style="list-style-type: none"> • 50m and 100m finalists will be selected from the fastest 10 heat times for a 10-lane pool or 8 heat times for an 8-lane pool. • If tie occurs in creating more swimmers for the finals than available lanes the tied swimmers, (through the managers) will be given the following options: <ul style="list-style-type: none"> ○ Swim off ○ Toss of a coin ○ One swimmer may elect not to swim in the final. • Medals will be awarded to the fastest 3 placegetters from each final. 	<ul style="list-style-type: none"> • Heats of all 100m events will be conducted in each of the combined age groups (i.e. 13-14, 15-16 and 17-19) with finals conducted in each individual age group as described in • Placings, medals and records will be awarded for each individual age group (i.e. 13 years, 14 years, 15 years, 16 years and 17-19 years) as described in 5.2. • All 200m and 400m events will be conducted as multi-age timed final events (13-19 years) with placings, medals and records awarded for each individual age group (i.e. 13 years, 14 years, 15 years, 16 years and 17- 19 years) as described above.



Queensland Representative School Sport

10-12 and 13- 19 Years Championship Rules and Guidelines

Participation

10- 12 Years			13- 19 Years		
Individual Age Groups	Combined Age Groups	Multi Class Age Groups	Individual Age Groups	Combined Age Groups	Multi Class Age Groups
10 years	10- 12 years	10- 12 years	13 years	13-14 years	13-15 years
11 years			14 years	15-16 years	16-19 years
12 years			15 years	17-19 years	
			16 years	Open: 13-19 years	
			17-19 years	Multi-Age: 13-19 years	

10-12 Years Order of Events

As the State Championships will be conducted in five sessions, the order of events has been arranged so that the heats and finals of each event will be swum in the same session. All events 200m and over will be timed finals.

10-12 Years Events

AGE GROUP	50 free	100 free	200 free	400 free	50 fly	100 fly	200 fly	50 back	100 back	200 back	50 breast	100 breast	200 breast	200 IM	400 IM
10 years	✓	✓			✓	✓		✓	✓		✓	✓		✓	
11 years	✓	✓			✓	✓		✓	✓		✓	✓		✓	
12 years	✓	✓			✓	✓		✓	✓		✓	✓		✓	
10-12 years			✓	✓#			✓#			✓#			✓#		✓#
MC 10-12	✓	✓	✓		✓	✓		✓	✓		✓	✓		✓	

✓ # Places in these events are not typically selected to represent Queensland.

13- 19 Years Order of Events

As the State Championships will be conducted in five sessions, the order of events has been arranged so that the heats and finals of each event will be swum in the same session. All events 200m and over will be timed finals.

13- 19 Years Events

AGE GROUP	50 Free	100 Free	200 Free	400 Free	800 Free	1500 Free	50 Fly	100 Fly	200 Fly	50 Brst	100 Brst	200 Brst	50 Bck	100 Bck	200 Bck	200 IM	400 IM
13 years	✓	✓					✓	✓		✓	✓		✓	✓			
14 years	✓	✓					✓	✓		✓	✓		✓	✓			
Junior 13 – 14 years			✓	✓					✓			✓			✓	✓	✓
15 years	✓	✓					✓	✓		✓	✓		✓	✓			
16 years	✓	✓					✓	✓		✓	✓		✓	✓			
Inter 15 – 16 years			✓	✓											✓	✓	✓
17 - 19 years	✓	✓	✓	✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Open					✓	✓											



Queensland Representative School Sport

Order of events 10-12

Event Order

Day One

Session One

Age	Distance	Stroke
10-12yrs	400m	Freestyle Final
Multi Class	100m	Freestyle Final
10yrs	200m	Individual Medley Final
11yrs	200m	Individual Medley Final
12yrs	200m	Individual Medley Final
Multi Class	100m	Butterfly Final
Break		
10yrs	4x50m	Medley Relay
11yrs	4x50m	Medley Relay
12yrs	4x50m	Medley Relay
Multi Class	4x50m	Freestyle Relay (Mixed)
10yrs	4x50m	Freestyle Relay
11yrs	4x50m	Freestyle Relay
12yrs	4x50m	Freestyle Relay

