



**2017
GEORGINA HOPE FOUNDATION
AUSTRALIAN AGE SWIMMING
CHAMPIONSHIPS**

Brisbane Aquatic Centre

Sunday 16 – Sunday 23 April 2017

Information Book

as at 28/02/2017

Swimming Australia Limited Events Unit

IMPORTANT NOTE:

The information in this booklet is correct at the time of publishing. Swimming Australia Limited will not be held liable for any costs and expenses incurred by any person following any changes to the information outlined in this Event Information Book.

Any updates/amendments to this booklet will be posted on the SAL website in the same location this booklet can be found.

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SECTION ONE: General Information

1.1 Event Staff

NAME	TITLE	EMAIL
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Tara Alcorn	Event Manager	tara.alcorn@swimming.org.au
Liz Avery	Records and Events Coordinator	liz.avery@swimming.org.au
Leigh Sherman	Event Coordinator	leigh.sherman@swimming.org.au
Chelsea Ryan	Event Coordinator	chelsea.ryan@swimming.org.au
Matthew Todd	General Manager Marketing & Communications	matthew.todd@swimming.org.au
Kathleen Rayment	Media and Public Relations Coordinator	kathleen.rayment@swimming.org.au
Miles Rose	General Manager Commercial	miles.rose@swimming.org.au
Gary Vandeburgt	High Performance Operations Manager	gary.vandeburgt@swimming.org.au

1.2 2017 Swimming Australia Event Calendar

January

27 - 29 2017 Australian Open Water Swimming Championships Brighton SA

April

9 – 13 2017 Hancock Prospecting Australian Swimming Championships Brisbane QLD

16 – 23 2017 Georgina Hope Foundation Australian Age Championships Brisbane QLD

September

22 - 24 2017 State Teams Age Short Course Championships Canberra ACT

October

26 - 28 2017 Hancock Prospecting Australian Short Course Swimming Championships Adelaide SA

SECTION TWO: Event Information

2.1 Event Details

The 2017 Georgina Hope Foundation Australian Age Swimming Championships will be held at the Brisbane Aquatic Centre from Sunday 16 April to Sunday 23 April. The event will incorporate the selection trials for the 2017 FINA World Junior Championships in Indianapolis, USA; the 2017 Commonwealth Youth Games in Nassau, Bahamas; and will see Australia's future swimming stars competing for the opportunity to be crowned Australian Age Champion.

2.2 Entry Procedures

Entries for the 2017 Georgina Hope Foundation Australian Age Swimming Championships are **NOW OPEN**. Entries will close at 11.59pm AEDST on **Sunday 2 April 2017**.

All entries must be lodged using the Swimming Australia Ltd (SAL) online entry system. The online entry system can be accessed via the Swimming Australia website, www.swimming.org.au. Please note that SAL has a strict 'no late entries' policy.

2.2.1 Entry Fees (all prices are inclusive of GST)

Individual Event	\$26.00 per event
Relay	\$57.00 per relay team
Relay only swimmers	\$26.00

2.2.2 Relays

Relay entries for the event must be entered separately on the relay entry page, and can only be submitted by the club registrar.

All swimmers only participating in relays must register online as a **relay only swimmer**. Registrations can be made through the individual entry section, and a **\$26.00** accreditation fee applies per swimmer on top of the \$57 relay entry fee.

All relays are timed finals to be swum in the evening session. Relay forms can be collected from the SAL office (records and results room) during the event, and forms must be returned to the SAL office prior to the commencement of the heats session on the day that the timed final relay is to be swum.

Further enquiries relating to entries should be directed to Liz Avery on liz.avery@swimming.org.au or 02 6214 3577.

2.2.3 Age Groups

Age groups are determined by the swimmer's age as at **Sunday 16 April 2017**.

All swimmers competing in the event must be at least 12 years of age by this date. For Multi Class (MC) events, all swimmers competing in the event must be at least 11 years of age by this date.

Further enquiries relating to entries should be directed to Liz Avery on liz.avery@swimming.org.au or 02 6214 3577.

2.2.4 Classification

Multi Class events are open to all age group swimmers with a disability in sport classes 1 - 16. Swimmers classification must be recorded in the National Classification Master List managed by SAL. Athletes are required to meet the qualifying times and must be members of a swim club affiliated with a State Swimming Association.

Swimmers in classification groups 1 – 10 (Physical Impairment) are required to hold an eligible classification with a Sport Class Status of National Review (NR) or National Confirmed (NC) by the close of entries, swimmers with Provisional Review (PrR) status classifications may enter however will be required to attend Physical Impairment Athlete Evaluation at the competition to obtain an eligible classification. (Refer to section 2.2.6)

Swimmers in classification groups 11 – 13 (Vision Impairment) are required to hold an eligible classification with a Sport Class Status of National Review (NR) or National Confirmed (NC) by the close of entries, swimmers with Provisional Review (PrR) status classifications will not be eligible for entry.

Swimmers in classification group 14 (Intellectual Impairment) are required to hold an eligible classification with Sport Class Status National Confirmed (NC) prior to close of entries, swimmers Provisional Review (PrR) Status classifications will not be eligible for entry.

Swimmers in class groups 15 (Hearing Impairment) and 16 (Transplant) must hold an eligible classification with Sport Class Status National Confirmed (NC) prior to the close of entries.

International Athletes are required to hold an approved IPC Swimming International Classification or hold an approved National Classification issued by their National Paralympic Committee. In the case of a National Classification swimmers are required to supply proof of their approved classification in writing signed by their NPC to Swimming Australia prior to close of entries. Swimming Australia reserves the right to determine classification eligibility of International Athletes.

It is advised swimmers confirm their classification and Sport Class Status well in advance of the close of entries. For more information, please refer to the SAL Classification Policy and Procedures at www.swimming.org.au.

To confirm your classification details in the National Classification Master List [CLICK HERE](#).

It is a requirement that Multi Class swimmers hold a current SAL Classification Card. Swimmers may be requested to present this card to meet officials at the competition. To apply for a Classification Card [CLICK HERE](#).

2.2.5 Physical Impairment Athlete Evaluation (Classes 1-10)

Athlete Evaluation will be offered for swimmers with Physical Impairment prior to competition on the 19th – 20th April at the Brisbane Aquatic Centre. Please come back to the event website in early 2017 for more information.

Swimmers with Sport Class Status Provisional Review (PrR) and Swimmers with Sport Class Status National Review (NR) due for re-evaluation in 2017 will be required to attend Athlete Evaluation.

Swimmers will be notified after the close of entries of their scheduled Athlete Evaluation session.

Attending Athlete Evaluation does not guarantee swimmers will receive an eligible Sport Class. Swimmers deemed to be Not Eligible at the completion of Athlete Evaluation will be permitted to participate in their nominated event(s) as an exhibition swimmer.

Further enquiries relating to Classification and Athlete Evaluation should be directed to classification@swimming.org.au.

Appendix A – Multi Class Competition & Classification

2.3 Program of Events

The 2017 Georgina Hope Foundation Australian Age Swimming Championships will consist of 204 events conducted over 8 days.

Appendix B – Program of Events

2.4 Qualifying Times

Qualifying times must have been achieved in a 50m pool and must have been achieved after 1 May 2016.

Qualifying times for multi class events must have been achieved in a 50m pool and must have been achieved after 1 May 2016.

