



EST. 1966

Club Handbook 2022 – 2023

> Version 1.0 12 September 2022



# Welcome to Swimming with Aspley Swimming Club

"So many people along the way, whatever it is you aspire to do, will tell you it can't be done. But all it takes is imagination. You dream. You plan. You reach." – Michael Phelps

On behalf of this year's Committee, it is our great pleasure to welcome all new and returning members to the current season. This Club has been in operation since 1966 and we will continue to strive to give children the opportunity to develop their proficiency and especially their enjoyment in the sport of swimming.

The philosophy of the Club is to provide competitive swimming opportunities for school age children. For most of our swimmers this will mean joining in our Friday night Club Meets where the emphasis is on improving your swimming times in a family friendly environment. We also encourage and support our more competitive swimmers who represent our Club at Swimming Queensland and Brisbane Swimming Association sanctioned meets.

There is a place for everyone at our Club! Whether you are a Learn to Swim member, a social or a more competitive swimmer; we want you all to feel part of this great club that has gone from strength to strength since its inception.

We have new committee members each year and we continue to plan some great things this season, but we continue to need your help. This club is not made up of the small number of committee members, the children, and parents who come along each Friday night and get involved in whatever role is needed. The committee has been working hard to provide a social program that will suit all our members no matter what level of ability, development, or commitment; we need your participation and involvement to make these events a success.

As a club we have made commitments to attend two carnivals, we are working on the dates for these and will let you know when these are scheduled. These meets are a perfect opportunity to introduce swimmers into the competitive side of swimming whilst representing our club. We always aim to do our best, but as the name implies, these events are 'friendly', and we continue to strengthen our relationships with fellow Swimming Clubs across the greater Brisbane metropolitan area.

As a club we will also invite our competitive swimmers to attend meets throughout the season. These Swimming Queensland / Brisbane Swimming Association sanctioned meets will be advertised as they arise.

We also continue our successful training partnership with Swim Solutions who provide our Learn to Swim lessons and Squad training programs.

The continuing aims of the club are to:

- promote swimming as a competitive sport
- encourage water confidence and fitness
- encourage self-improvement
- promote good sportsmanship

As always, the Committee are here to help. We will endeavour to provide any information or answer any questions you may have. Our contact details are printed in this Handbook and are listed on the website. Any general queries should be directed to the Committee.

President Aspley Swimming Club

"Have fun, because that's what life is all about." - Ryan Lochte



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# CODE OF CONDUCT

#### **General Behavioural Guidelines**

Swimming Australia promotes the following behavioural guidelines to all people involved in any way with the sport of swimming, particularly those responsible for activities involving members under the age of 18 years. These behavioural guidelines highlight the principles and values of Swimming Australia and are the core principles of the Member Welfare and Child Welfare Policy documents.

As a person involved in any way with the sport of swimming, the following standard of behaviour is expected:

- Respect the rights, dignity and worth of others.
- Be ethical, considerate, fair and honest in all dealings with other people and organisations.
- Be professional and accept responsibility for your actions.
- Make a commitment to providing quality service.
- Be aware of Swimming Australia's standards, rules and policies.
- Operate within the rules and spirit of the sport, including the national and international guidelines that govern Swimming Australia.
- Understand the possible consequences of breaching Swimming Australia Member Welfare and Child Welfare Policies.
- Immediately report any breaches of the Swimming Australia Member Welfare and Child Welfare Policies to the appropriate authority.
- Refrain from any form of abuse towards others.
- · Refrain from any form of harassment toward others.
- · Refrain from any form of discrimination toward others.
- Refrain from intimate relations with members whom they have a supervisory role or power over.
- Refrain from any form of victimisation toward others.
- Provide a safe environment for the conduct of activities in accordance with any relevant Swimming Australia
  policy.
- Show concern and caution toward others that may be sick or injured.
- · Be a positive role model.

# **Competitor Behavioural Guidelines**

- · Abide by the General Behavioural Guidelines.
- Always follow the rules of Swimming Australia.
- · Always give your best.
- Never argue with an official. Use the appropriate rules and guidelines to resolve a dispute.
- Control your temper. Verbal or physical abuse is not acceptable.
- Work equally hard for yourself and/or your team.
- Be a good sport. Applaud good performances whether they are made by your team or the opposition.
- Treat all swimming participants, as you would like to be treated. Do not bully or take unfair advantage of another competitor.
- · Cooperate with your coaches, teammates, opponents, management, event staff and officials.
- Participate for your own enjoyment and benefit, not to satisfy the expectations of others.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, ethnicity, cultural background or religion.

#### **Spectator Behavioural Guidelines**

- · Abide by the General Behavioural Guidelines.
- Remember that people participate in sport for their enjoyment and benefit, not yours.



- Applaud good performance and efforts from all individuals and teams. Congratulate all participants on their performance regardless of the outcome.
- Respect the decisions of officials and teach others to do the same.
- Never ridicule or scold an athlete for making a mistake. Positive comments are motivational.
- Reject the use of violence in any form, whether it is by spectators, coaches, officials or competitors.
- Show respect for all athletes. Without them there would be no competition.
- · Encourage competitors to follow the rules and the officials' decisions.
- Do not use foul language, sledge, or harass other competitors, coaches or officials.
- Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion.

#### Parent/ Guardian Behavioural Guidelines

- · Abide by the General Behavioural Guidelines.
- Encourage your child to participate in sport for their individual enjoyment, personal satisfaction, and improvement.
- Focus on your child's effort and performance, rather than winning or losing.
- Encourage your child to abide by the rules and accept judgements made by officials.
- Never ridicule or yell at a child for making a mistake or performing below expectation.
- Be an example to your child and others. Appreciate good performances by all participants.
- · Support all efforts to remove verbal and physical abuse from the sporting environment.
- · Show appreciation and respect for all people involved in your child's swimming.
- Respect the rights, dignity and worth of all participants, regardless of their gender, ability, ethnicity, cultural background or religion.

