



2019 Victorian Age Championships

Competition Information

Melbourne Sports
and Aquatic Centre (MSAC), Outdoor Pool

Friday 7 December | Heats 9:00am | Finals 5:00pm

Saturday 8 December | Heats 9:00am | Finals 5:00pm

Sunday 9 December | Timed Finals 9:00am

Monday 10 December | Heats 9:00am | Finals 5:00pm

Tuesday 11 December | Heats 9:00am | Finals 5:00pm

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SECTION ONE: GENERAL INFORMATION

1.1 SWIMMING VICTORIA EVENT STAFF

NAME	TITLE	EMAIL
Damian Arnold	Events Coordinator	damian.arnold@vic.swimming.org.au
Ashlea Keramidopoulos	Membership & Events Coordinator	ashlea.kera@vic.swimming.org.au
General Enquiries	Events	events@vic.swimming.org.au

1.2 SWIMMING VICTORIA COMPETITION CALENDAR 2018/19

DATE	EVENT	LOCATION
DECEMBER 2018		
Sun 16	Victorian Open Water Championships	Williamstown Beach
JANUARY 2019		
Sat 12 – Sun 13	Victorian Sprint Championships	MSAC, Outdoor Pool
Fri 25 – Sun 27	Victorian Country Championships	Warragul
FEBRUARY 2019		
Fri 15 – Sun 17	Victorian Open Championships	MSAC, Outdoor Pool
MARCH 2019		
Sat 2 – Sun 3	Country All Junior Competition	MSAC, Outdoor Pool
Fri 8 – Mon 11	Victorian Metro Championships	MSAC, Outdoor Pool
Sat 23	Country Interdistrict Competition	MSAC, Outdoor Pool
Sat 30 – Sun 31	Metro All Junior Competition	MSAC, Outdoor Pool
MAY 2019		
Mon 13	Victorian School Associations Competition	MSAC, Indoor Pool
Sat 18	Victorian Relay Competition	MSAC, Indoor Pool

SECTION TWO: COMPETITION INFORMATION

2.1 COMPETITION DETAILS

The 2019 Victorian Age Championships will be held at the Melbourne Sports and Aquatic Centre (MSAC), Outdoor Pool from Friday 7 December to Tuesday 11 December 2018.

It will consist of 164 events conducted over 5 days.

All events will be swum fastest to slowest heat.

The detailed Program of Events is included in [Appendix A: Event Listing](#)

2.2 ENTRY PROCESS

Entries for the 2018 Victorian Age Championships will open on **Monday 17 September 2018**.

Individual Entries will close at 11:59pm on Monday 26 November 2018.

Relay Entries will close at 11:59pm on Tuesday 27 November 2018.

No late entries will be accepted, and incorrect entries may be rejected.

Age groups are determined by the swimmers age as at 7 December 2018.

QUALIFYING TIMES

All qualifying times must have been achieved in a 50m pool. Converted times will not be accepted. Qualifying times must have been achieved between 10 December 2017 and 26 November 2018.

[Appendix C: Qualifying Times](#)

ENTRY METHODS

All entries must be lodged using **only** the following method:

Online Entry

Visit the [Swimming Victoria](#) website and access the [Victorian Age Championships](#) event page to enter online.

This is the **ONLY** method of entry.

Note: Team Manager, Meet Manager and Hard Copy entries will not be accepted for this event for individual and relay entries.



International Entries

International swimmers can enter via a Team Manager (TM) / Meet Manager (MM) file or with a [Hard Copy Entry Form](#). To access the TM or MM file please email Swimming Victoria.

All entries and requests are to be emailed directly to events@vic.swimming.org.au.

Invoices will be issued, and payment must be made prior to the event. Payment is to be made by credit card at the Swimming Victoria offices. The office is located on Level 2 at MSAC.

Please Note: International swimmers must also have submitted a clearance letter from your swimming federation prior to the competition to Swimming Victoria.

Interstate swimmers no longer require a clearance when entering via the online entry system.

SPLIT OR RELAY LEAD OFF TIMES

If you wish to enter using a split or relay lead-off time you may need to enter via a [Hard Copy Entry Form](#). This is the only reason to be entering via a hard copy entry form. Entry times will be checked and verified before the entry is accepted. Completed entry forms are to be emailed directly to events@vic.swimming.org.au.

ENTRY FEES

EVENT	ENTRY FEE
Individual Event	\$16
Relay Event	\$46
Relay Only Swimmer	\$12


RELAY ENTRIES

Relay entries close 24 hours after the closing date of individual entries.

Online entries are the only method for relay entries. Swimming Victoria reserves the right to ask clubs to verify their relay times. If no entry times have been submitted the team will not be entered. A step by step guide to enter for clubs can be found here: [Relay Entry Process](#).

Please note:

- **Clubs will be fined if qualifying times are not reached.**

- 
- **While clubs are restricted to entering two teams per event, there are no restrictions on the number of relays an individual swimmer can compete in.**

Relay Events

Relay team sheets are available from the Meet Supervisor/Technical Director desk located on pool deck.

Relay team sheets must be submitted to the Chief Recorder at least one hour prior to the starting time of the session in which the event is to be swum **ONLY** if there has been a change from the original online entry.

Clubs must clearly indicate A or B teams on the team list.

Relay team members need to swim in the order listed on the team sheet.

TEAM MANAGERS

Team Managers must be nominated by a club representative via the [Team Manager Accreditation Application](#) by the entry closing date.

Each nominated Team Manager must meet the following conditions:

1. Be registered via the online application no later than the closing date.
2. Be a member of Swimming Victoria/Swimming Australia.
3. Have a current Working with Children Check (WWCC) lodged with their club.
4. Display their accreditation at all times when on pool deck.
5. Have an understanding of the Safe Sport Framework.
6. Adhere to the Swimming Victoria Values & Behaviours.

