

Sunshine Coast School Sport

PO Box 1522 Sunshine Plaza, Maroochydore Q 4558 Tel: (07) 5475 1572

Email: sport.scrssb@det.qld.gov.au www.sunshinesport.eq.edu.au



Dear Parents / Guardians,

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

1. Complete the survey by Friday 08 March by scanning the QR code or using the link:



https://survey.ged.qld.gov.au/n/dBghJ7r

- 2. Email your completed Student Permission Booklet to sport.scrssb@ged.gld.gov.au by Friday 08 March.
- 3. Make payment of the team levy plus all apparel purchases by Monday 11 March.

By accepting this invitation, you are agreeing to comply with all conditions of being a member of a Sunshine Coast School Sport regional team. This includes;

- Complying with our regional uniform policy and our code of conduct.
- Committing fully to the team for the duration of the state championship.
- Payment of the team levy must be made by the due date.

Sport: SWIMMING Age Group: 13 - 19 YEARS

State Championship Dates: 23 - 25 MARCH 2024 Host Region: DARLING DOWNS / SOUTH WEST

Venue: Sleeman Sports Complex

Brisbane Aquatic Centre

Cnr Cleveland & Tilley Roads, CHANDLER

Team Levy: \$209.00 Plus Apparel purchased.

This team levy includes the championship levy, team photo and regional administration levies.

Payment Date: Payment for the team levy and apparel purchases must be made by: Monday 11 March 2023.

Payment Method: Payment must be made using the regional online shop.

- Click the 'Regional online shop' tab on our regional website home page https://sunshinesport.eq.edu.au
- 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 sports code below. (Note: a zero in the code will display as 0 if applicable)

Sports Code: SUNSWT11E

A more detailed instruction guide is located above the "Pay now" button on our regional online shop information page. Tips for navigating the online shop are also contained later in this invitation.

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.

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 and from this championship.

Arrival: Swimmers should arrive at Chandler at least an hour prior to their event and report directly to the team

managers. Suggested parking is Carpark Velodrome D.

Team Managers' Chief Manager is Ron Greentree. Mobile: 0418 757 612 **Contact Details:**

(Please make this mobile your first point of contact during the championship)

Managers:	Ron Greentree	Noosa District SHS	M: 0418 757 612
J	Heather Smith	Clontarf Beach SHS	M: 0413 275 305
	Sharon Olsen	Coolum SHS	M: 0400 689 288
	Julie Cross	Eumundi SS	M: 0414 429 979
	Dailene Muddle-Clarke	Golden Beach SS	M: 0415 768 648
	Trent Balderson	Unity College	M: 0431 554 752

Check In: Each day, team members are required to check in with team officials and then remain in the regional area

allocated unless warming up or competing. This will allow managers to ensure swimmers are present for

events, can make changes to relay teams, arrange substitutions, etc.

Team Meeting: All team members are required to meet with the team managers during the session break on the first day of the

competition to ensure swimmers are present and available for RELAY TEAMS.

There will be no team photo for this team. **Team Photograph:**

All parents and spectators will be using the lower section of the Eastern Grandstand. All parents, spectators **Seating Plan:**

and coaches will be required to have a ticket to access the grandstand. Details will be provided asap.

Opening / Closing Ceremonies:

An Opening Welcome will commence at 8.15am on Saturday 23 March.

Presentations and closing remarks will occur on Monday 25 March at the conclusion of the carnival.

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.

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:

All swimmers who qualify in a 50m event at least, should expect to be nominated to swim in one of or both the freestyle and medley relays. It is expected that swimmers who are nominated in relay events will swim in those

events unless ill or injured. You must notify the regional sport office if you are not available for relays..

