



MEET INFORMATION

2024 Wide Bay LC Championships

*Caloundra Aquatic Centre
(Central Park Road, Caloundra)*

Friday 1st - Sunday 3rd March





EVENT DETAILS

TIMES

Friday (Session 1) – 5pm warm up for 6pm Start

Saturday (Session 2) – 7am – 7.45am Warm-up for 8.00am Start

Sunday (Session 4) – 7am – 7.45am Warm-up for 8.00am Start

#Times are subject to change

ENTRY & MEET PROGRAM

Swimmers & Coaches - FREE

Spectator entry will be covered under the swimmers meet fee (see below)

The Program will be emailed to Clubs prior to the meet.

Please ensure that a personal copy of the program is printed as no programs will be available to spectators at the gate. Programs will only be available for coaches who have made prior arrangements with WB Committee for the printing of their copy of the program.

NOMINATION FEE

\$4.00 Meet Fee per swimmer (covers entry & spectator entry)

\$9.00 per Individual Event

\$20.00 per club team nomination See Relay Rules

#No refunds will be given for withdrawal from the meet unless it is due to a medical reason. If withdrawing due to a medical reason, a medical certificate needs to be provided by 5pm on Thursday 29th February. No refunds apply if the meet is cancelled on the days due to inclement weather, extreme heat or COVID 19 Restrictions.

NOMINATIONS CLOSE

11.59pm Tuesday 20th February 2024 (via Online Entry)

No Coaches times will be accepted for these Championships

NO LATE NOMINATIONS WILL BE ACCEPTED for individual or relay swims.

AGE DETERMINATION

Age as at 1st March 2024.

Athletes cannot swim 'up' an age in individual events.

Minimum age to compete at these championships is 9 years.

Minimum age for 1500m is 13 years.

Minimum age for 800m Free, 400m IM, 200m Back, 200m Breast and 200 Fly is 12 years. Minimum age for 200m IM and 400 Free is 11 years.

Minimum age for 200m Free is 10 years.





EVENT DETAILS

ELIGIBILITY

These Championships are open to all registered 'Competitive' members of Wide Bay affiliated clubs. 'Recreational' swimmers are ineligible to enter.

QUALIFYING TIMES

Qualifying times must have been achieved at an approved meet between 1st January 2022 and 20th February 2024. Qualifying times are listed at the end of this document.

MULTI CLASS EVENTS

Multi-Class Swimmers must be registered as 'competitive' swimmers with a Wide Bay club and have a classification card. Your classification number/s must be registered against your swimmers record in Swim Central.

Your classification card needs to be sighted by the Chief Referee before competition starts. Swimmers who do not produce cards before commencement, will be not eligible for medals.

Medals/points will be awarded for 1st, 2nd & 3rd place using the Swimming Australia Multi- Class Point Score.

EVENTS

As per Program of Events below. Please note all 12 and over 50m and 100m events will be swum as combined preliminary heats and then age group finals. All 200m and over events will be timed finals.

ENTRY LIST

Parents and Clubs need to check the Entry List when they are sent out to Clubs and respond with any questions to their Club Race Secretary within 48 hours of the Entry List being made available. Club Race Secretaries will then contact the Wide Bay Committee.

RULES

These Championships will be conducted under the rules as documented within: "Swimming Queensland General Rules", "SQ Championship By-Laws", "World Aquatics" and "SAL" rules.

Self Marshalling rules will apply. Ensure swimmers know their event, heat and lanes when attending marshalling.

TIMEKEEPERS / OFFICIALS

Timekeepers / Officials will be required to be provided by each Club. A timekeeping schedule will be provided at a ratio dependent on the number of swimmers attending.

For those Clubs with swimmers in the 800m and 1500m Freestyle events and teams in the relay events, you must provide 2 timekeepers for each swimmer/team entered.

TENT PLAN

Each Club will have a tent area allocated for swimmers and spectators.



EVENT DETAILS

MEDALS & AWARDS

Swimmers aged 9, 10, 11 Years:

- Placegetter Medals will be awarded for all individual age groups within each event
- All Events will be conducted as timed finals.

Swimmers aged 12 Years and Over:

- Age Groups: 12, 13, 14, 15, 16, 17 & over
- Placegetter Medals will be awarded for all individual age groups within each event.
- 1st, 2nd and 3rd placings will be determined from the OFFICIAL TIMES swum in Timed Finals.

WIDE BAY ANNUAL AWARDS

Swimmers registered with Wide Bay Swimming MUST compete at these Championships to be eligible for our Annual Awards.