Swimmers may compete in one club freestyle relay and one club medley relay for each distance i.e. up to 3 freestyle relays of different distances, and two medley relays of different distances.

Appendix C – Qualifying Times

2.5 By-Laws

The 2017 Hancock Prospecting Australian Swimming Championships will be conducted under the By-Laws for the Conduct of Australian Championships (October 2011). A copy of the By-Laws can be found on the SAL website by clicking on the following link: [SAL Constitution and By-Laws](#)

This event is also governed by IPC Swimming Rules and Regulations for multi class events.

2.6 Accreditation

Accreditation passes provide personnel with access to the pool for pre-meet training and all competition sessions.

NOTE: Please note that photos will not be used on accreditation passes at this event. Athlete accreditation passes will be captured as part of entry process and available for collection at the pool.

All patrons wishing to gain access to the competition venue must wear their accreditation in a visible position at all times. Accreditation checkpoints will be located at the entrance to each accreditation zone, and the cooperation of all personnel in providing their pass for inspection is greatly appreciated.

To ensure that all personnel attending the event are issued with the appropriate pass, please ensure that you follow the procedures outlined below.

NOTE: Accreditation passes are not transferable. Any accreditation passes found to be used by any other person will be confiscated.

2.1.1 Club Event Packs

Applications for pool deck accreditation for all coaches/managers must be made as part of the online application. Applications, with instructions, will be available late February.

NOTE: There will be no free entry to the pool on ASCTA Membership or SAL's accredited coach cards.

2.1.2 Lost or Misplaced Accreditation Passes

Should you lose or misplace your accreditation pass, replacement passes are available for purchase at **\$25.00 per pass**. This amount must be paid in cash to the accreditation desk. \$15.00 of this amount will be refunded if the lost or misplaced accreditation is found and returned to the Accreditation desk.

2.7 Codes of Conduct

Swimming Australia is proud to lead the way in providing a safe sporting environment for all. Persons involved in any way with the sport of swimming are expected to adhere to the standards of behaviour outlined in the Swimming Australia Codes of Conduct:

- The **General Code of Conduct**; and
- The **Code of Conduct for dealing with Children and Young People**.

Swimming Australia promotes its Codes of Conduct to all people involved with the sport of swimming, particularly those responsible for activities involving persons under the age of 18 years. Aligned to our values, the Codes of Conduct set out the behavioural standards that are expected of all persons involved in swimming, The Codes of Conduct are now a core part of the Swimming Australia **Safe Sport Framework**. The Safe Sport Framework also contains a specific **Child Protection Commitment Statement** and refreshed **complaint procedures and guidance**.

A complete copy of the Safe Sport Framework, including the Codes of Conduct, can be found on the Swimming Australia website under [Swimmers / A Sport For Everyone / Safe Sport](#).

2.8 Information Sessions

2.8.1 Team Leaders Meeting

A Team Leaders Meeting will be held in the marshalling room at the Brisbane Aquatic Centre (BAC) at 4.00pm on Saturday 15 April 2017.

This meeting will detail important information and updates for the event, and is the final opportunity for clubs to lodge any changes to entries (corrections or withdrawals only).

All clubs are required to send at least one representative to the meeting, although it is advisable that all Team Managers, including State Team Managers, attend.

Please note that no additions can be made to any event at this time.

2.8.2 Breakfast Briefings

Swimming Australia will provide information sessions for interested parents, club administrators and coaches on a range of topics relevant to the development of age group swimmers. Topics include – Olympic and Open Water Pathway, Nutrition, Athlete-life Balance, ASADA Essentials and more.

The sessions will commence at 7.45am and run for approximately 45 minutes.

Further information on the presentation schedule will be provided shortly on the event webpage, as well as in the Event Program and during the Team Leaders Meeting.

2.9 Team Selection

The following teams/squads will be selected from performances at both the 2017 Hancock Prospecting Australian Swimming Championships and the 2017 Georgina Hope Foundation Australian Age Swimming Championships:

2017 FINA World Junior Championships
2017 Commonwealth Youth Games

Selection criteria for all teams/squads can be found at [Selection Criteria](#)

2.10 Training Procedures

The following general pool procedures for the **MAIN COMPETITION POOL (50m)** must be observed throughout the meet:

- **Lanes 0 & 9:** Reserved for dive sprints, backstroke ledge practice and walk backs. Swimmers must clear the lane immediately and exercise caution when practicing backstroke starts
- **Lanes 1 & 8:** Reserved for one-way pace swimming (no diving)
- **Lanes 2 – 7:** Reserved throughout the whole of the warm up period as circle swimming lanes (no diving)

The following general pool procedures for the **OUTDOOR POOL (50m)** must be observed throughout the meet:

- **Lanes 0 & 12:** Reserved for 25m dive sprints and backstroke ledge practice during all pre-meet periods
- **Lane 1:** Reserved for MC athletes only
- **Lane 2 & 11:** Reserved as designated one-way pace lanes during all pre-meet periods (no diving)
- **Lanes 3 – 10:** Reserved as circle swimming lanes during all pre-meet periods (no diving)

Dependant on weather, usage of the **DIVE/UTILITY POOL (25m)** will be at the discretion of Swimming Australia Staff for this meet.

In addition to the procedures above, please be aware of announcements to determine lane usage throughout the meet. Lane usage may vary at the discretion of the Technical Manager and Swimming Australia Staff.

Appendix D – Training Procedures

2.11 Operating Hours

Pre-Meet Training: Friday 14 – Saturday 15 April 2017

Morning Session

9.00am – 12.00pm

Pre-meet training

Accreditation desk open

Gates open to public

Afternoon Session

3.00pm – 6.00pm

Pre-meet training

Accreditation desk open

Gates open to public

Competition: Sunday 16 – Thursday 20 April 2017

Heats Session

7:00am

Athlete warm up

Accreditation desk open

Ticket booth open

Gates open to public

Finals Session

4.00pm

Athlete warm up

Accreditation desk open

Ticket booth open

Gates open to public

9.00am

Competition

6:00pm

Competition

Competition: Friday 21 April 2017

Heats Session

7:00am

Athlete warm up

Accreditation desk open

Ticket booth open

Gates open to public

Finals Session

2.00pm

Athlete warm up

Accreditation desk open

Ticket booth open

Gates open to public

9.00am

Competition

4:00pm

MC Timed Finals Session

6.00pm

Finals Competition

** If the timeline allows, the competition pool will be opened following the MC Timed Finals Session until 5.45pm*

Competition: Saturday 22 – Sunday 23 April 2017

Heats Session

8:30am

Athlete warm up

Accreditation desk open

Ticket booth open

Gates open to public

Finals Session

2.30pm

Athlete warm up

Accreditation desk open

Ticket booth open

Gates open to public

10.00am

Competition

4:00pm

Competition

2.12 Seating

2.12.1 Athlete and Coach Seating

Limited athlete seating will be provided in the seating modules located on pool deck overlooking the competition pool, and in the fixed seating on the non-grandstand side of pool deck. This seating is based on a first come, first served basis.

A large coach's enclosure will be situated overlooking the start/finish end of the pool. Please use the designated walkways provided when accessing this area, and ensure that you have your accreditation pass available to be checked.

