



PO Box 1522, Sunshine Plaza
 Maroochydore QLD 4558
 Phone: 07 5475 1574
 Email: sport.scrssb@qed.qld.gov.au

Dear Parents / Carers,

Congratulations! Your child has been invited to join the Sunshine Coast School Sport regional team listed below which will attend a Queensland Representative School Sport state championship.

To accept this invitation, please complete the following tasks:

1. Complete the survey by scanning the QR code or using the link by **Thursday 13 March**.



<https://survey.qed.qld.gov.au/n/dBghJ7r>

2. Return your *regional team permission booklet* to sport.scrssb@qed.qld.gov.au
3. Pay the regional team levy by the due date.

To decline this invitation, parents must email the sports office immediately so that a shadow player may be invited into the team.

By accepting this invitation, you are agreeing to comply with our regional uniform policy, our code of conduct and agree to commit fully to the team, both in training and for the duration of the state championship. Payment of the team levy must be made by the due date.

Team: SWIMMING 10-12 YEARS

State Championship Dates: Sunday 23 March to Tuesday 25 March 2025 (inclusive)

Venue: Sleeman Sports Complex
 Brisbane Aquatic Centre
 Cnr Cleveland & Tilley Roads, CHANDLER

Team Levy: **\$208.00 Plus Apparel purchased through School Locker.**

Regional Apparel: All regional apparel is available from School Locker – Maroochydore.
 Parents must order through the School Locker online shop or purchase in store.

Payment Date: Pay the team levy by this date: **Monday 17 March**

Payment Method: Pay the team levy through our regional online shop.

- Click the 'Regional online shop' tab on our regional website home page <https://sunshinesport.eq.edu.au>
- Click  **Pay now**
Levies and apparel
- Click 'State Championships' and follow the prompts

Click 'Login' if an existing user OR click 'Register now' if a first time user
 When prompted, enter the sport code below. (Note: a zero in the code will display as 0 if applicable)

Sports Code: **SUNSWN3B2**

A more detailed instruction guide is located above the "Pay now" button on our regional online shop information page.

Any team member who has not completed final payment by the due date will be considered to have refused the invitation to join the regional team and their position in this team may be offered to a replacement player.

TRAVEL DETAILS, PAPERWORK & UNIFORMS

- Accommodation:** It is the responsibility of parents to privately arrange accommodation for team members.
- Independent Travel:** It is the responsibility of parents to arrange private transport for team members to & from this championship.
- Regional Team Permission Booklet:** Please return the attached regional team permission booklet to sport.scrssb@ged.qld.gov.au by **Thursday 13 March**.
- The regional team permission booklet is an electronic fillable PDF document. It is recommended to open this document in Adobe Reader to type in your details. This booklet should automatically self-populate so that you don't have to repeat common information. You can also change the name of the sport so it can be saved for future use if selected in another regional team. Parents who are unable to electronically insert their signatures, will need to print off the completed booklet and then physically sign the documents where indicated. This signed booklet can then be scanned and returned via email.

School Approval: Once you have filled out your details in the regional team permission booklet, you need to present your booklet to your school Principal or authorised school delegate for approval and verification from your school.

Compulsory Apparel: It is compulsory for team members to purchase / supply the following apparel items for this sport. If you already have any of these compulsory apparel items, you do not have to purchase them again.

	Compulsory Item
Playing Uniform	Swim Cap
	Competition swimwear (BYO)
Dress Uniform	Shirt – Student Polo
	Regional shorts (grey dress shorts / team playing shorts / bike pants)
Other	Water Bottle (can supply own water bottle)

Swim Cap: All swimmers **MUST** wear the purple regional swimming cap when competing.

Dress Uniform: It is compulsory for all swimmers to wear the regional dress shirt and a pair of regional shorts (either the grey dress shorts, team playing shorts or bike pants) for the regional team photo and for general use while not competing.

SCHOOL LOCKER **ALL REGIONAL APPAREL IS NOW LOCATED AT SCHOOL LOCKER - MAROOCHYDORE.**
YOU ARE NO LONGER ABLE TO COLLECT APPAREL FROM OUR OFFICE.