AGE CHAMPIONS

Eligibility for Age Champions:

- Age Champion events are: 9, 10, 11, 12, 13, 14, 15, 16, 17 & Over.
- Points will be awarded for all events.
- A swimmer must have completed 4 swims to be eligible to become Wide Bay Age Champion. An individual's total will be determined from their 5 highest point scoring events.
- In the event of a tie, we will work backwards in points score totals until a winner has been determined.
- Points to be awarded:
 1. 6
 2. 3
 3. 1

Multi Class Age Champion will be determined from the 50m events.

Multi Class Swimmers are not required to compete in all 4 x 50m events to be eligible for age champion. In the event of a tie, the swimmer with the highest aggregate points as calculated by the Swimming Australia Multi-Class Point Score system, will receive age champion.

SWIMMER OF THE MEET

Awarded to the Male and the Female swimmer who:

1. Breaks the oldest standing record (if this is not broken) then
2. Most number of records broken (if there is a tie) then
3. Highest points

EVENT DETAILS

RELAYS

Relay age groups are as follows:

- 12 & Under
- 14 & Under
- 15 & Over

Relay swimmers must nominate and compete in at least one individual event to be eligible to swim in a relay event.

Mixed medley relay teams must consist of 2 male and 2 female swimmers. Relay swimmers can only swim for one Freestyle team and one Medley Team.

For example:

A 12yrs male swimmer can swim for one Freestyle team. This would be either the 12&U or 14&U. The freestyle age selection does not determine the age for the medley events.

The same 12yrs male swimmer can then swim in one Medley team only, 12&U Male, 14&U Male or Mixed. They can swim in both mixed and male.

This swimmer can swim for either the A or B team in both Relay events.

A maximum of 2 teams per club may be entered in any Relay Event.

Entries must be submitted by Club Race Secretaries, via the online entry process. The Swim Central resources has a step by step process to complete relay entries.

NO LATE NOMINATIONS WILL BE ACCEPTED.

Nominations close 11.59pm Friday 20th February 2024 (via Online Entry)

PHOTOGRAPHY & IMAGES

In nominating for this Meet, swimmers agree that they may be photographed by Swimming Queensland, Wide Bay Swimming and the Club approved photographers, They may also be used by Swimming Queensland, Wide Bay Swimming and the Club at its discretion.

ENQUIRIES

Enquiries to hello@widebayswimming.org.au



PROGRAM OF EVENTS

Friday 1 March

Session 1

Warm up: 5:00pm

Competition: 6:00pm

Event	Gender	Age	Distance	Stroke	Format
1	Male	12 Years & Over	200m	Butterfly	Timed Final
2	Female	12 Years & Over	200m	Butterfly	Timed Final
3	Male	12 Years & Over	800m	Freestyle	Timed Final
4	Female	12 Years & Over	800m	Freestyle	Timed Final
5	Male	Multi Class	200m	Individual Medley	Timed Final
6	Female	Multi Class	200m	Individual Medley	Timed Final
7	Male	12 Years & Over	400m	Individual Medley	Timed Final
8	Female	12 Years & Over	400m	Individual Medley	Timed Final

Saturday 2 March

Session 2

Warm up: 7:00-7:45am

Competition: 8:00am

Event	Gender	Age	Distance	Stroke	Format
9	Male	12 Years & Over	400m	Freestyle	Timed Final
10	Female	12 Years & Over	400m	Freestyle	Timed Final
11	Male	Multi Class	50m	Breaststroke	Timed Final
12	Female	Multi Class	50m	Breaststroke	Timed Final
13	Male	9-11 Years	50m	Breaststroke	Timed Final
14	Female	9-11 Years	50m	Breaststroke	Timed Final
15	Male	12 Years & Over	50m	Breaststroke	Heat
16	Female	12 Years & Over	50m	Breaststroke	Heat
17	Male	10-11 Years	100m	Backstroke	Timed Final
18	Female	10-11 Years	100m	Backstroke	Timed Final
19	Male	12 Years & Over	100m	Backstroke	Heat
20	Female	12 Years & Over	100m	Backstroke	Heat
21	Male	12 Years & Over	200m	Breaststroke	Timed Final
22	Female	12 Years & Over	200m	Breaststroke	Timed Final
23	Male	Multi Class	50m	Freestyle	Timed Final
24	Female	Multi Class	50m	Freestyle	Timed Final
25	Male	9-11 Years	50m	Freestyle	Timed Final
26	Female	9-11 Years	50m	Freestyle	Timed Final
27	Male	12 Years & Over	50m	Freestyle	Heat
28	Female	12 Years & Over	50m	Freestyle	Heat
29	Male	10-11 Years	100m	Butterfly	Timed Final
30	Female	10-11 Years	100m	Butterfly	Timed Final
31	Male	12 Years & Over	100m	Butterfly	Heat
32	Female	12 Years & Over	100m	Butterfly	Heat
33	Male	10 Years & Over	200m	Freestyle	Timed Final
34	Female	10 Years & Over	200m	Freestyle	Timed Final