Program: Each swimmer will be provided with a program at the state championship. The program can be downloaded from the QRSS website.

https://queenslandschoolsport.education.gld.gov.au/sports-information/sports-h-s/swimming

Student Permission Booklet:

Please download the Student Permission Booklet from our website.

https://sunshinesport.eq.edu.au/regional-sport/sports-h-s/swimming The Student Permission Booklet must be completed and emailed to the regional sport office by Monday 11 March. Forms include:

- 1. Team Member Consent & Agreement
- 2. Student Health Information

The Student 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.

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, purple athletics shorts or bike pants) for the regional team photo and for general use while not competing.

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. Students have the opportunity to try on regional apparel at the regional trial.

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

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

After entering the sports code, a link to the Sizing Guide will appear towards the top of your screen. **Apparel Sizing:**

> A comprehensive sizing guide is also available on our regional website until the online shop opens. Go to the 'Support and resources' tab, then select the 'Uniforms' link. Check the apparel catalogue.

Apparel Collection: Orders may be collected from our regional sport office once you receive the dispatch notice. Our office is

located at Maroochydore State School, 56-68 Primary School Court, Maroochydore.

Please call our office on 5475 1572 to confirm your order is ready for collection. We are open between the

hours of 8.30am - 4.00pm (Monday -Thursday) and 8.30am – 3.00pm Friday.

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.

Competition **Procedures:**

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

https://queenslandschoolsport.education.gld.gov.au/sports-information/sports-h-s/swimming

Medal Winners: Swimmers who win medals are required to wear the regional dress uniform (ie. Dress polo shirt and regional

shorts) when receiving medals.

QLD Team: Please refer to QRSS Swimming Consideration for Selection Process for details on selection in the state team

(available for download from our website).

Multi-class **Swimmers / Carers:** Carers (who are parents of multi-class swimmers) must complete the Pool Deck Pass application (available for download from our website) by Monday 11 March.

Carers (who are not parents of multi-class swimmers) must have a current Blue Card, complete the Pool Deck Pass application and Key Messages Guide 2024 (available for download from our website) by Monday 11 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.

Carers of multi-class swimmers can sit with their child in the grandstand and will have access to the main pool deck and outdoor pool all day.

Private Coaches

Private coaches must register for a seating ticket each day, have current accreditation and Blue Card and complete the Pool Deck Pass application and *Key Messages Guide 2024* (available for download from our website) by Monday 11 March.

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.

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.

Players should bring enough water bottles to last for their allocated game/s on each day of the championship

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.

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

Carpinal.

REGIONAL LEVY PAYMENT / PURCHASING APPAREL TIPS

The following tips may assist parents when navigating the regional online shop located on the home page of our regional website - www.sunshinesport.eq.edu.au A set of 'How to' instructions are located above the "Pay now" button on our regional online shop information page to further assist if required.

Team Code:

Please enter the code from the front page of the regional invitation to access the regional team levy payment and apparel order.

Team Levy:

The team levy includes the compulsory team photo.

Compulsory Apparel:

Please note that if you have any of these compulsory apparel items already, then you don't need to purchase again unless stipulated. In individual sports, such as track & field, a number of different combination options may be displayed. Only purchase the items required to make up the desired outfit.

Optional Apparel:

Please purchase apparel items as desired.

Click "add selected to order" button to add the levy payment and all above apparel purchases to your cart.

Pick up / Delivery Options

The only options for this team is to either:

- collect from the sport office; or
- collect from team manager at training

Please call the sport office if you have an issue with this delivery method.

Contact / billing address:

This billing address is required for the payment receipt.

Order Information:

Enter your child's name/s.

Please note that if a school or organisation is making payment on your behalf, they can enter their company name and ABN.

Order Lines:

This is a summary of what items are in your cart. Please remove unwanted items if required.

Compulsory Products:

Please review the list of compulsory items. If you have not ordered an item/s, it will have a red cross. If you have forgotten to order the item, then go back and order. If you have not ordered the item because you have it already, just click on the acknowledgement to continue.

Have a promo code?

Normally there is no promo code for our regional teams unless stipulated in the team invitation.

Payment:

After you have processed your payment, a receipt will be emailed to you at your registration email address.