- All general apparel is only available from School Locker - Maroochydore.
- Apparel can be ordered online through [School Locker Uniform Shop](#) or purchased in store 7 days/week.
- Scan the QR code below or use the link above.
- Home delivery is also available for online orders (plus freight charge).



School Locker Maroochydore

Maroochydore Homemaker Centre
55 Maroochy Boulevard, Maroochydore
Ph: 5452 1431

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.

SPECIFIC CHAMPIONSHIP DETAILS

Spectator Seating: All private coaches, parents and spectators will be using the lower section of the Eastern Grandstand.
All parents, spectators and coaches will be required to have a ticket to access the grandstand.
Use the following link for tickets - <https://www.trybooking.com/CZQCL>

Swimmer Nominations: Swimmers are to check the Sunshine Coast School Sport website to find out which events they have qualified for. <https://sunshinesport.eq.edu.au/regional-sport/sports-h-s/swimming>

Relay Teams: Our region will nominate two freestyle and medley relay teams for 10, 11 and 12 years boys and girls.
Our region will nominate one mixed multi age multi-class freestyle relay team.
Please visit our website to view relay team lists.
You must notify the regional sport office if you are not available for relays.

Arrival: Students attending the team meeting / photo should arrive by **7.00am on Sunday 23 March**.
Swimmers should arrive at Chandler at least one hour prior to their event and report directly to the team managers. Suggested parking is Carpark Velodrome D.

Check In: Team members must check in / check out with team officials each day and remain in the regional team area unless warming up or competing.

Team Managers:	Chief Manager is Dan Bandera. Mobile: 0431 185 800 (Please make this mobile your first point of contact during the championship)												
	<table><tr><td>Dan Bandera</td><td>Sunshine Coast School Sport</td><td>M: 0431 185 800</td></tr><tr><td>Nigel Rosenthal</td><td>Caloundra State School</td><td>M: 0416 049 040</td></tr><tr><td>Julie Cross</td><td>Eumundi State School</td><td>M: 0414 429 979</td></tr><tr><td>Colleen Greentree</td><td>Eumundi State School</td><td>M:</td></tr></table>	Dan Bandera	Sunshine Coast School Sport	M: 0431 185 800	Nigel Rosenthal	Caloundra State School	M: 0416 049 040	Julie Cross	Eumundi State School	M: 0414 429 979	Colleen Greentree	Eumundi State School	M:
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Julie Cross	Eumundi State School	M: 0414 429 979											
Colleen Greentree	Eumundi State School	M:											

Team Meeting: A team meeting will be held on Sunday 23 March at 7.15am, prior to the team photo.
Please meet behind the grandstand close to the cafeteria.
Team captains will also be announced along with general details of the championship.

Team Photograph: The team photo will be taken on Sunday 23 March at 7.45am.
Students must wear their dress polo shirt and a pair of regional shorts.

Opening Welcome: An Opening Welcome will commence at 8.45am Sunday 23 March. There will be no march past.

Program: Each swimmer will be provided with a program at the state championship.
The program can be downloaded from the Queensland Representative School Sport website.
<https://queenslandschoolsport.education.qld.gov.au/sports-information/sports-h-s/swimming>

Competition Procedures: The *QRSS 10-19 Years Swimming Competition Procedures* can be downloaded from the Queensland Representative School Sport website.

Medal Winners: Medals are awarded for 1st, 2nd and 3rd place in each final. Finalist ribbons are presented to all other finalists.
Swimmers who win medals are required to wear the regional dress uniform (ie. Dress polo shirt and regional shorts) when receiving medals.

QLD Team: Swimmers who finish 1st – 4th place in 50m Freestyle finals and 1st – 3rd place in all other finals will be automatically selected in the QRSS swimming team and complete the QR code registration process.
Please refer to *QRSS Swimming Consideration for Selection Process* for details on selection in the state team (available for download from our website soon).