2.12.2 General Public Seating

General public seating for this event will be in designated areas of the main grandstand overlooking the competition pool. Seating in these sections are by general admission.

Appendix E – Venue Maps

2.13 Ticketing

More information will be provided closer to the event.

2.13.1 Programs

Event programs will be available for purchase from the ticketing booth and through roving program sellers located in public areas of the Brisbane Aquatic Centre during all sessions.

Heats Programs will be available for sale at all times during warm up and competition, while Finals Programs will be available for sale from mid-way through the warm up period of each respective finals session.

2.14 Transport Deal

Appendix E – Thrifty Discount Vehicle Hire

2.15 Medical

2.15.1 First Aid

Venue staff are trained in first responder care and will be providing general first aid coverage for all people attending the event.

The aquatic centre First Aid room will be available to team doctors, medical staff (including the SAL event doctor) and aquatic centre First Aid staff members.

2.15.2 Event Medical Officer

In conjunction with the State Institutes/Academies for sport, Swimming Australia has sourced an Event Medical Officer, Rick Steltenpool, to provide medical assistance to athletes attending the event.

Rick is a qualified paramedic and will be situated in either the aquatic First Aid room or will roaming between the field of play exit and warm-up area during competition. The paramedic will be wearing an orange hi-visibility vest and can be contacted on the event medical phone.

2.15.3 Medical Directory

SERVICE	ADDRESS	SUBURB	POST CODE	PHONE
<u>Emergency</u>				
Ambulance, Police, Fire				000
<u>Public Hospitals</u>				
Princess Alexandra Hospital (PA)	199 Ipswich Rd	WOOLLOONGABBA	4102	(07) 3176 2111
Redlands Hospital*	Weippin Street	CLEVELAND	4163	(07) 3488 3111
Mater Hospital	Raymond Terrace	SOUTH BRISBANE	4101	(07) 3163 8111
<i>*Does not have 24-hour emergency room</i>				
<u>Doctors</u>				
Carindale Medical Centre	Westfield Carindale, 1151 Creek Rd	CARINDALE	4152	(07) 3398 5225
Metropol Medical Centre	Cnr Pine Mountain & Creek Rd	CARINDALE	4152	(07) 3343 0000
Cleveland Central Medical Centre	177 Bloomfield St	CLEVELAND	4163	(07) 3821 3844
Capalaba Medical Centre	189 Old Cleveland Rd	CAPALABA	4157	(07) 3245 9600
Carina Medical Centre	Cnr Creek & Stanley Rd	CARINA	4152	(07) 3398 8188
<u>Pharmacies</u>				
Priceline Pharmacy Capalaba	Capalaba Central Shopping Centre	CAPALABA	4157	(07) 9245 3636
Gumdale Pharmacy	Eastside Village, 696 New Cleveland Rd	GUMDALE	4154	(07) 3890 0050
Carina Day & Night Pharmacy	834 Old Cleveland Road	CARINA	4152	(07) 3398 2501
Terry White Chemist	Westfield Carindale, 1151 Creek Rd	CARINDALE	4152	(07) 3398 9988

2.15.4 Doping Control

The Australian Sports Anti-Doping Authority (ASADA) has been notified of the event, and may conduct random testing during the 2017 Georgina Hope Foundation Australian Age Swimming Championships.

To ensure that you are adequately informed on testing procedures, please read the guidelines provided by ASADA in the appendices of this document. Please note that blood samples may be required along with standard urine samples.

For questions about prohibited substances, please contact the ASADA Hotline on 1800 020 506.

Appendix F – ASADA Information

2.16 Lost Property

All lost property will be handed in to the Aquatic Centre Pool Attendants on duty.

SECTION THREE: Appendices

3.1 Appendix A – Multi Class Competition and Classification

Multi Class Events

Multi Class (MC) swimming is a form of competition designed specifically for swimmers with disability. MC events are normal swimming events with some minor modifications to the rules and regulations.

MC events see swimmers with a range of impairments, competing in the same race. In order to compete in MC competition swimmers must have an eligible classification. Swimmers race against the world's best time in that event for their classification. Event results are determined using the Multi Class Point Score system. The winner of the race is not always who touches the wall first, but the swimmer who posts the highest point score (i.e. a time closest to the world's best time for their classification). Swimmers may be granted certain exceptions to the normal swimming rules in order to compete fairly. This allows for meaningful and fair competition for all swimmers.

Classification

Classification is used to place athletes of similar ability or function into groups for the purpose of competition. Classification exists in other areas of sport such as weight classes in boxing and handicaps in golf. Classification in sport for people with disability considers an athlete's medical condition and physical, sensory and cognitive attributes to group them into classes. Classification is designed to ensure a fair environment for elite competition. In Australia classification is used to ensure fair and meaningful competition at all levels.

The Classes

Classes 1-10 are allocated to swimmers with a physical disability

Classes 11-13 are allocated to swimmers with vision impairment

Class 14 is allocated to swimmers with an intellectual disability

Class 15 is allocated to swimmers with a hearing impairment

Class 16 is allocated to swimmers who have received a transplant

Swimmers receive a class for each stroke discipline, and a prefix indicates which stroke the class applies to;

Prefix	Stroke
S	Freestyle, Backstroke and Butterfly
SB	Breaststroke
SM	Individual Medley

Rule Exceptions

Classified swimmers may be entitled to exceptions to the normal swimming rules. Swimming Australia uses a system of codes to identify exceptions to the swimming rules for Multi Class competition. The table below provides an overview of the codes.

Starts

A ASSISTANCE REQUIRED
 B BLACKENED GOGGLES
 E UNABLE TO GRIP FOR BACKSTROKE START
 H HEARING IMPAIRED LIGHT, SIGNAL OR TOUCH REQUIRED
 T TAPPERS
 Y STARTING DEVICE

During Swimming

0 NIL EXCEPTIONS
 1 ONE HAND START
 2 RIGHT HAND TOUCH
 3 LEFT HAND TOUCH
 4 RIGHT HAND TOUCH WITH SIMULTANEOUS INTENT TO TOUCH WITH OTHER
 5 LEFT HAND TOUCH WITH SIMULTANEOUS INTENT TO TOUCH WITH OTHER
 6 SIMULTANEOUS INTENT TO TOUCH
 7 PART OF UPPER BODY MUST TOUCH
 8 RIGHT FOOT MUST TURN OUT
 9 LEFT FOOT MUST TURN OUT
 12 LEG DRAG OR SHOW INTENT TO KICK
 + BUTTERFLY KICK IS ABLE TO BE PERFORMED [ILLEGAL BREASTROKE]