Day Two

Session Two

Age	Distance	Stroke
10-12yrs	200m	Backstroke Final
Multi Class	200m	Individual Medley Final
Break		
10yrs	100m	Freestyle
11yrs	100m	Freestyle
12yrs	100m	Freestyle
10yrs	50m	Butterfly
11yrs	50m	Butterfly
12yrs	50m	Butterfly
Followed by finals		
Multi Class	50m	Butterfly Final

Session Three

Age	Distance	Stroke
Multi Class	100m	Breaststroke Final
10yrs	100m	Breaststroke
11yrs	100m	Breaststroke
12yrs	100m	Breaststroke
10yrs	50m	Backstroke
11yrs	50m	Backstroke
12yrs	50m	Backstroke
Followed by Finals		

Multi Class	50m	Backstroke Final
10-12yrs	200m	Butterfly Final

Day Three

Session Four

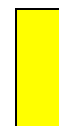
Age	Distance	Stroke
10-12yrs	200m	Freestyle Final
Multi Class	200m	Freestyle Final
Break		
10yrs	100m	Backstroke
11yrs	100m	Backstroke
12yrs	100m	Backstroke
10yrs	50m	Breaststroke
11yrs	50m	Breaststroke
12yrs	50m	Breaststroke
Followed by finals		
Multi Class	50m	Breaststroke Final

Session Five

Age	Distance	Stroke
10-12yrs	200m	Breaststroke Final
Multi Class	100m	Backstroke Final
Break		
10yrs	100m	Butterfly
11yrs	100m	Butterfly
12yrs	100m	Butterfly
10yrs	50m	Freestyle
11yrs	50m	Freestyle
12yrs	50m	Freestyle
Followed by Finals		
Multi Class	50m	Freestyle Final
10-12yrs	400m	Individual Medley Final

Key: Multi Class events

Not typically selected to represent Queensland



Queensland Representative School Sport

Order of events 13-19

Event No.	Approx. Time	Men/ Women	Age	Distance	Stroke	Heat / Timed Final / Final
Session 1 (Day 1)						
1	8:30am	M	13 – 19	800m	Freestyle	Timed Final
2		W	13 – 19	800m	Freestyle	Timed Final
3		M	13	50m	Freestyle	Heats
4		W	13	50m	Freestyle	Heats
5		M	14	50m	Freestyle	Heats
6		W	14	50m	Freestyle	Heats
7		M	15	50m	Freestyle	Heats
8		W	15	50m	Freestyle	Heats
9		M	16	50m	Freestyle	Heats
10		W	16	50m	Freestyle	Heats
11		M	17 – 19	50m	Freestyle	Heats
12		W	17 – 19	50m	Freestyle	Heats
13		M	13 – 15	50m	Freestyle M/C	Timed Final
14		W	13 – 15	50m	Freestyle M/C	Timed Final
15		M	16 – 19	50m	Freestyle M/C	Timed Final
16		W	16 – 19	50m	Freestyle M/C	Timed Final
17		M	13 – 14	100m	Breaststroke	Heats
18		W	13 – 14	100m	Breaststroke	Heats
19		M	15 – 16	100m	Breaststroke	Heats
20		W	15 – 16	100m	Breaststroke	Heats
21		M	17 – 19	100m	Breaststroke	Heats
22		W	17 – 19	100m	Breaststroke	Heats
23		M	13 – 15	100m	Breaststroke M/C	Timed Final
24		W	13 – 15	100m	Breaststroke M/C	Timed Final
25		M	16 – 19	100m	Breaststroke M/C	Timed Final
26		W	16 – 19	100m	Breaststroke M/C	Timed Final
27		M	13 – 14	100m	Butterfly	Heats
28		W	13 – 14	100m	Butterfly	Heats
29		M	15 – 16	100m	Butterfly	Heats
30		W	15 – 16	100m	Butterfly	Heats
31		M	17 – 19	100m	Butterfly	Heats
32		W	17 – 19	100m	Butterfly	Heats
33		M	13	50m	Backstroke	Heats
34		W	13	50m	Backstroke	Heats
35		M	14	50m	Backstroke	Heats
36		W	14	50m	Backstroke	Heats
37		M	15	50m	Backstroke	Heats
38		W	15	50m	Backstroke	Heats
39		M	16	50m	Backstroke	Heats
40		W	16	50m	Backstroke	Heats
41		M	17 – 19	50m	Backstroke	Heats
42		W	17 – 19	50m	Backstroke	Heats
43		M	13 – 15	50m	Backstroke M/C	Timed Final
44		W	13 – 15	50m	Backstroke M/C	Timed Final
45		M	16 – 19	50m	Backstroke M/C	Timed Final
46		W	16 – 19	50m	Backstroke M/C	Timed Final



