

SUNSHINE COAST SCHOOL SPORT

2026 REGIONAL SWIMMING TRIAL EVENT FLYER

Our 2026 regional swimming trial will take place on Monday 02 March 2026 (Grammar Pool). Please read below for event details and nomination process.

REGIONAL TRIAL FORMAT – CONDUCTED EVENTS

- 50m Freestyle
- 50m Breaststroke
- 50m Backstroke
- 50m Butterfly
- 100m Freestyle
- 100m Breaststroke
- 100m Backstroke
- 100m Butterfly

You must meet regional qualifying standards and your results are to be:

- swum between **01/07/2025 and 16/02/2026**
- swum at a school or district event or
- verified by a school / swim coach or
- from the 'results central' database between **01/07/2025 and 16/02/2026**

UNCONDUCTED EVENTS

All events listed below will **NOT** be conducted at the regional trial in 2026.

10-12 Years

- 200m Freestyle
- 200m Breaststroke
- 200m Backstroke
- 200m Butterfly
- 200m Individual Medley
- 400m Freestyle
- 400m Individual Medley

13-19 Years

- 200m Freestyle
- 200m Breaststroke
- 200m Backstroke
- 200m Butterfly
- 200m Individual Medley
- 400m Freestyle
- 400m Individual Medley
- 800m Freestyle
- 1500m Freestyle

Nomination for unconducted events

To nominate for any of these events:

- please submit a 'results central' long course time swum at an approved or registered swim meet between **01/07/2025 and 16/02/2026**
- No other times will be considered

NOMINATION PROCESS TO REGIONAL TRIAL

12-19 years Secondary students (years 7-12)

- You must meet regional qualifying standards and complete an online nomination.
- There are no district trials for secondary students.
- Please collect your '[online nomination pack](#)' from your school sport co-ordinator at the beginning of 2026.

Online nominations close at 11.00 pm on 16 February 2026.

10-12 years Primary students (years 4-6)

- You must be selected in a district team to attend our regional trial.
- Your district will then nominate their team to our office.

MULTI-CLASS SWIMMERS (10-19 Years)

- We encourage multi-class swimmers to take part in their district and/or regional swimming trials.
- You should be capable of competing in your chosen events.
- You can take part in your district or regional trial without an official classification.
- To compete at the Queensland state swimming championship, you need to be classified. We advise all swimmers to begin their official classification process as soon as possible.
- Please pick up your '[multi-class nomination pack](#)' from your physical education teacher or sport coordinator at the beginning of 2026.