Siblings in the same team?

Please note that if you are paying for siblings in the same team, then select to pay 2 x team levy amounts and then scroll down to click on the "add selected to order" red button. This will then prompt you to add in the names of the different players. Then continue to shop as normal.

When purchasing apparel, you can order two or more of the same sized apparel item for the siblings.

If you need to order the same apparel item in two or more different sizes, then order the one item, select size and then scroll down to click on the "add selected to order" red button. Now go back to the same item and order the other size, then scroll down to click on the "add selected to order" red button. Then continue to shop as normal.

FUNDING ASSISTANCE

There are a number of Funding Assistance Programs available to financially assist families attend 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. For specific information, please visit the websites listed below.

QUEENSLAND SPORT & RECREATION

Sport & Recreation operate <u>The Young Athlete Travel Subsidy</u> which 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 State, National and International Championships. Officials (such as coaches, referees and scorers) attending eligible events can also apply for assistance if they meet the eligibility criteria. Need to apply after attending the event.

http://www.gld.gov.au/recreation/sports/funding/athletes/yats

AUSTRALIAN SPORTS COMMISSION

The <u>Local Sporting Champions</u> 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 <u>state</u> or national championship. Need to <u>apply prior</u> to attending event.

http://www.ausport.gov.au

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 for state school events held on or after 01 April 2022 are eligible for a \$500 grant. Applications can only be made and processed after participation at the state championship. Applications can continue to be accepted for events that have been held in the last 6 months.

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) Willful 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.

Queensland Representative School Sport

CONSIDERATION FOR SELECTION PROCESS

10-12 YEARS	13-19 YEARS			
Students who finish:	50m Events			
- 1 st to 4 th in 50m freestyle	- 1st to 3rd place – QR Code Form			
- 1 st to 3 rd in all other events	 4th to 8th place - Consideration for Selection Form. 			
gain automatic selection in the Queensland	100m Events			
Representative School Sport Team and will complete the	- 1 st and 2 nd place – QR Code Form			
QR Code registration process.	- 3 rd to 8 th place - Consideration for Selection Form.			
	800m and 1500m freestyle			
	- 1 st place – QR Code Form			
Those who place: - 5 th to 8 th in freestyle	 2nd to 8th place - Consideration for Selection Form. 			
- 4 th to 8 th in all other events	All other events are combined age groups of 13/14, 15/16 & 17-19 years – all students to complete a Consideration for Selection Form with the below places determined after the event.			
will complete the 'Consideration for Selection Form.	- 1 st and 2 nd place			
	- 3 rd to 8 th place			
After students have raced in events:	After students have raced in events:			
The selected students are given a selection sheet with the QR Code Form at presentation.	 Selected students will be highlighted and given to laman at presentation. 			
laman keeps a record of who gets these sheets.	The selected students are given a selection sheet			
The rest of the top 8 placegetters receive the	with the QR Code Form at presentation.			
Consideration for Selection Form. o Parents will complete and return to Kath and	 laman will keep a record of students who receive this information. 			
Lynn in the Darling Downs area during the meet.	 The rest of the top 8 placegetters will receive a Consideration for Selection Form. 			
	 For straight finals we will continually announce that the students need to collect the form. 			
	 Parents will complete and return to Kath and Lynn in the Darling Downs area during the meet. 			

QR Code Form

- Students will use the QR Code Form handed to them at the medal collection point
- Parents are to register the information for selection in the QRSS Team
- Students only need to register their details once (if they are successful in multiple events)

Consideration for Selection Form

- Students to collect at the medal collection point
- Students to hand to Kathy Stewart and Lynn Faulkner in the Darling Downs Region for storing.





