

Genesis Aquatic Centre
Squad Information
Booklet



Genesis
AQUATIC CENTRE

Squad overview:

Found below is a list of current swim squads at Genesis Aquatic Centre along with some relevant information regarding the purpose/focus of each squad:

Skills Squad

Is our entry level squad available for graduates of our Learn to Swim program. The coaches aim to build confidence and basic swimming technique within the 25m pool. The swimmers will build on their skills and technique of all four strokes. All swimmers are reviewed constantly to determine squad promotion.

Mini

The Mini Squad will build on from their current technique and skills learnt and be introduced to a more autonomous environment including the understand and use of the pace clock. The coaches help develop the students tumble turns and correct dive technique in a constructive and positive setting. Swimmers will be taught the fundamentals of racing and race skills. The swimmers will be exposed to basic swim sets.

Development

The Development Squad is where we teach swimmers how to train. Swimmers will train learn to combine all skills and drills learnt into a training context, completing these under pressure in sets. Stroke counts and stroke length will be introduced in all four strokes.

Intermediates

The Intermediate swimmers are exposed to a variety of training cycles and energy systems. Swimmers will be expected to understand how to read the pace clock through entire sessions. A major emphasis is applied on improving all four strokes but stroke preference is encouraged for competition.

Seniors

Senior Squad caters for competitive, school and social swimming. Swimmers in this squad are expected to commit to achieving their goals. Coaches expect Senior swimmers to lead by example, to ensure all Genesis Aquatic Centre squad members respect and admire the top level squad.

Training:

We have outlined below the specific expectations of squad members and some helpful information for parents to understand for the sport of swimming.

Gear list

The Gear listed below is what is expected from all squad members depending on the level. Equipment is necessary to ensure all swimmers get the best results from their training while ensuring coaching can adequately program for all individuals. Items can be purchased from the Aquatic Centre reception or externally; please check with coaches regarding different equipment to ensure suitability.

Skills:

- Kick board (no preference) – RRP \$26.00 - \$35.00 approx.
- Fins (preferably long) – RRP \$22.00 - \$40.00
- Water bottle

Mini:

- Net bag (no preference) – RRP \$20.00 approx.
- Kick board (no preference) – RRP \$26.00 - \$35.00 approx.

- Fins (preferably long) – RRP \$22.00 - \$40.00
- Water bottle

Development:

- Net bag (no preference) – RRP \$20.00 approx.
- Kick board (no preference) – RRP \$26.00 - \$35.00 approx.
- Pull buoy (not too big) – RRP \$15.00 - \$25.00 approx.
- Fins (preferably long) – RRP \$22.00 - \$40.00
- Water bottle

Intermediate:

- Net bag (no preference) – RRP \$20.00 approx.
- Kick board (no preference) – RRP \$26.00 - \$35.00 approx.
- Pull buoy (not too big) – RRP \$15.00 - \$25.00 approx.
- Fins (preferably short) – RRP \$32.00 - \$80.00 approx.
- Water bottle

Seniors:

- Net bag (no preference) – RRP \$20.00 approx.
 - Kick board (no preference) – RRP \$26.00-35.00 approx.
 - Pull buoy (not too big) – RRP \$15.00 - \$25.00 approx.
 - Fins (preferably short) – RRP \$32.00 - \$80.00 approx.
 - Snorkel (reputable swimming snorkels only) RRP\$30.00 - \$40.00 approx.
 - Paddles (preferably finis agility paddles, check size with coach) – RRP \$22.00 approx.
 - Band (no preference) RRP\$8.00 approx.
 - Drag+fly (suitable upon recommendation only) RRP \$89.00 approx.
 - Water bottle
- Stone paper book and pencil

Stretching and activation

Swimmers will be outlined specific stretches & activation exercises which should be completed prior to all training sessions. Swimmers should aim to be on pool deck at least 15 minutes before their session to complete their warm up and be ready to start swimming. Stretching and activation consistently helps to develop a well-rounded healthy athlete, which minimizes an athletes risk of injury, ensuring lifelong involvement. The Head Strength & Conditioning coach is available to discuss specialised stretching & activation plans for individuals.

Training etiquette

Genesis Aquatic Centre has an expectation and standard of how swimmers are to conduct themselves in and around the aquatic environment. Training etiquette is encouraged as it promotes respect to the coaches, teammates, and parents at Genesis. Listed below are the coach's expectations of you:

- Ensure you are on time for all session where possible (Being on time is being early);
- When the coach talks, you be quiet and listen until they are finished explaining;
- Make sure any stretching or warm up exercises (especially any prescribed by physios) are done prior to your session and in a professional manner;
- Do not leave your bags and belongings in the change rooms;
- Never steal, hide or damage property that doesn't belong to you;
- Keep the pool and surrounding areas clean of rubbish;
- Put all pool gear away neatly after any session, if you borrow gear from GAC, make sure it is put back away;

- When in the water always swim to the left side of the lane in a circling pattern unless instructed otherwise;
- Keep your head above water whilst coach is talking;
- When being overtaken, stay to the left and allow others to pass (No need to stop when being overtaken);
- If all else fails, please use common sense and courtesy to make good choices.

