



HANDBOOK

2025-2026

SEASON



Welcome to the Whitsunday Swimming Club...

A very warm welcome to all our new families, we hope you enjoy being a part of our wonderful club. Welcome back to all our existing members also. I hope this season is one where you achieve all your goals and dreams. Swimming is one of Australia's most recognised and successful sports. Not only does Australia produce some of the best swimmers in the world, but all of them also once started swimming at a local swimming club just like ours!

We encourage all members to attend squad training sessions to improve their stroke and their race fitness. We also encourage all members to attend the local swim meets hosted by the various swim clubs in our region. These meets are listed on the Swimming North Queensland Facebook page and website. Please follow the @WSCwhitsundayswimmingclub Facebook page for updates and meet information.

Club Nights are a very important part of our Whitsunday Swimming Club's identity. Members are encouraged to attend 1st and 3rd Monday of each month and put the skills they have learned at training into practise. Our focus at Club Night is not that of winning but competing to improve your personal best times (PBs). We encourage all parents to play an active role in the running of club nights. There are many jobs to do like setting up, marshalling, timekeeping, recording results, kitchen duty, serving food, cleaning up, entering results into the computer, and packing away equipment.

Finally, we hope you enjoy being a member of the Whitsunday Swimming Club. Please do not hesitate to contact one of our friendly committee members (listed in this handbook) if you have any questions or concerns.

2025-2026 Executive Committee

Whitsunday Swimming Club's Mission Statement:

To develop children of all abilities by promoting positive attitudes and a healthy lifestyle, through family and community involvement in swimming activities.

Motto: 'You can, if you think you can!'

WHITSUNDAY SWIMMING CLUB HISTORY

Originally known as Proserpine Amateur Swimming Club, our first general meeting was held on 30 October 1968, with Mr. Lance Walker being elected President, Mrs. Janet Erricker, Secretary and Mrs Fay Hamilton, Treasurer. We started with a very meagre bank balance, but thanks to the hard work and dedication of parents, past and present, and the generous, ongoing support of our local community, we have been able to build and equip a clubhouse with kitchen, office and gym facilities, and an observers' shed for our voluntary recorders.

We were successful in an application to the State Government for funds to assist us in building our Clubhouse and are grateful to the Office of Sport and Recreation for the opportunity to apply for a coaching grant.

We would also like to acknowledge the support we have received from the Breakwater Island Casino Community Benefit Fund Trust (computer), the Gaming Machine Community Benefit Fund (lane ropes, club house upgrades).

WHITSUNDAY SWIMMING CLUB Acknowledges our ...

PATRONS	LIFE MEMBERS
Mr Col & Mrs Pat Mengel	Mr Des & Mrs Janet Erricker
Mr Bob & Mrs Kay Corskie	Mr Mel & Mrs Lola Mudie
Mr Kevin & Mrs Robyn Perkins	Mr Lex & Mrs Gayle Hinschen
Mr Arnold & Mrs Denise Legge	
Mrs Pat Gillen	

2025-2026 EXECUTIVE COMMITTEE

Please do not hesitate to contact one of the committee members, if you have any queries or questions.

POSITION	NAME
President	Amanda Yuskan
Vice President	Amy Manning
Secretary	Joanne Swannell
Treasurer	Emma Alexander
NQ Delegate 1	Amanda Yuskan
NQ Delegate 2	Emma Alexander
Club Coach	Jenny Rush
Executive Committee	Kelli McDonald
Race Secretary	Theresa Manning
Grants Officer	Susanne Jamieson

IMPORTANT ADDRESSES

Whitsunday Swimming Club- Email Address	whitsundayfrogs@gmail.com
Whitsunday Swimming Club – Race Secretary	whitsundayracesecretary@gmail.com
Whitsunday Swimming Club – Grants Officer	Whitsundayfrogsgrants24@gmail.com
Club's Facebook Page	@W.S.C whitsunday swimming club
Proserpine Swimming Pool Management: Aquatic Rush	55 Anzac Rd Proserpine 4800
North Queensland Swimming Association	https://snq.swimmingclub.org.au/ Swimming North Queensland P.O. Box 1549 Aitkenvale Qld 4814
Swimming Queensland- Website	https://qld.swimming.org.au
Club Coach- Jenny Rush	aquaticrush@gmail.com