PROGRAM OF EVENTS

Saturday 2 March

Session 3

Competition: TBC

Event	Gender	Age	Distance	Stroke	Format
15	Male	12/13/14/15/16/17&O	50m	Breaststroke	Final
16	Female	12/13/14/15/16/17&O	50m	Breaststroke	Final
19	Male	12/13/14/15/16/17&O	100m	Backstroke	Final
20	Female	12/13/14/15/16/17&O	100m	Backstroke	Final
27	Male	12/13/14/15/16/17&O	50m	Freestyle	Final
28	Female	12/13/14/15/16/17&O	50m	Freestyle	Final
31	Male	12/13/14/15/16/17&O	100m	Butterfly	Final
32	Female	12/13/14/15/16/17&O	100m	Butterfly	Final
35	Male	12 Years & Under	4X50m	Freestyle Relay	Timed Final
36	Male	14 Years & Under	4X50m	Freestyle Relay	Timed Final
37	Male	15 Years & Over	4X50m	Freestyle Relay	Timed Final
38	Female	12 Years & Under	4X50m	Freestyle Relay	Timed Final
39	Female	14 Years & Under	4X50m	Freestyle Relay	Timed Final
40	Female	15 Years & Over	4X50m	Freestyle Relay	Timed Final





PROGRAM OF EVENTS

Sunday 3 March

Session 4

Warm up: 7:00-7:45am

Competition: 8:00am

Event	Gender	Age	Distance	Stroke	Format
41	Male	10-11 Years	100m	Freestyle	Timed Final
42	Female	10-11 Years	100m	Freestyle	Timed Final
43	Male	12 Years & Over	100m	Freestyle	Heat
44	Female	12 Years & Over	100m	Freestyle	Heat
45	Male	9-11 Years	50m	Backstroke	Timed Final
46	Female	9-11 Years	50m	Backstroke	Timed Final
47	Male	12 Years & Over	50m	Backstroke	Heat
48	Female	12 Years & Over	50m	Backstroke	Heat
49	Male	Multi Class	50m	Backstroke	Timed Final
50	Female	Multi Class	50m	Backstroke	Timed Final
51	Male	11 Years & Over	200m	Individual Medley	Timed Final
52	Female	11 Years & Over	200m	Individual Medley	Timed Final
53	Male	Multi Class	50m	Butterfly	Timed Final
54	Female	Multi Class	50m	Butterfly	Timed Final
55	Male	9-11 Years	50m	Butterfly	Timed Final
56	Female	9-11 Years	50m	Butterfly	Timed Final
57	Male	12 Years & Over	50m	Butterfly	Heat
58	Female	12 Years & Over	50m	Butterfly	Heat
59	Male	12 Years & Over	200m	Backstroke	Timed Final
60	Female	12 Years & Over	200m	Backstroke	Timed Final
61	Male	10-11 Years	100m	Breaststroke	Timed Final
62	Female	10-11 Years	100m	Breaststroke	Timed Final
63	Male	12 Years & Over	100m	Breaststroke	Heat
64	Female	12 Years & Over	100m	Breaststroke	Heat
65	Male	13 Years & Over	1500m	Freestyle	Timed Final
66	Female	13 Years & Over	1500m	Freestyle	Timed Final