*Please note: Team Manager Accreditation will **NOT** be provided on event day if the application has not been completed.*

Team Manager Accreditation can be collected from the Swimming Victoria office (Level 2, MSAC) from 11:00am on Wednesday 5 December 2018 prior to the event OR from the Accreditation Desk behind the grandstand on Level 2 on the first day of competition only.

*Swimmers no longer receive athlete accreditation and do not require this to access pool deck.

MEDAL ALLOCATION & POINT SCORE

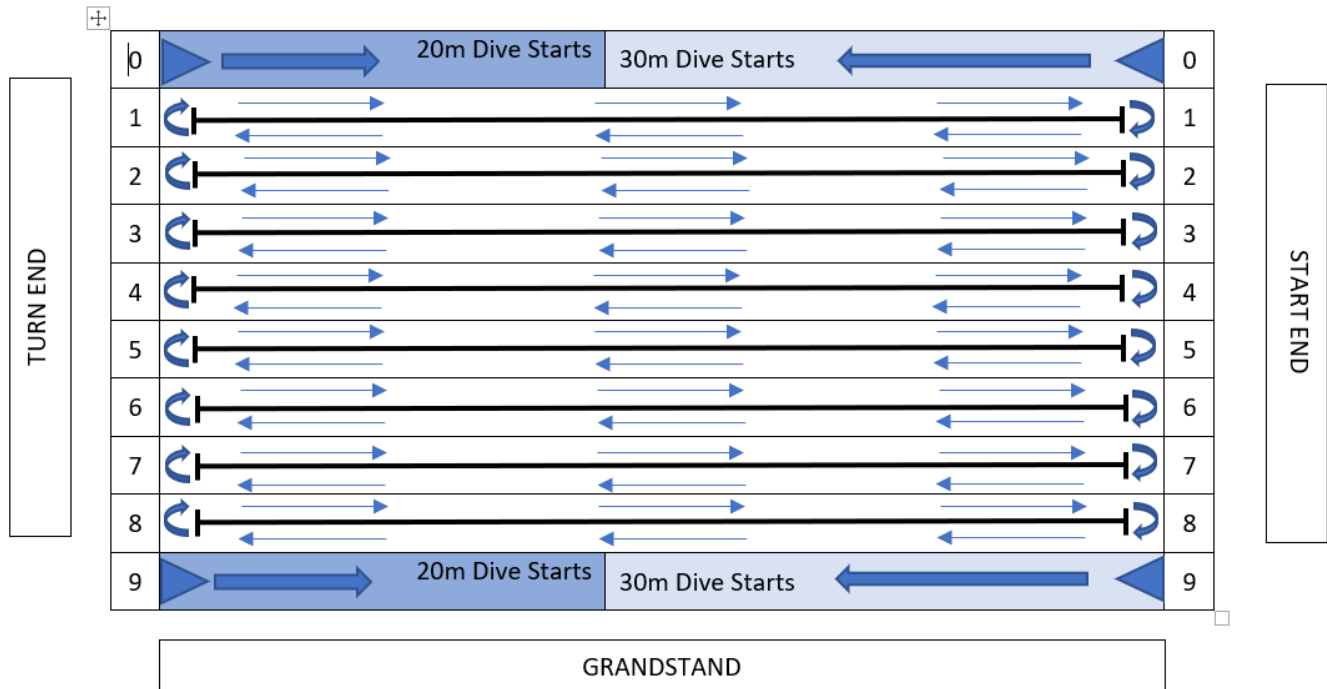
Medals will be awarded in accordance with [Appendix B: Competition Age Groups & Awards](#)

2.3 PROGRAM OF EVENTS

PRE-EVENT TRAINING

Swimming Victoria has organised training for clubs who wish to make use of MSAC prior to the competition. Limited lanes are available for use.

Warm/up Pool Setup Long Course (50m)



DATE	POOL	TIME
Wednesday 5 December	Outdoor Pool	3:00pm – 5:00pm
Thursday 6 December	Indoor Pool	9:30am – 11:00am
Thursday 6 December	Outdoor Pool	3:00pm – 5:00pm

WARM UP PROCEDURES

- Please follow lane signage during warm up periods.
- Initial warm up with no dive entries. Feet first entry into water only.

- Swimmers must swim in a clockwise direction. Swimming in an anti-clockwise direction will not be tolerated.
- Sprint warm ups are to be conducted in lanes 0 and 9 only (under coaching supervision) and are walk-back lanes. Turns are not to be practiced in sprint lanes.
- Lanes 1 and 8 are pace lanes.
- If timing pads are installed, swimmers must not touch, grab or climb over them.
- Warm up ceases 10 minutes before the start time of the session. The countdown will be given at 10 minutes, 5 minutes, 2 minutes and 1 minute. It is the responsibility of each coach to ensure their swimmers are aware of the warm up conclusion time frame.

During sessions, there will be 10 x 25m lanes in the Indoor Pool available for warm up and cool down.


WARM UP & COMPETITION TIMES

SESSION	DAY	WARM UP TIMES	COMPETITION START TIME
1 - Heats	Friday 7 December	7:00am	8:30am
2 - Finals	Friday 7 December	3:30pm – 4:40pm <i>(due to Opening Ceremony)</i>	5:00pm
3 - Heats	Saturday 8 December	7:00am	8:30am
4 - Finals	Saturday 8 December	3:30pm	5:00pm
5 – Timed Finals	Sunday 9 December	7:00am	8:15am
6 - Heats	Monday 10 December	7:00am	8:30am
7 - Finals	Monday 10 December	3:30pm	5:00pm
8 - Heats	Tuesday 11 December	7:00am	8:30am
9 - Finals	Tuesday 11 December	3:30pm	5:00pm

MARSHALLING PROCEDURES & INFORMATION

An announcement will be made at the conclusion of the warm up session to request competitors in the initial (usually three) events to report to the Marshalling area. Those event numbers and all calls for subsequent events will be displayed on the main scoreboard.