Queensland Representative School Sport

Session 2 (Day 1)						
3F	Not Before 12pm	M	13	50m	Freestyle	Final
4F		W	13	50m	Freestyle	Final
5F		M	14	50m	Freestyle	Final
6F		W	14	50m	Freestyle	Final
7F		M	15	50m	Freestyle	Final
8F		W	15	50m	Freestyle	Final
9F		M	16	50m	Freestyle	Final
10F		W	16	50m	Freestyle	Final
11F		M	17 – 19	50m	Freestyle	Final
12F		W	17 – 19	50m	Freestyle	Final
17F		M	13	100m	Breaststroke	Final
17F		M	14	100m	Breaststroke	Final
18F		W	13	100m	Breaststroke	Final
18F		W	14	100m	Breaststroke	Final
19F		M	15	100m	Breaststroke	Final
19F		M	16	100m	Breaststroke	Final
20F		W	15	100m	Breaststroke	Final
20F		W	16	100m	Breaststroke	Final
21F		M	17 – 19	100m	Breaststroke	Final
22F		W	17 – 19	100m	Breaststroke	Final
27F		M	13	100m	Butterfly	Final
27F		M	14	100m	Butterfly	Final
28F		W	13	100m	Butterfly	Final
28F		W	14	100m	Butterfly	Final
29F		M	15	100m	Butterfly	Final
29F		M	16	100m	Butterfly	Final
30F		W	15	100m	Butterfly	Final
30F		W	16	100m	Butterfly	Final
31F		M	17 – 19	100m	Butterfly	Final
32F		W	17 – 19	100m	Butterfly	Final
47		M	13 – 15	100m	Butterfly M/C	Timed Final
48		W	13 – 15	100m	Butterfly M/C	Timed Final
49		M	16 – 19	100m	Butterfly M/C	Timed Final
50		W	16 – 19	100m	Butterfly M/C	Timed Final
33F		M	13	50m	Backstroke	Final
34F		W	13	50m	Backstroke	Final
35F		M	14	50m	Backstroke	Final
36F		W	14	50m	Backstroke	Final
37F		M	15	50m	Backstroke	Final
38F		W	15	50m	Backstroke	Final
39F		M	16	50m	Backstroke	Final
40F		W	16	50m	Backstroke	Final
41F		M	17 – 19	50m	Backstroke	Final
42F		W	17 – 19	50m	Backstroke	Final
51		M	13 – 19	200m	Freestyle	Timed Final
52		W	13 – 19	200m	Freestyle	Timed Final
53		M	13 – 19	200m	Freestyle M/C	Timed Final
54		W	13 – 19	200m	Freestyle M/C	Timed Final
55		M	13&U	200m	Medley Relay	Timed Final
56		W	13&U	200m	Medley Relay	Timed Final
57		M	14&U	200m	Medley Relay	Timed Final
58		W	14&U	200m	Medley Relay	Timed Final
59		M	15&U	200m	Medley Relay	Timed Final
60		W	15&U	200m	Medley Relay	Timed Final
61		M	16&U	200m	Medley Relay	Timed Final
62		W	16&U	200m	Medley Relay	Timed Final