MEMBERSHIP/ REGISTRATION FEES 2025/2026

Registration Type	Swimming Type	Cost	Includes
Competitive Swimmer	10 & over wishing to compete at Nationals*, State Champs*, Club Night & Inter Club Meets	\$200.00	<ul style="list-style-type: none"> • Registration with Swimming Queensland fee • Swimming Australia fee • North Queensland Swimming fee • Club fee • JLT insurance • club cap (New Members only) • club shirt (New members only)
Junior Swimmer	9 & under wishing to compete at Club Nights & Inter Club Meets	\$160.00	
Recreational Swimmer	Any age swimmer who wishes to compete at Club Nights only	\$144.99	
Late Season Swimmer	Any swimmer wishing to join club after January of current season	\$134.00	
Parent		Free	
Coach		\$10.40	Swimming Queensland fee
Accredited Technical Official		Free	

*Qualifying Times Apply

This is all done via Swim Central <https://swimcentral.swimming.org.au>

CONDITIONS OF MEMBERSHIP

*Membership fees are due at the start of the season, or upon joining the club.

*All registered swimmers must have a parent member. This entails Swim Central sign up with no accompanying fees.

*All committee members must be WSC members. Office bearers, officials and parents assisting at club nights or carnivals should be WSC members.

*Swimmers who have never been members of WSC previously, may swim one club night before joining the Club.

*Registered swimmers with other clubs are welcome to participate as guest swimmers.

* Only swimmers competing as WSC swimmers will be eligible for Club Awards

* All parents must have valid blue card and have this added to their profile via Swim Central. A copy of the blue card should also be submitted to committee to add to Clubs Blue Card Organisational Portal.

SQUAD TRAINING FEES

Please Note: All squad bookings and coaching fees are organised directly through Aquatic Rush at Proserpine Pool.

2025 – 2026 SQUAD TRAINING TIMETABLE

(Subject to Change)

Squad	Days	Times
Mini Squad	Monday, Tuesday, Wednesday & Thursday	3.30pm-4pm
Midi Squad	Monday, Tuesday, Wednesday & Thursday	4pm-5.15pm
Development Squad	Monday, Tuesday, Wednesday, Thursday & Friday	4pm-5.45pm

Please Note: School holiday squad training times may vary. Coaches will notify squad members.

TRAINING EQUIPMENT

Members must bring their own equipment for squad training- goggles, fins, paddles, snorkel, towel, drink bottle. All equipment should be clearly named. Members are responsible for their own belongings.



CLUB UNIFORM

To be worn at all carnivals and at Club Nights. Club shirts and caps are provided with each initial membership. Parents are more than welcome to purchase shirts for themselves at their expense.

Australian Junior Excellence (JX) Program

The Australian Junior Excellence (JX) Program recognises, rewards, and encourages junior swimmers who, through their development of aquatic skills and fitness, achieve a high standard of swimming excellence.

Swimmers aged from 9 to 13 years, who accomplish times set by Swimming Australia, qualify at gold, silver, bronze or blue standard, depending on their best performance/s during the season.

The JX Program was established in 2007 to recognise, reward and incentivise junior swimmers who are on a key part of their swimming journey, learning and refining as they develop into senior swimmers. Each year Swimming Australia releases the JX criteria and standards for the forthcoming season which swimmers, parents and coaches can use to as targets throughout the year.

All 'approved' swim meet results are loaded into the Swimming Australia Meet Manager system and used as results towards an overall award for each individual swimmer. At the end of the qualification period, Swimming Australia will publish the JX Results on the website and Facebook and update each swimmers Swim Central status.

SWIMMING RULES

The Swimming Australia's rules can be found on the Swimming Australia website <https://swimming.org.au>

CLUB NIGHT/ POOL REGULATIONS

All normal pool regulations apply to anyone in the centre whether they are swimming or not. These rules are enforced by the managers and lifeguards on behalf to the Whitsunday Regional Council and are part of their by-laws so they must be adhered to. When club night commences, it is the club's responsibility also to enforce these rules as we may be liable for any damage.