3.2 Appendix B – Program of Events

2017 GHF Australian Age Championships – Program of Events					
Day 1 Sunday – 16 April		Day 2 Monday – 17 April		Day 3 Tuesday – 18 April	
Heats 9.00am		Heats 9.00am		Heats 9.00am	
Age	Event	Age	Event	Age	Event
1) Girls 16yrs	200m Fly	25) Girls 16yrs	400m Free	49) Girls 15yrs	100m Breast
2) Boys 16yrs	200m Fly	26) Boys 16yrs	400m Free	50) Boys 15yrs	100m Breast
3) Girls 17/18yrs	50m Free	27) Girls 15yrs	100m Free	51) Girls 14yrs	200m Fly
4) Boys 17/18yrs	50m Free	28) Boys 15yrs	100m Free	52) Boys 14yrs	200m Fly
5) Girls 15yrs	800m Free	29) Girls 14yrs	200m Back	53) Girls 12/13yrs	800m Free
6) Girls 14yrs	200m IM	30) Boys 14yrs	200m Back	54) Girls 17/18yrs	200m Free
7) Boys 14yrs	200m IM	31) Girls 12/13yrs	200m IM	55) Boys 17/18yrs	200m Free
8) Girls 12/13yrs	200m Free	32) Boys 12/13yrs	200m IM	56) Girls 16yrs	100m Back
9) Boys 12/13yrs	200m Free	33) Girls 17/18yrs	100m Back	57) Boys 16yrs	100m Back
10) Girls 16yrs	100m Free	34) Boys 17/18yrs	100m Back	58) Girls 15yrs	400m Free
11) Boys 16yrs	100m Free	35) Girls 16yrs	50m Free	59) Boys 15yrs	400m Free
12) Girls 17/18yrs	100m Breast	36) Boys 16yrs	50m Free	60) Girls 14yrs	100m Free
13) Boys 17/18yrs	100m Breast	37) Girls 15yrs	200m Fly	61) Boys 14yrs	100m Free
14) Girls 15yrs	200m Back	38) Boys 15yrs	200m Fly	62) Girls 12/13yrs	200m Back
15) Boys 15yrs	200m Back	39) Boys 14yrs	1500m Free	63) Boys 12/13yrs	200m Back
16) Girls 14yrs	100m Fly	40) Girls 12/13yrs	100m Fly	64) Girls 17/18yrs	200m Breast
17) Boys 14yrs	100m Fly	41) Boys 12/13yrs	100m Fly	65) Boys 17/18yrs	200m Breast
18) Girls 12/13yrs	200m Breast	42) Girls 17/18yrs	400m IM	66) Girls 16yrs	400m IM
19) Boys 12/13yrs	200m Breast	43) Boys 17/18yrs	400m IM	67) Boys 16yrs	400m IM
20) Girls 17/18yrs	400m Free	44) Girls 16yrs	100m Breast	68) Girls 15yrs	50m Free
21) Boys 17/18yrs	400m Free	45) Boys 16yrs	100m Breast	69) Boys 15yrs	50m Free
22) Boys 15yrs	1500m Free	46) Girls 14yrs	800m Free	70) Boys 12/13yrs	800m Free
Finals 6.00pm		Finals 6.00pm		Finals 6.00pm	
Age	Event	Age	Event	Age	Event
16yrs	200m Fly	16yrs	400m Free	15yrs	100m Breast
17/18yrs	50m Free	15yrs	100m Free	14yrs	200m Fly
15yrs Fast Heat	800m Free	14yrs	200m Back	12/13yrs Fast Heat	800m Free
14yrs	200m IM	12/13yrs	200m IM	17/18yrs	200m Free
12/13yrs	200m Free	17/18yrs	100m Back	16yrs	100m Back
16yrs	100m Free	16yrs	50m Free	15yrs	400m Free
17/18yrs	100m Breast	15yrs	200m Fly	14yrs	100m Free
15yrs	200m Back	14yrs Fast Heat	1500m Free	13/Under	200m Back
14yrs	100m Fly	12/13yrs	100m Fly	17/18yrs	200m Breast
12/13yrs	200m Breast	17/18yrs	400m IM	16yrs	400m IM
17/18yrs	400m Free	16yrs	100m Breast	15yrs	50m Free
15yrs Fast Heat	1500m Free	14yrs Fast Heat	800m Free	12/13yrs Fast Heat	800m Free
23) Girls 12/16yrs Under Club Relay	4 x 100 Med	47) Girls 18 & Under Club Relay	4 x 100 Free	71) Girls 12/14yrs Club Relay	4 x 50 Med
24) Boys 12/16yrs Club Relay	4 x 100 Med	48) Boys 18 & Under Club Relay	4 x 100 Free	72) Boys 12/14yrs Club Relay	4 x 50 Med
				73) Girls 12/16yrs Club Relay	4 x 100 Free
				74) Boys 12/16yrs Club Relay	4 x 100 Free

Day 4 Wednesday – 19 April		Day 5 Thursday – 20 April		Day 6 Friday 21 – April	
Heats 9.00am		Heats 9.00am		Heats 9.00am	
Age	Event	Age	Event	Age	Event
75) Girls 17/18yrs	100m Fly	99) Girls 17/18yrs	200m Back	123) Girls 17/18	200m Fly
76) Boys 17/18yrs	100m Fly	100) Boys 17/18yrs	200m Back	124) Boys 17/18	200m Fly
77) Girls 16yrs	200m Free	101) Girls 12/13yrs	400m Free	125) Girls 16yrs	800m Free
78) Boys 16yrs	200m Free	102) Boys 12/13yrs	400m Free	126) Girls 15yrs	200m IM
79) Girls 14yrs	50m Free	103) Girls 14yrs	100m Back	127) Boys 15yrs	200m IM
80) Boys 14yrs	50m Free	104) Boys 14yrs	100m Back	128) Girls 14yrs	200m Free
81) Girls 15yrs	100m Back	105) Girls 15yrs	200m Free	129) Boys 14yrs	200m Free
82) Boys 15yrs	100m Back	106) Boys 15yrs	200m Free	130) Girls 12/13yrs	100m Back
83) Girls 12/13yrs	200m Fly	107) Girls 16yrs	100m Fly	131) Boys 12/13yrs	100m Back
84) Boys 12/13yrs	200m Fly	108) Boys 16yrs	100m Fly	132) Girls 17/18	100m Free
85) Girls 17/18yrs	200m IM	109) Boys 17/18yrs	1500m Free	133) Boys 17/18	100m Free
86) Boys 17/18yrs	200m IM	110) Girls 12/13yrs	50m Free	134) Girls 16yrs	200m Back
87) Girls 14yrs	400m Free	111) Boys 12/13yrs	50m Free	135) Boys 16yrs	200m Back
88) Boys 14yrs	400m Free	112) Girls 14yrs	400m IM	136) Girls 15yrs	100m Fly
89) Girls 16yrs	200m Breast	113) Boys 14yrs	400m IM	137) Boys 15yrs	100m Fly
90) Boys 16yrs	200m Breast	114) Girls 15yrs	200m Breast	138) Girls 14yrs	200m Breast
91) Girls 15yrs	400m IM	115) Boys 15yrs	200m Breast	139) Boys 14yrs	200m Breast
92) Boys 15yrs	400m IM	116) Girls 16yrs	200m IM	140) Girls 12/13yrs	400m IM
93) Girls 12/13yrs	100m Free	117) Boys 16yrs	200m IM	141) Boys 12/13yrs	400m IM
94) Boys 12/13yrs	100m Free	118) Girls 12/13yrs	100m Breast	142) Boys 16yrs	1500m Free
95) Girls 14yrs	100m Breast	119) Boys 12/13yrs	100m Breast		
96) Boys 14yrs	100m Breast	120) Girls 17/18yrs	800m Free		
Finals 6.00pm		Finals 6.00pm		Finals 6.00pm	
Age	Event	Age	Event	Age	Event
17/18yrs	100m Fly	17/18yrs	200m Back	17/18yrs	200m Fly
16yrs	200m Free	12/13yrs	400m Free	16yrs Fast Heat	800m Free
14yrs	50m Free	14yrs	100m Back	15yrs	200m IM
15yrs	100m Back	15yrs	200m Free	14yrs	200m Free
12/13yrs	200m Fly	16yrs	100m Fly	12/13yrs	100m Back
17/18yrs	200m IM	17/18yrs Fast Heat	1500m Free	17/18yrs	100m Free
14yrs	400m Free	12/13yrs	50m Free	16yrs	200m Back
16yrs	200m Breast	14yrs	400m IM	15yrs	100m Fly
15yrs	400m IM	15yrs	200m Breast	14yrs	200m Breast
12/13yrs	100m Free	16yrs	200m IM	12/13yrs	400m IM
14yrs	100m Breast	12/13yrs	100m Breast	16yrs Fast Heat	1500m Free
97) Girls 18 & Under Club Relay	4 x 200 Free	17/18yrs Fast Heat	800m Free	143) Girls 18 & Under Club Relay	4 x 100 Med
98) Boys 18 & Under Club Relay	4 x 200 Free	121) Girls 12/14yrs Club Relay	4 x 50 Free	144) Boys 18 & Under Club Relay	4 x 100 Med
		122) Boys 12/14yrs Club Relay	4 x 50 Free		