Published timelines are provided as a guide only and must not be relied on as the start times for particular events. Event start times may change significantly due to heat combinations or other variables. Where there



are a number of withdrawals from heats and subject to time constraints, the Marshals may either re-seed events or combine heats.

Marshalling calls are usually made three events ahead of the event in the water. This may vary with the distance of, or the number of entries in the various events in the program. Swimmers should monitor the marshalling calls frequently and should be aware of the event, stroke and heat number in which they are competing.

A copy of the program will be fixed to the wall in the corridor outside the marshalling room and also behind the grandstand to ensure swimmers have this information prior to entering the marshalling room. Inside the room, the Marshals will call the names of the swimmers in each heat of an event at least three times if they have not reported.

Swimmers are late reporting if they have been called three times and have not been marked as present, the heats have either been combined/re-seeded or the first heat has been handed over to the Check Starter. Swimmers who are late reporting will only be allowed to swim at the discretion of the Referee in Charge.

Swimmers may report early for subsequent events and may then leave the area. They must return to the area and report to the Marshal in time for those events to be handed over to the Check Starter. If they fail to return in time for their heat, the onus is on the competitor.

All events in heats and finals format will be swum fastest to slowest heat.

All events swum as timed finals will be swum slowest to fastest heat.


All swimmers (or a representative of the swimmer) in events that are swum as timed finals, must marshal in the morning heat session except for relays.

BACKSTROKE EVENTS

Backstroke events require a feet first entry into the pool. Backstroke ledges **will be** used at this event as stated in the [Backstroke Ledge Guidelines](#).

INTRODUCTIONS & MEDAL PRESENTATIONS

1. In the finals session, all competitors will be lead onto pool deck prior to being introduced at the starting blocks. There will generally be a presentation of medals for the previous event. The swimmers will then be introduced, prepare to swim and the race will begin.
2. At the conclusion of the event, place getters are to remain near the presentation area underneath the scoreboard, dry off and get dressed for presentation of medals. A Presentation Official will be in



the area to assist. **Do not go for a swim down.** Medals will be presented as soon as the following event has been swum.

3. Dress requirements for medal presentations are tracksuit (preferably Club or State) or Club or State t-shirt with appropriate tracksuit pants or shorts. Footwear is optional. Towels and/or head wear are not to be worn.
4. Swimming Victoria requests the cooperation of all swimmers and coaches in the presentation of medals. Medal presentations will be held as soon as possible after the results have been published. Place getters should proceed directly to the presentation area.

OPENING/CLOSING CEREMONY

Opening Ceremony | Will be held before the finals session on Day 1 Friday 7th December.

Closing Ceremony | Will be held after the finals session on Day 5 Tuesday 11th December.

AGE GROUP CHAMPIONS

Age Group Champions are awarded as part of the closing ceremony to the male and female in each age group category who achieve the highest points score. Presentation of Age Group Champions will take place at the conclusion of the final session on Day 5 to all Age Champions. The following conditions will apply in determining the winners of the Awards:

- Swimmers must be a registered member of a Victorian Club at the start of the Victorian Championship.
- If two or more swimmers of the one age and gender obtain an equal number of points, the Champion Award will be awarded to the swimmer who has obtained the greatest number of first placings in finals. If there is still equality, a decision will be made based on the number of second placings, etc.

VISITORS & INTERNATIONAL COMPETITORS

Swimming Victoria By-Law 8 – Competitions & Events 10. Victorian Championships.

10.1 No more than two Visiting Competitors may swim in the final of a Victorian Age Group Championship Event. This does not include members of Border Clubs.

WITHDRAWALS

Withdrawals prior to event day can be emailed to events@vic.swimming.org.au

Withdrawals on event day for Heats can be done by letting the marshal know but is not mandatory.

Finals

The following is an extract from the Swimming Victoria By-Law 8 – Competitions & Events 12. Withdrawals:

12.1 A Competitor wishing to withdraw from a final in an SV Competition must do so in writing, signed by the Competitor, or their authorised representative, within thirty minutes of the posting of the list of finalists for that event.

12.2 Subject to clause 12.3 a Competitor who does not comply with clause 12.1 and who does not compete in the final, shall be deemed a late withdrawal and ineligible to compete in their next individual race at the same SV Competition. If the Competitor is not entered in any subsequent races at that SV Competition, then SV may impose such sanction on the Competitor as SV sees fit.

12.3 SV may waive or modify the operation of clause 12.2 where the Competitor demonstrates that the withdrawal or failure to compete was due to: (a) Medical grounds; or (b) Other circumstances beyond the Competitor's control.

12.4 A Competitor who is added to an event final following the withdrawal of another Competitor, and who can show that he was unaware of the change may claim hardship.

12.5 SV's decision in relation to any request to waive or modify the operation of clause 12.2 is final and cannot be appealed.

Please Note: Emergencies where listed will also need to withdraw from finals if they choose.

Withdrawal forms will be available at the Meet Supervisor/Technical Director desk.

Completed withdrawal forms can only be lodged with the Technical Director.

ADMISSION & TICKETING

FREE ENTRY to MSAC for swimmers, spectators, coaches and officials.