CLUB NIGHT RULES


1. MEMBERS ARE TO BE SEATED IN THE FIRST BAY (CLUB HOUSE END) OF THE GRANDSTAND READY FOR MARSHALLING, PARENTS IN OTHER SECTIONS.
2. MEMBERS ARE NOT PERMITTED TO PLAY IN THE WADING POOL THROUGHOUT CLUB NIGHT.
3. NO PLAYING IN WATER PARK.
4. NO SITTING ON THE LANE ROPES - they are costly to replace and deadly if they snap.
5. NO RUNNING ON THE CEMENTED SURFACES
6. SHOWERS ARE TO BE KEPT CLEAN & TIDY AT ALL TIMES.
7. POOL IS TO BE LEFT CLEAN, TIDY & LITTER FREE

CLUB NIGHTS

Club Nights are 1st & 3rd Monday of each month. Starting promptly at 545pm

For the Club Night Program of Events (races you can swim in), please check back of this handbook, the Club Facebook page and Swim Central. All swimmers must nominate via Swim Central to swim.

Club Nights will start with announcements and presentations of PB's, Upgrades and A Grades certificates and other important notices.
Parents are required to act as officials on Club Nights:

- 
- Marshalling
 - Recorders
 - Time keeping

Assistance and training given to new parents. All children must be accompanied by an adult on Club Night

CLUB NIGHT CANTEEN

Parents are asked to help out with cooking on Club Nights. Parents will be asked to place their name on a kitchen roster. If it is your week to cook, the food will be at Club House ready to prepare and cook. Other parents should offer their assistance to the family cooking on the night. They will need helpers to serve and act as a cashier.

CLUB NIGHT ADMISSION

All swimmers will pay \$1 nomination fee per race they elect to swim at club night via Swim Central (maximum 4 races).

WEATHER

Club Night may be cancelled at the discretion of Pool Management due to unfavourable weather conditions.

In the case of bad weather - please PM the WSC Facebook page or call/text Amanda 0458 511 981

HOW TO NOMINATE FOR CLUB NIGHTS

Please Note: Club Night Nominations close 9pm Sunday.

NO LATE NOMINATIONS ACCEPTED!

1. Log onto <https://swimcentral.swimming.org.au>
2. Find Relevant Club Night
3. Nominate for 4 swims of different strokes, and finalise payment
4. Any questions, email whitsundayracesecretary@gmail.com

CLUB NIGHT-UPGRADE TIMES

To be eligible to swim certain distances, members must swim these upgrade times:

UPGRADE TIMES				
Distance	Freestyle	Breaststroke	Backstroke	Butterfly
25 m to 50 m	25 sec	30 sec	28 sec	28 sec
50 m to 100 m	45 sec	60 sec	58 sec	59 sec
200 IM	Swimmers must be swimming 50 metres in all strokes.			
100m to 200m	1 min 35 sec	2 min	2 min	2 min

Please note: A swimmer does not have to swim the distance that they have upgraded to, (with the exception of the 25m to 50m upgrade. Once swimmers have upgraded to 50m time, they are no longer eligible to swim 25m events). If swimmers have upgraded to 100m Freestyle they still may choose to swim 50m Freestyle on some Club Nights.

For upgrades above 100 metres please refer to North Queensland A-Grade times in the back of your handbook. These are age appropriate. Requests for swims not on the club night program, to gain a qualifying time or attempt a record, should be made via email request to race secretary – whitsundayracesecretary@gmail.com. Record attempts can be swum after Club Night swims, at discretion of race secretary. These attempts must comply with Swimming rules SW 12.

SWIMMING NORTH QUEENSLAND MEETS/ AWAY MEETS

Please refer to the Meet Calendar (in handbook) for up-coming meets.

