



GRACE SWIMMING CLUB HANDBOOK 2023-2024 SEASON

Contents

	Page
Office Bearers and phone numbers	2
President's and Coach's messages	3
1 General Information	4
2 Club Night	6
3 Club Awards	8
4 Club Championship Competition	9
5 Club Membership	10
6 Squads and Training	11
7 Swimmer Development Model	12
8 Outside Meets	18
9 Club Program	20
10 2022 / 2023 Major Award Winners	21
11 Code of Conduct – Swimmers and Parents	22
12 Guidelines for Posting of Online Images	24
13 Rules of the Various Strokes	25
14 Club Nighttime Record Sheets	29
15 Club Championship Records	32
2023 McDonald's Qld Championships Qualifying Times	38
Important Dates	39

GRACE SWIMMING CLUB

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Email: graceswimming@glc.qld.edu.au
Web site: <http://www.graceswim.org.au>

Office Bearers 2023-2024 Season

Patron	Mr David Radke	3203 0066
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(Principal - Grace Lutheran College)

Management Committee

<i>President</i>	Lyndsay Lawler	0448 55 1069
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<i>Vice President</i>	Peter Coulson	0407 931 814
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<i>Secretary</i>	Rachael Clarke	
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<i>Treasurer</i>	Harvey Forough	0426 905 462
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<i>Members</i>	Roydon Puzey	0408 534 322
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Garth Kewley	0400 906 820
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Tash Mandryk	0431 678 450
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Race Secretary	Amanda Are	
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Registrar	Paul Chambers	0405 586 623
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Club Night Secretary	Stephen Todd	0423 113 179
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Club Night Referee	David Gregory	
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Uniform Coordinators	Renee Tragis	uniforms@graceswim.org.au
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Life Members Mr Fred Stolz, Mr Peter Diamond, Mr David Gregory,
Mr Stephen Todd, Mr Paul Chambers,
Mr Graham Rutherford, Mr Michael Zande.

Coaching Staff

<i>Head Coach</i>	Chris Phillips	3204 2725
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<i>Assistant Coaches</i>	Joshua Duyzer	3204 2725
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Alana Duyzer	3204 2745
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Bank Account Details

Account Name: Grace College Swimming Club

BSB: 034-059

Account Number: 219053

Reference: Surname & Meet Name or other
reference code if provided

President's Message

On behalf of the Grace Swimming Club Committee, I would like to welcome back all our returning swimmers and their families. And a warm welcome to those swimmers and parents that are new to the Grace Swimming Club.

Grace Swimming Club has a proud history which stretches back over 24 years. Our success has been built upon the shared values with Grace Lutheran College (Grit, Growth and Grace) and our Club Nights. Grace Swimming Club encourages all swimmers to get involved in every aspect of Club swimming. There is something for everyone – whether you want to swim for fun or competition. Outside of Wednesday club nights we attend competitive meets, these are a great way for our swimmers to build confidence, resilience and have fun in a friendly team environment.

Our club thrives on the efforts of our volunteers. I encourage all parents to contribute to the Club where you can. Whether it be timekeeping, baking, marshalling, BBQing, setting up or packing down, your contribution makes a big difference to what our swimmers gain from their experience at the Club.

My challenge to all our Grace Swimming Club members is to increase the cheer for our swimmers – after all this is why we are here.

I trust you and your family enjoy the season ahead.

Lyndsay Lawler
President

Coach's Message

Welcome parents and swimmers.

As a new season of swimming gets underway, I would like to welcome everyone to Grace Swimming and trust we will have a great season of preparation, competition, and team development.

Development of our swimmers through training, competition and group activities this season is a focal point and through an emphasis on TEAM we will be aiming to provide continuing group activities, more team attended competitions and more interaction across all squads and age groups.

We have camps being planned for this season, team trips and much more that aims to incorporate all-age group training, social outings, state and national competitions and further group education and swimming experiences.

Once again, welcome to a new season, enjoy being part of the team and get behind all things Grace Swimming.

Chris Phillips
Head Swimming Coach

1. General Information

1.1 Club Competition

The Grace Swimming Club competition is held on Wednesday evenings commencing at 6.00pm sharp. Admission is \$2 per swimmer or \$5 a family.

1.2 Club Officials

All pool deck officials, referees, timekeepers and marshals are required to be in position by 5.45pm. **Parents are required to assist on club evenings.** Officials required each club night include:

1 starter	Club Night program co-ordinator
1 referee	3 Flippers Café helpers
1 chief marshal	2 gate keepers
1 check point marshal	1 chief chef (BBQ)
16 timekeepers	

1.3 Nominations for Club Competition

Swimmers must lodge their nomination by 5:00pm each Monday night. Late nominations may be accepted at the discretion of the Club Night Secretary and only if there are spare lanes. Any changes must be made before the first race on Club Night.

Nominations are to be entered online on the Club Night page of our web site. For User ID and password contact the Club. Please ensure you **select the correct date** of the club meet.

Please nominate only one week ahead. If you need to nominate further ahead, please ensure the correct date has been selected prior to submitting.

No telephone or over the counter verbal nominations will be accepted.

It is the responsibility of swimmers to ensure they nominate only for events they are eligible to participate in.

A swimmer can only swim one distance in each event per night. Swimmers have the option of competing in up to four (4) events each club night.

The first club night of the year are sprint events only, for each of the four strokes.

1.4 Club Program

The committee reserves the right to alter the club program without prior notice. Club nights may be cancelled or shortened due to the weather.

1.5 Abandonment

No decision will be made on inclement weather before 5.45pm on club nights. In this event, information will be available by contacting the pool on 3204 2725 or on our Facebook page. If club night is cancelled, swimmers must re-nominate for the following week as the program of events for each club night is different. All admission fees will be carried over to the next week. No refunds will be made. (**Note: only the Referee can cancel Club nights**)

1.6 Supervision

All swimmers must be accompanied by a responsible adult when attending club activities and competitions.