2.4 KEY DATES

EVENT	DATE PUBLISHED	LOCATION
Entries Open	Monday 17 September 2018	Swimming Victoria Victorian Age Championships Page
Individual Entries Close	11:59pm Monday 26 November 2018	

Relay Entries Close	11:59pm Tuesday 27 November 2018	
Psych Sheet Any changes to incorrect information or entry times are to be emailed to events@vic.swimming.org.au by 10am on Monday 3 December 2018	Wednesday 28 November 2018	
Timekeepers Roster All clubs are encouraged to identify parents who can assist with timekeeping duties for this meet.	Tuesday 4 December 2018	
Meet Program	Wednesday 5 December 2018	
Results Results by event will be posted on the walls behind the grandstand following the conclusion of each event. Results will also be available via Meet Mobile throughout the meet	Post event <i>*Swimming Victoria do not upload split times or relay lead off times onto the National Results Database.</i>	Swimming Victoria Results PDF, Meet Manager & Team Manager format.

2.5 BY-LAWS

[Swimming Victoria General By-Laws](#) apply. A copy of the By-Laws can be obtained from the Swimming Victoria website.

2.6 SAFE SPORT

The safety of children and young people in our sport is paramount. We want swimming to be fun, enjoyable and safe for all. Everyone within the swimming community have a role to play in ensuring that we keep our proud sport as safe and enjoyable as possible. Swimming Australia have developed a [Safe Sport Framework \(SSF\)](#) which governs our sport and replaces all previous child and member welfare policies, procedures and code of conduct. We must also be compliant under the Victorian Child Safe Legislation.

For further information please visit [‘Rules & Policies’](#) on the Swimming Victoria website.



2.7 SWIM COSTUMES

In accordance with Swimming Victoria By-Law 8 – Competitions & Events 6. Costumes:

6.1 Swimming costumes worn by a Competitor shall comply with the FINA rules and any relevant SV rules regulations or policies unless otherwise provided by SV in the Competition Information.

6.2 Competitors 11 years and under are not permitted (or allowed) to wear a technical/performance suit in SV hosted competitions.

Please note: Swimmers who are 11-years of age or under are not eligible to compete in this competition.

6.3 Only one costume may be worn in competition.

2.8 MEDICAL CERTIFICATES & TAPING

All competitors, parents and coaches need to be aware that Swimming Victoria enforces the FINA Rule relating to Medical Taping:

SW 10.8 provides that any sort of tape on the body is subject to approval of the Sports Medicine Committee.

Swimming Victoria is implementing this rule in modified form in that we require a certificate from a medical professional (doctor, physio etc.) specifying why the taping is required.

The certificate must be presented to the Technical Director of the Meet BEFORE the swimmer wearing the taping begins competing at that meet. It need only be presented once for the duration of the meet.

The certificate must be dated and will be accepted by Swimming Victoria for 30 days from the date of issue. The certificate should state that the swimmer is fit to swim and that the taping does not provide any competitive advantage to the swimmer.

The Technical Director will check that a certificate is presented and further that the taping does not provide any advantage to the competitor.

2.9 MSAC

Entry into the competition venue is on the level 2 foyer via the outdoor pool entrance opposite the multi-level carpark or via the main entrance opposite Albert Park lake.

[TRAVEL TO MSAC](#)

Public transport and carpooling is encouraged for participants and spectators attending in the meet.



PARKING

There will be no event parking permitted in the MSAC Multi-Deck or Southern car park. This will be manned by security personnel. To avoid long delays, please do not attempt to park in the Multi-Deck or Southern car parks at MSAC.

Paid parking is available in the Lakeside car park which is located off Aughtie Drive. For information on parking at MSAC please visit the [MSAC Contact Us Page](#).

TOILETS/CHANGE ROOMS

Spectators

Public toilets are located at the back of the grandstand of both the indoor and outdoor pools.

Athletes

Athlete toilets and change rooms are located on pool deck adjacent to the pool concourse area, access is via the rear corridor. Athletes are encouraged not to use the public (spectator) toilets as change rooms.

2.10 ANTI-DOPING


Swimming Victoria adheres to the [Swimming Australia Illicit Drug Policy](#). Swimming Australia has adopted and implemented an anti-doping policy and rules which conform to the rules established by the World Anti-Doping Authority (WADA), the International Olympic Committee (IOC), FINA and the Australian Sports Anti-Doping Authority (ASADA). An updated list is supplied every 12 months. For further information please visit the [Swimming Australia Anti-Doping Information Page](#).

2.11 COACHES SEATING

Limited coaches seating will be available on pool deck. Alternatively, there will be seating roped off in the grandstand for coaches only.

2.12 POOL DECK GUIDELINES – asctaVIC

Swimming Victoria and asctaVIC conduct all meets in accordance with the [Pool Deck Code of Behaviour](#). These guidelines restrict unauthorised access to pool deck at all times throughout the meet. Only coaches who have been issued with a current pool deck pass will be permitted on pool deck in addition to swimmers. All coaches, support staff, officials and competitors are expected to adhere to these guidelines whilst on pool deck.



Coaches MUST display their current ASCTA Coaching Licence and Working with Children Check (WWCC) Cards at all times. Coaches will be asked to leave pool deck if they fail to display their cards.

2.13 TECHNICAL OFFICIALS

Technical Officials are a vital part of every swim meet and are responsible for ensuring that an event is run in accordance with the rules and regulations. We encourage and welcome all officials to officiate at Swimming Victoria meets. If you would like to officiate at this meet please complete the [Online Technical Officials Roster Call](#).

All Officials must wear the appropriate uniform, see [Uniform Guidelines](#), a name badge and carry their NOAP card and WWCC with them at all times.