HOW TO NOMINATE:

1. Please refer to the **Meet Flyer** on Facebook or emails for a particular carnival.
2. Select your swims you would like to entre and talk to Club Coach – Jenny Rush to help make final decision.
3. Go to <https://swimcentral.swimming.org.au>
4. Find relevant meet
5. Select the races you wish to compete in.
6. Submit and pay online before the closing date

Please Note:

At away meets, all swimmers are to arrive at pool at least 15 minutes before advertised warm up time and report to coach for warm up. Warmups are completed as a team, not individually.

Parents are required to time keep at meets on a rotational basis with other parents.

CLUB AWARDS and COMPETITIONS


CLUB NIGHT COMPETITION

Swimmers to complete in a maximum of four races (non-competitive), aiming to improve own Personal Best Times (PBs).

Please note: Swimming Queensland's 7 years and under policy will be followed at Club Nights. Please read this policy.

CLUB NIGHT AWARDS – AWARDED EACH CLUB NIGHT

PB Awards, Up-grade and A-Grade Awards, State Time Awards, Pool



and Club Records. These awards will be derived from Club Night and Away Meets. Awards and certificates will be presented at the commencement of each Club Night. Each member is encouraged to keep a record of the personal times, upgrade, and A-Grade times for future reference.

ANNUAL AWARDS-

CLUB CHAMPIONSHIPS/ AGE AGGREGATE AWARDS

To be eligible to swim in the Club Championships for Age Aggregate Points, members must be:

- Financial
- **Competed in at least 70% of club nights** since date of joining for the current season. It is up to members to keep a record of how many club nights they have missed. Parents, please inform the management committee of the reason for the member's absence.
- In extenuating circumstances, it will be at the discretion of the management committee as to whether the member is eligible for annual awards.
- Please notify the committee if your child will be away for an extended period due to other commitments.
- Members who are ineligible to swim for aggregate points, may still compete at Club Championships for ribbons.
- All qualifying times for these Annual Awards must be swum in the current swimming season (2025/2026) and in the competitor's applicable age group.
- If you are in arrears for any club fees at the end of the season, the participating members of your family will not be eligible for the Club Championships.
- All fees (including club night and carnival fees) are to be paid by closing date for nominations for Club Championships.



WHITSUNDAY SWIMMING CLUB ETIQUETTE

For Swimmers

- **Be on time and prepared** – Bring your gear, your focus, and your best effort.
- **Respect your coach** – Listen, learn, and trust the training process.
- **Share the space** – e.g. Circle swim properly, give space, and be aware of others in your lane.
- **Support your teammates** – A high-five or kind word goes a long way.
- **Leave things better than you found them** – Gear, lanes, changerooms.

For Parents and Supporters

- **Let coaches, coach** – Avoid giving instructions from the sidelines.
- **Be respectful during training** – Coaches and swimmers need focus and space.
- **Cheer for all swimmers** – We rise by lifting others.
- **Handle disappointment with grace** – Be encouraging, even on tough days.
- **Uplift others** – Gossip and negativity have no place at the pool.

General Club Etiquette

- **Be kind to volunteers and staff** – A simple thank you goes a long way.
- **Follow the rules** – At meets, at training, and on social media.
- **Represent your club proudly** – At all events, remember you are part of something bigger than yourself.

Ways to Positively Support Your Club

A club is only as strong as the people behind it—and we are stronger together. Here are some simple but powerful ways to get involved and make a difference.

Volunteer

- Time races
- Help at BBQs or the canteen.
- Pack up lane ropes or set up for events.
- Assist with carpooling or team travel.



Fundraise

- Support raffles or sausage sizzles.
- Share fundraising links and events.
- Suggest ideas to boost club funds.

Celebrate the Little Wins

- Share team successes on social media (respectfully and positively)
- Congratulate not just the fastest swimmers—but the most improved, most committed, and most encouraging too!

Be a Role Model

- Encourage respectful behaviour.
- Welcome new families.
- Speak kindly and constructively online and offline.

Final Word

At The Whitsunday Swimming Club, we are not just building swimmers — we are building people from young children into adulthood. Every small act of kindness, every cheer from the stands, and every helping hand shapes a positive, inclusive club environment.