Training terminology

Swimming coaches love abbreviations, this helps coaches save time when writing sessions, please make sure you are well rehearsed in these terms and understand their focuses.

Training terms

- HR – this is heart rate. Could be displayed as a picture of a heart. We use this to track effort used. It is taken for 10 seconds to get a figure (i.e. 19-35). Heart rates vary between athletes; these is no need to compare these with others;
- A2 – this is a comfortable speed used for aerobic training (HR is usually around 19-23);
- A3 – often called cruise speed. This is our repeat cycle used every week (HR sits around 23-27);
- AT – this is threshold training. It is the point where the aerobic system and anaerobic system meet (HR sits around 25-29);
- VO2 MAX – the maximum volume of oxygen that the body can deliver to working muscles per minute. The hardest level possible whilst remaining in the aerobic system;
- B.A. – using all available energy through the course of the set;
- MAX – using all available energy in a single burst;
- SP – swimming at your fastest speed whilst maintaining great technique;
- HVO – high velocity overload. Swimming faster than usual for very short periods;
- FAST – moving arms and legs as fast as possible. Faster than race pace;
- PACE – referring to a certain speed asked for by the coach over a set distance. It can be anything from 50 pace to 400 pace and performed over any distance;
- HARD – a controlled effort swim;
- PB+ - this refers to personal best time plus a designated amount of time (i.e. +20seconds);
- SC – Stroke count. Used to improve stroke efficiency;
- SR – short rest. Aerobic swimming with minimal rest;
- S/R – stroke rate. How fast your arms are moving through the water;
- DPS – distance per stroke;
- MIN/MAX – minimum strokes for maximum speed. Again a stroke efficiency training method;
- HYPOXIC – means without oxygen or little oxygen. We use this in swimming strokes and underwater components. It is used to improve athlete lung capacity;
- CH – choice. Athlete to select a specific stroke to complete;
- SCULL – this is an arm training technique where swimmers move through the water using only their hands and forearms for propulsion (There are multiple variations).

Systems

Energy systems are what provides our body with the fuel required to train and race. There are 2 main types, anaerobic and aerobic. One is with oxygen 'Aero', one is without 'anaerobic'. More detail is provided below:

- Aerobic system – This is the long, slower energy system and thus is used when we are swimming many laps in a row at easy to medium speeds. It's important to understand that even a 50 freestyle swimmer (roughly 23 seconds for a race) needs a high aerobic capability;
- Anaerobic system (lactate) – This is hard swimming for a moderate duration. In this system you are swimming too fast for your body to keep supplying oxygen so energy is produced without it resulting in lactic acid being produced;
- ATP/CP system (alactate) – Used in our speed sessions. This is an anaerobic system too, but it doesn't produce lactate as a by-product. That is because the system only lasts about 10-12 seconds and after which it is depleted unless restored;
- AEC – Aerobic capacity. Our aim here is to be able to swim for long periods of time with a low heart rate and low intensity. The fitter you become the further you can swim and the easier it becomes;
- AEP – Aerobic power. The fastest you can swim whilst still maintaining yourself in the aerobic energy system. This is one of the harder training sessions to do as your body is trying to keep up with oxygen demand. The better this gets the closer to your peak speed you can go without producing lactic acid.
- ANC – Anaerobic capacity. Here you are training your top speed. It is the hardest system to improve as it requires complete commitment to get a physiological change;
- ANP – Anaerobic power. Swimming at or close to top speed for extended periods of time.

Gear

- PULL – Pull buoy. A foam device placed between your legs to keep your hips higher in the water, reducing the need for kicking;
- BAND – A small rubber ring to put around your feet. Stopping you from kicking, strengthening your catch and strength in the water;
- PADS – Paddles. Plastic oval shaped equipment for your hands. Helps to increase load and pressure on the water. (Only used in senior generally);
- FINS – rubber foot equipment that helps to increase kick volume and speed. Can be short or long depending on squad;
- DRAG – foam bungee or dragon+fly. Senior only and is used to increase resistance in the water to develop power;
- SN – snorkel. Breathing device used to help correct body position in the water and allow for further focus on strokes. Used in senior only generally.