SECTION THREE: APPENDICES

APPENDIX A: EVENT LISTING

Session 1 Friday 7 December - **Heats**

Warm-up: 7am

Competition Starts: 8:30am

Event	Gender	Age	Distance
1	Boys	12yrs	200m Freestyle
2	Girls	12yrs	200m Freestyle
3	Boys	17-18yrs	200m Butterfly
4	Girls	17-18yrs	200m Butterfly
5	Boys	15yrs	200m Freestyle
6	Girls	15yrs	200m Freestyle
7	Boys	16yrs	100m Backstroke
8	Girls	16yrs	100m Backstroke
9	Boys	14yrs	200m Freestyle
10	Girls	14yrs	200m Freestyle
11	Boys	13yrs	200m IM
12	Girls	13yrs	200m IM
13	Boys	12yrs	100m Backstroke
14	Girls	12yrs	100m Backstroke
15	Boys	15yrs	400m IM*
16	Girls	15yrs	400m IM*
17	Boys	17-18yrs	100m Backstroke
18	Girls	17-18yrs	100m Backstroke

Event	Gender	Age	Distance
19	Boys	16yrs	400m Freestyle
20	Girls	16yrs	400m Freestyle
21	Boys	14yrs	100m Breaststroke
22	Girls	14yrs	100m Breaststroke
23	Boys	13yrs	100m Backstroke
24	Girls	13yrs	100m Backstroke
25	Boys	12yrs	100m Breaststroke
26	Girls	12yrs	100m Breaststroke
27	Boys	15yrs	100m Breaststroke
28	Girls	15yrs	100m Breaststroke
29	Boys	17-18yrs	100m Freestyle
30	Girls	17-18yrs	100m Freestyle
31	Boys	16yrs	200m Butterfly
32	Girls	16yrs	200m Butterfly
33	Boys	14yrs	400m IM*
34	Girls	14yrs	400m IM*
83	Boys	12-13 yrs	800m Freestyle*
84	Girls	12-13 yrs	800m Freestyle*

*Timed Final – Fastest heat swum in the finals session

**Timed Final – Swum in the finals session only

Session 2 Friday 7 December - **Finals**

Warm-up: 3:30pm

Competition Starts: 5:00pm

Event	Gender	Age	Distance
1	Boys	12yrs	200m Freestyle
2	Girls	12yrs	200m Freestyle
3	Boys	17-18yrs	200m Butterfly
4	Girls	17-18yrs	200m Butterfly
5	Boys	15yrs	200m Freestyle
6	Girls	15yrs	200m Freestyle
7	Boys	16yrs	100m Backstroke
8	Girls	16yrs	100m Backstroke
9	Boys	14yrs	200m Freestyle
10	Girls	14yrs	200m Freestyle
11	Boys	13yrs	200m IM
12	Girls	13yrs	200m IM
13	Boys	12yrs	100m Backstroke
14	Girls	12yrs	100m Backstroke
15	Boys	15yrs	400m IM*
16	Girls	15yrs	400m IM*
17	Boys	17-18yrs	100m Backstroke
18	Girls	17-18yrs	100m Backstroke
19	Boys	16yrs	400m Freestyle
20	Girls	16yrs	400m Freestyle

Event	Gender	Age	Distance
21	Boys	14yrs	100m Breaststroke
22	Girls	14yrs	100m Breaststroke
23	Boys	13yrs	100m Backstroke
24	Girls	13yrs	100m Backstroke
25	Boys	12yrs	100m Breaststroke
26	Girls	12yrs	100m Breaststroke
27	Boys	15yrs	100m Breaststroke
28	Girls	15yrs	100m Breaststroke
29	Boys	17-18yrs	100m Freestyle
30	Girls	17-18yrs	100m Freestyle
31	Boys	16yrs	200m Butterfly
32	Girls	16yrs	200m Butterfly
33	Boys	14yrs	400m IM*
34	Girls	14yrs	400m IM*
83	Boys	12-13 yrs	800m Freestyle*
84	Girls	12-13 yrs	800m Freestyle*
35	Boys	16-18yrs	4 x 50m Freestyle Relay**
36	Girls	16-18yrs	4 x 50m Freestyle Relay**
37	Boys	14-15yrs	4 x 100m Medley Relay**
38	Girls	14-15yrs	4 x 100m Medley Relay**

*Timed Final – Fastest heat swum in the finals session

**Timed Final – Swum in the finals session only

Session 3 Saturday 8 December - **Heats**

Warm-up: 7am

Competition Starts: 8:30am

Event	Gender	Age	Distance
39	Boys	12yrs	200m IM
40	Girls	12yrs	200m IM
41	Boys	16yrs	100m Breaststroke
42	Girls	16yrs	100m Breaststroke
43	Boys	15yrs	100m Butterfly
44	Girls	15yrs	100m Butterfly
45	Boys	14yrs	200m Breaststroke
46	Girls	14yrs	200m Breaststroke
47	Boys	17-18yrs	400m Freestyle
48	Girls	17-18yrs	400m Freestyle
49	Boys	12yrs	200m Backstroke
50	Girls	12yrs	200m Backstroke
51	Boys	13yrs	200m Breaststroke
52	Girls	13yrs	200m Breaststroke

Event	Gender	Age	Distance
53	Boys	16yrs	200m Freestyle
54	Girls	16yrs	200m Freestyle
55	Boys	14yrs	100m Butterfly
56	Girls	14yrs	100m Butterfly
57	Boys	15yrs	200m Backstroke
58	Girls	15yrs	200m Backstroke
59	Boys	17-18yrs	100m Breaststroke
60	Girls	17-18yrs	100m Breaststroke
61	Boys	13yrs	200m Backstroke
62	Girls	13yrs	200m Backstroke
63	Boys	16yrs	400m IM*
64	Girls	16yrs	400m IM*
65	Boys	12-13yrs	400m Freestyle
66	Girls	12-13yrs	400m Freestyle