2024 QUEENSLAND REPRESENTATIVE SCHOOL SPORT 13 – 19 YEARS SWIMMING PROGRAM OF EVENTS

QUEENSLAND SCHOOL SPORT	PROGRAM OF EVENTS						
Event No.	Approx. Time	Men's∖ Women's	Age	Distance	Stroke	Heat / Timed Final / Final	
			Ses	sion 1 (Day	1 – Saturday 23 rd March)		
1	8:30am	М	13 – 19	800m	Freestyle	Timed Final	
2	0.000	W	13 – 19	800m	Freestyle	Timed Final	
3		М	13	50m	Freestyle	Heats	
4		W	13	50m	Freestyle	Heats	
5		M	14	50m	Freestyle	Heats	
6		W	14	50m	Freestyle	Heats	
7		М	15	50m	Freestyle	Heats	
8		W	15	50m	Freestyle	Heats	
9		М	16	50m	Freestyle	Heats	
10		W	16	50m	Freestyle	Heats	
11		М	17 – 19	50m	Freestyle	Heats	
12		W	17 – 19	50m	Freestyle	Heats	
13		М	13 – 15	50m	Freestyle M/C	Timed Final	
14		W	13 – 15	50m	Freestyle M/C	Timed Final	
15		М	16 – 19	50m	Freestyle M/C	Timed Final	
16		W	16 – 19	50m	Freestyle M/C	Timed Final	
17		М	13 – 14	100m	Breaststroke	Heats	
18		W	13 – 14	100m	Breaststroke	Heats	
19		М	15 – 16	100m	Breaststroke	Heats	
20		W	15 – 16	100m	Breaststroke	Heats	
21		М	17 – 19	100m	Breaststroke	Heats	
22		W	17 – 19	100m	Breaststroke	Heats	
23		М	13 – 15	100m	Breaststroke M/C	Timed Final	
24		W	13 – 15	100m	Breaststroke M/C	Timed Final	
25		М	16 – 19	100m	Breaststroke M/C	Timed Final	
26		W	16 – 19	100m	Breaststroke M/C	Timed Final	
27		М	13 – 14	100m	Butterfly	Heats	
28		W	13 – 14	100m	Butterfly	Heats	
29		М	15 – 16	100m	Butterfly	Heats	
30		W	15 – 16	100m	Butterfly	Heats	
31		М	17 – 19	100m	Butterfly	Heats	
32		W	17 – 19	100m	Butterfly	Heats	
33		М	13	50m	Backstroke	Heats	
34		W	13	50m	Backstroke	Heats	
35		М	14	50m	Backstroke	Heats	
36		W	14	50m	Backstroke	Heats	
37		М	15	50m	Backstroke	Heats	
38		W	15	50m	Backstroke	Heats	
39		М	16	50m	Backstroke	Heats	
40		W	16	50m	Backstroke	Heats	
41		М	17 – 19	50m	Backstroke	Heats	
42		W	17 – 19	50m	Backstroke	Heats	
43		М	13 – 15	50m	Backstroke M/C	Timed Final	
44		W	13 – 15	50m	Backstroke M/C	Timed Final	
45		М	16 – 19	50m	Backstroke M/C	Timed Final	

46		W	16 – 19	50m	Backstroke M/C	Timed Final			
Session 2 (Day 1 – Saturday 23 rd March)									
3F	Not Before 12pm	М	13	50m	Freestyle	Final			
4F		W	13	50m	Freestyle	Final			
5F		М	14	50m	Freestyle	Final			
6F		W	14	50m	Freestyle	Final			
7F		М	15	50m	Freestyle	Final			
8F		W	15	50m	Freestyle	Final			
9F		М	16	50m	Freestyle	Final			
10F		W	16	50m	Freestyle	Final			
11F		М	17 – 19	50m	Freestyle	Final			
12F		W	17 – 19	50m	Freestyle	Final			
17F		М	13	100m	Breaststroke	Final			
17F		М	14	100m	Breaststroke	Final			
18F		W	13	100m	Breaststroke	Final			
18F		W	14	100m	Breaststroke	Final			
19F		М	15	100m	Breaststroke	Final			
19F		М	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	·				
31F		M			Butterfly Butterfly	Final			
32F		W	17 – 19 17 – 19	100m		Final			
32F 47		M	17 – 19	100m 100m	Butterfly Butterfly M/C	Final			
		W			•	Timed Final			
48			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		М	13 – 19	200m	Freestyle M/C	Timed Final			
54		W	13 – 19	200m	Freestyle M/C	Timed Final			
55		М	13&U	200m	Medley Relay	Timed Final			
56		W	13&U	200m	Medley Relay	Timed Final			
57		М	14&U	200m	Medley Relay	Timed Final			