Queensland Representative School Sport

63		M	19&U	200m	Medley Relay	Timed Final
64		W	19&U	200m	Medley Relay	Timed Final
65		Mixed	19&U	200m	Freestyle Relay M/C	Timed Final
66		M	13&U	200m	Freestyle Relay	Timed Final
67		W	13&U	200m	Freestyle Relay	Timed Final
68		M	14&U	200m	Freestyle Relay	Timed Final
69		W	14&U	200m	Freestyle Relay	Timed Final
70		M	15&U	200m	Freestyle Relay	Timed Final
71		W	15&U	200m	Freestyle Relay	Timed Final
72		M	16&U	200m	Freestyle Relay	Timed Final
73		W	16&U	200m	Freestyle Relay	Timed Final
74		M	19&U	200m	Freestyle Relay	Timed Final
75		W	19&U	200m	Freestyle Relay	Timed Final

Session 3 (Day 2)

76	8:30am	M	13 – 19	400m	Freestyle	Timed Final
77		W	13 – 19	400m	Freestyle	Timed Final
78		M	13	50m	Butterfly	Heats
79		W	13	50m	Butterfly	Heats
80		M	14	50m	Butterfly	Heats
81		W	14	50m	Butterfly	Heats
82		M	15	50m	Butterfly	Heats
83		W	15	50m	Butterfly	Heats
84		M	16	50m	Butterfly	Heats
85		W	16	50m	Butterfly	Heats
86		M	17 – 19	50m	Butterfly	Heats
87		W	17 – 19	50m	Butterfly	Heats
88		M	13 – 15	50m	Butterfly M/C	Timed Final
89		W	13 – 15	50m	Butterfly M/C	Timed Final
90		M	16 – 19	50m	Butterfly M/C	Timed Final
91		W	16 – 19	50m	Butterfly M/C	Timed Final
92		M	13	50m	Breaststroke	Heats
93		W	13	50m	Breaststroke	Heats
94		M	14	50m	Breaststroke	Heats
95		W	14	50m	Breaststroke	Heats
96		M	15	50m	Breaststroke	Heats
97		W	15	50m	Breaststroke	Heats
98		M	16	50m	Breaststroke	Heats
99		W	16	50m	Breaststroke	Heats
100		M	17 – 19	50m	Breaststroke	Heats
101		W	17 – 19	50m	Breaststroke	Heats
102		M	13 – 15	50m	Breaststroke M/C	Timed Final
103		W	13 – 15	50m	Breaststroke M/C	Timed Final
104		M	16 – 19	50m	Breaststroke M/C	Timed Final
105		W	16 – 19	50m	Breaststroke M/C	Timed Final
106		M	13 – 19	200m	Butterfly	Timed Final
107		W	13 – 19	200m	Butterfly	Timed Final

Session 4 (Day 2)

78F	Not Before 12pm	M	13	50m	Butterfly	Final
79F		W	13	50m	Butterfly	Final
80F		M	14	50m	Butterfly	Final
81F		W	14	50m	Butterfly	Final
82F		M	15	50m	Butterfly	Final
83F		W	15	50m	Butterfly	Final



Queensland Representative School Sport

84F		M	16	50m	Butterfly	Final
85F		W	16	50m	Butterfly	Final
86F		M	17 – 19	50m	Butterfly	Final
87F		W	17 – 19	50m	Butterfly	Final
108		M	13 – 19	200m	Individual Medley M/C	Timed Final
109		W	13 – 19	200m	Individual Medley M/C	Timed Final
110		M	13 – 19	400m	Individual Medley	Timed Final
111		W	13 – 19	400m	Individual Medley	Timed Final
92F		M	13	50m	Breaststroke	Final
93F		W	13	50m	Breaststroke	Final
94F		M	14	50m	Breaststroke	Final
95F		W	14	50m	Breaststroke	Final
96F		M	15	50m	Breaststroke	Final
97F		W	15	50m	Breaststroke	Final
98F		M	16	50m	Breaststroke	Final
99F		W	16	50m	Breaststroke	Final
100F		M	17 – 19	50m	Breaststroke	Final
101F		W	17 – 19	50m	Breaststroke	Final
112		M	13 – 19	200m	Backstroke	Timed Final
113		W	13 – 19	200m	Backstroke	Timed Final