Swimmers must at all times respect officials. Refer to "Swimmers Code of Conduct" in this handbook.

1.7 Competition Area

All swimmers must report to the marshalling area when called & follow all directions given by the club officials. Should a competitor be absent, when his/her race is scheduled for commencement, then the competitor will forfeit any chance of another opportunity to swim that event. To expedite marshalling, swimmers are to keep noise levels to a minimum in and near marshalling.

1.8 Out of Bounds

Swimmers must not walk in front of officials at any stage when an event is in progress.

Swimmers must **stay within the pool fence** while club night is in progress.

The school buildings, gardens and the oval are out of bounds.

1.9 Club Attire

Club Attire is available for purchase by swimmers and supporters. Shirts and caps are available for purchase through the uniform co-ordinator on club nights.

1.10 Club Meetings

Committee Meetings are held monthly. Please refer to important dates at the back of this handbook for dates. Parents are welcome to attend these meetings.

1.11 Newsletter

Newsletters will be handed out on club nights. Parents are encouraged to submit news items. These can be emailed to president@graceswim.org.au by 5.00pm each Saturday night.

2. Club Night

- 2.1 All Personal Best (PB's) times from the previous season will be carried over to this season. New swimmers to the club will need to prove they have met the qualifying times or they will have to progress from the 25m events.**
- 2.2** Providing lanes are available, non-financial swimmers may compete as visitors on two occasions only. No points will be allocated until he/she becomes a financial club member. In compliance with the rules of Swimming Queensland, all Club Night swimmers **must** have either competitive or recreational membership. Memberships are applied for through Swim Central, (<https://swimcentral.swimming.org.au/>) (contact Registrar for assistance).
- 2.3** Parents of younger swimmers are encouraged to supervise their children in the marshalling area.
- 2.4 Club Night Qualifying Times**

12.5 metre swimmers can progress to the 25 metre event when they feel comfortable doing so.

25 metre swimmers will progress to 50 metre events once they have achieved the following standard times on **one** occasion. If a swimmer elects to continue swimming the 25 metre distance after qualifying for the 50 metres they will receive no points for those swims.

FREESTYLE	25 SECONDS
BREASTSTROKE	30 SECONDS
BACKSTROKE	28 SECONDS
BUTTERFLY	28 SECONDS

Once a swimmer has qualified for the 50 metre event they can swim either the 50 or 100 metre event (sprint events) in that stroke and can change throughout the season without losing any points.

To compete in the 200 metre or greater event (distance events) swimmers must have achieved the following times in the 100 metre event on a **prior Club Night**.

FREESTYLE	1 min 30 sec
BREASTSTROKE	1 min 55 sec
BACKSTROKE	1 min 45 sec
BUTTERFLY	1 min 40 sec
INDIVIDUAL MEDLEY	2 min

If a swimmer intends to swim a distance stroke but does not have a 100-metre club nighttime in that stroke, ensure you nominate in a 100-metre event in that stroke on a club night prior to the club night that has the distance stroke. That way if you are under the qualifying time, you will then be able to swim the distance event in that stroke.

There is no qualifying time for the 100 metre IM.
To compete in the 400 metre IM event, swimmers must have achieved **3 min 15 secs in the 200 metre IM** event on Club Night.

To compete in the 400 metre or greater Freestyle events swimmers must have achieved **2 min 50 secs in the 200 metre Freestyle**.

Times swum at previous Grace Club Championships cannot be used as qualifying times for Club Night

Heats of events will be arranged according to a swimmer's time regardless of their age or gender. Once a swimmer has nominated, he/she is unable to change that nomination.

If a swimmer nominates for a distance, they are not eligible to swim, they will be entered in a shorter distance.

Club Night results will be available via the Meet Mobile App (available on iPhone and Android) and on the web site typically by the following Saturday.

The official records of the club will form the only basis for making club awards. The swimmers own personal record of times and points will not be considered as a true record to debate toward club awards.

- 2.5** Any enquiries about the Club Night program or qualifying times should be directed to the Club Night Secretary at clubnight@graceswim.org.au

3. Club Awards

For current members, all PB's will carry over from the previous season. For all new members to Grace Swim Club, PB's will be recorded on their first swim of that event at club night. Once PB's have been established swimmers then compete against their own times to improve and achieve points. These points can only be achieved from normal club nights. This does not include Championship Events.

3.1 Aggregate Points System

Club points will be allocated towards aggregate awards as set out below:

First swim for new members	3 points
More than 2.5 seconds slower than best time	1 point
From 1.6 to 2.5 seconds slower than best time	2 points
From 0.6 to 1.6 seconds slower than best time	3 points
From 0.6 seconds slower to 0.6 seconds faster than best time	4 points
From 0.6 to 1.6 seconds faster than previous best time	5 points
From 1.6 to 2.5 seconds faster than previous best time	6 points
More than 2.5 seconds faster than previous best time	7 points

No points will be awarded in that event if the competitor is disqualified.

3.2 Aggregate Sprint Points Champion

This category includes points achieved from **events 1, 2, 3 and 4** on Club Nights for **week 1**, and from **events 1, 2 and 3** on Club Nights for week 2 onwards. Please refer to Section 10 "CLUB PROGRAM" for weekly events. Note: all distances of 100m and under (including 100m IM) are classed as 'sprint.'

3.3 Aggregate Distance Points Champion

This category includes points achieved from the **distance event** swum each club night from week 2 onwards (except for 100m IM which is classed as a 'sprint' event).

