



SWB

SWIMMING WIDE BAY

2024 SHORT COURSE CHAMPIONSHIPS

ST. ANDREW'S AQUATIC CENTRE

40 Peregian Springs Dr, Peregian Springs QLD 4573

27TH-28TH JULY 2024



KEY EVENT INFORMATION

Meet Information	<ul style="list-style-type: none"> • All registered members of affiliated clubs in the Wide Bay Region are eligible to participate in this Championship. • All Swimming Queensland Rules, Championships By-Laws will apply at this Championships. • Rules Governing Regional Championships revised Feb 2014 will be enforced. • The rules of Junior Tolerance do not apply. • Before the meet starts, multi-class swimmers need to present their classification card to the Chief Referee. • This meet serves as a qualifying meet for QLD State Championships and Swimming Australia Championships.
Open, Warm-up & Start Times*	<ul style="list-style-type: none"> • Gates open 06:30am. • Saturday (Session 1): 7am – 7.45am Warm-up for 8.00am start. • Sunday (Session 2): 7am – 7.45am Warm-up for 8.00am start. • *Times are subject to change.
Ticketing & Entry Information	<ul style="list-style-type: none"> • Swimmers and 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.
Fees	<ul style="list-style-type: none"> • \$4.00 flat, spectator entry fee (purchase via swim central). • \$9.50 per Individual Event. • 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 25th July. No refunds apply if the meet is cancelled on the days due to inclement weather.
Nominations Close	<ul style="list-style-type: none"> • 11.59pm; Tuesday, 16 July 2024. • No Coaches times will be accepted. • No late nominations will be accepted.
Age Determination	<ul style="list-style-type: none"> • Age as at Saturday, 27 July 2024. • Athletes cannot swim 'up' an age. • Minimum age to compete at this championship is 9 years. • Minimum age for 1500m Free is 12 years. • Minimum age for 800m Free, 400m Free, 400m IM, 200m Back, 200m Breast and 200 Fly is 11years. • Minimum age for 100m Free, 100m Back, 100m Brest, 100 Fly , 100 IM, 200m IM, and 200m Free is 10 years.
Eligibility	<ul style="list-style-type: none"> • The Championship is open to all registered 'Competitive' members of Swimming Wide Bay affiliated clubs. 'Recreational' swimmers are ineligible to enter.
Qualifying Times	<ul style="list-style-type: none"> • Qualifying times must have been achieved at an approved meet between 1st January 2022 and 14th July 2024. Qualifying times are listed at the end of this document.

<h2>Marshalling and Procedure</h2>	<ul style="list-style-type: none"> • Self-marshalling will be in place; swimmers should ensure they are ready to self-marshall: • 8 heats prior for 50m events, • 3 heats prior for 100m and 200m events, • 2 heats prior for 400m events, and • 1 heat prior for 800m* and 1500m* events. <p>*800m & 1500m events require swimmers (or their Coach / Team Manager) to withdraw if they no longer wish to swim. This withdrawal should be completed at the Help Desk or via the online form (available here), a minimum of one hour prior to the published start time of the relevant event. This allows for re-seeding and a smoother running of the distance events.</p>
<h2>Events</h2>	<ul style="list-style-type: none"> • All events in the Program of Events will be swum as timed finals. • Events will be swum on a seed-entry basis and not in age groups i.e., competitors will be grouped by time rather than age group. • Seeding will be fastest to slowest. • The Meet Director, in consultation with the Chief Referee, may amalgamate or reseed heats at their discretion. • Protests must be submitted in writing to the Referee by a responsible team leader, together with a deposit of \$100, within 30 minutes of the conclusion of the respective event.
<h2>Awards</h2>	<ul style="list-style-type: none"> • 1st, 2nd and 3rd placings will be determined from the OFFICIAL TIMES swum in Timed Finals. • Medals will be awarded to all age groups, 9yrs - 17yrs & over. • Age Champions awarded to all age groups. • In the event of a tie, we will work backwards in points score totals until a winner has been determined. • 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. • Points will be awarded for all events. <ul style="list-style-type: none"> ◦ 1st = 10 ◦ 2nd = 9 ◦ 3rd = 8 ◦ 4th = 7 ◦ 5th = 6 ◦ 6th = 5 ◦ 7th = 4 ◦ 8th = 3 ◦ 9th = 2 ◦ 10th = 1 • Swimmer of the Meet will be awarded to the Male and Female swimmer with the highest points.