# Club Administration CLUB CONTACTS

Chairperson: P&C Association Treasurer:

Felicity Turner <a href="mailto:swimaspley@hotmail.com">swimaspley@hotmail.com</a> Kain Elsmore <a href="mailto:swimaspley@hotmail.com">swimaspley@hotmail.com</a>

Secretary: (Vacant) Nominations Clerk:

<u>swimaspley@hotmail.com</u> Kendall Simpson <u>swimaspley@hotmail.com</u>

Membership & Registrations:

Race Secretary:

<u>swimaspley@hotmail.com</u> Andrew Turner <u>swimaspley@hotmail.com</u>

Insurance/Affiliation:

Marsh Advantage Insurance Pty Ltd

Aspley Swimming Club with P&C Association

ASPLEY SWIMMING CLUB C/- ASPLEY STATE SCHOOL MAUNDRELL TERRACE ASPLEY QLD 4034



# Remember to keep up to date with all the latest club happenings, information, events and results either on our (closed) Facebook page:

www.facebook.com/groups/373013099477703/



**Our Learn to Swim and Training Provider** 

# **Club Administration**

# LIFE MEMBERS

LIFE MEMBERS	YEAR PRESENTED	LIFE MEMBERS	YEAR PRESENTED
Jack Purtell	1976	David & Karen Winters	1998
Robert & Rosemary Richards	1990	Jeff & Clare O'Sullivan	2005
Ernest & Sheyne Steward	1990	Con & Sharyn Doyle	2010
Trevor Gaston	1996	Warwick & Beth Trafford	2017
John Donaldson	1996		



# **ASPLEY SWIMMING CLUB OFFICIALS**

OFFICIALS
P&C President
Chairperson
Chairperson
Felicity Turner
Kain Elsmore
Nominations Clerk / Records
Race Secretary (Meet Nominations)
Andrew Turner

Canteen Convenor

Co-Referees Colin O'Connor / Luke Millard

Jason Bowers (retired)

Announcers Tess Steele
Carnival Convenor Luke Millard

Safety Officers (Aquatic Teacher Qualified) Iru Premani / Kym Dalamaras

Janelle Lee

Coach (Swim Solutions) Megan Starr-Thomas

First Aid Officers Wendy Pritchard / Louise Robertson



# Club Administration MEMBERSHIP & FEES

Applications for membership are made to the Club by completing a membership application and by payment of the Club membership fee. All applications are subject to approval of the Club Executive Committee. By applying for membership, the applicant agrees that they will abide by the rules of the club and will adhere to the Club's Code of Conduct. If the committee believes a member has refused or neglected to comply with these rules or is deemed guilty of conduct unbecoming a member of the Aspley Swimming Club, the committee may by resolution (a) suspend that member from membership of the Association for a specified period; or (b) terminate that member from the Club.

# **CLUB MEMBERSHIP – required for all Aspley Swimming Club members**

Swim at Club nights and inter-club friendly meets

Membership is open to school age children (i.e. Prep to Year 12) and is not restricted to families of Aspley State School or those participating in LTS/Coaching programs conducted by Swim Solutions. All swimmers and their families are welcome as members of Aspley Swimming Club.

The 2022–2023 membership fees are as follows:

Full Membership:	\$100.00	first swimmer in family
	\$85.00	2 <sup>nd</sup> swimmer in family
	\$55.00	each subsequent swimmer in family

#### **COMPETITIVE MEET SWIMMERS**

In addition to Club nights and inter-club friendly meets, swimmers may compete at other inter-club meets and competitive swim meets sanctioned by Swimming Queensland and Brisbane Swimming Association.

This annual fee (1 July each year) is paid directly to Swimming Queensland. Please read information in the Competition Meets section for more details – see pages 17-18 and contact our Race Secretary or other members of the Club Executive Committee for further information.

SQ & BSA Insurance:	\$92.00	Competitive Swimmer 9 Years & Over
	\$65.00	Recreational Swimmer 9 Years & Over
	\$62.00	Swimmer 8 Years & Under
	\$20.00	Non-Swimmer
	\$0.00	Parent

For a full breakdown of Swimming Queensland membership fees, please visit the Swimming Queensland website at <a href="https://qld.swimming.org.au/managing-members">https://qld.swimming.org.au/managing-members</a>



# **GENERAL MEETINGS**

The Club is a sub-committee of the Aspley State School P&C and regularly conducts general meetings through the year. Your attendance at these meetings will greatly assist the administration of the Club. The date, time and venue for these meetings will be advertised on the Aspley Swimming Club's Facebook page





# **Club Meets**

# **PROPOSED CLUB CALENDAR 2022/23**

2022	12.5m, 25m & 50m swims	100m swims Individual Stroke		Stroke Dropped
Sun 09 Oct 2022	First Club Meet— All swims 12.5, 25 8	3.50m <u>No Medley</u> –		
Fri 14 Oct 2022	Freestyle / Backstroke / Butterfly	Freestyle	100	Breaststroke
Fri 21Oct 2022	Freestyle / Breaststroke / Backstroke	Breaststroke	100 / 200	Butterfly
Fri 28 Oct 2022	Freestyle /Backstroke / Butterfly	Freestyle	100	Breaststroke
Fri 04 Nov 2022	Freestyle / Backstroke / Butterfly	Backstroke	100 / 200	Breaststroke
Fri 11Nov 2022	Freestyle / Breaststroke / Backstroke	Freestyle	50 / 100	Butterfly
Fri 18 Nov 2022	Freestyle / Breaststroke / Butterfly	Breaststroke	100 / 200	Backstroke
Fri 25 Nov 2022	Freestyle / Backstroke / Butterfly Volunteer – "Gentlemen's Night"	Butterfly	100	Breaststroke
Fri 02 Dec 2022	President's Trophy and 25m Swims (re	cord attempts)		

# **CHRISTMAS BREAK**

2023	12.5m 25m & 50m swims	100m swims	Individual M edley	Stroke Droppe
Fri 27 Jan 2023	Freestyle / Breaststroke / Backstroke	Backstroke	100 / 200	Butterfly
Fri 03 Feb 2023	Freestyle / Breaststroke / Butterfly	Freestyle	100	Backstroke
Fri 10 Feb 2023	Freestyle / Backstroke / Butterfly Volunteer – "Ladies" Night"	Butterfly	100 / 200	Breaststroke
Fri 17 Feb 2023	Freestyle / Breaststroke / Backstroke EXTRA EVENT - 400m Freestyle	Freestyle	100	Butterfly
Fri 24 Feb 2023	Freestyle / Breaststroke / Butterfly	Breaststroke	100 / 200	Backstroke
Fri 03 M ar 2023	Freestyle / Backstroke / Butterfly	Butterfly	50 / 100	Breaststroke
Fri 10 M ar 2023	Individual Medley Trophy Race Freestyle / Breaststroke / Backstroke			
Fri 17 M ar 2023	Freestyle / Breaststroke / Butterfly	Freestyle	100	Backstroke
Fri 24 M ar 2023	Championships Day One	•	-	•
Sun 26 M ar 2023	Championships Day Two-			

<sup>\*</sup> It is intended that events will be conducted based upon the above Calendar however may be required to change (due to weather events or unforseen circumstances); we reserve the right to modify the schedule to better suit the majority of our current members.