Day 6 – Multi Class - Friday 21 April		Day 8 – Multi Class - Sunday 23 April	
Timed Finals - 4.00		Timed Finals - 10.00am	
Age	Event	Age	Event
145) Girls 11 - 15yrs	MC 400m Free S6 – S16	177) Girls 11 - 15yrs	MC 200m IM SM5 – SM16
146) Boys 11 - 15yrs	MC 400m Free S6 – S16	178) Boys 11 - 15yrs	MC 200m IM SM5 – SM16
147) Girls 11 - 18yrs	MC 200m Free S1 – S5	179) Girls 17 – 18yrs	MC 50m Freestyle
148) Boys 11 - 18yrs	MC 200m Free S1 – S5	180) Boys 17 – 18yrs	MC 50m Freestyle
149) Girls 16 - 18yrs	MC 400m Free S6 – S16	181) Girls 15 – 16yrs	MC 50m Backstroke
150) Boys 16 - 18yrs	MC 400m Free S6 – S16	182) Boys 15 – 16yrs	MC 50m Backstroke
		183) Girls 11 – 14yrs	MC 100m Freestyle
Day 7 – Multi Class - Saturday 22 April		184) Boys 11 – 14yrs	MC 100m Freestyle
Timed Finals - 10.00am		185) Girls 17 – 18yrs	MC 100m Butterfly
151) Girls 15 – 16yrs	MC 100m Backstroke	186) Boys 17 – 18yrs	MC 100m Butterfly
152) Boys 15 – 16yrs	MC 100m Backstroke	187) Girls 15 – 16yrs	MC 50m Butterfly
153) Girls 11 – 14yrs	MC 50m Freestyle	188) Boys 15 – 16yrs	MC 50m Butterfly
154) Boys 11 – 14yrs	MC 50m Freestyle	189) Girls 11 – 14yrs	MC 50m Butterfly
155) Girls 17 – 18yrs	MC 100m Freestyle	190) Boys 11 – 14yrs	MC 50m Butterfly
156) Boys 17 – 18yrs	MC 100m Freestyle		
157) Girls 15 – 16yrs	MC 100m Breaststroke	Timed Finals - 4.00pm	
158) Boys 15 – 16yrs	MC 100m Breaststroke	191) Girls 17 – 18yrs	MC 100m Backstroke
159) Girls 11 – 14yrs	MC 100m Butterfly	192) Boys 17 – 18yrs	MC 100m Backstroke
160) Boys 11 – 14yrs	MC 100m Butterfly	193) Girls 11 – 14yrs	MC 50m Backstroke
161) Girls 11 – 18yrs	MC 150 IM SM1 – SM4	194) Boys 11 – 14yrs	MC 50m Backstroke
162) Boys 11 – 18yrs	MC 150 IM SM1 – SM4	195) Girls 15 – 16yrs	MC 100m Freestyle
		196) Boys 15 – 16yrs	MC 100m Freestyle
Timed Finals - 4.00pm		197) Girls 17 – 18yrs	MC 100m Breaststroke
163) Girls 17 – 18yrs	MC 50m Butterfly	198) Boys 17 – 18yrs	MC 100m Breaststroke
164) Boys 17 – 18yrs	MC 50m Butterfly	199) Girls 15 – 16yrs	MC 50m Breaststroke
165) Girls 11 – 14yrs	MC 100m Backstroke	200) Boys 15 – 16yrs	MC 50m Breaststroke
166) Boys 11 – 14yrs	MC 100m Backstroke	201) Girls 11 – 14yrs	MC 100m Breaststroke
167) Girls 15 – 16yrs	MC 50m Freestyle	202) Boys 11 – 14yrs	MC 100m Breaststroke
168) Boys 15 – 16yrs	MC 50m Freestyle	203) Girls 16 - 18yrs	MC 200m IM SM5- SM16
169) Girls 17 – 18yrs	MC 50m Backstroke	204) Boys 16 - 18yrs	MC 200m IM SM5- SM16
170) Boys 17 – 18yrs	MC 50m Backstroke		
171) Girls 11 – 14yrs	MC 50m Breaststroke		
172) Boys 11 – 14yrs	MC 50m Breaststroke		
173) Girls 15 – 16yrs	MC 100m Butterfly		
174) Boys 15 – 16yrs	MC 100m Butterfly		
175) Girls 17 – 18yrs	MC 50m Breaststroke		
176) Boys 17 – 18yrs	MC 50m Breaststroke		

3.3 Appendix C – Qualifying Times

GIRLS

	17/18 yrs	16 yrs	15 yrs	14 yrs	12 &13 yrs
50m Freestyle	27.40	27.60	27.90	28.10	28.40
100m Freestyle	59.80	1:00.00	1:00.40	1:01.00	1:02.00
200m Freestyle	2:08.80	2:09.60	2:10.30	2:12.00	2:14.00
400m Freestyle	4:29.50	4:31.50	4:34.70	4:37.40	4:41.80
800m Freestyle	9:10.00	9:19.00	9:24.00	9:30.00	9:42.00
100m Backstroke	1:08.50	1:08.80	1:09.20	1:09.80	1:10.60
200m Backstroke	2:26.30	2:26.50	2:27.00	2:28.80	2:31.20
100m Breaststroke	1:18.60	1:19.20	1:19.60	1:20.00	1:20.30
200m Breaststroke	2:48.50	2:50.00	2:50.50	2:51.50	2:53.70
100m Butterfly	1:06.10	1:06.30	1:06.80	1:07.50	1:08.70
200m Butterfly	2:26.50	2:27.00	2:27.70	2:31.80	2:32.80
200m Individual Medley	2:27.80	2:28.40	2:29.20	2:30.00	2:31.80
400m Individual Medley	5:08.80	5:13.30	5:16.00	5:21.00	5:27.40
				12/14	
4x50m Club Free Relay				1:56.00	
4x50m Club Medley Relay				2:09.00	
	12/18	12/16			
4x100m Club Free Relay	4:08.00	4:09.00			
4x100m Club Med Relay	4:33.00	4:36.00			
4x200m Club Free Relay	8:50.00				

1. Entry times for these Championships must have been swum in a 50m pool.
2. Qualifying time must be achieved since 1st May 2016
- 3 Swimmers may compete in one club Freestyle relay and one club Medley relay for each distance i.e. up to 3 freestyle relays of different distances, and two medley relays of different distances.