QLD Team events not eligible in 2025: The following events are not eligible for selection in the state team for 2025:
• 200m Breaststroke, 200m Backstroke, 200m Butterfly, 400m Freestyle and 400m Individual Medley

MULTI-CLASS SWIMMERS / CARERS & PRIVATE COACHES

Multi-class Swimmers / Carers:

- Multi-class carers (who are parents of multi-class swimmers) must complete the Pool Deck Pass application and email this to sport.scrssb@qed.qld.gov.au by **Thursday 13 March**.
- Multi-class carers (who are not parents of multi-class swimmers) must:
 - have a current Blue Card
 - complete the Pool Deck Pass application (attached)
 - complete the *Key Messages Guide 2025* (attached)
 - email the above information to sport.scrssb@qed.qld.gov.au by **Thursday 13 March**.
- **Swimmers in multi-class events must be listed on a National Master List or provide a copy of their classification card to the regional sport office prior to attending the state championship.**
- Multi-class carers may sit with their child in the grandstand.
- Multi-class carers' access to the field of play should be with the intent to support their nominated swimmer, and should be respectful to other swimmers and event officials.
- Swimming field of play includes:
 - Competition pool
 - Diving pool
 - Student toilets and change rooms
 - Marshalling areas
 - Surrounding pool deck

Private Coaches

- Private coaches must:
 - register for a seating ticket each day using the following link: <https://www.trybooking.com/CZQCL>
 - have current accreditation
 - have a current Blue Card
 - complete the Pool Deck Pass application (attached)
 - complete the *Key Messages Guide 2025* (attached)
 - email the above information to sport.scrssb@qed.qld.gov.au by **Thursday 13 March**.
- **Private coaches are to collect their Pool Deck Pass between 7.30am – 9.00am at the check in station (see complex map). Photo ID is required.**
- **Private coaches will not have access to students whilst they are in the field of play during competition hours. This includes the competition pool, diving pool, student toilets and change rooms, marshalling areas and surrounding pool deck.**
- Private coaches are able to attend the event and can access the competition pool and dive pool (if in use) before 9.00am on each competition day.
- Private coaches may continue to use the outdoor pool throughout the day via the designated access. They cannot access this via pool deck.
- A designated area for coaches will be available on the spectator side of the pool. No seating will be available with swimmers. Please refer to *QRSS Private Coaches at Swimming Events* for further information.

GENERAL INFORMATION

- Code of Conduct:** Parents and students are required to read and understand their responsibilities as set out in the attached *Code of Conduct for Students, Parents & Spectators*.
- Any breach of this code may result in the student being excluded from participating with the team at the state championship and/or possibly being sent home at the parents' expense.
- Photography:** The taking of photographs (for personal/family use) is permitted at Queensland Representative School Sport events except where an event is held at a venue where venue management prohibits such photography.
- First Aid:** Qualified sports medicine trainers will be in attendance throughout the championship.
- All swimmers who require preventative strapping are required to provide their own strapping tape.
- Hydration Guidelines:** The purpose of the QRSS guidelines is to ensure that students become aware of the benefits of proper hydration practices before, during and after physical activity. Remember the following key messages:
- Thirst is a poor indicator of fluid need
 - Hydrate before, during and after play
- In accordance with these guidelines, all students must have their own personal water bottle.
- Canteen:** A canteen will be in operation throughout the championship. Swimmers are encouraged to provide their own food and drinks.
- Insurance:** Parents are advised that the Department of Education does not have personal accident insurance cover for students.
- The Department of Education has public liability cover for all approved school activities and provides compensation for students injured at school / school events only when the department is negligent.
- If this is not the case, then all costs associated with the injury are the responsibility of the parent or caregiver.
- It is a personal decision for parents as to the type and level of private insurance they arrange to cover students for any accidental injury that may occur.

Any initial enquiries should be directed to your team officials on the contact details included above.

I would like to wish your child every success in this championship and I am sure that they will be an excellent representative for the Sunshine Coast Region.