3.4 Rookie Award

Awarded to the swimmer who is new to the Grace Club night competition this season, and who finished with the highest number of Sprint Aggregate Points.

3.5 Coaches Award

Criteria are at the complete discretion of the coach/es.

3.6 BSA Divisional Points Champion

Awarded on a 1st, 2nd & 3rd basis to the male and female swimmers who have accumulated the highest number of points from divisional 1st – 20th placing at the relevant BSA Points Meets throughout the season.

3.7 Diamond Award

Awarded to the swimmer who has brought the highest honour to Grace Swimming Club (i.e. the highest placing at the highest standard meet).

4. Club Championship Competition

There will be a Club Championships competition for both Sprint and Long Distance events.

4.1 Age Groups

Awards will be allocated in championship events in age groups for both male and female as set out below:

4 years and under

5 years

6 years

7 years

8 years

9 years

10 years

11 years

12 years

13 years

14 years

15 years

16 years

17 years & over

Open Multi-Disability (available to swimmers who have been properly classified)

4.2 Club Championships

This season the Club Championships are planned to be held on **Wednesday 6th March 2024** and **Wednesday 13th March 2024**. Usually Club Champs are held on weekend days, but due to Easter being early and a number of conflicting meets, we plan to have two less Club Nights this season with Club Champs being held on those two Wednesday nights starting at 5.30pm. Events are provided for every stroke and Individual Medleys in age groups from 4 and under to 17 and over.

There are no qualifying times for Club Championships events, where swimmers compete against their own age group.

4.3 Championship and Club Trophy Night Eligibility

To be eligible to swim in club championship events and to attend Club Trophy night:

- A competitor must have competed on **at least nine club nights prior** to the commencement of the club championships. If you will not meet these criteria and have a legitimate reason, you may apply in writing in advance to the committee where your circumstances will be considered on a case-by-case basis.
- The competitor is a Club Member with ALL membership, affiliation, coaching and nomination fees paid in full.

- Parents/guardians **must** assist with timekeeping, Flippers Café, marshalling, recording or BBQ on at least **six** club nights. Please **ensure** your name is recorded at the front gate on each occasion.

5. Club Membership

5.1 Levels of Membership

There are three levels of swimmer membership:

- 1. Associate Membership:** Squad swimmers who train at Grace but who do not compete or attend club nights.
- 2. Recreational Membership:** Squad swimmers and Learn to Swim swimmers who attend club nights.
- 3. Competitive Membership:** Squad swimmers and Learn to Swim swimmers who compete at outside meets as well as at club nights.

5.2 Membership Fees

Associate Membership: An annual fee of \$25.00 each is payable into The Grace Swimming Club bank account (see page 2 of this handbook).

Recreational and Competitive Membership: Fees as set out below are payable by credit card payment via Swim Central. Where applicable, Swimming Australia/Swimming Queensland/Brisbane Swimming registration fees are included in the membership fees.

9 Years & Over

	Recreational	Competitive
1st and 2nd Swimmer	\$141.10	\$171.68

8 Years & Under

	Recreational	Competitive
1st and 2nd Swimmer	\$102.67	\$102.67

*Please note: These fees are separate to the monthly training fees paid.
No refunds are available.*

5.3 Method of Payment for Membership Fees

Associate Membership: Associate membership fees are payable at the time of application for membership on the approved club membership form via bank transfer only.

Recreational and Competitive Membership: Competitive and recreational memberships are payable via Swim Central (<https://swimcentral.swimming.org.au/>)

6. Squads and Training

Squad levels are ability based and each level has a recommended or required number of training sessions per week.

MINI-SQUAD

Recommended 2+ sessions per week



JUNIOR SQUAD

Recommended 3+ sessions per week



BRONZE SQUAD

Recommended 4+ sessions per week



SILVER SQUAD (State Squad)

Recommended 6+ sessions per week



GOLD SQUAD (National Squad)

Minimum 8 sessions per week

To view the current Squad Training Timetable go to <https://www.graceswim.org.au/squads/>.

7. Swimmer Development Model

Grace Swimming Club is proud to support our quality coaching staff, under the leadership of our Head Coach Chris Phillips, implement their training program for our swimmers. Chris has had a long association with swimming where his achievements range from Australian champion and representative swimmer (with achievements as distinguished as Junior Olympic Champion with Junior Olympic Records), to serving as a Coach on the Australian Paralympic team for the 2012 Games in London.

Chris's coaching philosophy for our junior swimmers is very much influenced and shaped by the experience of Dr Ralph Richards, past CEO of Australian Swimming and sports scientist to the Australian Swim Team. Dr Richard's **Swimmer Development Model** is widely recognized as the leading authority on the method of coaching swimmers to achieve their optimum potential. As most questions for our coaches are answered by this work, we have included the model in the following pages.

SWIMMER DEVELOPMENT MODEL

[by Dr Ralph Richards]

I am continually questioned by parents regarding suitable training parameters for individuals and groups of young swimmers. What should be the focus of training; how many sessions are appropriate; and how many weeks per year should young swimmers train?

Whilst there are no 'right' or 'wrong' answers and no single formula applies in all cases, there are several recommendations that should be taken into account. During the years I served as National Coaching and Development Co-coordinator for Australian Swimming Inc. a "Multi-Year Age-Group Development Model" was developed to offer some guidance for parents and coaches regarding difficult training decisions. Prior to puberty the paramount objectives of any program should be to instill a love of sport, teach quality technique, and develop all-around skill. Training programs must be well thought-out and have goals that include high level skill development as well as an adequate emphasis on physical conditioning.

Questions regarding volume and intensity of training and type/number of competitions during childhood are complex issues. Both over-exposure and under-exposure to these variables may detract from achieving one's full potential. Age-group competitive swimming should be seen as a means to an end (i.e. long term participation in sport), not an end in itself. Careful attention must be given to individual needs and motivations, as well as the conditions that affect sporting development.