Drills

- L'DOG – long dog. With head down reaching forward and pulling backwards in a freestyle without lifting your arms out of the water for recovery;
- D'DOG – double dog. Similar to L'DOG in that you have your head down reaching forward keeping your arms underwater, except you do both arms together;
- BPK – body position kick;
- BA L-R – balance kick. Arm outstretched with a pull buoy positioned in the centre of your palm whilst kicking. Must maintain 45° angle in your shoulders and not let your hips go past 30°;
- BURNOUTS – max speed explosion from a dead start;

- STREAM – kicking on the surface in a streamline position;
- S,K,E – streamline, kick, explode. Pushing off the wall in streamline, wait until you start to deaccelerate then start kicking in streamline and finally explode swimming. Generally performed over 15 meters;
- X,Y,I – push to the flags. Form an 'X' with your body (arms and legs outstretched), then close your legs to form a 'Y', then bring your arms in to form an 'I'. Object here is to maintain body position and hold your core strong;
- DIVE+GLIDE – dive off the block and hold your streamline position for as long as you can. Must maintain body position and core strength;
- FPS – flag, plane, ship. In a BPK form bring your arm up to vertical, then return to side. Glide your arm out to 90° just above the water, then return to side. Lift your elbow up to form a triangle with your arm, hand relaxed dangling above water. Complete 1 full strokes to switch to the other side;
- 6KS – 6 kick switch. In BPK, perform 6 kicks complete 1 stroke to be on the other side. Repeat;
- 5FLYDIVE – 5 kick fly dive. Perform 5 kicks under water, explode out of the water on the last kick, perform 1 fly stroke then dive back down under water to start again;
- S/A – single arm. Can be performed in numerous strokes and in different ways;
- SUPER KAL – in BPK, bring your hand to your shoulder with a high elbow position. Do this slowly whilst reciting supercalifragilisticexpialidocious. Once there switch over to the other side with 1 stroke of freestyle. Repeat;
- ST. ARM – straight arm freestyle. Swimming freestyle with straight arms instead of bent arms. Good drill to work core stability;

Competition:

We have listed below dates for the 2018-2019 Genesis Aquatic Club competition season, please use this to help you plan your year along with setting some realistic goals you would like to achieve with your swimming.

Meet list

Meets highlighted in red are our target meets for the season.

May:

12th – Genesis Club Championships

June:

16th – SC Samford prep meet – a coach will be attending this meet

July:

8th – **Genesis SC prep meet** – a coach will be attending this meet

14th-15th – SQ. SC prep meet

August:

4th-5th – **BSA SC Champs** – a coach will be attending this meet

17th-19th – SQ. SC Champs

September:

9th – CJ's Carina LC prep meet

22nd – **BSA OWS Champs** – a coach will be attending this meet

October:

7th – **Redcliffe Leagues LC prep meet** – a coach will be attending this meet

14th – **Genesis transition meet** – a coach will be in attendance this meet

20th – SQ. OWS Champs

November:

3rd-5th – Twin Towns meet – a coach will be in attendance

10th-11th – SQ. LC prep meet

18th – **BSA Relay Champs** – a coach will be attending this meet

25th – **Marist/Genesis LC prep meet** – a coach will be attending this meet

December:

15th-21st – **SQ. LC Champs** – a coach will be attending this meet

January:

19th – Albany Creek LC sprint meet

February:

2nd-3rd – **BSA Sprint Champs** – a coach will be attending this meet

10th – Nudgee LC prep meet

16th-17th – SQ. Sprint Champs

20th – Pine Rivers District

23rd-24th – **BSA Junior Mets** – a coach will be attending this meet

26th-27th – Met North Regionals

March:

15th-17th – **BSA Senior Mets** – a coach will be attending this meet

23rd-24th – SQ. LC National Prep meet

April:

7th-12th – Open Nationals

15th-22nd – Age Nationals

Arrival

Swimmers are expected to arrive at a competition 90 minutes before their race. This allows enough time for a stretch/activation, adequate warm-up and time to get into racing suits.

Warm up

Warm-ups are a standard expected of all swimmers regardless of whether coaches are in attendance or not. Swimmers should commence their warm-ups roughly one hour prior to their race, provided below is a standard warm-up for each squad. These can be personalized depending on swimmer preferences and racing experience.

Seniors	Intermediate	Development/Mini	Skills
400 mix swim 4x100 A3 4x50 desc 1-4 2x150 (k/d/s) 4x25 SP15 Dive 25 time	300 mix swim 3x100 free A3 100 kick 4x50 desc 1-4 100 drill Dive 25 time	DEV 400 Free/Form 4x50 1.15 Sp15 Dive S p15x4 MINI 200 Free/Form Dive each Stroke	4 laps swim choice 4 laps kick choice 4x25 (1xfast, 1xeasy) Dives

Non attendance

If you are entered into a meet and are going to be late or are not swimming, then it is expected you let your coach know as soon as possible. The coaches plan their day based on who is listed to race at a carnival and it could have a negative impact on the coach and the team if they are not properly advised. Please contact your coach if your situation changes.