Yours in Sport,



Richard Aspinall

Regional School Sport Officer

FUNDING ASSISTANCE

Please see below for funding assistance programs available to financially assist families attending State or National Championships.

Some of these organisations provide funding for State and National Championships while others only provide funding for National and International Championships.

AUSTRALIAN SPORTS COMMISSION

- The Local Sporting Champions program is an Australian Sports Commission initiative designed to provide financial assistance for young people aged 12-18 towards the cost of travel, accommodation, uniforms or equipment when competing, coaching or officiating at an official national sporting organisation.
- (NSO) endorsed state, national or international sporting championships or a School Sport Australia state or national championship. Need to apply prior to attending event.
https://www.sportaus.gov.au/grants_and_funding/local_sporting_champions

EMERGING ATHLETES PATHWAY

- Emerging Athlete Pathways aims to foster the development of young athletes and support elite athlete pathways by providing financial assistance to help alleviate the costs associated with attending championship events.
- Applications can be made from time of selection up until 6 months after the event start date.
<https://www.qld.gov.au/recreation/sports/funding/emerging-athlete-pathways>

Queensland School Sport - Sunshine Coast Region

CODE OF CONDUCT (Students)

The following code of conduct highlights the level of expected behaviour of students, parents and spectators when participating in / attending Queensland School Sport (QSS) events. Consequences for not honouring this code of conduct are listed in the boxed sections. Please ensure that you have read and understand this code prior to participating in / attending Queensland School Sport (QSS) events. Further information is available by contacting the Sunshine Coast Region School Sport Office, telephone (07) 5475 1570. **Please be aware that ignorance of the contents of this Code will not be accepted as an excuse for any breach.**

EXPECTATIONS OF STUDENT PARTICIPANTS

- Take responsibility for your own behaviour and performance.
- Compete by the competition conditions and rules.
- Never argue with the Judge's, Referee's or Umpire's decision.
- Control your temper – no criticism by word or gesture.
- Work equally hard for yourself and your team – your team's performance will benefit and so will your own.
- Be a good sport. Encourage and support your team members.
- Show respect for yourself, your team mates, officials, your opponents and their skills.
- Behave in a manner that respects the rights of others regardless of mediums of communication used.
eg. digital mediums such as twitter, facebook, email and texts.
- Smoking, drinking of alcoholic beverages or the use of any illegal substances is strictly forbidden.
- Entering or remaining upon restricted licensed premises, unless under the supervision of team officials or parents is strictly forbidden.
- Going to bed at a reasonable hour will assist your own and your team's performance.
- Wearing the official team uniform at all times, as directed by team management / officials.
- Check in and check out with team management / officials each day.
- Stay in the designated team area and support other team members during times when you are not competing.
- Follow all directions of team management / officials.
- Ensure that you have telephone numbers of team managers with you at all times that you are not with the team.

Consequences for breaches of this code by students

Team managers may deal immediately with any breaches of this code by imposing appropriate consequences, including not playing remaining fixtures, notification of parents, and being sent home at your parents' cost. Each regional school sport board is responsible for imposing any longer term consequences to your future participation in QSS events.

Students may be notified orally or in writing of a temporary ban from participating or attending QSS fixtures until formal processes are conducted by the regional school sport board to determine complaints under this Code. Students will be afforded natural justice in respect of breaches of this code and for any discipline under the EGPA.

Furthermore, QSS may provide a report to your school about your conduct and, as a school representative, you may be subject to discipline in accordance with the *Education (General Provisions) Act 2006* (EGPA).

Queensland School Sport - Sunshine Coast Region

CODE OF CONDUCT (Parents & Spectators)

EXPECTATIONS OF PARENTS AND SPECTATORS

Parents' Code of Conduct

- Cooperate with the school to achieve the best outcomes for your child.
- Support team and event officials in maintaining a safe and respectful learning environment for all students.
- Maintain positive relationships with team officials regarding your child's learning, wellbeing and behaviour.
- Encourage participation by your children.
- Provide a model of good sportsmanship for your child to copy.
- Be courteous and constructive in your communication with players, team officials, game officials and sport administrators.
- Encourage honest effort, skilled performance and team loyalty.
- Make any new parents feel welcome on all occasions.
- Do not interfere with the conduct of any events.
- Behave in a manner that respects the rights of others regardless of mediums of communication used. eg. digital mediums such as twitter, facebook, email and texts.
- Support Queensland School Sport's policy of a smoke and alcohol free environment.