<p>Multi-Class Swimmers Participation Guide</p>	<p>The following events will be open to all 9yrs & over multi-class swimmers:</p> <ul style="list-style-type: none"> • 50m – All events • 100m – All events • 200m – Freestyle • 200m – Individual Medley <p>Notes:</p> <ul style="list-style-type: none"> • MC Classification Identification Card should be readily available in case verification is necessary. • Awards will be presented to both males and females in two age categories: 13 years & under and 14 years & over. • Medals (1st to 3rd) will be awarded in these two categories to the fastest three swimmers. • Age Champions will also be awarded in these two categories. • Age Champions will be the highest point scorer in these two categories. • Swimmers who have achieved State Championships qualifying times for events not listed above will be permitted to compete with the able-bodied; however, they must have also attained able-bodied qualification times to participate in the able-bodied events and categories.
<p>Visitors</p>	<ul style="list-style-type: none"> • Visitors will have (V) next to their names. • They cannot set or break Wide Bay records. • They can win medals, but they are not eligible for age championships or Wide Bay rankings. • If placed 1st, 2nd, or 3rd will be awarded a medal. Furthermore, in the event that a swimmer from Wide Bay finishes after a visitor, they will still be placed in the higher rankings.
<p>Results</p>	<ul style="list-style-type: none"> • Results will be viewable on Meet Mobile
<p>Merchandise</p>	<ul style="list-style-type: none"> • Wide Bay merchandize will be on sale by Miklin & Co • Order at: https://shop.miklin.com.au/ • Preorders will close 17th July unless sold out prior.
<p>Programs</p>	<ul style="list-style-type: none"> • The Meet Program will be easily accessible for printing. • There will be no programs available for purchase at the event.
<p>Photography</p>	<ul style="list-style-type: none"> • As the event will be held at St. Andrew's College, it is important to adhere to the college's child protection policy, which strictly prohibits photography. • Swimming Wide Bay has two authorised photographers to capture the event.
<p>Entry List</p>	<ul style="list-style-type: none"> • 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 Swimming Wide Bay Committee.
<p>Timekeepers / Officials</p>	<ul style="list-style-type: none"> • 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 event, you must provide 2 timekeepers for each swimmer entered.
<p>Seating / Tent Plan</p>	<ul style="list-style-type: none"> • Each Club will have a seating or tent area allocated for swimmers and spectators.
<p>Food and Drinks</p>	<ul style="list-style-type: none"> • The Lanes Café on premises will be open from 7am. • Delicious food, drinks and coffee served both days.

PROGRAM OF EVENTS

SESSION 1 - SATURDAY 27TH JULY

EVENTS		AGE	DISTANCE	STROKE
BOYS	GIRLS			
1	2	11 & Over	50m	Breaststroke
3	4	9 & Over	50m	Breaststroke MC
5	6	12 & Over	1500m	Freestyle
7	8	11 & Over	400m	Individual Medley
9	10	9-10	50m	Breaststroke
11	12	10 & Over	100m	Butterfly
13	14	9 & Over	100m	Butterfly MC
15	16	9-10	50m	Backstroke
17	18	10 & Over	100m	Breaststroke
19	20	9 & Over	100m	Breaststroke MC
21	22	11 & Over	400m	Freestyle
23	24	9-10	50m	Butterfly
25	26	11 & Over	200m	Backstroke
27	28	10 & Over	100m	Individual Medley
29	30	9 & Over	100m	Individual Medley MC
31	32	9-10	50m	Freestyle
33	34	10 & Over	100m	Freestyle
35	36	9 & Over	100m	Freestyle MC

PROGRAM OF EVENTS

SESSION 2 – SUNDAY 28TH JULY

EVENTS		AGE	DISTANCE	STROKE
BOYS	GIRLS			
37	38	11 & Over	50m	Backstroke
39	40	9 & Over	50m	Backstroke MC
41	42	11 & Over	800m	Freestyle
43	44	11 & Over	200m	Individual Medley
45	46	9 & Over	200m	Individual Medley MC
47	48	11 & Over	200m	Butterfly
49	50	10 & Over	25m	Freestyle
51	52	11 & Over	200m	Breaststroke
53	54	10 & Over	100m	Backstroke
55	56	9 & Over	100m	Backstroke MC
57	58	11	50m	Freestyle
59	60	12	50m	Freestyle
61	62	13	50m	Freestyle
63	64	14	50m	Freestyle
65	66	15	50m	Freestyle
67	68	16	50m	Freestyle
69	70	17	50m	Freestyle
71	72	9 & Over	50m	Freestyle MC
73	74	11 & Over	50m	Butterfly
75	76	9 & Over	50m	Butterfly MC
77	78	10 & Over	200m	Freestyle
79	80	9 & Over	200m	Freestyle MC