Let's continue to make waves together — not just in the pool, but in the way we support, respect, and uplift one another.

Thank you for being part of the Whitsunday Swimming Club family. We are proud to swim alongside you.

CLUB NIGHT EVENTS 2025 - 2026

Nominations Close - 9pm Sunday nights!

* only nominate in 4 events each week, these must be 4 different strokes.

*Distance Nights - All swimmers may nominate in any distance event they deem capable of swimming.

You do not need to have upgraded in these events on distance nights only

8th Sept 2025	<ul style="list-style-type: none"> * 25m - All strokes * 50m - All strokes * Fun Relays 	2nd Feb 2026	<ul style="list-style-type: none"> * 25m - All strokes * 50m - Butterfly / Backstroke * 100m - Breaststroke / Freestyle * 200m - Backstroke
22nd Sept 2025	SCHOOL HOLIDAYS		
6th Oct 2025	<ul style="list-style-type: none"> * 25m - All strokes * 50m - All strokes * 100m - Freestyle / Butterfly * 200m - Freestyle 	16th Feb 2026	<ul style="list-style-type: none"> * 25m - All strokes (7 & under only) Distance Night * 50m - All strokes (8/9 only) * 100m - All strokes (9 & over) * 400m - Freestyle (8 & over)
20th Oct 2025	<ul style="list-style-type: none"> * 25m - All strokes (7 & under only) Distance Night * 50m - All strokes (8/9 only) * 100m - All strokes (9 & over) * 200m - IM (8 & over) 	2nd March 2026	<ul style="list-style-type: none"> * 25m - All strokes * 50m - Breaststroke / Freestyle * 100m - Butterfly / Backstroke * 200m - Butterfly
3rd Nov 2025	<ul style="list-style-type: none"> * 25m - All strokes * 50m - All strokes * 100m - Breaststroke / Backstroke * 200m - Breaststroke 	16th March 2026	<ul style="list-style-type: none"> * 25m - All strokes * 50m - Backstroke / Butterfly * 100m - Breaststroke / Freestyle * 200m - Freestyle
17th Nov 2025	<ul style="list-style-type: none"> * 25m - All strokes * 50m - Breaststroke / Freestyle * 100m - Backstroke / Butterfly * 200m - IM 	30th March 2026	<ul style="list-style-type: none"> * 25m - All strokes (7 & under only) * 50m - All strokes (8/9 only) * 100m - All strokes (9 & over) * 400m - IM (8 & over)
1st Dec 2025	<ul style="list-style-type: none"> * 25m - All strokes * 50m - Backstroke / Butterfly * 100m - Breaststroke / Freestyle * 200m - Freestyle 	13th April 2026	SCHOOL HOLIDAYS
		TBA	CLUB CHAMPIONSHIPS
			* 200m IM - 8 & over
			* 100m IM - 7 & under
			* Hinschen Handicap
			* 25m - All strokes (7 & under)
			* 50m - All strokes
			* 100m - All strokes
15th Dec 2025	CHRISTMAS FUN NIGHT		
29th Dec 2025			
5th Jan 2026			
19th Jan 2026	SCHOOL HOLIDAYS	TBA	CLUB PRESENTATIONS

As at September 2018

SWIMMING NORTH QUEENSLAND INC.