- Brendan – 0438259905
- Tony – 0404847225
- Rick - 0413326502

Nutrition

Swimming carnivals can be long days. Swimmers must be ready to go the whole day and thus need to have sufficient food with them. Extra drinks, healthy snacks and light lunch choices are a good option. **Lots of sugar and heavy meals like fried food can make you slower in the race environment as they sit in your tummy and don't provide good energy release.**

Genesis Aquatics Swimmer Numbers

Any swimmer that represents Genesis Aquatics at a Club National level will be awarded a swimmer number. The events where you can earn this title are: National Age Open Water Championships, National Open Water Championships, National Short Course Championships, National Open Swimming Championships, National Age Swimming Championships or an Australian Trials event.

Here is a list of our current GAC numbers and the event that qualified them:

Swimmer	Event	Number
Matthew Stark (2013)	Multiple	1
Finlay Donaghey (2015)	Multiple	2
Kaitlyn Weldon (2015)	100 back	3
Niamh Boden (2016 OWS)	5k open water	4
Patrick Clarke (2017)	100 fly	5
Sam Altoft (2018)	Relay	6
Riley Bushell (2018)	Relay	7
Hope Ferdinands (2018)	100 fly	8
Callum Gannon (2018)	100 fly	9
Kirrilee Hayes (2018)	Multiple	10
Sarah McGrath (2018)	100 fly	11
Rick Pendleton (2018)	100br	12

Qualifying Times

1. Brisbane

**2018 Vorgee Brisbane Sprint Championships
Brisbane Aquatic Centre 2 - 3
February 2019 Qualifying Times**

MALE	8yrs		9yrs		10yrs		11yrs		12yrs		13yrs		14yrs		15yrs		16yrs		17/18yrs		Open	
	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM
50m Free	49.00	50.00	45.08	46.00	39.20	40.00	38.22	39.00	35.28	36.00	33.32	34.00	31.36	32.00	30.38	31.00	30.38	31.00	29.40	30.00	28.42	29.00
50m Back	58.80	1.00.00	53.90	55.00	48.02	49.00	47.04	48.00	45.08	46.00	43.12	44.00	39.20	40.00	37.24	38.00	36.26	37.00	35.28	36.00	34.30	35.00
50m Breast	1.03.70	1.05.00	58.80	1.00.00	53.90	55.00	51.94	53.00	49.98	51.00	47.04	48.00	43.12	44.00	40.18	41.00	40.18	41.00	38.22	39.00	37.24	38.00
50m Fly	58.80	1.00.00	53.90	55.00	48.02	49.00	45.08	46.00	42.14	43.00	39.20	40.00	36.26	37.00	34.30	35.00	33.32	34.00	32.34	33.00	31.36	32.00
Female	8yrs		9yrs		10yrs		11yrs		12yrs		13yrs		14yrs		15yrs		16yrs		17/18yrs		Open	
	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM
50m Free	49.00	50.00	45.08	46.00	39.20	40.00	38.22	39.00	35.28	36.00	34.30	35.00	32.34	33.00	32.34	33.00	32.34	33.00	32.34	33.00	31.36	32.00
50m Back	58.80	1.00.00	53.90	55.00	48.02	49.00	47.04	48.00	45.08	46.00	43.12	44.00	41.16	42.00	39.20	40.00	39.20	40.00	39.20	40.00	38.22	39.00
50m Breast	1.03.70	1.05.00	58.80	1.00.00	53.90	55.00	51.94	53.00	49.98	51.00	47.04	48.00	45.08	46.00	44.10	45.00	44.10	45.00	43.12	44.00	42.14	43.00
50m Fly	58.80	1.00.00	53.90	55.00	48.02	49.00	45.08	46.00	42.14	43.00	39.20	40.00	37.24	38.00	36.26	37.00	36.26	37.00	36.26	37.00	35.28	36.00

Qualifying times must have been achieved on or after 1 January 2018
For more details, refer to Event Details Entry Procedure under Qualifying Times.

Brisbane Junior Metropolitan Championships 23rd & 24th February 2019. Brisbane Aquatic Centre, Chandler

MALE	8yrs		9yrs		10yrs		11yrs		12yrs	
	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM
25m Free	NT	NT								
50m Free			50.00	51.00	45.00	45.90				
100m Free	2:00.00	2:02.40	1:45.00	1:47.10			1:25.00	1:26.70	1:20.00	1:21.60
200m Free					3:30.00	3:34.20	3:00.00	3:03.60	2:45.00	2:48.30
25m Back	NT	NT								
50 Back			55.00	56.10	50.00	51.00				
100m Back							1:40.00	1:42.00	1:35.00	1:36.90
25m Breast	NT	NT								
50m Breast			1:00.00	1:01.20	55.00	56.10				
100m Breast							1:55.00	1:57.30	1:50.00	1:52.20
25m Fly	NT	NT								
50m Fly			55.00	56.10	50.00	51.00				
100m Fly							1:40.00	1:42.00	1:35.00	1:36.90
100m IM			2:00.00		1:40.00					
200m IM							3:30.00	3:34.20	3:10.00	3:13.80