Spectators' Code of Conduct

- Demonstrate appropriate social behaviour.
- Remember students play for enjoyment. Don't let your behaviour detract from their enjoyment.
- Let game officials conduct events without interference.
- Support skilled performances and team play with generous applause.
- Demonstrate respect for opposing players and their supporters.
- Behave in a manner that respects the rights of others regardless of mediums of communication used. eg. digital mediums such as twitter, facebook, email and texts.
- Support Queensland School Sport's policy of a smoke and alcohol free environment.

Consequences for breaches of this code by parents / spectators

Team managers and event organisers may deal immediately with any breaches of this code by warning offenders about their conduct, asking offenders to leave venues, and calling police to intervene where necessary. Each regional school sport board is responsible for imposing any longer term consequences such as written warnings, or barring attendance at future events for a period or indefinitely.

Parents and spectators may be notified orally or in writing of a temporary ban from attending QSS fixtures until formal processes are conducted by the regional school sport board to determine complaints under this Code. Parents and spectators will be afforded natural justice in respect of breaches of this code.

Parents and spectators should note that it is an offence to insult (meaning "to treat insolently or with contemptuous rudeness, to abuse") an officer of a state educational institution in the presence or hearing of students – s.333(2)(b) Wilful Disturbance, of the *Education (General Provisions) Act 2006* (EGPA). Breaches of this section of the EGPA may result in a complaint being made to police.

Order of events

Events

YRS	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	✓	✓			✓	✓		✓	✓		✓	✓		✓	
11	✓	✓			✓	✓		✓	✓		✓	✓		✓	
12	✓	✓			✓	✓		✓	✓		✓	✓		✓	
10-12			✓	✓#			✓#			✓#			✓#		✓#
MC 10-12	✓	✓	✓		✓	✓		✓	✓		✓	✓		✓	

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

Event Order

Day One Session One

Age	Distance	Stroke
10-12yrs	400m	Freestyle Final
Multi Class	100m	Freestyle Final
10 yrs	200m	Individual Medley Final
11 yrs	200m	Individual Medley Final
12 yrs	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



Session Time Information

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.

Day	Time	Item
Arrival Day	5:30	Pre carnival Manager's meeting

Day	Time	Item
Day 1	7:30am - 8:45am	Team Photo
	8:15am	Gates open
	8:45am 9:00am	Opening Ceremony
	9:00- 9:30	Warm Up for Session 1
	9:45am	Session 1
	11:30am	Lunch break
	12:00pm	Session 1 Relays
	2:45pm	Approx finishing time

Day	Time	Item
Day 2	8:00am	Gates Open
	8:05am – 8:45am	Warm Up
	9:00am	Session 2
	11:30am	Lunch – includes Warm up
	12.00pm	Session 3
	4:00pm	Approx finishing time

Day	Time	Item
Day 3	8:00am	Gates Open
	8:05am – 8:45am	Warm Up
	9:00am	Session 4
	11:35pm	Lunch – includes Warm up
	11:45pm	Post Carnival Meeting
	12:00pm	Session 5
	3:00pm approx.	Championship Concludes

IMPORTANT:

Times listed here are “not start before” times.

Session times listed on **Meet Mobile are a guide only.** The meet may run faster than shown on the meet mobile timeline.

COMPLEX LAYOUT

Souvenir sales.
(Outside Upper Eastern grandstand)

Coaches Check in
(Outside Upper Eastern grandstand)

Out of bounds

Presentation table

Access to outside pool .