Any changes will be published on our Facebook page and emailed to all current members as soon as it is practicable



# **Club Nights**

# **CLUB MEET PROCEDURES**

Your **club** is organised by the parents and past swimmers. **Each club meet we require about 18 volunteers** to help in the areas of nominations, recording, marshalling, time keeping, canteen, and set up and pack down etc. We encourage parents to participate in these functions allowing your children to reap maximum benefits from the club. No previous experience is necessary as the club will provide adequate training. This involvement provides an ideal opportunity to meet other parents in the club.

Automatic nominations apply to all registered club swimmers. It is the swimmer's responsibility to inform the Nominations Clerk if they are unable to attend a club meet by the prior Thursday night, no later than 6pm.

(Please refer to Nominations Notes on next page.)

#### Friday night program

 $\begin{array}{lll} 6.15 \text{ pm} - 6.25 \text{ pm} & \text{Record attempts} \\ 6.25 \text{ pm} - 6.30 \text{pm} & \text{Announcements} \\ 6.30 \text{ pm} & \text{Swimming starts} \end{array}$ 

# Sunday program

 $\begin{array}{lll} \text{1.15 pm} - \text{1.25 pm} & \text{Record attempts} \\ \text{1.25 pm} - \text{1.30 pm} & \text{Announcements} \\ \text{1.30 pm} & \text{Swimming starts} \end{array}$ 

#### **SPECIAL POINTS**

- Children will not be allowed to swim in a club meet unless they are accompanied by an adult who has accepted responsibility for their conduct and safety for the entire evening. An adult must supervise swimmers under the age of 18 years.
- Help by parents is essential for the smooth running of club meets.
- Swimmers are responsible for reporting to the Race Marshall when their names are called.
- Bathing caps must always be worn in the pool. (No lyre caps permitted.)
- For the start of each race (after the referee's whistle), we ask for complete silence from the stand and all movement to cease.
- At the end of a race swimmers must stay in the water in their correct lanes with caps on until the Referee instructs them to leave the water. Swimmers must then exit by the steps on both sides of the pool. Failure to comply will result in disqualification.
- No smoking is allowed within the school grounds.

<sup>\*</sup>Due to the current coronavirus conditions; Club Nights will be run to a modified schedule and the details will be distributed to all Members prior to the Commencement of our first meet.



# **NOMINATIONS**

All children need to nominate the strokes and lengths that they want to swim. **Nominations from last season are carried forward.** If you are new to the Club and we did not capture your nominations, we would have assigned your child to either the 12.5m (< 9 y.o) or 25m (older) distance events and strokes as per your Membership Form.

In future weeks, if you want to add your child to additional events, please email <a href="mailto:swimaspley@hotmail.com">swimaspley@hotmail.com</a> add 'Nominations' in the subject line. Nominations remain automatic for each week unless you advise the nominations clerk BEFORE 6pm Thursday of any changes.

# If you will not be attending:

Withdrawals must be **emailed** to <u>swimaspley@hotmail.com</u> **no later than 6pm Thursday** This enables us to remove swimmers from races and condense the program.

#### If you want to add a stroke:

If you want to add an additional event, again, these must be **emailed** to <u>swimaspley@hotmail.com\_</u>no later than 6pm Thursday.

Please include your swimmer's name and the stroke. Your child will be automatically moved to the next distance once they have met the qualifying times on 2 occasions. This is referred to as Graduations.

#### **IMPORTANT UPDATE:**

Nominations (Updates/Changes/Withdrawals) must be **emailed** to <a href="mailed:swimaspley@hotmail.com">swimaspley@hotmail.com</a> **no later than** 6pm Thursday

Any Nomination Requests\* received after 6pm Thursday will be accommodated as best as possible, swimmers will be placed in available lanes, but times will not be recorded, and therefore points will not be awarded.

\*Withdrawals due to illness only will be accepted up until the event start.

# **CLUB MEET PROGRAM**

*Freestyle and individual medley are swum each week (except no medley will be swum on the first night)*. Breaststroke, Butterfly and Backstroke will be rotated throughout the season. Medley distances will alternate between 4 x 25m and 4 x 50m on a weekly basis.

A maximum of two 100m stroke events as per the club calendar will be swum each meet.

Swimmers who are eligible for 200m and 400m swims must have qualified for 100m in the stroke nominated.



# **CLUB CAPTAINS**

Swimming Club Captains are selected by the Executive Committee and Designated Officials and announced early in the swimming season.

#### **CLUB CAPTAINS SELECTION PROCESS**

At the beginning of the season, swimmers who are interested in the role of Club Captains will be asked to complete a "nomination for Club Captain" form to be eligible for club captaincy.

Club Captains are selected by the management committee and announced at the beginning of the season.

#### **ROLES AND RESPONSIBILITIES OF CLUB CAPTAINS**

To support and promote the club by:

- Encouraging and fostering team spirit in club members
- Being an active and positive role model to other club members
- Representing the club at local meets (as a swimmer or non-swimmer)
- · Participation in club meet activities
- Wearing the club uniform always whilst representing the club
- Representing and communicating the needs, ideas and views of the swimmers to the Management Committee
- Promoting club policies to the swimmers and the general community

# PARENTAL SUPERVISION

As your children's safety is of paramount importance, parents of children involved in any activity conducted by the club **MUST** either be present throughout the entire activity or arrange for another adult to accept that responsibility. **An adult must supervise swimmers under the age of 18 years**. Should clarification be required regarding this requirement please contact a member of the Executive Committee or the relevant Convenor.

# SICKNESS POLICY

Swimmer and Parent/Guardian must approach the Referees, and then advise the Nominations Clerk and Marshalls, should the swimmer become sick or injured on the day/night. Once this has been noted, the swimmer will be unable to compete for the remainder of the meet.

# **CANTEEN**

Our Club nights are held on Friday evenings from 6pm and we run a BBQ and canteen for the family to enjoy.

# **SWIMWEAR**

Limited club gear and swimwear is available for purchase from the swimming pool. Please keep an eye on Facebook for notifications of availability and prices.

Club caps are required for members to compete in all club carnivals as swimmers are representing Aspley Swimming Club.