Session 5 (Day 3)						
114	8:30am	M	13 – 14	100m	Backstroke	Heats
115		W	13 – 14	100m	Backstroke	Heats
116		M	15 – 16	100m	Backstroke	Heats
117		W	15 – 16	100m	Backstroke	Heats
118		M	17 – 19	100m	Backstroke	Heats
119		W	17 – 19	100m	Backstroke	Heats
120		M	13 – 15	100m	Freestyle M/C	Timed Final
121		W	13 – 15	100m	Freestyle M/C	Timed Final
122		M	16 – 19	100m	Freestyle M/C	Timed Final
123		W	16 – 19	100m	Freestyle M/C	Timed Final
124		M	13 – 14	100m	Freestyle	Heats
125		W	13 – 14	100m	Freestyle	Heats
126		M	15 – 16	100m	Freestyle	Heats
127		W	15 – 16	100m	Freestyle	Heats
128		M	17 – 19	100m	Freestyle	Heats
129		W	17 – 19	100m	Freestyle	Heats
130		M	13 – 19	200m	Individual Medley	Timed Final
131		W	13 – 19	200m	Individual Medley	Timed Final
132		M	13 – 19	1500m	Freestyle	Timed Final
133		W	13 – 19	1500m	Freestyle	Timed Final
114F		M	13	100m	Backstroke	Final
114F		M	14	100m	Backstroke	Final
115F		W	13	100m	Backstroke	Final
115F		W	14	100m	Backstroke	Final
116F		M	15	100m	Backstroke	Final
116F		M	16	100m	Backstroke	Final
117F		W	15	100m	Backstroke	Final
117F		W	16	100m	Backstroke	Final
118F		M	17 – 19	100m	Backstroke	Final
119F		W	17 – 19	100m	Backstroke	Final
134		M	13 – 15	100m	Backstroke M/C	Timed Final
135		W	13 – 15	100m	Backstroke M/C	Timed Final
136		M	16 – 19	100m	Backstroke M/C	Timed Final
137		W	16 – 19	100m	Backstroke M/C	Timed Final
138		M	13 – 19	200m	Breaststroke	Timed Final



Queensland Representative School Sport

139		W	13 – 19	200m	Breaststroke	Timed Final
124F		M	13	100m	Freestyle	Final
124F		M	14	100m	Freestyle	Final
125F		W	13	100m	Freestyle	Final
125F		W	14	100m	Freestyle	Final
126F		M	15	100m	Freestyle	Final
126F		M	16	100m	Freestyle	Final
127F		W	15	100m	Freestyle	Final
127F		W	16	100m	Freestyle	Final
128F		M	17 – 19	100m	Freestyle	Final
129F		W	17 – 19	100m	Freestyle	Final

Nominations

10-12 Years Individual Events	13-19 Years Individual Events									
<p>Each competing region may nominate the following:</p> <p>Tier 1</p> <ul style="list-style-type: none"> In all 50 metre, 100m and 200m events, up to a maximum of 2 'automatic' nominations will be accepted. <p>Note: Regions should ensure that the swimmers selected under this rule still have a high level of skill and speed (close to the QRSS qualifying time).</p> <p>Tier 2</p> <ul style="list-style-type: none"> In all 50m, 100m and 200m events a further 3 nominations making a maximum of 5 swimmers per event who must all equal or be faster than the Qualifying Time. In all 400m events, a maximum of 2 swimmers must both equal or be faster than the Qualifying Time. If the region uses paper nominations then the time must have been taken from the Swimming Australia Results Central database and swum at a recognised Swimming Queensland or Swimming Australia event on or after 1 July, the previous year. <p>Tier 3</p> <ul style="list-style-type: none"> A region is permitted to exceed the number of nominations in tier 2 above provided that <ul style="list-style-type: none"> all competitors nominated for that event have swum a time which would have equalled or faster than the EXTRA qualifying time at their respective regional trials or if paper nominations are used. Notification to the convener of Extra swimmers should be made by email. <p>Notes:</p>	<p>Each competing region may nominate the following number of automatic multi class and able-bodied students where the event is offered in the program:</p> <ol style="list-style-type: none"> In all 50m freestyle events, a maximum of four swimmers. In all 800m and 1500m freestyle events, a maximum of one swimmer. In all other individual events, a maximum of two swimmers in each individual age group. <p>Note: Regions should ensure that the swimmers selected under this rule still have a high level of skill and speed close to the qualifying time. A recommendation is for Regions to only select swimmers who make a Regional Qualifying time when selecting the automatics.</p> <p>A region will be allowed to exceed the number of nominations in sections 1, 2 and 3 above, provided that all competitors for that event have swum a time which would have equalled or been faster than the extra qualifying time at their respective regional trials. If the event is not swum at the regional trials (i.e. paper nomination event) then the time must have been swum at a recognised Swimming Qld or Swimming Australia event on or after 1st July the previous year.</p> <p>Strict time limits will apply for all swimmers competing in the 800m and 1500m freestyle. Once swimmers have exceeded the times outlined below, they may be asked to leave the water immediately.</p> <table border="1"> <thead> <tr> <th></th> <th>800m Freestyle</th> <th>1500m Freestyle</th> </tr> </thead> <tbody> <tr> <td>Men</td> <td>11 minutes</td> <td>20 minutes</td> </tr> <tr> <td>Women</td> <td>12 minutes</td> <td>22 minutes</td> </tr> </tbody> </table> <p>Notes:</p> <ul style="list-style-type: none"> Students are to compete in only those events for which their age makes them eligible. Students are to compete in no more than nine individual events. Students are to be nominated using their region as 		800m Freestyle	1500m Freestyle	Men	11 minutes	20 minutes	Women	12 minutes	22 minutes
	800m Freestyle	1500m Freestyle								
Men	11 minutes	20 minutes								
Women	12 minutes	22 minutes								