"A" Grade LONG COURSE Times

Please Note: Swimmer must break these times to be "A" Grade

Age & Gender	50 Free	50 Back	50 Breast	50 Fly	100 Free	100 Back	100 Breast	100 Fly	200 IM	200 Free	200 Back	200 Breast	200 Fly	400 Free	400 IM	800 Free	1500 Free
Girls 8yr	0:45.00	0:56.00	1:00.00	0:55.00													
Boys 8yr	0:45.00	0:56.00	1:00.00	0:55.00													
Girls 9yr	0:43.00	0:52.00	0:57.00	0:51.00	1:37.00	1:51.00	2:06.00	1:53.00	3:50.00								
Boys 9yr	0:43.00	0:52.00	0:57.00	0:51.00	1:37.00	1:51.00	2:06.00	1:53.00	3:50.00								
Girls 10yr	0:41.00	0:50.00	0:55.00	0:48.00	1:33.00	1:45.00	1:58.00	1:49.00	3:40.00	3:00.00							
Boys 10yr	0:41.00	0:50.00	0:55.00	0:48.00	1:33.00	1:45.00	1:58.00	1:49.00	3:40.00	3:00.00							
Girls 11yr	0:39.00	0:48.00	0:53.00	0:44.50	1:24.00	1:37.00	1:52.00	1:43.00	3:32.00	2:59.00	3:26.00	3:55.00	3:27.00	6:20.00	7:32.00	12:52.00	24:36.00
Boys 11yr	0:39.00	0:48.00	0:53.00	0:44.50	1:24.00	1:37.00	1:52.00	1:43.00	3:30.00	2:54.00	3:27.00	3:47.00	3:25.00	6:11.00	7:29.00	12:34.00	24:05.00
Girls 12yr	0:36.50	0:44.50	0:50.00	0:42.00	1:19.00	1:32.00	1:45.00	1:30.00	3:22.00	2:51.00	3:17.00	3:45.00	3:18.00	6:02.00	7:11.00	12:15.00	23:26.00
Boys 12yr	0:36.50	0:44.50	0:50.00	0:42.00	1:17.00	1:32.00	1:42.00	1:28.00	3:20.00	2:46.00	3:18.00	3:37.00	3:15.00	5:54.00	7:08.00	11:58.00	22:56.00
Girls 13yr	0:35.50	0:43.50	0:48.00	0:38.00	1:16.00	1:28.00	1:40.00	1:26.00	3:12.00	2:43.00	3:08.00	3:34.00	3:08.00	5:44.00	6:50.00	11:39.00	22:19.00
Boys 13yr	0:33.50	0:42.50	0:46.50	0:38.00	1:13.00	1:27.00	1:37.00	1:24.00	3:09.00	2:36.00	3:07.00	3:25.00	3:05.00	5:34.00	6:46.00	11:31.00	21:51.00
Girls 14yr	0:33.50	0:41.00	0:45.50	0:37.50	1:15.00	1:26.00	1:38.00	1:24.00	3:09.00	2:39.00	3:04.00	3:30.00	3:04.00	5:37.00	6:42.00	11:25.00	21:52.00
Boys 14yr	0:32.50	0:40.00	0:44.00	0:36.50	1:11.00	1:24.00	1:32.00	1:20.00	3:01.00	2:33.00	2:59.00	3:16.00	2:57.00	5:27.00	6:28.00	11:17.00	21:29.00
Girls 15&O	0:33.00	0:40.50	0:44.50	0:36.50	1:14.00	1:25.00	1:37.00	1:23.00	3:07.00	2:38.00	3:02.00	3:28.00	3:02.00	5:34.00	6:38.00	11:18.00	21:39.00
Boys 15&O	0:31.50	0:37.00	0:41.00	0:33.50	1:09.00	1:21.00	1:30.00	1:18.00	2:56.00	2:27.00	2:54.00	3:10.00	2:52.00	5:14.00	6:16.00	10:51.00	20:38.00

As at September 2018

SWIMMING NORTH QUEENSLAND INC.