# Qualifying Times & Points System GRADING OF SWIMMERS

Club events are based on a system of graded scratch races (swimming against those with similar times irrespective of age). Points are allocated on basis of comparison with the swimmer's own best time.

Current swimmers' best time will be carried over from the previous season.

When a faster than best time is recorded, this time becomes the new best time.

Swimmers will automatically grade to the new distance on achieving the qualifying time on two swims. This applies to all strokes including medley.

# **QUALIFYING TIMES**

STROKE	DISTANCE (metres)	TIME (seconds)	NEW DISTANCE
FREESTYLE	12.5m 25m	15 25	25m 50m
	50m	40	100m
BREASTSTROKE	12.5m 25m	17 29	25m 50m
	50m	50	100m
BACKSTROKE	12.5m 25m	16 28	25m 50m
	50m	47	100m
BUTTERFLY	12.5m 25m	15 27	25m 50m
	50m	43	100m
INDIVIDUAL MEDLEY	4x25m	1.40	4x50m

A swimmer must have swum 25m of each stroke to be eligible to nominate for the individual medley.

Once a swimmer automatically grades to 100m they must compete in that 100m event when it occurs.

For swimmers to be eligible for 200m and 400m swims they **must** have qualified for 100m in the particular stroke nominated



# **Qualifying Times & Points System**

# **ACCUMULATED POINTS SYSTEM**

Points are awarded for performances in each stroke swum at club meets as per the chart below:

DIVISION (Metres)				POINTS		
		12.5m	25m	50m	100m	I.M
	Greater than 2.5 sec	1	1	1	1	1
Slower than best time by:	Over 1.5 & less than or equal to 2.5 sec	2	2	2	2	2
Soot ame sy.	Over 0.5 & less than or equal to 1.5 sec	3	3	3	3	3
Either side of best time by:	0.5sec	4	4	4	4	4
Faster than	Over 0.5 & less than or equal to 1.5 sec	5	5	5	5	5
best time by:	Over 1.5 & less than or equal to 2.5 sec	6	6	6	6	6
	Greater than 2.5sec	7	7	7	7	7

The allocation of points is made automatically by the electronic timing system.

President's Trophy, Individual Medley Trophy Race and Age Championship event points are **not** accumulated towards Member's overall season total.

# FACTORS PERTAINING TO THE POINTS SYSTEM

For new members the time recorded for the first swim becomes the best time. These members and graduating swimmers will accrue 4 points irrespective of which distances swimmers are graduating to or from.

12.5m	25m	4 points
25m	50m	4 points
50m	100m	4 points

If a swimmer nominates in a stroke and elects not to swim in that stroke without good reason, and without advising the Referee, one (1) penalty point will be deducted from his/her accumulated total for that stroke.

If a swimmer is disqualified, they will accumulate one point.



# **Club Championships**

# RULES AND ELIGIBILITY FOR CLUB CHAMPIONSHIPS 2022–2023 SEASON

1.(a) To qualify for any event, 50% of all swims offered at club meets for the whole season must be swum for that particular stroke including individual medley. (Specialty swims or carnivals do not qualify.) Qualifying number of swims is listed below.

# QUALIFICATIONS REQUIRED FOR CLUB CHAMPIONSHIPS Free-8; Br-5; Bk-5; Bf-5; Med-7

1. **(b) New Swimmers** to the Club after 1 January will be eligible to swim Club Championships, if they are Financial Members by 31 January 2023 and have swum the required number of swims for New Members as listed below. This includes swimmers who start swimming new strokes in the second half of the season. They must meet the number of qualifying swims as for New Members for that particular stroke.

# QUALIFICATIONS REQUIRED FOR NEW MEMBERS FROM 01/01/2022 Free-4; Br-2; Bk-2; Bf-2; Med-3

- 2. Club Members who are swimming for their School and/or representing Aspley Swimming Club at QSA or BSA on a Friday Club night or a Sunday afternoon must present verified documentation with dates and venues to the Executive, one week prior to the Friday night/s concerned. No swim counts will be allocated without this documentation. No points will be allocated/deducted for the strokes missed. The final decision if a swimmer has qualified for Club Championships will be at the discretion of the Club Championship Committee together with the Executive. THIS CLAUSE ONLY COVERS CLUB MEMBERS WHO ARE COMPETITIVELY SWIMMING ON FRIDAY NIGHT/S or SUNDAY AFTERNOON/S. Any abuse of this rule will not be tolerated by the Committee/Executive.
- **3.** All intending Swimmers are encouraged to nominate regardless of whether they think they qualify. No late nominations under any circumstances will be accepted.
- **4.** Notification to the committee in writing of serious illness, injury or extenuating circumstances will be considered by the Club Championship Committee and must be received by the last night of nominations.
- **5.** Races will be swum according to the program.
- 6. <u>Swimmers must compete in both the Sprint and Distance Club Championship Meets to be eligible for being an Age Champion.</u> i.e. the Friday evening AND the Sunday afternoon. Swimmers do not have to compete in ALL events on these days however points will only be allocated to events swum.
- 7. With respect to the Mini age divisions, points will only be allocated to the 25m swims. The individual medley swim is offered for experience only. In the event of a tie the age champion will be determined by the fastest freestyle time.
- **8.** If, in any age group, there are not 3 swimmers who meet the eligibility requirements, the committee may award placings using the fairest criteria available to them.



# **Club Championships**

# **CLUB CHAMPIONSHIP EVENTS**

Club Championships are held over two days at the end of the season.

AGE DIVISIONS DISTANCES

Minis 8 years and under 25m all 4 strokes + 50m Freestyle (7&8 y/o) + 4 x 25m IM

Juniors **9 & 10 years** 25m all 4 strokes + 50m all 4 strokes + 4 x 25m IM

Seniors 11 – 16 years 50m all 4 strokes + 100m all 4 strokes + 4 x 50m IM Open

17yrs & Over (School 50m all 4 strokes + 100m all 4 strokes + 4 x 50m IM

Aged Children)

Age Division will be Age on Block at commencement of Championships for all swimmers

# Friday Night / Week 9 Term 1

Warm Up will be at 6pm and the first race will be in the water at 6.30pm.