FEMALE	8yrs		9yrs		10yrs		11yrs		12yrs	
	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM
25m Free	NT	NT								
50 Free			50.00	51.00	45.00	45.90				
100m Free	2:00.00	2:02.40	1:45.00	1:47.10			1:25.00	1:26.70	1:20.00	1:21.60
200m Free					3:30.00	3:34.20	3:00.00	3:03.60	2:45.00	2:48.30
25m Back	NT	NT								
50m Back			55.00	56.10	50.00	51.00				
100m Back							1:40.00	1:42.00	1:35.00	1:36.90
25m Breast	NT	NT								
50m Breast			1:00.00	1:01.20	55.00	56.10				
100m Breast							1:55.00	1:57.30	1:50.00	1:52.20
25m Fly	NT	NT								
50m Fly			55.00	56.10	50.00	51.00				
100m Fly							1:40.00	1:42.00	1:35.00	1:36.90
100m IM			2:00.00		1:40.00					
200m IM							3:30.00	3:34.20	3:10.00	3:13.80

Qualifying times must have been achieved on or after 1 January 2018

For more details, refer to Event Details Entry Procedure under Qualifying Times.

2019 Vorgee Brisbane Senior Metropolitan Championships
Brisbane Aquatic Centre 15-17 March 2019 Qualifying Times

MALE	13yrs		14yrs		15yrs		16yr		17/18yrs		Open	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
50m Free											28.00	27.44
100m Free	1:12.00	1:10.56	1:09.00	1:07.62	1:06.50	1:05.17	1:05.50	1:04.19	1:03.00	1:01.74	1:02.00	1:00.76
200m Free	2:32.00	2:28.96	2:26.00	2:23.08	2:21.00	2:18.18	2:18.00	2:15.24	2:14.00	2:11.32	2:12.00	2:09.00
400m Free	5:14.00	5:07.72	5:04.00	4:57.92	4:54.00	4:48.12	4:49.00	4:43.22	4:39.00	4:33.42	4:35.00	4:29.50
800m Free	10:50.00	10:37.00	10:30.00	10:17.40	10:15.00	10:02.70	10:00.00	9:48.00	9:45.00	9:33.30	9:30.00	9:18.60
1500m free	20:20.00	19:55.60	19:30.00	19:06.60	19:00.00	18:37.20	18:25.00	18:02.90	18:00.00	17:38.40	17:40.00	17:18.80
100m Back	1:23.00	1:21.34	1:19.00	1:17.42	1:17.00	1:15.46	1:15.00	1:13.50	1:13.00	1:11.54	1:12.00	1:10.56
200m Back	2:54.00	2:50.52	2:46.00	2:42.68	2:41.00	2:37.78	2:39.00	2:35.82	2:34.00	2:30.92	2:32.00	2:28.96
100m Breast	1:33.00	1:31.14	1:29.00	1:27.22	1:27.00	1:25.26	1:26.00	1:24.28	1:23.00	1:21.34	1:22.00	1:20.36
200m Breast	3:18.00	3:14.04	3:08.00	3:04.24	3:04.00	3:00.32	3:03.00	2:59.34	2:53.00	2:49.54	2:51.00	2:47.58
100m Fly	1:20.00	1:18.40	1:17.00	1:15.46	1:14.00	1:12.52	1:12.00	1:10.56	1:10.00	1:08.60	1:09.00	1:07.62
200m Fly	2:55.00	2:51.50	2:46.00	2:42.68	2:41.00	2:37.78	2:38.00	2:34.84	2:31.00	2:27.98	2:29.00	2:26.02
200m IM	2:54.00	2:50.52	2:47.00	2:43.66	2:42.00	2:38.76	2:39.00	2:35.82	2:35.00	2:31.90	2:33.00	2:29.94
400m IM	6:15.00	6:07.50	5:55.00	5:47.90	5:45.00	5:38.10	5:35.00	5:28.30	5:25.00	5:14.50	5:20.00	5:13.60