*Timed Final – Fastest heat swum in the finals session

**Timed Final – Swum in the finals session only

Session 4 Saturday 8 December - **Finals**
 Warm-up: 3:30pm
 Competition Starts: 5:00pm

Event	Gender	Age	Distance
39	Boys	12yrs	200m IM
40	Girls	12yrs	200m IM
41	Boys	16yrs	100m Breaststroke
42	Girls	16yrs	100m Breaststroke
43	Boys	15yrs	100m Butterfly
44	Girls	15yrs	100m Butterfly
45	Boys	14yrs	200m Breaststroke
46	Girls	14yrs	200m Breaststroke
47	Boys	17-18yrs	400m Freestyle
48	Girls	17-18yrs	400m Freestyle
49	Boys	12yrs	200m Backstroke
50	Girls	12yrs	200m Backstroke
51	Boys	13yrs	200m Breaststroke
52	Girls	13yrs	200m Breaststroke
53	Boys	16yrs	200m Freestyle
54	Girls	16yrs	200m Freestyle

Event	Gender	Age	Distance
55	Boys	14yrs	100m Butterfly
56	Girls	14yrs	100m Butterfly
57	Boys	15yrs	200m Backstroke
58	Girls	15yrs	200m Backstroke
59	Boys	17-18yrs	100m Breaststroke
60	Girls	17-18yrs	100m Breaststroke
61	Boys	13yrs	200m Backstroke
62	Girls	13yrs	200m Backstroke
63	Boys	16yrs	400m IM*
64	Girls	16yrs	400m IM*
65	Boys	12-13yrs	400m Freestyle
66	Girls	12-13yrs	400m Freestyle
67	Boys	16-18yrs	4 x 100m Medley Relay**
68	Girls	16-18yrs	4 x 100m Medley Relay**
69	Boys	12-13yrs	4 x 50m Medley Relay**
70	Girls	12-13yrs	4 x 50m Medley Relay**

*Timed Final – Fastest heat swum in the finals session

**Timed Final – Swum in the finals session only

Session 5 Sunday 9 December – **Timed Finals**

Warm-up: 7am

Competition Starts: 8:15am

Event	Gender	Age	Distance
71	Boys	17-18yrs	50m Freestyle*
72	Girls	17-18yrs	50m Freestyle*
73	Boys	15-16yrs	50m Freestyle*
74	Girls	15-16yrs	50m Freestyle*
75	Boys	13-14yrs	50m Freestyle*
76	Girls	13-14yrs	50m Freestyle*
77	Boys	12yrs	50m Freestyle*

Event	Gender	Age	Distance
78	Girls	12yrs	50m Freestyle*
79	Boys	14-15yrs	4 x 50m Medley Relay*
80	Girls	14-15yrs	4 x 50m Medley Relay*
81	Boys	16-18yrs	4 x 100m Freestyle Relay*
82	Girls	16-18yrs	4 x 100m Freestyle Relay*
85	Boys	14-18yrs	1500m Freestyle*
86	Girls	14-18yrs	1500m Freestyle*

*Timed Final – Heats swum slowest to fastest

**Timed Final – Swum in the finals session only

Session 6 Monday 10 December - **Heats**

Warm-up: 7am

Competition Starts: 8:30am

Event	Gender	Age	Distance
87	Boys	13yrs	100m Breaststroke
88	Girls	13yrs	100m Breaststroke
89	Boys	17-18yrs	100m Butterfly
90	Girls	17-18yrs	100m Butterfly
91	Boys	16yrs	200m Breaststroke
92	Girls	16yrs	200m Breaststroke
93	Boys	15yrs	200m Butterfly
94	Girls	15yrs	200m Butterfly
95	Boys	14yrs	100m Backstroke
96	Girls	14yrs	100m Backstroke
97	Boys	13yrs	200m Freestyle
98	Girls	13yrs	200m Freestyle
99	Boys	12yrs	100m Butterfly
100	Girls	12yrs	100m Butterfly
101	Boys	17-18yrs	400m IM*
102	Girls	17-18yrs	400m IM*
103	Boys	16yrs	200m Backstroke
104	Girls	16yrs	200m Backstroke
105	Boys	15yrs	100m Backstroke
106	Girls	15yrs	100m Backstroke

Event	Gender	Age	Distance
107	Boys	14yrs	400m Freestyle
108	Girls	14yrs	400m Freestyle
109	Boys	13yrs	100m Butterfly
110	Girls	13yrs	100m Butterfly
111	Boys	17-18yrs	200m Backstroke
112	Girls	17-18yrs	200m Backstroke
113	Boys	16yrs	100m Butterfly
114	Girls	16yrs	100m Butterfly
115	Boys	12-13yrs	400m IM*
116	Girls	12-13yrs	400m IM*
117	Boys	15yrs	400m Freestyle
118	Girls	15yrs	400m Freestyle
119	Boys	14yrs	200m Butterfly
120	Girls	14yrs	200m Butterfly
121	Boys	12-13yrs	1500m Freestyle*
122	Girls	12-13yrs	1500m Freestyle*
123	Boys	14-18yrs	800m Freestyle*
124	Girls	14-18yrs	800m Freestyle*
125	Boys	17-18yrs	200m Freestyle
126	Girls	17-18yrs	200m Freestyle