Minis	25m Freestyle + 25m Breaststroke + 4 x 25m Individual Medley
Juniors	25m Breaststroke + 25m Backstroke + 50m Butterfly + 50m Freestyle
Seniors	50m Breaststroke + 50m Backstroke + 100m Freestyle + 100m Butterfly
Open	50m Breaststroke + 50m Backstroke + 100m Freestyle + 100m Butterfly

# Sunday Afternoon / Week 9 Term 1

Warm Up will be at 1pm and the first race will be in the water at 1.30pm.

Minis	25m Backstroke + 25m Butterfly + 50m Freestyle
Juniors	25m Butterfly + 25m Freestyle + 50m Breaststroke + 50m Backstroke + 4 x 25m Individual Medley
Seniors	50m Freestyle + 50m Butterfly + 100m Breaststroke +100m Backstroke + 4 x 50m Individual Medley
Open	50m Freestyle + 50m Butterfly + 100m Breaststroke +100m Backstroke + 4 x 50m Individual Medley

# **Competition Meets**

# **SQ/BSA MEETS & OTHER MEETS**

You must be registered with Swimming Queensland to swim at these events. This is a separate membership to Aspley Swimming Club and is an annual fee paid 1 July each year. (Note: you may register at any point in the year, but your Swimming Queensland registration will expire 30 June).

# **Swimming Qld Meets**

https://qld.swimming.org.au/events



# MEET NOMINATIONS: REGISTRATION PROCESS

If attending Swimming Queensland Club Meets, Swimming Queensland membership fees <u>must be paid in advance</u> to Swimming Queensland. Additional event fees may also apply. Please check individual event notices.

# **Swimming Queensland registration:**

- → Visit Swim Central https://swimcentral.swimming.org.au
- + Either Sign-in or Register as a new Swimming Queensland swimmer and make your payment.
- + Please email the Race Secretary and attach your confirmation of payment from Swimming Queensland.

#### **Meet Nominations:**

- Meet Flyers will be available on the Aspley Swimming Club Facebook page and Aspley Swimming Club website.
   Please read all information carefully.
- + You must check event requirements. Fees for events will be published and vary per club and event. All nomination fees must be paid before the closing date. Direct debit is preferred or please contact executives for an alternative arrangement where possible.
- + Please email the Race Secretary to notify that payment has been made.
- Nomination processes for each event will be notified via our Facebook page. Notification of these meets and a flyer will also be emailed to all club members as per the contact details provided on your membership forms. Please make sure this information is kept up to date.
- + The Club will advertise a closing date several days prior to the advertised Meet Closing Date to enable us to process the nominations. No nomination can be accepted after this time and date.

# Competition Meets ATTENDING MEETS WITH THE ASPLEY TEAM

Swimming Queensland Membership fees include the opportunity for members to nominate to compete at any Swimming Queensland/Brisbane Swimming Association approved meet or interclub carnivals with affiliated clubs.

The Club encourages as many competitive swimmers as possible to take up this option to enhance their swimming experience. Some meets require qualifying times, others do not. There are meets for everyone. If you are unsure, please speak to the Race Secretary. Details of meets are notified via our Facebook page and will also be posted to the club website. Please read the information carefully and submit your nominations by the club's closing date. This date will usually be a few days prior to the Meets' advertised closing date. Nominations can be made by email if necessary. All nomination fees are to be paid prior to the meet's closing date. This can be done by direct deposit or please contact executives for alternative arrangements where possible.

Swimming at these meets also will enable swimmers to record qualifying times for Brisbane and Queensland Championship Meets. Swimmers should discuss which events they should swim with their coach.

All swimmers representing the Club at these meets are expected to wear the Aspley Cap.

# The Aspley Coach/es attend selected (NOT ALL) meets with the Aspley team.

Please note: There is no obligation for members to train with the club coach, but the following clarification is provided to assist members competing at meets where the club coach is in attendance.



- Coaching responsibilities on these occasions will include supervision of warm-ups and warm downs as well as providing professional advice to swimmers regarding their race performances.
- The Aspley coaches are members of a professional body (ASCTA) and as such comply to a professional Code of Conduct and ethical standards. It would therefore be expected that the Aspley Coaches would not approach or discuss performances with swimmers who train with another coach. The only exception to this would be in the instance that a prior arrangement had been made between the coaches involved and approval sought from the Aspley Swim Club Committee.
- If an Aspley club member competes for the club but does not participate in any external squad or learn to swim program, it is reasonable that they may be given direction by the Aspley coach/coaches at meets.



# **Trophies & Presentation Night**

# **ANNUAL PRESENTATION NIGHT**

TROPHY PRESENTATIONS: Date to be announced

At the end of the swimming season, the club organises a Trophy Presentation at which all trophies are presented. This is always a fantastic occasion for our swimmers, celebrating their achievements and recognising their efforts and personal successes. All families are encouraged to attend and support this function.

Notices about pricing, tables/seating, function arrival times etc are announced at Club Nights and via the Club Facebook page closer to the event.

All children who do not receive a points trophy or other form of trophy will be awarded an encouragement trophy.

**N.B.** As the points system is cumulative swimmers are encouraged to attend regularly throughout the season. Every swim earns points and improvement in times generates extra points.

# **Trophies & Presentation Night**

# **TROPHIES & AWARDS**

# **PERPETUAL TROPHIES**

#### **ENCOURAGEMENT T ROPH IES:**

#### Kim Grayson Memorial Trophy

This trophy will be awarded to a swimmer who displays great courage, strength, and self-discipline to achieve a personal goal in the sport of swimming throughout the season. The Trophy Selection Committee will be responsible for the selection of the swimmer.

# Norm Wyndham Encouragement Trophy (Male & Female)

These trophies will be awarded to the swimmers who show good club spirit at club meets and carnivals, having a good attendance record and will be selected by the Trophy Selection Committee.

#### Eloise Gannon Memorial Trophy

In memory of our former Aspley swimmer who passed away in 2013, at the age of 15 years. This trophy is to be awarded to an older female swimmer who is an inspirational role model to the younger club members. Throughout the season the recipient will have shown support, encouragement, sportsmanship, and friendship at club nights & club meets to all swimmers. This trophy is to be selected by the Trophy Selection Committee.

#### Barnaba Family Encouragement Trophy

This trophy will be awarded to a swimmer who displays enthusiasm, dedication and courage to training in development squad. The recipient cannot have placed in Club Championships or be a Perpetual Trophy winner.



#### The Coach's Award for Excellence

This trophy will be awarded to a swimmer who achieves excellence in the sport of swimming. An attitude of striving for perfection in everything they undertake in the pool and out of the pool. This includes training, competition, dry land, nutrition, interaction and attitude. This trophy will be awarded to a swimmer selected by the Coach.