The composition of major Australian Swimming Teams (i.e. Olympics, World Championships, Commonwealth Games) in recent years has reflected the trend toward older, mature competitors staying in the sport. This highlights the need for long-term strategies for swimmer development. Peak performance is the result of many factors; including long-term skill development (both technical and psychological skills), maturity, and the optimum development of physiological capacities.

It's part of our cultural heritage for children to be exposed to a range of aquatic experiences at a fairly young age. The formal process of learn-to-swim instruction provides the basis for life-long skills and confidence in and around the water. There may be several years of "learning" or consolidation of basic aquatic movement skills before any type of "training" commences. Training is a term that is hard to define during early childhood because the learning process itself relies upon repeated practice. However, training generally involves these broad-based performance objectives:

1. the acquisition of complex skills (i.e. such as tumble turns and racing start) that are specific to competition, rather than required for safety or recreational pursuits,
2. improvement in physical capacities that allow sustained swimming, and
3. improvement in technical capabilities that allow more efficient propulsion in the water. Naturally, the achievement of these objectives means that a swimmer is able to move further, faster, and more skillfully.

All models for sporting development should embrace the principles of childhood growth and development. It's important to understand that skills and physiological capacities acquired while young will impact upon later stages of development. For example, stroke techniques are much harder to modify after many years of application. Endurance and strength develop steadily during childhood; therefore, the physical demands of training should increase in a logical manner.

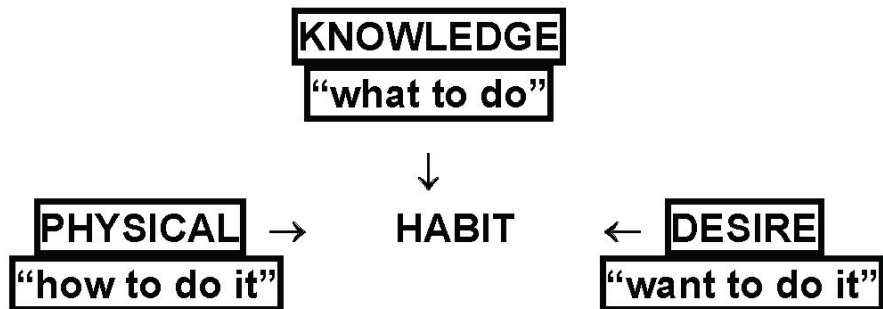
It's also true that every child will mature at a slightly different rate. Child development research gives us normative information on the likely chronological age at which certain abilities are acquired. However, any two 10-year-old swimmers may be 1-2 years apart in their biological ages. Research also suggests that physical training itself impacts on some aspects of biological maturation. These points are made to emphasize the fact that variation between individuals is a consideration when evaluating the effectiveness of a training program. What is a realistic training progression for an age-group swimmer?

Four basic periods of age-group swimmer development have been identified based upon a number of important considerations (e.g. biological maturity, progressive skill development, emotional and social maturity, etc.). The training program at each stage targets certain objectives that are compatible with most swimmers' readiness and ability to achieve. Squad organisation and the application of training methods also reflect these objectives. Constant monitoring of an individual's progress will determine if adaptation to the current training program is on track.

For example, a late maturing 12-year-old girl might best fit into the training plans developed for a group of mostly 10-11 year-olds. Conversely, the 12-year-old girl who has completed her growth spurt may be capable of meeting the training expectations of a more advanced training level. Individual swimmers often demonstrate mastery of a few advanced objectives; however, until they have mastered all (or nearly all) the objectives at their current training level they are not ready to undertake a more advanced program.

Three important concepts should be noted. First, each training period will have a major emphasis. Second, it's important that both mastery and retention of lower-level skills and fitness are carried forward to the next training period. Third, training generally progresses by first increasing the volume of work, then the frequency of training sessions, and finally the intensity of training.

SKILL DEVELOPMENT



- ◆ **good technique = high efficiency**
- ◆ **it's important to know the difference between technique and style**
- ◆ **complex skills are often broken down into simplified techniques**
- ◆ **skills develop from 'learning' to 'performance with speed' to 'performance with speed, under pressure'**
- ◆ **the underlying level of physical preparation impacts on skill acquisition**
- ◆ **motor development and the complexity of a skill will affect learning**

PSYCHOLOGICAL DEVELOPMENT

- ◆ maintaining motivation requires developing psychological skills within the context of the swimmer's rationale for participation
 - ◆ age-group swimmers are not "little senior swimmers" and senior swimmers are not "bigger age-group swimmers."
 - ◆ success encourages high self-esteem
- ◆ positive reinforcement instills a sense of success
- ◆ the transition from age-group to senior swimming is psychological as well as physiological
- ◆ psychological skills should improve with training and practice
 - ◆ the emotional state of children may be unpredictable and change very quickly

PHYSICAL DEVELOPMENT

- ◆ success prior to the age of 16 is closely related to biological development / success at the senior elite level is the result of many Factors
- ◆ late or average age maturing swimmers tend to stay in the sport longer
 - ◆ sporting preparation that coincides with the developmental stages will result in better long-term improvements
- ◆ prior to the age of 12 the energy system which is developing most rapidly is the "aerobic system."
 - ◆ endurance-based training may be the single most important component of success throughout the career of an athlete
 - ◆ capacities for effort (i.e. energy systems) and physical & psychological recovery must be developed concurrently for long-term success
- ◆ physical preparation is a major prerequisite for skill development

MULTI-YEAR AGE-GROUP SWIMMER DEVELOPMENT MODEL

Age	8 ± 1 year	10 ± 2 years	Girls 12 / Boys 13 ± 1 year	14 ± 2 years
Training Period	2 years	2 years	2 - 3 years	3 - 5 years
Training Time Per Week	Pool 2-4 Sessions 40 min - 1 hr	Land 1-2 Sessions 15-25 min	Pool 3-5 Sessions 1 - 1 1/4 hr	Land 2 Sessions 20-30 min
Volume / Session	0.75 - 2 Km.	2 - 3.5 Km.	3.5 - 6 Km.*	4 - 8 Km.*
Yearly Training Volume (Pool)	24 - 30 Weeks 75 - 250 Km.	30 - 36 Weeks 250 - 500 Km.	36 - 44 Weeks 500 - 1000 Kms.	40 - 46 Weeks 1000 - 2500 Kms.