*Timed Final – Fastest heat swum in the finals session

**Timed Final – Swum in the finals session only

Session 7 Monday 10 December - **Finals**
 Warm-up: 3:30pm
 Competition Starts: 5:00pm

Event	Gender	Age	Distance
87	Boys	13yrs	100m Breaststroke
88	Girls	13yrs	100m Breaststroke
89	Boys	17-18yrs	100m Butterfly
90	Girls	17-18yrs	100m Butterfly
91	Boys	16yrs	200m Breaststroke
92	Girls	16yrs	200m Breaststroke
93	Boys	15yrs	200m Butterfly
94	Girls	15yrs	200m Butterfly
95	Boys	14yrs	100m Backstroke
96	Girls	14yrs	100m Backstroke
97	Boys	13yrs	200m Freestyle
98	Girls	13yrs	200m Freestyle
99	Boys	12yrs	100m Butterfly
100	Girls	12yrs	100m Butterfly
101	Boys	17-18yrs	400m IM*
102	Girls	17-18yrs	400m IM*
103	Boys	16yrs	200m Backstroke
104	Girls	16yrs	200m Backstroke
105	Boys	15yrs	100m Backstroke
106	Girls	15yrs	100m Backstroke
107	Boys	14yrs	400m Freestyle

Event	Gender	Age	Distance
108	Girls	14yrs	400m Freestyle
109	Boys	13yrs	100m Butterfly
110	Girls	13yrs	100m Butterfly
111	Boys	17-18yrs	200m Backstroke
112	Girls	17-18yrs	200m Backstroke
113	Boys	16yrs	100m Butterfly
114	Girls	16yrs	100m Butterfly
115	Boys	12-13yrs	400m IM*
116	Girls	12-13yrs	400m IM*
117	Boys	15yrs	400m Freestyle
118	Girls	15yrs	400m Freestyle
119	Boys	14yrs	200m Butterfly
120	Girls	14yrs	200m Butterfly
121	Boys	12-13yrs	1500m Freestyle*
122	Girls	12-13yrs	1500m Freestyle*
123	Boys	14-18yrs	800m Freestyle*
124	Girls	14-18yrs	800m Freestyle*
125	Boys	17-18yrs	200m Freestyle
126	Girls	17-18yrs	200m Freestyle
127	Boys	14-15yrs	4 x 100m Freestyle Relay**
128	Girls	14-15yrs	4 x 100m Freestyle Relay**

*Timed Final – Fastest heat swum in the finals session

**Timed Final – Swum in the finals session only

Session 8 Tuesday 11 December - **Heats**

Warm-up: 7am

Competition Starts: 8:30am

Event	Gender	Age	Distance
129	Boys	12yrs	200m Breaststroke
130	Girls	12yrs	200m Breaststroke
131	Boys	14yrs	100m Freestyle
132	Girls	14yrs	100m Freestyle
133	Boys	15yrs	100m Freestyle
134	Girls	15yrs	100m Freestyle
135	Boys	13yrs	200m Butterfly
136	Girls	13yrs	200m Butterfly
137	Boys	16yrs	100m Freestyle
138	Girls	16yrs	100m Freestyle
139	Boys	17-18yrs	200m IM
140	Girls	17-18yrs	200m IM
141	Boys	12yrs	200m Butterfly
142	Girls	12yrs	200m Butterfly
143	Boys	14yrs	200m Backstroke

Event	Gender	Age	Distance
144	Girls	14yrs	200m Backstroke
145	Boys	15yrs	200m IM
146	Girls	15yrs	200m IM
147	Boys	13yrs	100m Freestyle
148	Girls	13yrs	100m Freestyle
149	Boys	16yrs	200m IM
150	Girls	16yrs	200m IM
151	Boys	17-18yrs	200m Breaststroke
152	Girls	17-18yrs	200m Breaststroke
153	Boys	12yrs	100m Freestyle
154	Girls	12yrs	100m Freestyle
155	Boys	14yrs	200m IM
156	Girls	14yrs	200m IM
157	Boys	15yrs	200m Breaststroke
158	Girls	15yrs	200m Breaststroke

*Timed Final – Fastest heat swum in the finals session

**Timed Final – Swum in the finals session only

Session 9 Tuesday 11 December - **Finals**

Warm-up: 3:30pm

Competition Starts: 5:00pm

Event	Gender	Age	Distance
129	Boys	12yrs	200m Breaststroke
130	Girls	12yrs	200m Breaststroke
131	Boys	14yrs	100m Freestyle
132	Girls	14yrs	100m Freestyle
133	Boys	15yrs	100m Freestyle
134	Girls	15yrs	100m Freestyle
135	Boys	13yrs	200m Butterfly
136	Girls	13yrs	200m Butterfly
137	Boys	16yrs	100m Freestyle
138	Girls	16yrs	100m Freestyle
139	Boys	17-18yrs	200m IM
140	Girls	17-18yrs	200m IM
141	Boys	12yrs	200m Butterfly
142	Girls	12yrs	200m Butterfly
143	Boys	14yrs	200m Backstroke
144	Girls	14yrs	200m Backstroke
145	Boys	15yrs	200m IM
146	Girls	15yrs	200m IM

Event	Gender	Age	Distance
147	Boys	13yrs	100m Freestyle
148	Girls	13yrs	100m Freestyle
149	Boys	16yrs	200m IM
150	Girls	16yrs	200m IM
151	Boys	17-18yrs	200m Breaststroke
152	Girls	17-18yrs	200m Breaststroke
153	Boys	12yrs	100m Freestyle
154	Girls	12yrs	100m Freestyle
155	Boys	14yrs	200m IM
156	Girls	14yrs	200m IM
157	Boys	15yrs	200m Breaststroke
158	Girls	15yrs	200m Breaststroke
159	Boys	16-18yrs	4 x 50m Medley Relay
160	Girls	16-18yrs	4 x 50m Medley Relay
161	Boys	12-13yrs	4 x 50m Freestyle Relay
162	Girls	12-13yrs	4 x 50m Freestyle Relay
163	Boys	14-15yrs	4 x 50m Freestyle Relay
164	Girls	14-15yrs	4 x 50m Freestyle Relay