Out of bounds

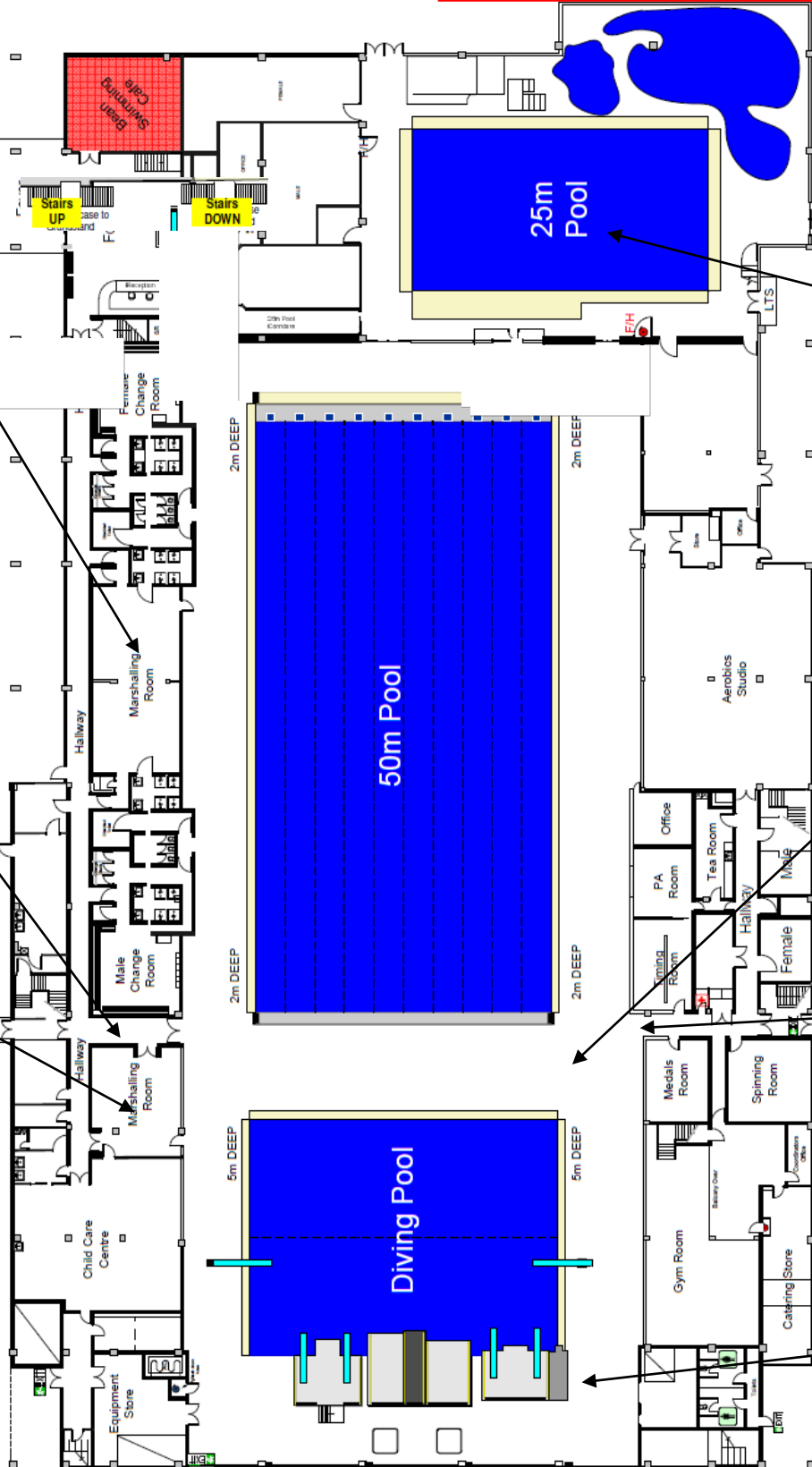


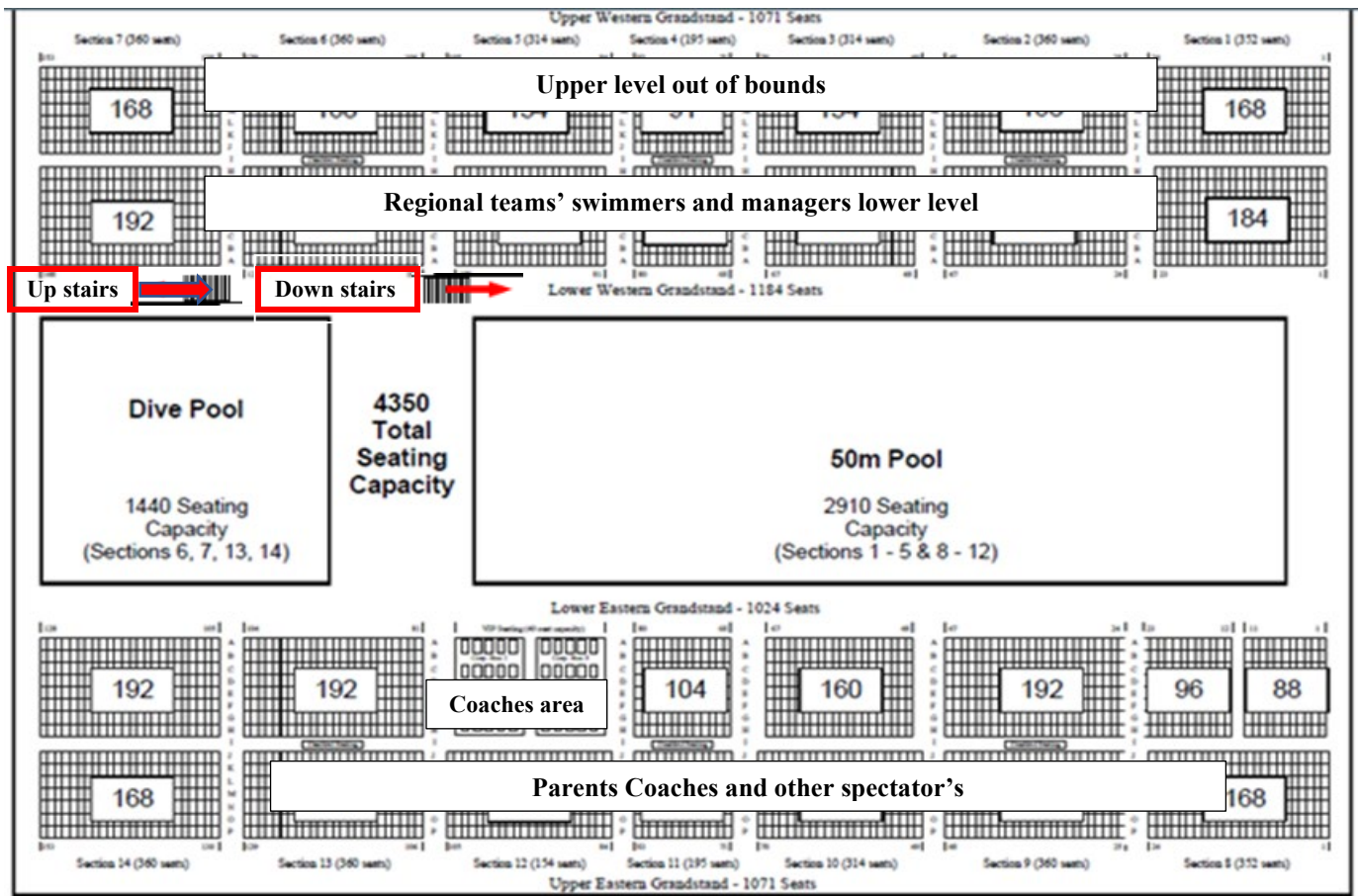
BRISBANE AQUATIC CENTRE LEVEL 2

Marshalling room

Access to Marshalling

Post Carnival Meeting room





SLEEMAN AQUATIC CENTRE LEVEL 4

Emergency Egress – Grandstands East & West