BOYS

	17/18 yrs	16 yrs	15 yrs	14 yrs	12 & 13 yrs
50m Freestyle	24.50	25.00	25.50	26.00	27.10
100m Freestyle	53.80	54.50	55.40	57.20	59.30
200m Freestyle	1:56.70	1:58.20	2:01.00	2:05.20	2:09.00
400m Freestyle	4:08.50	4:13.30	4:16.70	4:22.00	4:32.60
800m Freestyle					9:33.00
1500m Freestyle	16:24.50	16:28.00	16:58.00	17:17.00	–
100m Backstroke	1:01.30	1:02.70	1:03.80	1:05.80	1:08.40
200m Backstroke	2:12.60	2:15.00	2:17.50	2:21.60	2:27.80
100m Breaststroke	1:09.40	1:10.70	1:12.30	1:14.50	1:18.00
200m Breaststroke	2:33.50	2:34.60	2:38.30	2:41.20	2:47.50
100m Butterfly	58.80	59.60	1:00.60	1:02.70	1:06.00
200m Butterfly	2:09.00	2:15.00	2:17.10	2:21.50	2:28.70
200m Individual Medley	2:14.30	2:15.70	2:19.00	2:22.20	2:27.90
400m Individual Medley	4:44.50	4:49.00	4:55.60	5:01.00	5:19.00
				12/14	
4x50m Club Free Relay				1:48.00	
4x50m Club Medley Relay				2:03.00	
	12/18	12/16			
4x100m Club Free Relay	3:40:00	3:47.00			
4x100m Club Medley Relay	4:08.00	4:11.00			
4x200m Club Free Relay	8:05.00				

1. Entry times for these Championships must have been swum in a 50m pool.
2. Qualifying time must be achieved since 1st May 2016
4. Swimmers may compete in one club Freestyle relay and one club Medley relay for each distance i.e. up to 3 freestyle relays of different distances, and two medley relays of different distances.

MULTI CLASS ENTRY QUALIFYING TIMES

MALE

11/14 Years

	S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
50FR	50.67	45.95	48.70	45.74	44.28	49.73	45.14	48.80	50.94	53.29	57.35	1:03.01	1:12.30	1:22.04	1:55.76	2:04.35
100FR	1:55.55	1:40.51	1:46.58	1:42.36	1:38.05	1:49.14	1:37.97	1:46.50	1:50.97	1:56.21	2:06.05	2:15.27	2:38.75	3:01.07	4:11.29	4:31.08
50BK	1:04.09	53.73	58.62	56.33	55.52	1:02.22	55.08	57.39	59.59	1:07.58	1:08.10	1:07.48	1:22.25	1:25.33	2:01.66	2:36.48
100BK	2:16.99	1:54.49	2:02.87	1:55.26	1:54.34	2:10.46	1:56.61	1:59.11	2:04.55	2:18.55	2:22.49	2:27.46	3:07.44	3:45.69	4:31.22	6:11.63
50BR	1:05.54	54.83	58.33	1:00.41	1:03.50	1:06.81		56.16	1:04.23	1:13.97	1:14.49	1:21.27	1:29.49	1:33.38	1:48.37	2:53.21
100BR	2:24.79	1:55.55	2:07.92	2:04.47	2:09.92	2:15.83		2:07.03	2:09.05	2:37.52	2:43.91	2:56.22	3:06.06	3:34.04	4:16.95	
50BF	58.55	47.80	52.31	52.50	51.50	54.81	49.28	52.85	54.00	58.49	59.30	1:06.11	1:22.08	1:51.33	2:41.23	3:47.52
100BF	2:10.96	1:43.80	1:56.36	1:50.31	1:49.58	1:57.71	1:47.83	1:54.28	1:56.42	2:11.42	2:18.18	2:34.51				
200IM	5:18.52	3:55.38	4:26.00	4:13.90	4:12.50	4:35.34	4:12.86	4:17.29	4:31.39	5:00.28	5:12.34	5:25.89	4:55.75*	5:47.62*		

*This event is 150m Individual Medley

15/16 years

	S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
50FR	41.22	37.38	39.62	37.21	36.02	40.45	36.73	39.70	41.44	43.35	46.66	51.27	58.82	1:06.74	1:34.18	1:41.17
100FR	1:34.01	1:21.77	1:26.71	1:23.27	1:19.76	1:28.79	1:19.70	1:26.64	1:30.28	1:34.54	1:42.55	1:50.05	2:09.15	2:27.31	3:24.43	3:40.54
50BK	52.14	43.71	47.69	45.83	45.17	50.62	44.81	46.69	48.48	54.98	55.40	54.90	1:06.92	1:09.42	1:38.97	2:07.30
100BK	1:51.45	1:33.15	1:39.96	1:33.77	1:33.02	1:46.13	1:34.87	1:36.91	1:41.32	1:52.71	1:55.93	1:59.97	2:32.50	3:03.61	3:40.65	5:02.34
50BR	53.32	44.61	47.46	49.15	51.66	54.35		45.69	52.25	1:00.18	1:00.60	1:06.12	1:12.81	1:15.97	1:28.16	2:20.92
100BR	1:57.79	1:34.01	1:44.07	1:41.26	1:45.70	1:50.51		1:43.35	1:44.99	2:08.15	2:13.35	2:23.36	2:31.37	2:54.13	3:29.04	
50BF	47.63	38.89	42.55	42.71	41.90	44.59	40.09	42.99	43.93	47.58	48.24	53.79	1:06.78	1:30.58	2:11.17	3:05.10
100BF	1:46.54	1:24.45	1:34.67	1:29.75	1:29.15	1:35.76	1:27.72	1:32.97	1:34.71	1:46.92	1:52.42	2:05.70				
200IM	4:19.13	3:11.49	3:36.40	3:26.56	3:25.42	3:44.00	3:25.72	3:29.32	3:40.79	4:04.29	4:14.10	4:25.13	4:00.61*	4:42.80*		

*This event is 150m Individual Medley

17/18 years

	S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
50FR	38.87	35.25	37.37	35.09	33.97	38.15	34.63	37.44	39.08	40.88	44.00	48.35	55.47	1:02.94	1:28.82	1:35.41
100FR	1:28.65	1:17.11	1:21.77	1:18.53	1:15.22	1:23.73	1:15.16	1:21.71	1:25.14	1:29.16	1:36.71	1:43.78	2:01.80	2:18.92	3:12.79	3:27.98
50BK	49.17	41.22	44.98	43.22	42.60	47.74	42.26	44.03	45.72	51.85	52.25	51.77	1:03.11	1:05.47	1:33.34	2:00.05
100BK	1:45.10	1:27.84	1:34.27	1:28.43	1:27.72	1:40.09	1:29.47	1:31.39	1:35.55	1:46.30	1:49.32	1:53.14	2:23.81	2:53.16	3:28.09	4:45.13
50BR	50.28	42.07	44.76	46.35	48.72	51.26		43.09	49.28	56.75	57.15	1:02.35	1:08.66	1:11.65	1:23.14	2:12.89
100BR	1:51.08	1:28.65	1:38.14	1:35.49	1:39.68	1:44.21		1:37.46	1:39.01	2:00.85	2:05.76	2:15.20	2:22.75	2:44.22	3:17.14	
50BF	44.92	36.67	40.13	40.28	39.51	42.05	37.81	40.54	41.43	44.87	45.49	50.72	1:02.97	1:25.42	2:03.70	2:54.56
100BF	1:40.47	1:19.64	1:29.27	1:24.63	1:24.07	1:30.31	1:22.73	1:27.68	1:29.32	1:40.83	1:46.02	1:58.54				
200IM	4:04.37	3:00.59	3:24.08	3:14.80	3:13.72	3:31.25	3:14.00	3:17.40	3:28.22	3:50.38	3:59.63	4:10.03	3:46.91*	4:26.70*		