Training Objectives Program	<ul style="list-style-type: none"> * Technique all strokes * Flexibility * General Body 	<ul style="list-style-type: none"> * Increase Strength to Body Weight * Technique Racing Skills * Increase Endurance * Aerobic Endurance * Sculling Drills * Speed at 25-50m * Simple Training Sets and Games 	<ul style="list-style-type: none"> * Increase Volume and Intensity of Strength * Musculo-Skeletal * Technique Racing Skills * Increase Training Volume * Increase Endurance * Aerobic Endurance * Sculling Drills * Speed at 25-50m * Simple Training Sets and Games 	<ul style="list-style-type: none"> * Transfer Power into Swimming Performance * Cross Training Activities * Maintain Flexibility * Assessment Body Weight Exercises & Simple Gym Equipment * Introduce some Intense Interval Training * Body Strength * Integrated Training Model * Begin to Specialise * Perfect Technique & Skills
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Motor Learning Objectives	<ol style="list-style-type: none"> 1. Develop a feel for the water, the ability to make corrections in movement patterns. 2. Learn the technical skills of all four strokes. 3. Develop general body co-ordination and strength. 4. Learn good habits for maintaining and improving natural flexibility. 5. Learn to maintain correct technique on longer (submaximal) swims. 6. Learn to maintain correct technique on short sprints. 	<ol style="list-style-type: none"> 1. Improve stroke technique and learn race skills (such as turns, starts, pacing, and acceleration). 2. Consolidate stroke development. 3. Improve conditioning components of endurance and speed while maintaining stroke technique. 4. Develop simple race strategy and tactics. 	<ol style="list-style-type: none"> 1. Maintain efficient technique as body proportions change. 2. Accommodate increases in muscle strength to improve swimming efficiency. 3. Retain diversity of performance goals (compete in various stroke events and distances). 4. Improve both steady pace and sprint performance using ideal stroke technique (all strokes). 	<ol style="list-style-type: none"> 1. Adapt to diverse training methods. 2. Refine stroke technique during all speeds & intensity of swimming. 3. Apply strength and power to swimming performance. 4. Specialise in strokes and competition distances. 5. Retain range of motion and muscular co-ordination at all swimming speeds. 6. Refine race skills (starts & turns, tactics, pace, etc.). 7. Learn to taper for peak performance.
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	[age 8 ± 1 year]	[age 10 ± 2 years]	[age 12 / 13 ± 1 year]	[age 14 ± 2 years]
Knowledge & Attitudes	<ol style="list-style-type: none"> 1. Enjoyment of pool and land based activities. 2. Learn to function as an individual within a group activity. 3. Become familiar with rules and competitive situations. 4. Learn about stroke technique and training methods. 	<ol style="list-style-type: none"> 1. Enjoyment of pool and land based activities. 2. Become part of the club, team, squad culture. 3. Develop habits which support an active, healthy lifestyle. 4. Begin to function with less direct supervision and make positive decisions regarding training compliance. 	<ol style="list-style-type: none"> 1. Enjoyment of swimming activities and desire for personal improvement. 2. Broader knowledge of training methods and the resulting performance outcomes. 3. Improved personal management skills (balancing training, school and social objectives). 4. Develop self-discipline and increasing commitment to swimming. 	<ol style="list-style-type: none"> 1. Enjoyment of the process (i.e. goal setting) and product (i.e. attainment of results) of sports participation and competition. 2. Understand and practice performance management skills, such as good nutrition, recovery techniques, mental skills, etc. 3. Independence (i.e. working with a coach and support personnel, but taking responsibility for self). 4. Improved personal skills (including education & vocational objectives).
Competition Objectives	<p>Have fun and learn to participate without anxiety or distraction. Personal improvement (in both performance and skill) and enjoyment should be recognised and reinforced.</p>	<p>Club level competitions leading up to State competitions (i.e. school or age-group). Skill development, improvement, and number of events swum are the most important goals.</p>	<p>Club and State level competition group). Performance goals should be evaluated regularly, as they apply to both training and competition. Each race opportunity is used as a learning experience.</p>	<p>State and National 'age-group' goals. Competition in 'open' events as ability improves. Selection of events begins to focus on stroke and distance. Race strategies and mental skills are perfected.</p>

[* During some developmental stages girls will be capable of handling a greater volume of training than boys, due to an advanced rate of maturation.]

8. Outside Meets

8.1 Competitive Swimming

Throughout the season there will be numerous meets at various locations available for all ages and levels of swimmers.

Swimmers competing in outside meets must have **COMPETITIVE** membership.

Please check the Outside Meets link on our website which has flyers for these events. A full list of outside meets is contained on the Club Approved Meet Calendar on the Swimming Queensland website: <https://qld.swimming.org.au/club-approved-meet-calendar>

8.2 The Different Types of Swimming Meets

A registered competitive swimmer can enter any meet, however, some meets require qualifying times to enter. Qualifying times are required at nominated Preparation Meets, BSA Meets, Queensland and Australian Championships. As your swimmer starts on their competitive season, their times will improve which will mean there will be a variety of swim meets to enter. These include:

Development Meets: These are a great introduction to competitive swimming. The main aim of a Development Meet is to give swimmers aged 11yrs & under the opportunity to gain experience in a range of strokes and events in a developmental environment. Times achieved at these meets can be used at other meets but not at Queensland or Australian Championships.

