



is immensely proud to host the

*71st Annual
North Queensland
Championships*

PROGRAM OF EVENTS

Meet Programme will be emailed to Clubs & Coaches

Saturday 4 & Sunday 5 March 2023
Long Tan Memorial Pool
Townsville

2023 North Queensland Championships

Event Information

Venue

Long Tan Memorial Pool
Lindemann Ave, Heatley Townsville

Entrants

The Meet is open to Swimming North Queensland and Far North Queensland registered athletes only, as per Swimming Queensland Regional Championship policy.

Age

Age group of athletes for the meet is the age as at the first day of competition (i.e. 4 March 2023).
The minimum age is 8 years for both Individual and Relay events.
Athletes are not permitted to 'swim up' in individual events.

Rules

Except for the special conditions listed herewith, the Championships are conducted under the Swimming Rules and the By-Laws of Swimming Australia Ltd (SAL) and by permission of Swimming Queensland (SQ). The competition will be under the direction of the Technical Manager at all times. Any protests are to be in writing accompanied by a \$100 fee lodged with the Race Referee within thirty (30) minutes of the completion of the respective event.

Photos

In nominating for these Championships, athletes agree they may be photographed by SNQ's approved photographer and that images may be used by Swimming NQ for its website, publications and or social media.

Warm Up Times

Saturday 7.15am – 8.15am
Sunday 7.15am – 8.15am

Race Start Times

Saturday 9.00am
Sunday 8.30am

Opening Ceremony, March Pass & Competitor Group Photo

Saturday 8.40am

Entry Information

Entry Procedures

Individual Entries may only be submitted by the Online Meet Entries (OME) system. Log in via <https://swimcentral.swimming.org.au/>

Relay Events

Race Secretaries may enter teams via Swim Central by logging in and selecting your Entity Management.

Closing Date

Individual Events **Wednesday 22 February 2023**

Relay Events **Friday 24 February 2023**

Late Entries

All entries submitted after closing date will incur a late entry fee. Late entries will be accepted up to thirty (30) minutes prior to start of competition and are subject to lane availability. Proof of entry qualifying time will be required and will be verified on Results Central.

Entry Fees

Individual Entries \$ 7.00 per event
Relay Entries \$25.00 per relay team
Venue Admission \$10.00 per athlete (via swim central)
Athlete Surcharge \$ 2.50 per athlete (via swim central)

Late Entry Fees

Individual Entries \$30.00 per event
Relay Entries \$50.00 per relay team

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Entry Times & Qualifying Times

Entries for both individual and relay events **will not** be accepted without an entry time. Where qualifying times apply (SNQ Age A), entry times must meet the qualifying time. All entry times must have been swum since 1 January 2021.

Qualifying Times are shown as 'Age A' and are applicable on the following events only:

200 Ind. Medley	Event No's:	47/48, 73/74, 105-108
200 Freestyle	Event No's:	79/80, 101/102
200 Backstroke	Event No's:	31/32, 103/104
200 Breaststroke	Event No's:	7/8, 21/22
200 Butterfly	Event No's:	45/46, 63/64
Distance(400, 800 & 1500)	Event No's:	3/4, 27/28, 59/60, 85/86

Athletes must have swum an SNQ 'A' grade time for their age to enter in these events.

N.B. No TIME (NT) WILL NOT BE ACCEPTED FOR ANY EVENT/ENTRY.

Championship Events, Medals & Points (Age Champion events)

All events will be conducted as Timed Finals.

Medals will not be awarded if qualifying times have not been met.

Points are awarded to 8th place.

Medals will be awarded as follows:

Individual Events (including the first 3 SNQ athletes) **9-10 years is a combined age group**

All 100 metre events – 9-10yrs,11yrs,12yrs,13yrs,14yrs,15yrs,16yrs,17yrs&over

All 200 metre events – (9-10yrs IM & Free only) ,11yrs,12yrs,13yrs,14yrs,15yrs,16yrs,17yrs&over

Relay Events

All relay events

Cash Events (No Medals or Points)

All events will be conducted as Timed Finals.

Cash will not be awarded if qualifying times have not been met.

No points awarded.

No separate Multi Class cash awards.

Cash will be awarded as 1st, 2nd & 3rd only in the following:

10 & over 50metre events

10yrs, 11yrs, 12yrs 1st \$10, 2nd \$10, 3rd \$5

13yrs, 14yrs 1st \$15, 2nd \$10, 3rd \$5

15yrs, 16yrs, 17&over 1st \$20, 2nd \$10, 3rd \$5

400, 800 & 1500 metre events

14yrs & under 1st \$50, 2nd \$35, 3rd \$15

15yrs & over 1st \$50, 2nd \$35, 3rd \$15

Medal Only Events (No Points)

8–9yrs 50 metre events – **8-9 yrs is a Combined Age Group**. (includes first 3 SNQ athletes)

Relay Events

All relays shall consist of 4 competitors in the appropriate gender.

Mixed Relays shall consist of 2 males and 2 females.

8-12 yrs and Mixed relay changes will close at the end of warm up each day.

All other relay changes will close as a time posted in the program.