FEMALE	13yrs		14yrs		15yrs		16yr		17/18yrs		Open	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
50m Free											31.00	30.38
100m Free	1:14.00	1:12.52	1:13.00	1:11.54	1:11.00	1:09.58	1:11.00	1:09.58	1:10.00	1:08.60	1:09.00	1:07.62
200m Free	2:36.00	2:32.88	2:33.00	2:29.94	2:30.00	2:27.00	2:29.00	2:26.02	2:26.00	2:23.08	2:24.00	2:21.12
400m Free	5:21.00	5:05.76	5:15.00	5:08.70	5:09.00	5:02.82	5:07.00	5:00.86	5:01.00	4:54.98	4:57.00	4:51.06
800m Free	11:00.00	10:46.80	10:50.00	10:37.00	10:34.00	10:21.32	10:29.00	10:16.42	10:10.00	9:57.80	10:00.00	9:48.00
1500m free	22:00.00	21:33.60	21:40.00	21:14.00	21:10.00	20:44.60	21:00.00	20:34.80	20:20.00	19:55.60	20:00.00	19:36.00
100m Back	1:25.00	1:23.30	1:23.00	1:21.34	1:22.00	1:20.36	1:22.00	1:20.36	1:21.00	1:19.38	1:20.00	1:18.40
200m Back	2:57.00	2:53.46	2:54.00	2:50.52	2:51.00	2:47.58	2:51.00	2:47.58	2:49.00	2:45.62	2:47.00	2:43.60
100m Breast	1:36.00	1:34.08	1:35.00	1:33.10	1:33.00	1:31.14	1:33.00	1:31.14	1:31.00	1:29.18	1:30.00	1:28.20
200m Breast	3:20.00	3:16.00	3:19.00	3:15.02	3:15.00	3:11.10	3:15.00	3:11.10	3:11.00	3:07.18	3:09.00	3:05.22
100m Fly	1:23.00	1:21.34	1:22.00	1:20.36	1:20.00	1:18.40	1:19.00	1:17.42	1:18.00	1:16.44	1:17.00	1:15.46
200m Fly	2:58.00	2:54.44	2:57.00	2:53.46	2:50.00	2:46.60	2:50.00	2:46.60	2:47.00	2:43.86	2:45.00	2:41.14
200m IM	2:58.00	2:54.44	2:56.00	2:52.48	2:52.00	2:48.56	2:51.00	2:47.58	2:48.00	2:44.64	2:46.00	2:42.68
400m IM	6:20.00	6:12.40	6:10.00	6:02.60	6:05.00	5:57.70	6:00.00	5:52.80	5:50.00	5:43.00	5:45.00	5:38.10

Qualifying times must have been achieved on or after 1 January 2018 For more details refer to Event Details under Qualifying Times.



2. Queensland

2018 Queensland State Championships 15th – 21st December 2018. Brisbane Aquatic Centre, Chandler

12yrs		13yrs		14yrs		15yrs		16yrs		17&18yrs		Opens	
LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC
												24.54	24.05
1:05.91	1:04.59	1:02.08	1:00.84	1:00.86	59.64	58.48	57.31	57.90	56.74	55.63	54.52	54.45	53.36
2:24.52	2:21.63	2:16.12	2:13.40	2:13.43	2:10.76	2:08.21	2:05.65	2:06.94	2:04.40	2:01.98	1:59.54	1:59.79	1:57.39
5:08.31	5:02.14	4:50.40	4:44.59	4:44.66	4:48.97	4:33.53	4:37.86	4:30.82	4:25.20	4:20.22	4:15.02	4:14.90	4:09.80
10:38.32	10:25.55	10:01.24	9:49.22	9:49.36	9:37.57	9:26.31	9:14.98	9:20.69	9:09.48	8:58.76	8:47.98	8:50.86	8:40.24
		19:03.82	18:40.94	18:41.23	18:18.81	17:57.37	17:35.82	17:46.68	17:25.35	17:04.95	16:44.45	16:53.68	16:33.41
1:18.66	1:17.09	1:14.46	1:12.97	1:11.19	1:09.77	1:09.09	1:07.71	1:07.73	1:06.38	1:05.08	1:03.78	1:00.60	59.39
2:52.35	2:48.90	2:43.15	2:39.89	2:35.99	2:37.87	2:31.39	2:28.36	2:28.40	2:25.43	2:22.60	2:19.75	2:10.87	2:08.25
1:27.18	1:25.44	1:22.53	1:20.88	1:18.91	1:17.33	1:16.58	1:15.05	1:15.07	1:13.57	1:12.13	1:10.69	1:06.77	1:05.43
3:09.05	3:05.27	2:58.96	2:55.38	2:51.11	2:47.69	2:46.06	2:22.74	2:42.78	2:39.52	2:36.41	2:33.28	2:25.18	2:22.28
1:15.26	1:13.75	1:11.24	1:09.82	1:08.11	1:06.75	1:06.11	1:04.79	1:04.80	1:03.50	1:02.27	1:01.02	57.83	56.67
2:50.28	2:46.87	2:41.19	2:37.97	2:34.12	2:31.04	2:29.57	2:26.58	2:26.62	2:23.69	2:20.88	2:18.06	2:10.28	2:07.67
2:54.14	1:50.66	2:44.84	2:41.54	2:37.61	2:34.46	2:32.96	2:29.90	2:29.94	2:26.94	2:24.07	2:21.19	2:12.79	2:10.13
6:12.92	6:05.46	5:53.01	5:45.95	5:37.51	5:30.76	5:27.56	5:21.01	5:21.09	5:14.67	5:08.53	5:02.36	4:48.20	4:42.44
12yrs		13yrs		14yrs		15yrs		16yrs		17&18yrs		Opens	
LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC
												27.86	27.30
1:07.99	1:06.63	1:04.68	1:03.39	1:03.40	1:02.13	1:02.77	1:01.51	1:02.15	1:00.91	1:01.53	1:00.30	1:00.26	59.05
2:29.10	2:26.12	2:21.84	2:19.00	2:19.04	2:16.26	2:17.66	2:14.91	2:16.30	2:13.57	2:14.94	2:12.24	2:11.79	2:09.15
5:14.58	5:08.29	4:59.28	4:53.29	4:53.37	4:47.50	4:50.46	4:44.65	4:47.57	4:41.82	4:44.72	4:39.03	4:39.21	4:33.63
10:39.04	10:26.26	10:07.95	9:55.79	9:55.94	9:44.02	9:50.03	9:37.23	9:44.17	9:32.49	9:39.37	9:27.78	9:38.47	9:26.90
		19:24.42	19:01.13	19:01.42	18:38.59	18:50.09	18:27.49	18:38.88	18:16.50	18:32.77	18:10.51	18:31.25	18:09.03
1:18.69	1:17.12	1:14.86	1:13.36	1:13.38	1:11.91	1:12.65	1:11.20	1:11.93	1:10.49	1:11.22	1:09.80	1:07.76	1:06.40
2:51.87	2:48.43	2:43.51	2:40.24	2:40.28	2:37.07	2:38.69	2:35.52	2:37.12	2:33.98	2:35.56	2:30.49	2:24.59	2:23.66
1:30.10	1:28.30	1:25.72	1:24.01	1:24.03	1:22.35	1:23.19	1:21.53	1:22.37	1:20.72	1:21.55	1:19.92	1:15.68	1:14.17
3:16.18	3:12.26	3:06.63	3:02.90	3:02.95	2:59.29	3:01.13	2:57.51	2:59.33	2:55.74	2:57.55	2:54.00	2:42.91	2:39.65
1:16.94	1:15.40	1:13.19	1:11.73	1:11.75	1:10.32	1:11.03	1:09.61	1:10.33	1:08.92	1:09.63	1:08.24	1:05.29	1:03.98
2:52.16	2:48.72	2:43.78	2:40.50	2:40.55	2:37.34	2:38.96	2:35.78	2:37.38	2:34.23	2:35.82	2:30.74	2:24.79	2:21.89
2:56.16	2:52.64	2:47.59	2:44.24	2:44.28	2:40.99	2:42.65	2:39.40	2:41.04	2:37.82	2:39.44	2:36.25	2:27.77	2:24.81
6:15.13	6:07.63	5:56.88	5:49.74	5:49.83	5:42.83	5:46.36	5:39.43	5:42.92	5:36.06	5:39.51	5:32.72	5:13.94	5:07.66