58	W	14&U	200m	Medley Relay	Timed Final
59	М	15&U	200m	Medley Relay	Timed Final
60	W	15&U	200m	Medley Relay	Timed Final
61	М	16&U	200m	Medley Relay	Timed Final
62	W	16&U	200m	Medley Relay	Timed Final
63	М	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	М	13&U	200m	Freestyle Relay	Timed Final
67	W	13&U	200m	Freestyle Relay	Timed Final
68	М	14&U	200m	Freestyle Relay	Timed Final
69	W	14&U	200m	Freestyle Relay	Timed Final
70	М	15&U	200m	Freestyle Relay	Timed Final
71	W	15&U	200m	Freestyle Relay	Timed Final
72	М	16&U	200m	Freestyle Relay	Timed Final
73	W	16&U	200m	Freestyle Relay	Timed Final
74	М	19&U	200m	Freestyle Relay	Timed Final
75	W	19&U	200m	Freestyle Relay	Timed Final

	Session 3 (Day 2 – Sunday 24 th March)								
76	8:30am	М	13 – 19	400m	Freestyle	Timed Final			
77		W	13 – 19	400m	Freestyle	Timed Final			
78		М	13	50m	Butterfly	Heats			
79		W	13	50m	Butterfly	Heats			
80		М	14	50m	Butterfly	Heats			
81		W	14	50m	Butterfly	Heats			
82		М	15	50m	Butterfly	Heats			
83		W	15	50m	Butterfly	Heats			
84		М	16	50m	Butterfly	Heats			
85		W	16	50m	Butterfly	Heats			
86		М	17 – 19	50m	Butterfly	Heats			
87		W	17 – 19	50m	Butterfly	Heats			
88		М	13 – 15	50m	Butterfly M/C	Timed Final			
89		W	13 – 15	50m	Butterfly M/C	Timed Final			
90		М	16 – 19	50m	Butterfly M/C	Timed Final			
91		W	16 – 19	50m	Butterfly M/C	Timed Final			
92		М	13	50m	Breaststroke	Heats			
93		W	13	50m	Breaststroke	Heats			
94		М	14	50m	Breaststroke	Heats			
95		W	14	50m	Breaststroke	Heats			
96		М	15	50m	Breaststroke	Heats			
97		W	15	50m	Breaststroke	Heats			
98		М	16	50m	Breaststroke	Heats			
99		W	16	50m	Breaststroke	Heats			
100		М	17 – 19	50m	Breaststroke	Heats			
101		W	17 – 19	50m	Breaststroke	Heats			
102		М	13 – 15	50m	Breaststroke M/C	Timed Final			
103		W	13 – 15	50m	Breaststroke M/C	Timed Final			
104		М	16 – 19	50m	Breaststroke M/C	Timed Final			
105		W	16 – 19	50m	Breaststroke M/C	Timed Final			
106		М	13 – 19	200m	Butterfly	Timed Final			
107		W	13 – 19	200m	Butterfly	Timed Final			