Transition Meets: Swimmers should have the necessary skills and capacities gained from competing at Development Meets. Whilst qualifying times can be gained and used for Preparation meets, BSA and Queensland Championships the main aim is to gain racing experience.

Preparation Meets: These give swimmers 11 years & over the opportunity to gain experience competing in all strokes and events. Swimmers should have advanced skills and capacities in all four strokes developed through participation in Transition Meets. Whilst qualifying times can be gained and used for BSA, Queensland and Australian Championships the main aim is to gain competition experience.

As qualifying times need to have been achieved at an earlier meet, you will need to refer to the Meet Flyer for the qualifying time before nominating. Swimmers can check their own times through the Swim Central portal: (<https://swimcentral.swimming.org.au/>)

BSA Meets: The Brisbane Swimming Association (BSA) is one of a number of regions throughout Swimming Queensland. These meets are held as a lead-in to the Queensland Championships. Importantly, swimming at these meets gain Club Premiership points for Grace Swimming Club which are totalled at the end of the season to determine final placings in each division. Grace Swimming Club is currently in First Division.

8.3 Swimming Seasons: Short Course, Long Course and Open Water

The Short Course Season is held over the winter months from June to August where all meets are held over 25m pool. The season culminates with the BSA Short Course Champs held late July/early August, leading into the Qld Short Course Champs later in August.

We then move into the Long Course Season which runs from September through to March. The major meet during this season is the Qld Champs commencing 9th Dec 2023, but the BSA Mets Relay Champs on 5th Nov 2023, BSA Sprint Champs on 28th Jan 2024, BSA Junior Mets (for swimmers up to and including 12 years) on 2nd and 3rd March 2024, and Qld Sprint Champs on 10/11th Feb 2024 and the BSA Senior Champs on 8th/9th/10th March 2024 are also key meets to aim for.

There is also the Open Water event which some swimmers may wish to attend. The BSA Open Water Champs will take place within the Qld Open Water Championships on Saturday 14th October 2023 at the Coolum Ski Park and provide another opportunity to gain points for Grace Swimming Club. The minimum age for entry is 12yrs and events are held at distances of 2.5km (12yrs & over), 5km (13 & over) and 7.5km (15 & over), 10km (16 & over). This season the National Open Water Champs are yet to be advised and are open to swimmers aged 14yrs+ swimming in the 5km, 7.5 km and 10km events.

The swimming season culminates in the Australian Age Championships (6th – 18th April 2024 tbc) and the Australian Swimming Championships TBC and at a location yet to be announced.

8.4 Nominating

Outside meet information for competitive members can be found on the Grace Swimming website (<https://www.graceswim.org.au/>) under 'Events'. Only meets within the BSA region to which Grace has been allocated will be listed. All other Queensland meets will be listed on the 'Approved Meet Calendar' on the Swimming Queensland website.



This season Brisbane Swimming has streamlined the process for Preparation Meets. As such, swimmers may only compete at the meet to which their club has been allocated, and nominations will only be accepted using the Swim Central portal.

Outside Meets listed on the Grace website will provide a link to the swim meet flyer as well as a link to nominate via Swim Central. You will need your Swim Central User ID and password and be registered as a competitive swimmer to nominate. If you have any queries about accessing Swim Central, please contact Swimming Queensland directly on 3390 2011.

If you are entering a meet that is not on the Grace website but is on the Approved Meet Calendar, you will need to locate the Meet Flyer Information Sheet, available from the relevant Host Club's website or through a simple Internet search. To nominate, go to the Swim Central portal.

9. Club Program

2023 - 2024 Club Night Program

	Stroke 1	Stroke 2	Stroke 3	Stroke 4
	12.5/25/50	12.5/25/50	12.5/25/50	12.5/25/50
4 October	Freestyle	Backstroke	Breaststroke	Butterfly
	12.5/25/50/100	12.5/25/50/100	12.5/25/50/100	Specialised Distance
11 October	Freestyle	Butterfly	Backstroke	IM 100/200/400
18 October	Backstroke	Freestyle	Breaststroke	200/400/800 Freestyle
25 October	Freestyle	Breaststroke	Butterfly	200 Backstroke
1 November	Breaststroke	Freestyle	Backstroke	IM 100/200/400
8 November	Backstroke	Butterfly	Freestyle	200 Breaststroke
15 November	Butterfly	Freestyle	Backstroke	200/400/800 Freestyle
22 November	Freestyle	Breaststroke	Butterfly	IM 100/200/400
29 December	Backstroke	Freestyle	Breaststroke	200 Butterfly
6 December	Freestyle	Backstroke	Breaststroke	IM 100/200/400
 Christmas Holidays 				
24 January	Butterfly	Freestyle	Backstroke	200/400/800 Freestyle
31 January	Breaststroke	Butterfly	Freestyle	200 Backstroke
7 February	Backstroke	Freestyle	Breaststroke	IM 100/200/400
14 February	Butterfly	Backstroke	Freestyle	200 Breaststroke
21 February	Freestyle	Butterfly	Breaststroke	200/400/800 Freestyle
28 February	Breaststroke	Freestyle	Backstroke	200 Butterfly
Wednesday 6th March	<i>Club Championships Day 1</i>			
Wednesday 13th March	<i>Club Championships Day 2</i>			

Please Note:

- On nights where the distance event is in **BOLD**, This event will be run first.
- Up to four (4) swims each night, one (1) from each event.

