

## Development Meet Synopsis

The main aim of a Development Meet is to give swimmers aged 11yrs & under the opportunity to gain experience in a range of strokes and events in a developmental environment. Swimmers should have the basic skills and capacities in all four strokes. Whilst qualifying times can be gained and used for Transition meets and Regional Championships the main aim is for swimmers to gain experience.

### Eligibility

- Can be held on any weekend that doesn't conflict with a Championship Meet
- Restricted to registered SQ members
- Interstate or international visitors can also compete with a relevant clearance from their appropriate state or national swimming association. Visiting swimmers compete for the affiliated club they have membership with or they can compete for their country.

### Format

One-day meet – Should not exceed 4 hours.

Please note: where the meet is likely to exceed 4 hours, it must be divided into 2 sessions: 2 hours for swimmers aged 9yrs & under and 2 hours for swimmers aged 10yrs & over.

### Qualifying Times

The use of qualifying times is not required.

### Awards

Regions or Clubs can determine if medals will be awarded.

Example award formatting:

- Medals will be awarded for 1<sup>st</sup> – 3<sup>rd</sup> in each event swimmers aged 11yrs & under
- No Medals awarded for 1<sup>st</sup> – 3<sup>rd</sup> in any event swimmers aged 12yrs & over
- No Medals awarded for 1<sup>st</sup> – 3<sup>rd</sup> in any event or age group

### Warm-up/down

Availability of a second pool for warm-up/warm-down is not mandatory.

### Program of events

The program of events can be any combination of stroke and events.

## Development Meet Event Matrix

### Long Course

Stroke	Distance			
	50	100	150	200
Freestyle	X	X	Optional	X
Backstroke	X	X	Optional	Optional
Breaststroke	X	X	Optional	Optional
Butterfly	X	X	Optional	Optional
Individual Medley			Optional No Fly	X
Freestyle Relay				Optional
Medley Relay				Optional

### Short Course

Stroke	Distance					
	25	50	75	100	150	200
Freestyle	X	X	X	X	X	X
Backstroke	X	X	X	X	X	Optional
Breaststroke	X	X	X	X	X	Optional
Butterfly	X	X	X	X	X	Optional
Individual Medley			X No Fly	X	X No Fly	X
Freestyle Relay				Optional		Optional
Medley Relay				Optional		Optional

## Development Meet Age Group Matrix (Recommendation Only)

Stroke	Distance	Age Group				
		8 & Under	7 Years	8 Years	9 Years	10 Years
Freestyle	25	8 & Under	7 Years	8 Years	9 Years	10 Years
	50	8 Years	9/10 Years	11/12 Years	13 & Over	
	75	8 Years	9/10 Years	11/12 Years		
	100	9/10 Years	11/12 Years	13 & Over		
	150	9/10 Years	11/12 Years	13 & Over		
	200	Open				
Backstroke	25	8 & Under	7 Years	8 Years	9 Years	10 Years
	50	8 Years	9/10 Years	11/12 Years	13 & Over	
	75	8 Years	9/10 Years	11/12 Years		
	100	9/10 Years	11/12 Years	13 & Over		
	150	9/10 Years	11/12 Years	13 & Over		
	200	Open				
Breaststroke	25	8 & Under	7 Years	8 Years	9 Years	10 Years
	50	8 Years	9/10 Years	11/12 Years	13 & Over	
	75	8 Years	9/10 Years	11/12 Years		
	100	9/10 Years	11/12 Years	13 & Over		
	150	9/10 Years	11/12 Years	13 & Over		
	200	Open				
Butterfly	25	8 & Under	7 Years	8 Years	9 Years	10 Years
	50	8 Years	9/10 Years	11/12 Years	13 & Over	
	75	8 Years	9/10 Years	11/12 Years		
	100	9/10 Years	11/12 Years	13 & Over		
	150	9/10 Years	11/12 Years	13 & Over		
	200	Open				
Individual Medley	75 No Fly	8 Years	9/10 Years	11/12 Years	13 & Over	
	100	9/10 Years	11/12 Years	13 & Over		
	150 No Fly	9/10 Years	11/12 Years	13 & Over		
	200	Open				

### Development Meet Further Notes and Recommendations

- Age groups may be varied to better suit region or club requirements.
- Recommended minimum age of competitors is 6 years for 25m events, and 8 years for 50m and 75m events.
- 25m events may be added to *long course* Development Meets for swimmers 10 years & under.
- 150m events may be added to *long course* Development Meets.