# Coach's Aspiration Award (formerly Coach's Award for Juniors)

This trophy will be awarded to a swimmer who encourages team spirit, loyalty, dedication, commitment, courage and is fearless in their pursuit of excellence in the sport of swimming. This trophy will be awarded to a swimmer selected by the Coach.

# Jocelyn Radcliffe Development Trophy

This trophy will be awarded to a swimmer who has progressed through the Learn to Swim Program and who shows potential and ability to further their swimming development in the Mini and Junior age divisions.

# O'Sullivan Family Encouragement Trophy

This trophy will be awarded to a swimmer who displays enthusiasm, dedication and courage to swimming in the Senior and Open age divisions. The recipient cannot have placed in Club Championships or be a Perpetual Trophy winner.

#### Perseverance & Determination Trophy

Swimmers who live with challenges such as:

- Developmental delays
- Medical conditions
- Psychiatric conditions; or
- · Congenital conditions that require assistance inside or outside the pool

Despite these challenges, the swimmers continue to:

- Regularly attend club nights and show perseverance and determination every week
- Cannot qualify for age group championship due to not being able to complete all strokes (required for age on block)

The swimmer who gives their all despite other challenges in life getting in the way.

**Note:** Only swimmers nominated by parents / guardians will be put forward for this.

#### PRESIDENT'S TROPHY

This is a perpetual trophy awarded to the male and female winners of their respective handicap races. This is a 50m freestyle event involving the leading six male and female point scorers (excluding Medley) as at the conclusion of the Club Meet prior to the holding of the President's Trophy race. Contestants are announced prior to the start of the race and should any be absent the next highest scorer/s will be eligible to swim. Only swimmers eligible to swim 50m freestyle are considered. The winners also receive towels and the contestants a memento of the race.



#### **INDIVIDUAL MEDLEY RELAY**

Participants in this event will be the top 6 male and 6 female points' scorers (including Medley) as at the conclusion of the preceding club meet. For the purposes of this event the points will have been calculated solely on points earned in the 2<sup>nd</sup> half of the summer season. Only swimmers who have swum Individual Medley on a club meet in the current season will be considered. Contestants are announced prior to the start of the race and should any be absent the next highest scorers will be eligible to swim.

#### Race procedure:

The top 3 males and 3 females will be announced. They will then in order, draw the name of their relay partner from the names of the 3 next highest points' scorers. The males will draw from the female swimmers and the females from the males.

The 6 teams of 2 swimmers will then swim a handicap race of 2 x 100m Individual Medleys. Each team may decide which swimmer will swim first.

The winning team will receive towels and the other participants a memento of the race.

#### THE RICHARDS FAMILY TROPHY

This trophy will be awarded to a Primary School swimmer (at the start of the season) with the most outstanding performance who has achieved at the highest level at Interschool, BSA/QSA swimming.

#### JOHN GOSS POINTS TROPHIES (Male & Female)

These trophies are awarded to the swimmers who have accumulated the most club meet points in all strokes including Medley.

# MATTHIES FAMILY 25M POINTS TROPHY (Male & Female)

These trophies are to be awarded to the swimmers who have accumulated the highest number of points in the 25m swimming division, excluding Medley.

# QLD TROPHY DISTRIBUTORS CLUB PERSON OF THE YEAR

This trophy is to be awarded to the person who epitomizes the Club spirit and will be selected by the Trophy Selection Committee.



# **MAJOR TROPHY WINNERS 2021-2022**

**Qld Trophy Distributor's Club Person of the Year**Julie Mellor

**President's Trophy** 

Female SwimmerMale SwimmerJacob Campbell

**Individual Medley Relay Trophy** 

Female Swimmer
 Male Swimmer
 Elke Fletcher
 Ezekiel Taotofi

John Goss Points Trophy

- Female Swimmer Stella Kerr

Male Swimmer Jacob Campbell

**Matthies Family 25m Trophy** 

- Female Swimmer Leona Miller

- Male Swimmer Nicholas Wright
Kim Grayson Memorial Trophy Amy Pritchard

Jocelyn Radcliffe Development Trophy Sophia Dalamaras

Eloise Gannon Memorial TrophyJasmine SteeleRichards Family TrophyHarry Pritchard

The Barnaba Family Encouragement Award Olivia Slade

The Coach's Award for Excellence Bronte Bowers / Olivia Holland

The Coach's Aspiration Award Toby Millard

Norm Wyndham Encouragement Trophy

- Female Swimmer Matilda Robertson

- Male Swimmer Eddie Turner
O'Sullivan Family Encouragement Trophy Lily Robertson

Perseverance & Determination Trophy Christian Andrews



# 2021/22 CLUB CHAMPIONS

Due to Covid isolations and weather events – 2021/2022 Age Championships were unable to be conducted. Therefore the committee elected to run the meets virtually and were awarded based upon Members best times throughout the current season. To be eligible, swimmers were required to members for the entire 2021/20222 season.

Female			Male		
6 & under	1st	Ruby Varner	6 & under	1st	Joe Molloy
	2nd	Elsie Hinde		2nd	Sam Millard
	3rd	April Loweke		3rd	Ari Bird / Brandon Ferriera
7 Years	1st	Leona Miller	7 Years	1st	Sam Bowes
	2nd	Darcey Kerr		2nd	Artur Bykon
	3rd	Eloise Wright		3rd	
8 Years	1st	Bronte Taotofi	8 Years	1st	Toby Millard
	2nd	Esther Taotofi		2nd	Jax Bird
	3rd	Emma Long		3rd	Karim Premani
9 Years	1st	Sophia Dalamaras	9 Years	1st	Ned Molloy
	2nd	Sophie Gunn		2nd	Keegan Swart
	3rd	Lilly Kenneally		3rd	Hayden Campbell
10 Years	1st	Zaib Premani / Maicey Casalaina	10 Years	1st	Harry Pritchard
		Zaio i remani / marcey eacaiama		2nd	Milan Bykon
	3rd	Zali Forward		3rd	Jonathan Zhang
					-
11 Years	1st	Mia Long	11 Years	1st	Ezekiel Taotofi
	2nd	Nyla Premani		2nd	Eddie Turner
	3rd	Gemma Parker		3rd	Leo Molloy
12 Years	1st	Amy Pritchard	12 Years	1st	Archie Mellor
12 16013	2nd	Olivia Holland	12 Teals	2nd	Lucas Carlsson
	3rd	Jasmine Steele		3rd	Lucas Carissori
		Guorinio Grooto			
13 Years	1st		13 Years	1st	Will Bird
	2nd			2nd	Max Molloy
	3rd			3rd	Will Turner
4437 2	4 .		4434	1 .	
14 Years & Over	1st	Amelia Moates	14 Years & Over	1st	Riley Mellor
	2nd	Mikaela Wegner	0.010.	2nd	Finn Gaynor
	3rd	Times trogitor		3rd	Caiden Gaynor