10. Major Award Winners

2022 / 2023 Season Major Award Winners

Ashleigh Duyzer Award

(Aggregate Sprint Points Champion)

Leopold Rattenbury

Aggregate Distance Points Champion

Samantha Brown

Ben Jimmieson Award

(Open Water Award)

Josh Mandryk

Coaches Awards

Maddison Mawhinney

Josh Mandryk

Rookie Award

Ethan Hart

Diamond Award

Macey Lawler

BSA Divisional Points Champions

Male –	1st	Samuel Baker	(268)
	2nd	Maxwell Cunningham	(266)
	3rd	Joshua Mandryk	(228)
Female –	1st	Olivia Smith	(528)
	2nd	Alia Shaw	(434)
	3rd	Macey Lawler	(343)

11. Swimmers' Code of Conduct and Parents' Code of Conduct

General Behavioural Guidelines

Swimming Australia promotes the following behavioural guidelines to all people involved in any way with the sport of swimming, particularly those responsible for activities involving members under the age of 18 years. These behavioural guidelines highlight the principles and values of Swimming Australia and are the core principles of the Member Welfare and Child Welfare Policy documents.

As a person involved in any way with the sport of swimming, the following standard of behaviour is expected:

- Respect the rights, dignity and worth of others.
- Be ethical, considerate, fair and honest in all dealings with other people and organisations.
- Be professional and accept responsibility for your actions.
- Make a commitment to providing quality service.
- Be aware of Swimming Australia's standards, rules and policies.
- Operate within the rules and spirit of the sport, including the national and international guidelines that govern Swimming Australia.
- Understand the possible consequences of breaching Swimming Australia Member Welfare and Child Welfare Policies.
- Immediately report any breaches of the Swimming Australia Member Welfare and Child Welfare Policies to the appropriate authority.
- Refrain from any form of abuse towards others.
- Refrain from any form of harassment toward others.
- Refrain from any form of discrimination toward others.
- Refrain from intimate relations with members whom they have a supervisory role or power over.
- Refrain from any form of victimisation toward others.
- Provide a safe environment for the conduct of activities in accordance with any relevant Swimming Australia policy.
- Show concern and caution toward others that may be sick or injured.
- Be a positive role model.

Competitor Behavioural Guidelines

- Abide by the General Behavioural Guidelines.
- Follow the rules of Swimming Australia at all times.
- Give your best at all times.
- Never argue with an official. Use the appropriate rules and guidelines to resolve a dispute.
- Control your temper. Verbal or physical abuse is not acceptable.
- Work equally hard for yourself and/or your team.
- Be a good sport. Applaud good performances whether they are made by your team or the opposition.
- Treat all swimming participants, as you would like to be treated. Do not bully or take unfair advantage of another competitor.
- Cooperate with your coaches, teammates, opponents, management, event staff and officials.
- Participate for your own enjoyment and benefit, not to satisfy the expectations of others.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, ethnicity, cultural background or religion.

Parent/ Guardian Behavioural Guidelines

- Abide by the General Behavioural Guidelines.
- Encourage your child to participate in sport for their individual enjoyment, personal satisfaction, and improvement.
- Focus on your child's effort and performance, rather than winning or losing.
- Encourage your child to abide by the rules and accept judgements made by officials.
- Never ridicule or yell at a child for making a mistake or performing below expectation.
- Be an example to your child and others. Appreciate good performances by all participants.
- Support all efforts to remove verbal and physical abuse from the sporting environment.
- Show appreciation and respect for all people involved in your child's swimming.
- Respect the rights, dignity and worth of all participants, regardless of their gender, ability, ethnicity, cultural background, or religion.
- Parents are not to be on pool deck during squad training or enter the coach's room, except at the discretion of and permission by the coaches.

12. Guidelines for Posting of Online Images

Grace Swimming Club has a large and successful membership and we are very keen to publicise both the inter-club successes and the achievements and the fun that occurs at Club Nights and other in house occasions. The website and Facebook page are ideal places to celebrate these achievements and provide encouragement, with the use of photographs integral to this. However because of the potentially dangerous use of cyberspace by some in society, it is essential that we ensure no children are placed at risk through any images which appear in these places. To this end the following guidelines should be used to determine which images should be allowed to appear and to encourage appropriate photographs are taken.

- Discretion and modesty are essential.
- Close ups should not show full body in swimmers.
- Shots of swimmers from the waist up (particularly with medals) are acceptable.
- Club shirts should be worn where reasonable.
- Photographs of groups of swimmers showing the fun and camaraderie associated with belonging to the club are an excellent way to promote the club. They should however not be too revealing. Waist up photographs are preferable if athletes are only in their swimmers.
- Action shots are acceptable but discretion should be used to ensure they are not too revealing.
- Closer shots where swimmers in their togs cannot be clearly identified are acceptable e.g. side on groups of swimmers.
- Close contact between children and adults should be avoided in photos.

Photos uploaded to Facebook need to follow a stricter protocol due to the public nature of this social network. There should be fewer photographs on Facebook and more on the website. The website is accessed by members of the club and swimming community for whom the culture is more familiar.

Because access to Facebook is open to a larger audience and there is a larger potential for negative consequences with images able to be commented on and shared widely, it is essential that no images displayed here would draw untoward attention. Therefore images uploaded to Facebook must:

- Be modest, with swimmers in club shirts where possible
- Show action or groups from a distance
- Be mainly shots taken from the waist up if not action shots

With an appreciation of the above guidelines, parents and swimmers are encouraged to send in photographs that they believe serve to provide information or inspiration to the Grace SC family.