2024 Wide Bay Short Course Championships

QUALIFYING TIMES - FEMALE

Female	9yrs		10yrs		11yrs		12yrs	
	LC	SC	LC	SC	LC	SC	LC	SC
50 FREE	48.62	47.65	42.13	41.29	40.48	39.67	38.18	37.42
100 FREE			1:30.49	1:28.68	1:25.66	1:23.95	1:20.84	1:19.23
200 FREE			3:11.42	3:07.59	3:05.92	3:02.20	2:51.65	2:48.22
400 FREE					6:31.77	6:23.94	5:58.83	5:51.66
800 FREE					12:28.26	12:13.29	12:28.26	12:13.29
1500 FREE							21:49.45	21:23.26
50 BACK	56.40	55.27	48.88	47.90	47.75	46.80	44.31	43.42
100 BACK			1:45.44	1:43.33	1:38.20	1:36.23	1:34.21	1:32.32
200 BACK					3:28.82	3:24.64	3:18.21	3:14.25
50 BREAST	1:04.20	1:02.92	54.81	53.71	52.27	51.22	49.70	48.71
100 BREAST			1:59.37	1:56.98	1:53.75	1:51.47	1:46.55	1:44.42
200 BREAST					4:00.00	3:55.20	3:47.83	3:43.27
50 FLY	53.61	52.54	46.46	45.53	43.45	42.58	42.12	41.28
100 FLY			1:45.65	1:43.54	1:39.07	1:37.09	1:34.32	1:32.44
200 FLY					3:38.68	3:34.31	3:27.59	3:23.43
100 IM				1:38.01		1:37.09		1:28.73
200 IM			3:39.35	3:34.96	3:32.96	3:28.70	3:18.48	3:14.51
400 IM					7:07.20	6:58.66	7:07.20	6:58.66

Female	13yrs		14yrs		15yrs		16yrs		17yrs & Over	
	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC
50 FREE	35.51	34.80	34.78	34.08	33.53	32.86	33.25	32.58	32.65	32.00
100 FREE	1:16.27	1:14.74	1:13.74	1:12.26	1:10.59	1:09.18	1:09.97	1:08.57	1:09.20	1:07.81
200 FREE	2:43.83	2:40.55	2:38.32	2:35.15	2:34.19	2:31.11	2:32.81	2:29.76	2:31.62	2:28.58
400 FREE	5:41.18	5:34.36	5:29.72	5:23.12	5:21.11	5:14.69	5:18.25	5:11.89	5:13.17	5:06.90
800 FREE	11:40.88	11:26.86	11:20.34	11:06.73	11:02.60	10:49.34	10:56.67	10:43.54	10:55.73	10:42.62
1500 FREE	21:49.45	21:23.26	21:33.57	21:07.69	20:59.81	20:34.62	20:48.57	20:23.60	20:38.58	20:13.81
50 BACK	41.78	40.94	40.81	40.00	40.08	39.28	39.74	38.95	39.41	38.62
100 BACK	1:27.45	1:25.70	1:23.95	1:22.27	1:21.86	1:20.22	1:20.45	1:18.84	1:18.86	1:17.28
200 BACK	3:05.52	3:01.81	3:01.00	2:57.38	2:56.47	2:52.94	2:53.45	2:49.99	2:50.89	2:47.47
50 BREAST	46.59	45.65	45.08	44.18	44.26	43.38	43.90	43.02	43.21	42.34
100 BREAST	1:38.29	1:36.32	1:35.17	1:33.27	1:31.28	1:29.45	1:29.71	1:27.92	1:28.45	1:26.68
200 BREAST	3:32.92	3:28.66	3:26.16	3:22.04	3:17.72	3:13.77	3:14.34	3:10.45	3:10.42	3:06.61
50 FLY	39.17	38.39	38.07	37.30	37.52	36.77	37.21	36.47	36.88	36.14
100 FLY	1:25.72	1:24.01	1:23.01	1:21.35	1:19.60	1:18.01	1:18.25	1:16.68	1:15.41	1:13.90
200 FLY	3:10.58	3:06.77	3:04.53	3:00.84	2:56.96	2:53.42	2:53.94	2:50.46	2:50.44	2:47.03
100 IM		1:23.66		1:22.25		1:19.34		1:18.65		1:17.96
200 IM	3:10.23	3:06.43	3:05.60	3:01.89	2:57.87	2:54.31	2:56.32	2:52.79	2:53.82	2:50.35
400 IM	6:45.25	6:37.14	6:32.18	6:24.34	6:15.84	6:08.33	6:12.58	6:05.13	6:11.54	6:04.11

Qualifying times must have been achieved at an approved qualifying meet (with long course or short course) on or after 1 January 2022.