Queensland Representative School Sport

<ul style="list-style-type: none"> Students are to compete in only those events for which their age makes them eligible. There is no limit to the number of individual events a swimmer may nominate to. Students are to be nominated using their region as their team's name. 	their team name.
---	------------------

Diagrammatic representation of nomination process 10-12.

Note: Read in conjunction with the detailed rules above.	Tier	Rule
	1	TWO automatic nominations for 50m, 100m and 200m Note: Regions should ensure that the swimmers selected under this rule still have a high level of skill and speed close to the qualifying time in tier 2.
	2	Strictly using the Qualifying Times: <ul style="list-style-type: none"> 50m, 100m and 200m may nominate a further 3 nominations making a maximum of 5 swimmers per event. 400m events maximum 2 may be nominated All swimmers selected in this tier must all equal or be faster than the qualifying time.
	3	Extra swimmer qualifying beyond tier 2 <ul style="list-style-type: none"> Must equal or be faster than the EXTRA qualifying time A region is permitted to exceed the number of nominations in tier 2 above provided that <ul style="list-style-type: none"> all competitors nominated for that event have swum a time which would have equalled or faster than the EXTRA qualifying time at their respective regional trials or if paper nominations are used. Notification to the convener of Extra swimmers should be made by email.

Diagrammatic representation of nomination process 13-19.

Note: Read in conjunction with the detailed rules above.	Tier	Rule
	1	Automatic nominations <ul style="list-style-type: none"> 50m freestyle: four 800m and 1500m: one All other events: 2 Note: Regions should ensure that the swimmers selected under this rule still have a high level of skill and speed close to the qualifying time in tier 2.
	2	Strictly using the Qualifying Times: <ul style="list-style-type: none"> A region will be allowed to exceed the number of nominations, provided that all competitors for that event have swum a time which would have equaled or been faster than the extra qualifying time at their respective regional trials.

<p>10-12 Years Relay Event Nominations</p> <p>Each Region may nominate three relay teams in each event when a ten-lane pool is available and two teams when an eight-lane pool is available.</p> <p>Places 1, 2 and 3 in relay events will be determined on times (i.e., no finals).</p> <p>Teams should be made up of swimmers from one region.</p> <p>1. A team can be made up of swimmers from two or more Regions provided it meets the following criteria:</p> <ol style="list-style-type: none"> Every effort has been made for individual regions to make teams using swimmers from their own region. Once a region has made its own teams using its strongest swimmers it may 	<p>13- 19 Years Relay Event Nominations</p> <p>In all relay events, a maximum of one team per region.</p> <p>Historically some multi-class freestyle relays are combined regions as per 10-12 info to the left. I'm not sure if this happens with smaller regions (ie not multi-class).</p> <p>Freestyle and medley relay events (no multi-class medley relay event to date – hopefully will be added)</p>
--	---