	Session 4 (Day 2 – Sunday 24 th March)								
78F	Not Before 12pm	М	13	50m	Butterfly	Final			
79F		W	13	50m	Butterfly	Final			
80F		М	14	50m	Butterfly	Final			
81F		W	14	50m	Butterfly	Final			
82F		М	15	50m	Butterfly	Final			
83F		W	15	50m	Butterfly	Final			
84F		М	16	50m	Butterfly	Final			
85F		W	16	50m	Butterfly	Final			
86F		М	17 – 19	50m	Butterfly	Final			
87F		W	17 – 19	50m	Butterfly	Final			
108		М	13 – 19	200m	Individual Medley M/C	Timed Final			
109		W	13 – 19	200m	Individual Medley M/C	Timed Final			
110		М	13 – 19	400m	Individual Medley	Timed Final			
111		W	13 – 19	400m	Individual Medley	Timed Final			
92F		М	13	50m	Breaststroke	Final			
93F		W	13	50m	Breaststroke	Final			
94F		М	14	50m	Breaststroke	Final			
95F		W	14	50m	Breaststroke	Final			
96F		М	15	50m	Breaststroke	Final			
97F		W	15	50m	Breaststroke	Final			
98F		М	16	50m	Breaststroke	Final			
99F		W	16	50m	Breaststroke	Final			
100F		М	17 – 19	50m	Breaststroke	Final			
101F		W	17 – 19	50m	Breaststroke	Final			
112		М	13 – 19	200m	Backstroke	Timed Final			
113		W	13 – 19	200m	Backstroke	Timed Final			

	Session 5 (Day 3 – Monday 25 th March)							
114	8:30am	М	13 – 14	100m	Backstroke	Heats		
115		W	13 – 14	100m	Backstroke	Heats		
116		М	15 – 16	100m	Backstroke	Heats		
117		W	15 – 16	100m	Backstroke	Heats		
118		М	17 – 19	100m	Backstroke	Heats		
119		W	17 – 19	100m	Backstroke	Heats		
120		М	13 – 15	100m	Freestyle M/C	Timed Final		
121		W	13 – 15	100m	Freestyle M/C	Timed Final		
122		М	16 – 19	100m	Freestyle M/C	Timed Final		
123		W	16 – 19	100m	Freestyle M/C	Timed Final		
124		М	13 – 14	100m	Freestyle	Heats		
125		W	13 – 14	100m	Freestyle	Heats		
126		М	15 – 16	100m	Freestyle	Heats		
127		W	15 – 16	100m	Freestyle	Heats		
128		М	17 – 19	100m	Freestyle	Heats		
129		W	17 – 19	100m	Freestyle	Heats		
130		М	13 – 19	200m	Individual Medley	Timed Final		
131		W	13 – 19	200m	Individual Medley	Timed Final		
132		М	13 – 19	1500m	Freestyle	Timed Final		
133		W	13 – 19	1500m	Freestyle	Timed Final		
114F		М	13	100m	Backstroke	Final		
114F		М	14	100m	Backstroke	Final		
115F		W	13	100m	Backstroke	Final		
115F		W	14	100m	Backstroke	Final		
116F		М	15	100m	Backstroke	Final		

116F	М	16	100m	Backstroke	Final
117F	W	15	100m	Backstroke	Final
117F	W	16	100m	Backstroke	Final
118F	М	17 – 19	100m	Backstroke	Final
119F	W	17 – 19	100m	Backstroke	Final
134	М	13 – 15	100m	Backstroke M/C	Timed Final
135	W	13 – 15	100m	Backstroke M/C	Timed Final
136	М	16 – 19	100m	Backstroke M/C	Timed Final
137	W	16 – 19	100m	Backstroke M/C	Timed Final
138	М	13 – 19	200m	Breaststroke	Timed Final
139	W	13 – 19	200m	Breaststroke	Timed Final
124F	М	13	100m	Freestyle	Final
124F	М	14	100m	Freestyle	Final
125F	W	13	100m	Freestyle	Final
125F	W	14	100m	Freestyle	Final
126F	М	15	100m	Freestyle	Final
126F	М	16	100m	Freestyle	Final
127F	W	15	100m	Freestyle	Final
127F	W	16	100m	Freestyle	Final
128F	М	17 – 19	100m	Freestyle	Final
129F	W	17 –19	100m	Freestyle	Final