"A" Division SHORT COURSE Times

Please note: Swimmer must break these times to be A Division

Age & Gender	50 Free	50 Back	50 Breast	50 Fly	100 Free	100 Back	100 Breast	100 Fly	100 IM	200 IM	200 Free	200 Back	200 Breast	200 Fly	400 Free	400 IM	800 Free	1500 Free
Girls 8yr	0:44.20	0:55.40	0:59.00	0:54.30														
Boys 8yr	0:44.20	0:55.40	0:59.00	0:54.30														
Girls 9yr	0:42.20	0:51.40	0:56.00	0:50.30	1:35.40	1:49.80	2:04.00	1:51.60	1:58.00	3:46.80								
Boys 9yr	0:42.20	0:51.40	0:56.00	0:50.30	1:35.40	1:49.80	2:04.00	1:51.60	1:58.00	3:46.80								
Girls 10yr	0:40.20	0:49.40	0:54.00	0:47.30	1:32.40	1:43.80	1:56.00	1:47.60	1:48.00	3:36.80	2:56.80							
Boys 10yr	0:40.20	0:49.40	0:54.00	0:47.30	1:32.40	1:43.80	1:56.00	1:47.60	1:48.00	3:36.80	2:56.80							
Girls 11yr	0:38.20	0:47.40	0:52.00	0:43.80	1:22.40	1:35.80	1:50.00	1:41.60	1:44.00	3:28.80	2:55.80	3:23.60	3:51.00	3:24.20	6:13.60	7:25.60	12:39.20	24:12.00
Boys 11yr	0:38.20	0:47.40	0:52.00	0:43.80	1:22.40	1:35.80	1:50.00	1:41.60	1:43.00	3:26.80	2:50.80	3:24.60	3:43.00	3:22.20	6:04.60	7:22.60	12:21.20	23:41.00
Girls 12yr	0:35.70	0:43.90	0:49.00	0:41.30	1:17.40	1:30.80	1:43.00	1:28.60	1:39.00	3:18.80	2:47.80	3:14.60	3:41.00	3:15.20	5:55.60	7:04.60	12:02.20	23:02.00
Boys 12yr	0:35.70	0:43.90	0:49.00	0:41.30	1:15.40	1:30.80	1:40.00	1:26.60	1:38.00	3:16.80	2:42.80	3:15.60	3:33.00	3:12.20	5:47.60	7:01.60	11:45.20	22:32.00
Girls 13yr	0:34.70	0:42.90	0:47.00	0:37.30	1:14.40	1:26.80	1:38.00	1:24.60	1:34.00	3:08.80	2:39.80	3:05.60	3:30.00	3:05.20	5:37.60	6:43.60	11:26.20	21:55.00
Boys 13yr	0:32.70	0:41.90	0:45.50	0:37.30	1:11.40	1:25.80	1:35.00	1:22.60	1:33.00	3:05.80	2:32.80	3:04.60	3:21.00	3:02.20	5:27.60	6:39.60	11:18.20	21:27.00
Girls 14yr	0:32.70	0:40.40	0:45.50	0:36.80	1:13.40	1:24.80	1:36.00	1:22.60	1:33.00	3:05.80	2:35.80	3:01.60	3:26.00	3:01.20	5:30.60	6:35.60	11:12.20	21:28.00
Boys 14yr	0:31.70	0:39.40	0:43.00	0:35.80	1:09.40	1:22.80	1:30.00	1:18.60	1:29.00	2:57.80	2:29.80	2:56.60	3:12.00	2:54.20	5:20.60	6:21.60	11:04.20	21:05.00
Girls 15&O	0:32.20	0:39.90	0:43.50	0:35.80	1:12.40	1:23.80	1:35.00	1:21.60	1:32.00	3:04.80	2:34.80	2:59.60	3:24.00	2:59.20	5:27.60	6:31.60	11:05.20	21:15.00
Boys 15&O	0:30.70	0:36.40	0:40.00	0:32.80	1:07.40	1:19.80	1:28.00	1:16.60	1:26.00	2:52.80	2:23.80	2:51.60	3:06.00	2:49.20	5:07.60	6:09.60	10:38.20	20:14.00