2024 Wide Bay Short Course Championships

QUALIFYING TIMES - MALE

Male	9yrs		10yrs		11yrs		12yrs	
	LC	SC	LC	SC	LC	SC	LC	SC
50 FREE	48.62	47.65	42.13	41.29	40.89	40.08	38.18	37.42
100 FREE			1:30.49	1:28.68	1:27.41	1:25.66	1:20.84	1:19.23
200 FREE			3:11.42	3:07.59	3:09.72	3:05.92	2:51.65	2:48.22
400 FREE					6:39.76	6:31.77	5:58.83	5:51.66
800 FREE					12:34.77	12:19.67	12:28.26	12:13.29
1500 FREE							21:58.39	21:32.03
50 BACK	56.40	55.27	48.88	47.90	47.75	46.80	44.31	43.42
100 BACK			1:45.44	1:43.33	1:40.20	1:38.20	1:34.21	1:32.32
200 BACK					3:28.82	3:24.64	3:18.21	3:14.25
50 BREAST	1:04.20	1:02.92	54.81	53.71	52.27	51.22	49.70	48.71
100 BREAST			1:59.37	1:56.98	1:56.07	1:53.75	1:46.55	1:44.42
200 BREAST					4:11.50	4:06.47	3:47.83	3:43.27
50 FLY	53.61	52.54	46.46	45.53	43.45	42.58	42.12	41.28
100 FLY			1:45.65	1:43.54	1:40.33	1:38.32	1:34.32	1:32.44
200 FLY					3:38.68	3:34.31	3:27.59	3:23.43
100 IM				1:39.01		1:38.08		1:28.73
200 IM			3:43.82	3:39.35	3:37.30	3:32.96	3:18.48	3:14.51
400 IM					7:07.20	6:58.66	7:07.20	6:58.66

Male	13yrs		14yrs		15yrs		16yrs		17yrs & Over	
	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC
50 FREE	33.76	33.09	32.42	31.77	30.77	30.16	30.50	29.89	29.16	28.58
100 FREE	1:12.88	1:11.42	1:09.46	1:08.07	1:05.48	1:04.17	1:04.34	1:03.06	1:02.73	1:01.48
200 FREE	2:34.23	2:31.15	2:28.02	2:25.06	2:23.04	2:20.18	2:20.55	2:17.74	2:17.26	2:14.52
400 FREE	5:27.17	5:20.63	5:16.62	5:10.29	5:03.43	4:57.36	4:58.15	4:52.19	4:53.77	4:47.89
800 FREE	11:26.46	11:12.73	11:06.33	10:53.01	10:22.63	10:10.18	10:17.17	10:04.83	10:07.57	9:55.42
1500 FREE	21:58.39	21:32.03	21:25.98	21:00.26	19:55.83	19:31.91	19:45.34	19:21.63	19:21.68	18:58.45
50 BACK	40.09	39.29	38.57	37.80	37.28	36.54	36.69	35.95	34.58	33.89
100 BACK	1:24.23	1:22.54	1:18.61	1:17.04	1:15.49	1:13.98	1:13.62	1:12.15	1:12.35	1:10.90
200 BACK	3:00.45	2:56.84	2:50.88	2:47.46	2:44.04	2:40.76	2:42.67	2:39.41	2:38.86	2:35.68
50 BREAST	44.33	43.45	42.33	41.48	40.91	40.09	40.24	39.43	39.24	38.45
100 BREAST	1:34.01	1:32.13	1:27.75	1:25.99	1:23.57	1:21.90	1:22.87	1:21.21	1:20.22	1:18.62
200 BREAST	3:21.82	3:17.79	3:12.66	3:08.81	3:03.48	2:59.81	3:01.95	2:58.31	2:53.80	2:50.32
50 FLY	37.56	36.81	36.13	35.41	34.94	34.24	34.37	33.69	33.25	32.58
100 FLY	1:21.11	1:19.49	1:16.30	1:14.78	1:12.69	1:11.24	1:11.50	1:10.07	1:09.46	1:08.07
200 FLY	2:59.09	2:55.51	2:50.95	2:47.53	2:44.16	2:40.88	2:41.45	2:38.22	2:36.17	2:33.05
100 IM		1:23.26		1:16.95		1:14.32		1:11.83		1:09.32
200 IM	3:08.74	3:04.96	2:52.11	2:48.67	2:45.16	2:41.86	2:42.39	2:39.14	2:35.81	2:32.70
400 IM	6:43.43	6:35.36	6:10.84	6:03.42	5:47.10	5:40.16	5:44.14	5:37.25	5:31.26	5:24.64

Qualifying times must have been achieved at an approved qualifying meet (with long course or short course) on or after 1 January 2022.