Queensland Representative School Sport

<p>allocate swimmers to another region.</p> <ol style="list-style-type: none"> 2. Relay team names and date of birth must be submitted prior to the event. This can be submitted through team manager meet manager or on the relay nomination sheet. 3. It should be every regions endeavour to swim all swimmers whether in a straight or combined team. 4. Relay competition will be conducted in individual age groups in freestyle and medley relay events. 	
--	--

Session Time Information

NB: Session times are estimates only. The actual session times will not be known until all nominations have been received and the number of competitors in all events is known. The length of each session will depend on the number of swimmers.

10-12 Years Championships			13- 19 Years Championships		
Day	Time	Item	Day		
Day 1	7:30am – 8:45am	Team Photo (if applicable)	Day 1	From 6:30am	Team Photo (if applicable)
	8:15am	Gates open		7:30am	Gates open
	8:45am- 9:00am	Opening Ceremony		8:30am	Opening Ceremony
	9:00am – 9:30am	Warm Up for Session 1		7:30am	Warm Up for Session 1
	9:45am	Session 1		8:30am	Session 1
	11:30am	Lunch break		Not before 12pm	Session 2
	12:00pm	Session 1 Relays			
Day	Time	Item	Day		
Day 2	8:00am	Gates Open	Day 2		Gates open
	8:05am – 8:45am	Warm Up		7:30am	Warm up
	9:00am	Session 2		8:30am	Session 3
	12:00pm	Lunch – includes Warm up		Not before 12pm	Session 4
	12.30pm	Session 3			
Day	Time	Item	Day		
Day 3	8:00am	Gates Open	Day 3		Gates open
	8:05am – 8:45am	Warm Up		7:30am	Warm up
	9:00am	Session 4		8:30am	Session 5
	11:35pm	Lunch – includes Warm up			
	11:50am	Post-championship Meeting			
	12:15pm	Session 5			



Queensland Representative School Sport

School Sport Australia Selection numbers (updated 2023)

AGE GROUP/ EVENTS	50 Free	100 Free	200 Free	400 Free	800 Free	1500 Free	50 Fly	100 Fly	200 Fly	50 Brst	100 Brst	200 Brst	50 Bck	100 Bck	200 Bck	200 IM	400 IM
10 years	4	3					3	3		3	3		3	3		3	
11 years	4	3					3	3		3	3		3	3		3	
12 years	4	3					3	3		3	3		3	3		3	
12& under years			3														
13 years	3	2					3	2		3	2		3	2			
14 years	3	2					3	2		3	2		3	2			
Junior 13 – 14 years			2	2					2			2			2	2	2
15 years	3	2					3	2		3	2		3	2			
16 years	3	2					3	2		3	2		3	2			
Inter 15 – 16 years			2	2					2			2			2	2	2
17 - 19 years	3	2	2	2			3	2	2	3	2	2	3	2	2	2	2
Open					1boy 1girl	1boy 1girl											
Multi Class																	
10-12 years MC	4	3	3				3	3		3	3		3	3		3	3
13-15 years MC	3	3	3				3	3		3	3		3	3		3	3
16-19 years MC	3	3	3				3	3		3	3		3	3		3	3

AGE GROUP/ EVENTS	4x50m Freestyle Relay	4x100m Freestyle Relay	4x50m Medley Relay	4x50m Mixed Medley Relay	10x50m Freestyle Relay	10 – 12 Years 4x50 Handicap Relay	13 – 19 Years 6x50 Handicap Relay
10 years	2		2	1 mixed			
11 years	2		2	1 mixed			
12 years	2		2	1 mixed			
Junior 13 – 14 years	2		2	1 mixed			
Intermediate 15 – 16 years	2		2	1 mixed			
17-19 years	2		2	1 mixed			
Open		2			1 mixed		
All Age							
10-12 years MC	2		2				
13-15 years MC	2		2				
16-19 years MC	2		2				
All Divisions						1 boys and 1 girls team	1 boys and 1 girls team