Qualifying times must have been achieved on or after 1 January 2017.

Converted short course qualifying times will only be used where an existing long course qualifying time has **not** been achieved.

2019 RMHC Queensland Sprint Championships

Brisbane Aquatic Centre

16 - 17 February 2019

Qualifying Times

Male	10 Years		11 Years		12 Years		13 Years		14 Years		15 Years		16 Years		17 & 18 Years		Open	
	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC
50m FREE	40.00	39.20	38.00	37.24	35.00	34.30	33.00	32.34	31.00	30.38	30.00	29.40	29.00	28.42	28.00	27.44	27.50	26.95
50m BACK	48.00	47.04	46.00	45.08	43.00	42.14	41.00	40.18	38.00	37.24	36.00	35.28	35.00	34.30	33.00	32.34	32.00	31.36
50m BREAST	53.00	51.94	51.00	49.98	48.00	47.04	45.00	44.10	42.00	41.16	39.00	38.22	38.00	37.24	36.00	35.28	35.00	34.30
50m FLY	46.00	45.08	44.00	43.12	41.00	40.18	37.00	36.26	35.00	34.30	33.00	32.34	32.00	31.36	31.00	30.38	30.00	29.40

Female	10 Years		11 Years		12 Years		13 Years		14 Years		15 Years		16 Years		17 & 18 Years		Open	
	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC
50m FREE	40.00	39.20	38.00	37.24	35.00	34.30	34.00	32.32	32.00	31.36	32.00	31.36	31.00	30.38	31.00	30.38	30.00	29.40
50m BACK	48.00	47.04	46.00	45.08	43.00	42.14	42.00	41.16	40.00	39.20	38.00	37.24	38.00	37.24	37.00	36.26	36.50	35.77
50m BREAST	53.00	51.94	51.00	49.98	48.00	47.04	46.00	45.08	44.00	43.12	43.00	42.14	42.00	41.16	41.00	40.18	40.50	39.69
50m FLY	46.00	45.08	44.00	43.12	41.00	40.18	38.00	37.24	36.00	35.28	35.00	34.30	35.00	34.30	34.50	33.81	34.00	33.32

Qualifying times must have been achieved on or after 1 January 2018
 Converted short course qualifying times will only be used where an existing long course qualifying time has not been achieved.