# **CURRENT AND PAST EXECUTIVES**

YEAR	CHAIRPERSON	VICE CHAIR	CORRES. SEC	MIN. SEC	P&C TREASURER
2022-23	Felicity Turner				Kain Elsmore
2021-22	Felicity Turner				Dave Kerr
2020-21	Felicity Turner		n/a	Kirsti Leach	Dave Kerr
2019-20	Felicity Turner				Simon Pritchard
2018-19	Angela Johnson	Susan Brown	Angela Johnson	n/a	Simon Pritchard
2017-18	Angela Johnson		Angela Johnson	n/a	Angela Johnson
2016-17	Angela Johnson		Angela Johnson	n/a	Angela Johnson
2015-16	Angela Johnson	P-L Cairns	· ·	Bernadette Scaini	Keryn Woods
2014-15	Warwick Trafford	Neil Pike		Bernadette Scaini	Warwick Trafford
2013-14	Warwick Trafford	THOILT INC	Greg Bradley	Greg Bradley	Linda Ding
2013-14	Warwick Trafford			Kyran Hynes	Melissa Reid
			Kyran Hynes	, ,	
2011-12	Warwick Trafford	T 10/	Kyran Hynes	Kyran Hynes	Melissa Reid
2010-11	Cathy Burton	Trevor Wendt	Nikki Gannon	Tracy Joyes	Sue Mitchell
2009-10	Wayne Andrews	Kath North	Nikki Gannon	Julie Horton	Con Doyle
2008-09	Wayne Andrews	Andy Russell	Sue Russell	Julie Horton	Con Doyle
2007-08	Trevor Wendt	Greg Pope	Deanne Atkinson	Wendy Andrews	Con Doyle
2006-07	Cathy Burton	Tracy Kelly	Gaye Scott	Karin Herrigan	Susanne Brough
YEAR	CHAIRPERSON	VICE CHAIR	SECRETARY	LTS/FINANCE	TREASURER
2005-06	Cathy Burton	Jean Spellacy	Tracy Kelly	Fiona Delaney	Susanne Brough
YEAR	CHAIRPERSON	VICE CHAIR	SECRETARY	MIN. SEC	TREASURER
2004-05	Peter Spellacy	Louise Jeffries	Jenny Cox	Susanne Brough	Cathy Burton
2003-04	Peter Spellacy	Louise Jeffries	Tricia Vesely	Susanne Brough	Fiona Delaney
2002-03	Jeff O'Sullivan	Joanne Gascoigne	Wendy Whatley	Fiona Delaney	Lisa Catchpole
2001-02 Lis	a Catchpole Micha	el Johnston Rick We	gener Fiona Dela	ney Karen Winter	s 2000-01 Bruce
Rodger Mic	chael Johnston Astra	Rainbird Lisa Cat	chpole Karen Win	ters	
1999-00	David Winters	Robyn Newell	Steve Winter	Noeleen Schulte	Robyn Cummings
1998-99 John New Noeleen Schulte Mi		eve Winter Noeleen	Schulte Michael Shie	lds 1997-98 Greg Ma	atthies David Winters
1996-97	David Winters	<b>Greg Matthies</b>	Neville Sprott	Noeleen Schulte	Mark Roberts
1995-96	Jocelyn Radcliffe	John Donaldson	Mark Waterhouse	Joanne Marsh	Jim Eastes
1994-95	Ciro Barnaba	Terry Reilly	Trevor Gaston		Gordon Grayson
1993-94	Terry Reilly				
1992-93	David Winters	John Donaldson			
1991-92	John Donaldson	David Winters			Bev Bishton
1990-91	John Donaldson		Trever Caston		Bev Bishton
1989-90	John Donaldson	John Donaldaar	Trever Caston		Bev Bishton
1988-89	Denis Wayper	John Donaldson	Trevor Gaston		Peter Dines
1987-88	Denis Wayper		R. Richards		Ernie Stewart
1986-87	Denis Wayper	O Hissari	R. Richards		Ernie Stewart
1985-86	B. Murray	G. Hiscock	R. Richards	Dichards D Makis	E. Stewart
	G. Hiscock R. Richa son R. Richards D. M				ıy 190∠-03 J.