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Athletes with Impairment Events

There are no specific Multi Class Events. Athletes with Impairment may enter in their respective age group events and are required to provide proof of classification to the Technical Manager prior to the start of the meet.

Medals will be awarded for placings 1st 2nd & 3rd to Athletes with an Impairment who have provided proof of classification.

Entry to events with a qualifying time will need to be emailed to sngracesecretary@gmail.com for manual entry as the qualifying times will not apply, however the athlete must still have a time to enter.

Special Notes

Athletes will marshal using the 'Self Marshalling' Protocols.

All special trophies are open to SNQ Athletes/Teams only

SNQ Clubs will be rostered for volunteer duties as well as their regular timekeeping duty.

SNQ Clubs will be advised of their volunteer duties after the close of entries.

For all enquiries contact: Judy Hicks 0407155565 sngracesecretary@gmail.com

Swimming North Queensland gratefully acknowledge the generous assistance from our Affiliated Clubs and their members.

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SATURDAY – SESSION 1						
EVENT NUMBER		AGE GROUP	DISTANCE & STROKE		QUALIFYING TIME	
MEN	WOMEN				MEN	WOMEN
1	2	8 - 9 yrs	50	Freestyle	-	-
3	4	11 & over	800	Freestyle	Age A	Age A
201 (mixed)		8 & over	4 x 50	Medley Relay	-	-
5	6	9 - 10 yrs	100	Freestyle	-	-
7	8	13 & over	200	Breaststroke	Age A	Age A
9	10	12	100	Freestyle	-	-
11	12	11	100	Freestyle	-	-
13	14	8 - 10 yrs	4 x 50	Medley Relay	-	-
15	16	15 & over	100	Butterfly	-	-
17	18	13	100	Freestyle	-	-
19	20	14	100	Freestyle	-	-
21	22	11 – 12 yrs	200	Breaststroke	Age A	Age A
23	24	8 - 9 yrs	50	Backstroke	-	-
25	26	10 & over	50	Breaststroke	-	-
27	28	11 & over	400	Medley	Age A	Age A
SATURDAY – SESSION 2						
29	30	9 - 10 yrs	100	Backstroke	-	-
31	32	13 & over	200	Backstroke	Age A	Age A
33	34	12	100	Backstroke	-	-
35	36	11	100	Backstroke	-	-
37	38	15 & over	100	Freestyle	-	-
39	40	13	100	Backstroke	-	-
41	42	14	100	Backstroke	-	-
43	44	10 & over	50	Butterfly	-	-
45	46	11 – 12 yrs	200	Butterfly	Age A	Age A
47	48	15 & over	200	Medley	Age A	Age A
49	50	8 - 14	4 x 50	Medley Relay	-	-
51	52	8 - 16	4 x 50	Medley Relay	-	-
53	54	8 -12	4 x 50	Medley Relay	-	-
55	56	11 & over	4 x 100	Medley Relay	-	-

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SUNDAY – SESSION 3						
EVENT NUMBER		AGE GROUP	DISTANCE & STROKE		QUALIFYING TIME	
MEN	WOMEN				MEN	WOMEN
57	58	8 – 9 yrs	50	Breaststroke	-	-
59	60	11 & over	1500	Freestyle	Age A	Age A
202 (mixed)		8 & over	4 x 50	F/style Relay	-	-
61	62	9 - 10 yrs	100	Breaststroke	-	-
63	64	13 & over	200	Butterfly	Age A	Age A
65	66	12	100	Breaststroke	-	-
67	68	11	100	Breaststroke	-	-
69	70	8-10 yrs	4 x 50	F/style Relay	-	-
71	72	15 & over	100	Backstroke	-	-
73	74	9 – 12 yrs	200	Medley	Age A	Age A
75	76	13	100	Breaststroke	-	-
77	78	14	100	Breaststroke	-	-
79	80	10 – 12 yrs	200	Freestyle	Age A	Age A
81	82	8 - 9 yrs	50	Butterfly	-	-
83	84	10 & over	50	Freestyle	-	-
SUNDAY – SESSION 4						
85	86	11 & over	400	Freestyle	Age A	Age A
87	88	9 - 10 yrs	100	Butterfly	-	-
89	90	12	100	Butterfly	-	-
91	92	11	100	Butterfly	-	-
93	94	15 & over	100	Breaststroke	-	-
95	96	13	100	Butterfly	-	-
97	98	14	100	Butterfly	-	-
99	100	10 & over	50	Backstroke	-	-
101	102	13 & over	200	Freestyle	Age A	Age A
103	104	11 – 12 yrs	200	Backstroke	Age A	Age A
105	106	13	200	Medley	Age A	Age A
107	108	14	200	Medley	Age A	Age A
109	110	8 - 12	4 x 50	F/style Relay	-	-
111	112	8 - 16	4 x 50	F/style Relay	-	-
113	114	8 - 14	4 x 50	F/style Relay	-	-
115	116	11 & over	4 x 100	F/style Relay	-	-

SNQ 'A' DIVISION TIMES (*swimmers must break this time to be 'A' division*)

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