PROGRAM OF EVENTS

Sunday 3 March

Session 5

Competition: TBC

Event	Gender	Age	Distance	Stroke	Format
43	Male	12/13/14/15/16/17&O	100m	Freestyle	Final
44	Female	12/13/14/15/16/17&O	100m	Freestyle	Final
47	Male	12/13/14/15/16/17&O	50m	Backstroke	Final
48	Female	12/13/14/15/16/17&O	50m	Backstroke	Final
59	Male	12/13/14/15/16/17&O	50m	Butterfly	Final
60	Female	12/13/14/15/16/17&O	50m	Butterfly	Final
65	Male	12/13/14/15/16/17&O	100m	Breaststroke	Final
66	Female	12/13/14/15/16/17&O	100m	Breaststroke	Final
67	Mixed	12 Years & Under	4X50m	Medley Relay	Timed Final
68	Mixed	14 Years & Under	4X50m	Medley Relay	Timed Final
69	Mixed	15 Years & Over	4X50m	Medley Relay	Timed Final
70	Male	12 Years & Under	4X50m	Medley Relay	Timed Final
71	Male	14 Years & Under	4X50m	Medley Relay	Timed Final
72	Male	15 Years & Over	4X50m	Medley Relay	Timed Final
73	Female	12 Years & Under	4X50m	Medley Relay	Timed Final
74	Female	14 Years & Under	4X50m	Medley Relay	Timed Final
75	Female	15 Years & Over	4X50m	Medley Relay	Timed Final



2024 Wide Bay Long Course Championships

QUALIFYING TIMES - FEMALE



	9YRS		10YRS		11YRS		12YRS		13YRS		14YRS		15YRS		16YRS		17YRS & OVER	
	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC
50 FREE	48.62	47.65	42.13	41.29	40.08	39.28	37.27	36.53	35.51	34.80	34.34	33.65	33.45	32.78	33.17	32.50	32.58	31.93
100 FREE			1:30.49	1:28.68	1:25.66	1:23.95	1:20.05	1:18.45	1:16.27	1:14.74	1:13.11	1:11.65	1:11.22	1:09.80	1:10.59	1:09.18	1:09.96	1:08.56
200 FREE			3:11.42	3:07.59	3:05.92	3:02.20	2:49.33	2:45.94	2:42.45	2:39.20	2:36.94	2:33.80	2:35.56	2:32.45	2:34.19	2:31.10	2:32.81	2:29.75
400 FREE					6:31.77	6:23.94	5:55.52	5:48.41	5:38.32	5:31.55	5:26.85	5:20.31	5:25.92	5:19.40	5:21.11	5:14.69	5:20.25	5:13.85
800 FREE							12:13.58	11:58.91	11:32.17	11:18.33	11:14.42	11:00.94	11:02.59	10:49.34	10:56.67	10:43.54	10:50.76	10:37.74
1500 FREE									21:44.81	21:18.72	21:22.32	20:56.67	20:59.82	20:34.62	20:48.57	20:23.60	20:42.70	20:17.85
50 BACK	56.40	55.27	48.88	47.90	47.75	46.80	43.24	42.38	41.26	40.44	40.26	39.46	39.94	39.14	39.61	38.81	39.27	38.49
100 BACK			1:45.44	1:43.33	1:38.20	1:36.23	1:33.28	1:31.41	1:28.33	1:26.56	1:24.80	1:23.10	1:23.39	1:21.72	1:22.68	1:21.03	1:21.97	1:20.33
200 BACK							3:18.05	3:14.09	3:05.87	3:02.16	3:01.30	2:57.67	2:59.78	2:56.18	2:58.25	2:54.69	2:56.73	2:53.19
50 BREAST	1:04.20	1:02.92	54.81	53.71	52.27	51.22	49.22	48.24	45.57	44.66	44.47	43.58	44.11	43.23	43.75	42.87	43.38	42.51
100 BREAST			1:59.37	1:56.98	1:53.75	1:51.47	1:46.37	1:44.25	1:39.29	1:37.31	1:36.13	1:34.21	1:32.98	1:31.12	1:32.19	1:30.35	1:31.41	1:29.58
200 BREAST							3:47.02	3:42.48	3:33.37	3:29.10	3:24.84	3:20.74	3:21.42	3:17.39	3:19.71	3:15.72	3:18.01	3:14.05
50 FLY	53.61	52.54	46.46	45.53	43.45	42.58	41.10	40.28	38.63	37.86	37.70	36.94	37.39	36.64	37.08	36.33	36.78	36.04
100 FLY			1:45.65	1:43.54	1:39.31	1:37.33	1:33.46	1:31.59	1:25.90	1:24.19	1:23.16	1:21.49	1:21.09	1:19.47	1:20.41	1:18.80	1:19.72	1:18.13
200 FLY							3:23.19	3:19.13	3:07.92	3:04.16	3:03.33	2:59.67	3:00.28	2:56.67	2:58.75	2:55.17	2:57.22	2:53.68
200 IM					3:32.96	3:28.70	3:18.41	3:14.44	3:09.04	3:05.26	3:05.91	3:02.19	3:01.22	2:57.60	2:59.66	2:56.07	2:58.10	2:54.54
400 IM							7:02.56	6:54.10	6:39.44	6:31.45	6:32.91	6:25.05	6:19.64	6:12.04	6:16.34	6:08.81	6:13.03	6:05.57

Qualifying times must have been achieved at an approved qualifying meet (either short course or long course) on or after 1 January 2022. Converted short course qualifying times will only be used where an existing long course qualifying time has not been achieved.