*Timed Final – Fastest heat swum in the finals session

**Timed Final – Swum in the finals session only

APPENDIX B: COMPETITION AGE GROUPS & AWARDS

Medals will be as per this table.	17 & 18 Years	16-18 Years	16 Years	15 Years	14-15 Years	14 Years	13 Years	12-13 Years	12 Years
Freestyle	50m	X		X	X		X	X	X
	100m	X		X	X		X	X	X
	200m	X		X	X		X	X	X
	400m	X		X	X		X		X
	800m		X			X		X	
	1500m		X			X		X	
Backstroke	50m								
	100m	X		X	X		X	X	X
	200m	X		X	X		X	X	X
Breaststroke	50m								
	100m	X		X	X		X	X	X
	200m	X		X	X		X	X	X
Butterfly	50m								
	100m	X		X	X		X	X	X
	200m	X		X	X		X	X	X
Individual Medley	200m	X		X	X		X	X	X
	400m	X		X	X		X		X
Freestyle Relay	4x50m		X			X		X	
	4x100m		X			X			
Medley Relay	4x50m		X			X		X	
	4x100m		X			X			

X - Both Male and Female will be awarded in these events .

APPENDIX C: QUALIFYING TIMES

Age at: 7 December 2018

Qualifying Period: Times must have been achieved between 10 December 2017 & 26 November 2018

MALE	17-18 Yrs	16 Yrs	15 Yrs	14 Yrs	13 Yrs	12 Yrs
FREESTYLE						
50m	26.50	27.00	27.50	28.80	29.25	31.10
100m	58.10	58.90	59.80	1:01.80	1:04.40	1:09.70
200m	2:07.20	2:09.20	2:11.00	2:15.50	2:19.80	2:30.00
400m	4:26.40	4:32.90	4:35.00	4:42.50	4:52.10	5:12.00
800m	9:18:80		9:37.70		10:25.90	
1500m	17:27.60		18:03.20		19:33.60	
BACKSTROKE						
100m	1:07.40	1:08.70	1:09.80	1:11.90	1:14.80	1:20.00
200m	2:23.60	2:26.90	2:29.00	2:33.40	2:39.90	2:50.00
BREASTSTROKE						
100m	1:16.30	1:17.40	1:19.40	1:21.50	1:25.00	1:31.00
200m	2:46.10	2:47.40	2:51.70	2:55.00	3:01.40	3:18.00
BUTTERFLY						
100m	1:04.30	1:05.20	1:06.50	1:08.70	1:12.20	1:19.00
200m	2:20.60	2:27.20	2:29.40	2:34.20	2:42.80	2:59.00
INDIVIDUAL MEDLEY						
200m	2:25.30	2:26.90	2:30.70	2:33.90	2:40.10	2:48.00
400m	5:05.00	5:09.80	5:16.70	5:24.20	5:42.40	
RELAYS		16-18Yrs	14-15Yrs		12-13Yrs	
4 X 100m FREE		3:54:20	4:00:40			
4 X 100m MEDLEY		4:21:50	4:25:60			
4 x 50m FREE		1:52.10	1:55.10		2:08:60	
4 x 50m MEDLEY		2:05:20	2:07.20		2:26:30	

Age at: 7 December 2018

Qualifying Period: Times must have been achieved between 10 December 2017 & 26 November 2018

FEMALE	17-18 Yrs	16 Yrs	15 Yrs	14 Yrs	13 Yrs	12 Yrs
FREESTYLE						
50m	29.60	29.80	30:10	30.30	30.70	32.50
100m	1:04.60	1:04.80	1:05.30	1:05.90	1:07.00	1:09.80
200m	2:19.30	2:20.40	2:21.50	2:23.10	2:25.30	2:33.00
400m	4:48.90	4:51.00	4:54.30	4:58.20	5:02.00	5:20.00
800m	10:00.90		10:13.90		10:44.50	
1500m	18:46.70		19:11.20		20:08.50	
BACKSTROKE						
100m	1:15.00	1:15.70	1:15.80	1:16.50	1:17.40	1:21.00
200m	2:39.60	2:39.80	2:40.20	2:41.10	2:43.60	2:55:00
BREASTSTROKE						
100m	1:26.10	1:26.70	1:27.20	1:27.70	1:28.30	1:33.00
200m	3:02.50	3:04.10	3:05.20	3:05.80	3:07.90	3:20.00
BUTTERFLY						
100m	1:12.50	1:12.60	1:13.40	1:13.90	1:15.20	1:21.00
200m	2:39.70	2:40.20	2:41.00	2:45.50	2:46.60	2:56.80
INDIVIDUAL MEDLEY						
200m	2:38.10	2:38.80	2:39.60	2:40.50	2:42.40	2:50.00
400m	5:31.70	5:36.00	5:38.70	5:45.00	5:52.00	
RELAYS		16-18Yrs	14-15Yrs		12-13Yrs	
4 X 100m FREE		4:22.50	4:23.60			
4 X 100m MEDLEY		4:48.80	4:51.90			
4 x 50M FREE		2:02.30	2:02.80		2:18.00	
4 x 50M MEDLEY		2:15.50	2:16.50		2:33.40	