*This event is 150m Individual Medley

11 – 18 years: 200m Freestyle

S5	S4	S3	S2	S1
4:42.16	5:38.58	6:28.95	9:03.17	9:36.25

11 – 15 years: 400m freestyle

S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6
10:29.7										
6	7:29.53	8:22.65	7:55.51	7:58.85	8:22.32	7:50.29	8:14.98	8:32.43	9:13.47	9:14.17

16 - 18 years: 400m freestyle

S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6
8:25.93	6:01.15	6:43.82	6:22.02	6:24.69	6:43.56	6:17.83	6:37.66	6:51.68	7:24.65	7:25.21

This is a long Course event and qualifying times must have been achieved in a long course pool

FEMALE

11/14 years

	S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
50FR	1:01.05	50.36	55.75	52.73	51.92	1:00.11	54.60	55.93	1:00.11	1:00.93	1:08.56	1:09.10	1:28.09	1:49.85	2:19.37	2:18.14
100FR	2:12.46	1:50.33	2:00.94	1:53.38	1:54.53	2:12.04	1:58.23	1:57.63	2:08.17	2:11.82	2:26.31	2:27.62	3:05.58	3:55.92	4:37.65	5:10.70
50BK	1:12.64	59.91	1:02.71	1:03.40	1:04.27	1:10.76	1:02.65	1:05.34	1:11.66	1:16.15	1:21.14	1:14.49	1:34.23	1:49.04	2:12.81	2:16.68
100BK	2:55.33	2:09.36	2:14.35	2:13.06	2:12.67	2:33.64	2:08.01	2:13.46	2:23.21	2:40.21	2:47.30	2:58.93	3:37.08	4:10.53	5:37.39	5:50.02
50BR	1:15.69	1:04.07	1:10.89	1:10.14	1:08.81	1:20.13		1:14.30	1:14.61	1:25.26	1:28.70	1:24.14	1:41.34	1:44.40	2:19.86	3:20.08
100BR	2:56.41	2:21.53	2:37.00	2:28.52	2:27.94	2:52.36		2:28.16	2:29.45	2:55.25	3:03.94	3:00.74	3:36.93	4:09.69	5:50.10	
50BF	1:04.81	56.16	59.80	58.62	57.91	1:09.97	1:00.90	1:01.59	1:04.88	1:06.38	1:14.03	1:18.02	1:48.54	1:53.32		
100BF	3:41.47	2:03.29	2:14.16	2:07.01	2:01.54	2:33.99	2:11.07	2:08.53	2:17.97	2:34.34	2:52.60	3:48.08				
200IM	5:59.94	4:37.05	4:55.43	4:45.32	4:49.05	5:31.94	4:49.15	4:44.70	5:04.88	5:24.37	6:04.45	6:12.81	5:23.24*	6:43.20*		

*This event is 150m Individual Medley

15/16 years

	S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
50FR	49.67	40.97	45.36	42.90	42.24	48.90	44.42	45.50	48.90	49.57	55.78	56.22	1:11.66	1:29.37	1:53.39	1:52.39
100FR	1:47.76	1:29.76	1:38.39	1:32.24	1:33.18	1:47.42	1:36.18	1:35.70	1:44.27	1:47.25	1:59.03	2:00.09	2:30.98	3:11.93	3:45.88	4:12.77
50BK	59.10	48.74	51.01	51.58	52.28	57.56	50.97	53.16	58.30	1:01.95	1:06.01	1:00.60	1:16.66	1:28.71	1:48.05	1:51.19
100BK	2:22.64	1:45.24	1:49.30	1:48.25	1:47.94	2:05.00	1:44.14	1:48.58	1:56.51	2:10.34	2:16.11	2:25.57	2:56.61	3:23.82	4:34.48	4:44.76
50BR	1:01.57	52.13	57.67	57.06	55.98	1:05.19		1:00.45	1:00.70	1:09.36	1:12.17	1:08.45	1:22.44	1:24.94	1:53.78	2:42.77
100BR	2:23.52	1:55.14	2:07.72	2:00.83	2:00.36	2:20.23		2:00.53	2:01.58	2:22.58	2:29.64	2:27.04	2:56.48	3:23.13	4:44.83	
50BF	52.72	45.69	48.65	47.69	47.11	56.92	49.54	50.11	52.78	54.01	1:00.23	1:03.47	1:28.30	1:32.19		
100BF	3:00.18	1:40.31	1:49.14	1:43.33	1:38.88	2:05.28	1:46.64	1:44.57	1:52.24	2:05.56	2:20.42	3:05.55				
200IM	4:52.83	3:45.40	4:00.34	3:52.12	3:55.16	4:30.05	3:55.24	3:51.62	4:08.04	4:23.89	4:56.50	5:03.30	4:22.97*	5:28.02*		

*This event is 150m Individual Medley

17/18 years

	S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
50FR	46.84	38.64	42.78	40.46	39.84	46.11	41.89	42.91	46.11	46.75	52.60	53.01	1:07.58	1:24.28	1:46.93	1:45.99
100FR	1:41.63	1:24.65	1:32.79	1:26.98	1:27.87	1:41.30	1:30.71	1:30.25	1:38.33	1:41.14	1:52.25	1:53.26	2:22.38	3:01.00	3:33.02	3:58.38
50BK	55.73	45.97	48.11	48.64	49.31	54.29	48.07	50.13	54.98	58.42	1:02.25	57.15	1:12.30	1:23.66	1:41.89	1:44.86
100BK	2:14.52	1:39.25	1:43.07	1:42.08	1:41.79	1:57.88	1:38.21	1:42.40	1:49.87	2:02.92	2:08.36	2:17.28	2:46.55	3:12.22	4:18.85	4:28.55
50BR	58.07	49.16	54.39	53.81	52.79	1:01.48		57.00	57.24	1:05.41	1:08.06	1:04.55	1:17.75	1:20.10	1:47.30	2:33.50
100BR	2:15.34	1:48.59	2:00.45	1:53.95	1:53.51	2:12.24		1:53.67	1:54.66	2:14.46	2:21.12	2:18.67	2:46.43	3:11.57	4:28.61	
50BF	49.72	43.09	45.88	44.98	44.43	53.68	46.72	47.25	49.78	50.93	56.80	59.86	1:23.28	1:26.94		
100BF	2:49.92	1:34.59	1:42.93	1:37.45	1:33.25	1:58.15	1:40.56	1:38.61	1:45.85	1:58.41	2:12.42	2:54.99				
200IM	4:36.16	3:32.56	3:46.66	3:38.90	3:41.77	4:14.67	3:41.84	3:38.43	3:53.91	4:08.87	4:39.61	4:46.03	4:07.99*	5:09.34*		

