

Transition Meet Synopsis

The main aim of a Transition Meet is to give swimmers the opportunity to compete and gain racing experience in a wide range of strokes and events. Swimmers should have the necessary skills and capacities gained from competing at Development Meets. Whilst qualifying times can be gained and used for Preparation meets, Regional and State Championships the main aim is to gain racing experience.

Eligibility

- Must only be held on weekends designated by the Region
- 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, which may include Heats/Finals sessions.

Please note: where the meet is likely to exceed 4 hours, it must be divided into 2 sessions: 2 hours for swimmers aged 11yrs & under and 2 hours for swimmers aged 12yrs & over.

Qualifying Times

The use of qualifying times is optional and shall be determined by the host Region or Club.

Awards

Regions and/or Clubs can determine if medals will be awarded and to whom.

Example award formatting:

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

Warm-up/down

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

Program of events

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

Transition Meet Event Matrix

Long Course

Stroke	Distance				
	50	100	150	200	400
Freestyle	X	X	Optional	X	Optional
Backstroke	X	X	Optional	Optional	Optional
Breaststroke	X	X	Optional	Optional	Optional
Butterfly	X	X	Optional	Optional	Optional
Individual Medley			Optional No Fly	X	X
Freestyle Relay				Optional	Optional
Medley Relay				Optional	Optional

Short Course

Stroke	Distance						
	25	50	75	100	150	200	400
Freestyle	X	X	X	X	Optional	X	Optional
Backstroke	X	X	X	X	Optional	Optional	Optional
Breaststroke	X	X	X	X	Optional	Optional	Optional
Butterfly	X	X	X	X	Optional	Optional	Optional
Individual Medley			X No Fly	X	X No Fly	X	X
Freestyle Relay				Optional		Optional	Optional
Medley Relay				Optional		Optional	Optional

Transition Meet Age Group Matrix
(Recommendation only)

Stroke	Distance	Age Group				
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	13 & Over	
	100	9/10 Years	11/12 Years	13 & Over		
	150	9/10 Years	11/12 Years	13 & Over		
	200	Open				
	400	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	13 & Over	
	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	13 & Over	
	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	13 & Over	
	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	9/10 Years	11/12 Years	13 & Over		
	400	Open				

Transition 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* Transition Meets for swimmers 10 years & under. 150m events may be added to *long course* Transition Meets.