3. Australian

Australian Championships 7th – 12th April 2019

Women	Open	17/18yrs 19/20yrs
50m Freestyle	27.05	27.54
100m Freestyle	57.46	58.52
200m Freestyle	2:05.63	2:07.97
400m Freestyle	4:26.20	4:31.13
800m Freestyle	9:11.51	9:21.73
1500m Freestyle	17:39.46	17:59.08
50m Backstroke	30.36	30.91
100m Backstroke	1:05.80	1:07.00
200m Backstroke	2:20.40	2:22.96
50m Breaststroke	33.84	34.45
100m Breaststroke	1:14.16	1:15.50
200m Breaststroke	2:39.63	2:42.51
50m Butterfly	28.30	28.82
100m Butterfly	1:03.40	1:04.56
200m Butterfly	2:20.60	2:23.16
200m Individual Medley	2:22.19	2:24.80
400m Individual Medley	5:02.08	5:07.63

1. Entry times for these Championships must have been swum in a 50m pool.
2. Qualifying time must be achieved since 1st January 2018

Men	Open	18/19yrs 20/21yrs
50m Freestyle	23.51	24.16
100m Freestyle	52.17	53.62
200m Freestyle	1:54.78	1:57.97
400m Freestyle	4:04.23	4:11.02
800m Freestyle	8:28.65	8:42.78
1500m Freestyle	16:11.27	16:38.25
50m Backstroke	27.32	27.82
100m Backstroke	59.14	1:00.21
200m Backstroke	2:07.72	2:10.04
50m Breaststroke	29.93	30.46
100m Breaststroke	1:05.76	1:06.94
200m Breaststroke	2:22.97	2:25.54
50m Butterfly	25.64	26.11
100m Butterfly	56.44	57.47
200m Butterfly	2:07.14	2:09.45
200m Individual Medley	2:08.41	2:11.95
400m Individual Medley	4:38.70	4:46.37

1. Entry times for these Championships must have been swum in a 50m pool.
2. Qualifying time must be achieved since 1st January 2018

Australian Age Championships 15th – 22nd April 2019

Girls	16yrs	15yrs	14yrs	13yrs
50m Freestyle	27.82	28.07	28.58	29.09
100m Freestyle	1:00.10	1:00.65	1:01.76	1:01.86
200m Freestyle	2:11.80	2:13.01	2:15.43	2:17.85
400m Freestyle	4:38.09	4:40.64	4:45.75	4:50.85
800m Freestyle	9:24.91	9:30.10	9:40.46	9:50.46
1500m Freestyle	18:01.99	18:11.92	18:31.77	18:51.62
100m Backstroke	1:07.39	1:08.00	1:09.21	1:10.42
200m Backstroke	2:27.10	2:28.52	2:31.18	2:33.83
100m Breaststroke	1:18.56	1:19.25	1:20.64	1:22.03
200m Breaststroke	2:51.04	2:52.55	2:55.58	2:58.60
100m Butterfly	1:05.89	1:06.48	1:07.67	1:08.86
200m Butterfly	2:27.44	2:28.77	2:31.43	2:34.08
200m Individual Medley	2:30.87	2:32.23	2:34.95	2:37.67
400m Individual Medley	5:21.27	5:24.16	5:29.95	5:35.74

1. Entry times for these Championships must have been swum in a 50m pool.
2. Qualifying time must be achieved since 1st May 2018
3. Minimum Age is 13 years

Boys	17yrs	16yrs	15yrs	14yrs
50m Freestyle	24.76	25.22	25.90	26.58
100m Freestyle	54.34	55.33	56.83	58.32
200m Freestyle	1:59.14	2:01.32	2:04.60	2:07.88
400m Freestyle	4:14.17	4:18.83	4:25.83	4:32.82
800m Freestyle	8:46.22	8:55.87	9:10.36	9:24.84
1500m Freestyle	16:41.10	16:59.47	17:27.02	17:54.57
100m Backstroke	1:01.03	1:02.69	1:04.36	1:06.02
200m Backstroke	2:13.72	2:17.36	2:21.01	2:24.66
100m Breaststroke	1:08.87	1:10.71	1:12.56	1:14.40
200m Breaststroke	2:29.34	2:33.34	2:37.34	2:41.34
100m Butterfly	58.39	59.98	1:01.57	1:03.17
200m Butterfly	2:12.11	2:15.71	2:19.32	2:22.92
200m Individual Medley	2:15.10	2:18.79	2:22.47	2:26.16
400m Individual Medley	4:49.31	4:57.20	5:05.09	5:12.98

1. Entry times for these Championships must have been swum in a 50m pool.
2. Qualifying time must be achieved since 1st May 2018
3. Minimum Age as 14 years