*This event is 150m Individual Medley

11 – 18 years: 200m Freestyle

S5	S4	S3	S2
5:17.02	6:28.68	8:10.03	10:01.68

11 – 15 years: 400m freestyle

S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6
11:18.13	8:35.78	9:09.37	8:37.36	8:54.17	9:58.50	8:46.05	8:28.06	9:10.16	9:47.14	10:30.99

16 - 18 years: 400m freestyle

S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6
9:04.80	6:54.37	7:21.35	6:55.64	7:09.15	8:00.82	7:02.62	6:48.17	7:21.99	7:51.69	8:26.92

This is a long Course event and qualifying times must have been achieved in a long course pool

3.4 Appendix D – Training Procedures

MAIN COMPETITION POOL (50m) START END OF POOL

Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9
25m Dive Sprints ↓	Pace Lane	Circle Swimming Only (Feet First Entry)	Circle Swimming Only (Feet First Entry)	Circle Swimming Only (Feet First Entry)	Circle Swimming Only (Feet First Entry)	Circle Swimming Only (Feet First Entry)	Circle Swimming Only (Feet First Entry)	Pace Lane	25m Dive Sprints ↓

OUTDOOR POOL (50m) START END OF POOL

Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12
25m Dive Sprints ↓	MC Athletes Only	Pace Lane	Circle Swimming Only (Feet First Entry)	Circle Swimming Only (Feet First Entry))	Circle Swimming Only (Feet First Entry)	Circle Swimming Only (Feet First Entry)	Circle Swimming Only (Feet First Entry))	Circle Swimming Only (Feet First Entry)	Circle Swimming Only (Feet First Entry))	Circle Swimming Only (Feet First Entry)	Pace Lane	25m Dive Sprints ↓

DIAGRAMS NOT TO SCALE

3.5 Appendix E – Thrifty Discount Vehicle Hire



Do you want cheaper car rentals?

As a swim club, you are able to access Swimming Australia's preferential booking rate.

You can book either over the phone

- ✓ Simply call Thrifty's TOLL FREE Reservations number **1300 365 564** and quote Swimming Australia's Corporate Discount (CD) number **4908000817**

Want 3 more reasons why you should to book with Thrifty:

- Reduced damage liability excesses
- No Single Vehicle Accident Excess (SVA)
- No underage surcharge for drivers under 25 years

Please note – the above is a credit card only account.

3.6 Appendix F – ASADA Information

GENERAL GUIDELINES

The Australian Sports Anti-Doping Authority (ASADA) is the Australian national anti-doping organisation. It is responsible for developing a sporting culture free from doping.

Athletes can be selected for testing by ASADA anywhere, any time, and are subject to both random and targeted selection methods. Sample collection can be either in-competition (at an event) or out-of-competition (such as a training venue or home). The majority of testing is carried out with no-advance-notice. Tests can involve the collection of urine, blood, or both.

Athletes may be selected at this event for testing. For in-competition testing at this event, athletes can be notified during heats, finals or any other time during the event.

All ASADA officials wear uniform and identification badges.

THE TESTING PROCESS

If you are notified for a test, the following steps are what to expect.

1. Once notified of selection for testing, you must remain in direct observation of the Doping Control Officer (DCO) or Chaperone until the DCO is satisfied that the sample collection procedure is complete.
2. For no-advance-notice testing, including in-competition testing, you are required to report to the doping control station immediately unless you request a delay in reporting for valid reasons. You are permitted to complete a warm-down, participate in medal presentations, compete in further events or fulfil media commitments if required. At all times you must be accompanied by the chaperone.
3. You will be given a choice of individually sealed collection vessels, and you will select one. You will verify that the equipment is intact and has not been tampered with, and you will maintain control of the collection vessel at all times.
4. Providing the sample
 - Urine: The Chaperone will directly witness the urine sample leaving your body and going into the beaker. Only a Chaperone of the same gender is permitted in the area of privacy when you provide the sample.
 - Blood: You will be asked to select blood collection equipment and check that it is intact and has not been tampered with. A blood collection official will collect the sample in the presence of a DCO, Chaperone and, if applicable, the athlete representative.
5. You will select an individually sealed sample collection kit that is intact and has not been tampered with.
6. Splitting the sample
 - Urine: you will pour a measured amount of the urine into each of the 'A' and 'B' labelled bottles, and then secure the kits. You will be asked to leave a small amount of urine in the collection vessel so the DCO can measure the specific gravity.
 - You will place and secure the blood samples in the relevant labelled containers and secure the kits.
7. The DCO will check the specific gravity of the residual urine left in the collection vessel, and will record the value on the Doping Control Test Form. You should **avoid over hydrating**; this can happen if you drink too much fluid. If your sample is too diluted and does not meet the required specific gravity you will be required to provide additional urine samples until you provide a sample that meets the specific gravity requirements.
8. Final paperwork - Your personal information is recorded on the doping Control Test Form, including contact details. You will be asked to provide information on prescription and non-prescription medications, vitamins, herbal products, food supplements, and any other substances you have used within the last seven days. These are recorded on the Doping Control Test Form.

9. The secure sample(s) and the laboratory copy of the Doping Control Test Form are sent to the laboratory for analysis. There is a strict chain of custody regarding transportation, storage and opening of the sample.

Note: You should not consume any unsealed drinks. You will be provided with sealed drinks when you report to the Doping Control Station. You should open them yourself and once opened, be responsible for them. Any food or drink you consume is consumed at your own risk and is not grounds for challenging a test result.

ATHLETE RIGHTS

Athletes have the right to:

- have a representative present during testing (e.g. your coach or manager)
- have an interpreter, if available
- ask for additional information about the testing process
- request modifications for athletes with disabilities
- **request a delay in reporting to the doping control station** for valid reasons (provided they remain in sight of the Chaperone at all times):
 - for in-competition testing:
 - performing a **warm down**
 - competing in **further competitions**
 - fulfilling **media commitments**
 - participating in a **victory ceremony**
 - obtaining necessary **medical treatment**
 - obtaining photo identification
 - locating a representative and/or interpreter
 - any other exceptional circumstances as approved by the DCO

ATHLETE RESPONSIBILITIES

Athletes have the responsibility to:

- remain within direct observation of the DCO or Chaperone at all times from the point of notification by the DCO or Chaperone until the completion of the sample collection procedure
- produce appropriate identification
- comply with sample collection procedures
- report immediately for a test, unless there is a valid reason for a delay.

SWIMMERS SUBJECT TO TESTING

All Australian Swimming Team members and other swimmers identified by SAL as competing at an elite level are subject to ASADA's national out-of-competition testing program. Some state level swimmers are subject to state testing programs as determined by state and territory governments.

CHECK YOUR SUBSTANCES

Athletes can't just take any drug or medication, or even use any training method. Some drugs, medications and substances are banned in sport, as are some methods.

It's easy to check if your substances are permitted in sport. Visit www.asada.gov.au and click *check your substances*.

MORE INFORMATION

For more information about anti-doping, visit www.asada.gov.au