2025 – 2026 SNQ Meet Applications Summary

	Date	Meet Application	Designation	Course	Venue	Days Meet Covers	Flyer etc. due in by:
2025							
Club	May 18	Pioneer	Transition	Short	Mackay ARC	1	
Regional	May 25	SNQ AGM			Bowen		
	May 31/1 June						
State	June 7/8	SQ Clinic – Mackay and Townsville – invite only					
	June 14/15						
	June 21/22						
	June 28/29						
Regional	July 5/6	SNQ Clinic – Mackay and Townsville					
Club	July 12	Cannonvale	Transition	SC	Cannonvale	1	
	July 19/20						
Club	July 26/27	Garden	Transition	SC	Townsville	2	
School	July 26/31	13-19 yrs. School Sports Australia Championship - Brisbane					
	August 2/3						
State	August 7-10	QUEENSLAND SHORT COURSE CHAMPIONSHIPS - BRISBANE					
	August 16/17						
Regional	August 23/24	Junior Achievers Squad Mackay and Townsville					
	Aug 30/31						
	Sept 7						
Club	Sept 13/14	Tourist	Transition	LC	Townsville	2	
Regional	Sept 20/21	State and National Squad Clinic					
	Sept 27-28						
National	Oct 1-3	Australia SC Championship					
Regional	Oct 3-5	Duel in the Pool – Mackay					
Club	Oct 11	Whitsunday	Transition	LC	Proserpine	1	
Club	Oct 18	Herbert River	Transition	LC	Ingham	1	
Club	Oct 25/26	CTASC	Transition	LC	Ch Towers	2	
State	Oct 25	Queensland Open Water Championship					
School	Oct 25/29	13-19 yrs. School Sports Australia Championship - Ballarat					
Club	Nov 1/2	Gardens	Preparation	LC	Townsville	2	
Club	Nov 8	Richmond	Transition	SC	Richmond	1 maybe 2	
Regional	Nov 9	Junior Achievers Squad Technique & Skills Clinic - Richmond					
Club	Nov 15	Isa Heat	Transition	LC	Mt Isa	1	
	Nov 16	Hamilton Island Triathlon					
Club	Nov 22/23	GBR	Transition	LC	Mackay	1	
Regional	Nov 29	SNQ Relay Practice and Shirt Presentation for SQ Championship					
Club	Nov 29/30	Bowen	Transition	LC	Bowen	2	
	Dec 6/7	Block out weekend					
State	Dec 13- 19	QUEENSLAND LONG COURSE CHAMPIONSHIPS - BRISBANE					
	Dec 20/21						
	Dec 27/28						




















2025 – 2026 SNQ Meet Applications Summary

	Date	Meet Application	Designation	Course	Venue	Days Meet Covers	Flyer etc. due in by:
2026							
	Jan 3/4						
Club	Jan 10	Mirani	Transition	LC	Mirani	1	
Club	Jan 17	Burdekin	Transition	LC	Ayr	1	
State	Jan 23/25	QLD Country Championship - Rockhampton					
Club	Jan 30/1 Feb	Tourist	Transition	LC	Townsville	2	
State	Feb 7/8	QLD SPRINT CHAMPIONSHIPS - BRISBANE					
Club	Feb 14	Lightning	Transition	LC	Townsville	1	
Club	Feb 21	Cloncurry	Transition	SC	Cloncurry	1	
Regional	Mar 1	Planning Day					
Regional	Mar 6/8	NORTH QUEENSLAND CHAMPIONSHIPS - Mackay					
	Mar 14/15						
	Mar 21/22						
	Mar 28/29						
	April 4/6						
	April 5	Easter					
	April 11/12						
Club	April 18	Whitsunday	Transition	SC	Collinsville	1	
	Apr 25/26						
Regional	May 1/3	NQ Game	Transition	LC	Mackay	TBA	
	May 9/10						
	May 16/17						
Regional	May 23/24	SNQ AGM			Bowen		
	May 30/31						
	June 6/7						
	June 13/14						
	June 20/21						
	June 27/28						

Legend

Club
Regional
State
National
SNQ & CQ
QLD State School Holidays
School Sport

What to pack for a Swim Meet

-  Racing Swimwear (+ spare)
-  Goggles (+ spare)
-  Towel x 2
-  Club Cap (+ spare)
-  Club Shirt
-  Club bucket hat
-  Black pants
-  Crocs or another form of footwear
-  Water, water, water
-  Snacks
-  Money for raffle tickets & money boards
-  Sharpie & printed meet program
-  Sunscreen
-  Chair
-  Supportive team attitude
-  Positive body language
-  Cheering voices & Positive vibes

Remember, you are accountable for your own things, do not rely on your parents to pack & organise for you.

Please ensure you are at the pool 15 minutes prior to warm up commencing (stated in relevant meet program). Warm up is completed as a team, not individually.