# **PAST CLUB CAPTAINS**

YEAR	CLUB CAPTAIN/S	CLUB SENIOR LEADERS			
2021-22	Jasmine Steele / Will Bird /	Amy Pritchard, Bronte Bowers, Lily Robertson, Mia Long, Stella Kerr, Will Turner			
2020-21	Niamh Hooper (retired mid) Niamh Hooper	William Bird, William Turner Max Molloy			
	Rory Baldwin	Arrabella Leach Ashton Street		Hayden Morrison	
YEAR	SENIOR CLUB CAPTAINS	MARSHALLING CAPT	HOSPITALITY VICE CAPTAIN	POOL DECK VICE CAPT	
2019-20	Harvey Mellor	Niamh Hooper			
2018-19	Harvey Mellor	Niamh Hooper	Emma Dodd		
	Alex Mattea	Nikita Dent	Georgie Brown		
2017-18	Alexandra Mattea Ashleigh Mattea	Charlotte Dodd Luci McLennan (Vice)	Emma Dodd	Nicholas McLenna	
2016-17	Lachlan Robertson Kaitlyn Spiteri Evie Nocher (Vice) Angelo Russo (Vice)	Katrina Wang (Vice) Alexandra Mattea	Charlotte Dodd	Jayden Spiteri	
YEAR	MALE CAPTAIN	VICE CAPTAIN	FEMALE CAPTAIN	VICE CAPTAIN	
2015-16	Alex Bibo	Christian Lane	Jessica Pike	Kaitlyn Spiteri	
2014-15	Alex Bibo	Ryan Hart	Kaitlyn Spiteri	Jessica Pike	
2013-14	Alex Bibo	Lachlan Buckle	Brianna Trafford	Jessica Bradley	
2012-13	Finbar Delbridge	Lachlan Buckle	Brianna Trafford	Emily Hynes	
2011-12			Georgie Vesely & Ella Jones	Brianna Trafford	
2010-11	Lachlan McKay	Ryan Parry	Eliza Burton	Nicole Miller	
2009-10	Harris Andrews	Kyle Vesely	Laura Pope	Kaitlyn Lee	
2008-09	Chris Charlton	Jason Doyle	Hannah Smith	Jessica Bates	
2007-08	Damien Vesely	Lyndon Rainbird	Ashley Doyle	Hannah Smith	
2006-07	Sam Jeffries	Matthew Joyes	Jessica Appel	Andriana Kazamias	
2005-06	Simon Delaney	Lyndon Rainbird	Jessica Woo	Eliesha Catchpole & Andrea Pedreira	
2004-05	Josh Edwards	Anthony Kazamias	Allison Neale	Jessie Llewelyn	
2003-04	Matthew Rose	Bradley Davis	Amy Edwards	Alisha Warren	
2002-03	Steven Bowles	Matthew Rose	Emma Rose	Eve Olsen	
YEAR	SENIOR CAPTAIN	VICE CAPTAIN	JUNIOR CAPTAIN	VICE CAPTAIN	
2001-02	Matthew Noordermeer Melissa Matthies	Timothy O'Sullivan Emma Rose	Scott Matthies Allison Neale	Mark Herring Kirren Shea	
2000-01	Timothy O'Sullivan Eve Olsen	Christopher Winters Zoe Johnston	Cameron O'Sullivan Jacinta Johnston	Aaron Gascoigne Amy Gregg	
1999-00	Christopher Winters Tamara George	David Herring Eve Olsen	Craig Roberts Katherine Schulte	Paul Welsh Leah Bygraves	
1998-99	Christopher Hanney Lauren Sharry	Christopher Winters Melissa Coughlin	Mitchell Barnaba Christie McKenzie	Ashley Flint Melissa Matthies	
1997-98 Meli	-	ew Eastes Rorey White	Timothy O'Sullivan	Lauren Sharry	
1996-97	Brett Grayson Sam Z Barnaba	'angara James Easte	es Joanne McFillan Corinno	е	
1995-96	Allison Radcliffe	Michael Peters	Tamara George Rechell George		
1994-95	Kylie Anne Gaston	Grant Gaston	Leanne Peters		



# **PAST CLUB CHAMPIONS**

YEAR	MINI CHAMPIONS	JUNIOR CHAMPIONS	SENIOR CHAMPIONS	OPEN CHAMPIONS
1995-06		Corinne Barnaba Mitchell Barnaba	Helen Mills Neil Reilly	
1996-97		Suzanne Schulte Brendon Munro Mitchell Barnaba	Melita Sprott Michael Daly	
1997-98		Christie McKenzie Mitchell Barnaba	Suzanne Schulte Matthew Eastes	
1998-99		Jazlyn Read Matthew Rose	Kate Winter Mitchell Barnaba	
1999-00	Jessica Woo Andrew Yule	Amy Gregg Todd Cappell Matthew Rose	Suzanne Schulte Andrew Kolb Tim O'Sullivan	Melissa Coughun Matthew Eastes
2000-01	Kimberley Brennan Matthew Rainbird	Lauren Cummings Joel Enright	Amanda Capell Tim O'Sullivan	N/A
2001-02	Jessica Appel Matthew Bartlett	Lauren Cummings Joel Enright	Emma Rose Tim O'Sullivan	Eve Olsen Antony O'Donnell
2002-03	Nicole Miller Sam Wallace	Lisa Kaluza Sam Jeffries	Emma Rose Matthew Rose	Eve Olsen Tim O'Sullivan
2003-04	Brittany Kelly Cameron Joyes	Jessica Woo Sam Jeffries	Andrea Pedriera Matthew Rose	N/A
2004-05	Nicole Bartlett Clayton Ryan	Maddie Spellacy Robert Rodger	Andrea Pedriera Adam Mellor	N/A
2005-06	Abbey Ryan Brandon Herrigan	Maddie Spellacy Matthew Bartlett	Jessica Woo Sam Jeffries Lyndon Rainbird Josh Atkinson	Adam Mellor

# **PREVIOUS SENIOR CHAMPIONS**

1971-72	Scott Volkers	1991-92	Simon Richards
1972-73	Michael Johnston		Kylie-Ann Gaston
1973-74	Peter Yule	1992-93	Grant Gaston
	Gail Purtell		Helen Mills
1986-87	Nigel Briggs	1993-94	Grant Gaston
	Nicole Gordon		Helen Mills
1987-88	Matthew Richards	1994-95	Grant Gaston
	Nicole Gordon		Helen Mills
1990-91	Matthew Richards	Kylie-Ann	Gaston

# **SWIM RECORDS**

Fastest times recorded for both Club and Pool swimmers at Aspley Swimming Club can be found in a separate PDF in the Forms and Documents section on our website.

Records are updated shortly after each record attempt is verified.



#### POOL RECORD

This is the fastest recorded time of a swimmer (from any club) in the Aspley Pool for a particular event.

#### **CLUB RECORD**

This is the fastest recorded time of an ASPLEY swimmer in the Aspley Pool. An Aspley swimmer may equal/break a club record without winning the event.

#### **RECORD ATTEMPTS**

- A swimmer may nominate for an attempt for a pool and/or club record at a normal club meet. The swimmer will be allowed the attempt providing they have swum within one (1) second of the record at any Club Meet Event or Swimming Queensland sanctioned event during the current season.
- The swimmer must notify, one week in advance, the Records Coordinator who will verify and schedule the record attempt.

**NB**: Records can only be equalled or broken in these races by swimmers who have nominated for the record attempt and have met the qualifying criteria above.

#### 200m & 400m Events:

These swims are scheduled into the club calendar as opportunities for swimmers to try to meet qualifying times for record attempts in these events. As such, any swimmer who has qualified to swim the 100m event for a particular stroke may nominate for these events.

Please note that 200m & 400m swimmers do not earn points for these swims.

- Age All records are age on blocks at day of meet.
- Open An open record may be held by a swimmer of any age.
- · Certificates are awarded for both equalled and broken records.
- Records set up to the end of the 2010/2011 season were set on a year of birth basis; i.e. if you turned 10 at any time during the year you swam as a 10-year-old.
- Records set from the 2011/2012 season are age on blocks records as at the day of the meet.





EST. 1966