2024 Wide Bay Long Course Championships QUALIFYING TIMES - MALE

	9YRS		10YRS		11YRS		12YRS		13YRS		14YRS		15YRS		16YRS		17YRS & OVER	
	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC
50 FREE	48.62	47.65	42.13	41.29	40.08	39.28	37.27	36.53	33.82	33.15	31.99	31.35	30.68	30.07	30.42	29.81	29.11	28.52
100 FREE			1:30.49	1:28.68	1:25.66	1:23.95	1:20.05	1:18.45	1:12.88	1:11.42	1:09.46	1:08.07	1:06.05	1:04.73	1:05.48	1:04.17	1:03.20	1:01.94
200 FREE			3:11.42	3:07.59	3:05.92	3:02.20	2:49.33	2:45.94	2:34.23	2:31.15	2:29.26	2:26.27	2:24.28	2:21.40	2:23.04	2:20.18	2:18.06	2:15.30
400 FREE					6:31.77	6:23.94	5:55.52	5:48.41	5:27.17	5:20.63	5:16.62	5:10.28	5:06.06	4:59.94	5:03.42	4:57.36	4:56.91	4:50.97
800 FREE							12:13.58	11:58.91	11:17.26	11:03.71	10:55.41	10:42.30	10:34.34	10:21.65	10:17.18	10:04.83	10:06.25	9:54.13
1500 FREE									21:40.72	21:14.71	20:58.76	20:33.58	20:27.39	20:02.85	19:45.33	19:21.63	19:24.35	19:01.07
50 BACK	56.40	55.27	48.88	47.90	47.75	46.80	43.24	42.38	39.48	38.69	38.01	37.25	37.12	36.38	36.54	35.80	34.58	33.89
100 BACK			1:45.44	1:43.33	1:38.20	1:36.23	1:33.28	1:31.41	1:24.44	1:22.76	1:19.41	1:17.82	1:16.88	1:15.35	1:15.62	1:14.11	1:13.10	1:11.64
200 BACK							3:18.05	3:14.09	3:02.26	2:58.62	2:52.60	2:49.15	2:48.46	2:45.09	2:45.70	2:42.38	2:40.17	2:36.97
50 BREAST	1:04.20	1:02.92	54.81	53.71	52.27	51.22	48.48	47.51	43.68	42.80	41.72	40.89	40.74	39.93	40.09	39.29	39.11	38.33
100 BREAST			1:59.37	1:56.98	1:53.75	1:51.47	1:45.59	1:43.48	1:34.27	1:32.38	1:28.63	1:26.86	1:25.82	1:24.11	1:24.41	1:22.73	1:21.60	1:19.97
200 BREAST							3:45.32	3:40.81	3:23.87	3:19.79	3:14.60	3:10.71	3:08.42	3:04.65	3:05.33	3:01.63	2:59.16	2:55.57
50 FLY	53.61	52.54	46.46	45.53	43.45	42.58	41.10	40.28	37.00	36.26	35.62	34.90	34.79	34.09	34.24	33.55	33.13	32.47
100 FLY			1:45.65	1:43.54	1:39.31	1:37.33	1:33.46	1:31.59	1:21.32	1:19.69	1:16.46	1:14.93	1:14.04	1:12.56	1:12.82	1:11.37	1:10.40	1:08.99
200 FLY							3:21.66	3:17.63	3:00.90	2:57.28	2:52.67	2:49.22	2:47.20	2:43.85	2:44.45	2:41.17	2:38.97	2:35.79
200 IM					3:32.96	3:28.70	3:18.41	3:14.44	3:07.86	3:04.11	2:53.85	2:50.37	2:49.64	2:46.24	2:44.03	2:40.75	2:38.42	2:35.25
400 IM							7:02.56	6:54.10	6:41.56	6:33.53	6:11.59	6:04.16	6:02.60	5:55.34	5:47.61	5:40.66	5:31.26	5:24.64

Qualifying times must have been achieved at an approved qualifying meet (either short course or long course) on or after 1 January 2022. Converted short course qualifying times will only be used where an existing long course qualifying time has not been achieved.