13. Rules of the Various Strokes

The following are extracts from FINA (<http://www.fina.org>)

THE START

SW 4.1 The start in Freestyle, Breaststroke, Butterfly and Individual Medley races shall be with a dive. On the long whistle (SW 2.1.5) from the referee the swimmers shall step onto the starting platform and remain there. On the starter's command "take your marks", they shall immediately take up a starting position with at least one foot at the front of the starting platforms. The position of the hands is not relevant. When all swimmers are stationary, the starter shall give the starting signal.

SW 4.2 The start in Backstroke and Medley Relay races shall be from the water. At the referee's first long whistle (SW 2.1.5), the swimmers shall immediately enter the water. At the Referee's second long whistle the swimmers shall return without undue delay to the starting position (SW 6.1). When all swimmers have assumed their starting positions, the starter shall give the command "take your marks". When all swimmers are stationary, the starter shall give the starting signal.

SW 4.3 In Olympic Games, World Championships and other FINA events the command "Take your marks" shall be in English and the start shall be by multiple loudspeakers, mounted one at each starting platform.

SW 4.4 Any swimmer starting before the starting signal has been given, shall be disqualified. If the starting signal sounds before the disqualification is declared, the race shall continue, and the swimmer or swimmers shall be disqualified upon completion of the race. If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining swimmers shall be called back and start again. The Referee repeats the starting procedure beginning with the long whistle (the second one for Backstroke) as per SW 2.1.5.

FREESTYLE:

SW 5.1 Freestyle means that in an event so designated the swimmer may swim any style, except that in individual medley or medley relay events, freestyle means any style other than backstroke, breaststroke or butterfly.

SW 5.2 Some part of the swimmer must touch the wall upon completion of each length and at the finish.

SW 5.3 Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 metres after the start and each turn. By that point, the head must have broken the surface.

BACKSTROKE:

SW 6.1 Prior to the starting signal, the swimmers shall line up in the water facing the starting end, with both hands holding the starting grips. Standing in or on the gutter or bending the toes over the lip of the gutter is prohibited. When using a backstroke ledge at the start, the toes of both feet must be in contact with the end wall or face of the touchpad. Bending the toes over the top of the touchpad is prohibited.

SW 6.2 At the signal for starting and after turning the swimmer shall push off and swim upon his back throughout the race except when executing a turn as set forth in SW 6.4. The normal position on the back can include a roll movement of the body up to, but not including 90 degrees from horizontal. The position of the head is not relevant.

SW 6.3 Some part of the swimmer must break the surface of the water throughout the race. It is permissible for the swimmer to be completely submerged during the turn, and for a distance of not more than 15 metres after the start and each turn. By that point the head must have broken the surface.

SW 6.4 When executing the turn there must be a touch of the wall with some part of the swimmer's body in his/her respective lane. During the turn the shoulders may be turned over the vertical to the breast after which an immediate continuous single arm pull or immediate continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to the position on the back upon leaving the wall.

SW 6.5 Upon the finish of the race the swimmer must touch the wall while on the back in his/her respective lane.

BREASTSTROKE:

SW 7.1 After the start and after each turn, the swimmer may take one arm stroke completely back to the legs during which the swimmer may be submerged. At any time prior to the first Breaststroke kick after the start and after each turn a single butterfly kick is permitted. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

SW 7.2 From the beginning of the first arm stroke after the start and after each turn, the body shall be on the breast. It is not permitted to roll onto the back at any time except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. From the start and throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and on the same horizontal plane without alternating movement.

SW 7.3 The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.

SW 7.4 During each complete cycle, some part of the swimmer's head must break the surface of the water. All movements of the legs shall be simultaneous and on the same horizontal plane without alternating movement.

SW 7.5 The feet must be turned outwards during the propulsive part of the kick. Alternating movements or downward butterfly kicks are not permitted except as in SW 7.1. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.

SW 7.6 At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level. At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

BUTTERFLY:

SW 8.1 From the beginning of the first arm stroke after the start and each turn, the body shall be kept on the breast. Under water kicking on the side is allowed. It is not permitted to roll onto the back at any time, except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall.

SW 8.2 Both arms shall be brought forward simultaneously over the water and brought backward simultaneously under the water through-out the race, subject to SW 8.5.

SW 8.3 All up and down movements of the legs must be simultaneous. The legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A breaststroke kicking movement is not permitted.

SW 8.4 At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously, at, above or below the water surface.

SW 8.5 At the start and at turns, a swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring him to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 metres after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish.

Interpretation “Separated” means that the hands cannot be stacked one on top of the other. It is not necessary to see space between the hands. Incidental contact at the fingers is not a concern.

MEDLEY SWIMMING:

SW 9.1 In individual medley events, the swimmer covers the four swimming strokes in the following order: Butterfly, Backstroke, Breaststroke and Freestyle. Each of the strokes must cover one quarter (1/4) of the distance.

SW 9.2 In Freestyle the swimmer must be on the breast except when executing a turn. The swimmer must return to the breast before any kick or stroke.

SW 9.3 In Medley relay events, swimmers will cover the four swimming strokes in the following order: Backstroke, Breaststroke, Butterfly and Freestyle. Each of the strokes must cover one quarter (1/4) of the distance.

SW 9.4 Each section must be finished in accordance with the rule which applies to the stroke concerned.

Over the top starts:

Swimmers are required to stay in the water in their lane until the next race has begun, as soon as the race has begun swimmers are to exit the pool.

DURING THE START OF THE NEXT RACE, SWIMMERS IN THE POOL ARE NOT TO TALK OR MAKE ANY NOISES OR GESTURES.

1. If the next event is breaststroke, freestyle & butterfly previous swimmers are to hold onto the lane rope as close as possible to the pool end wall.
2. If the next event is a backstroke race the previous swimmers are to hold on to the lane rope 5 meters (white marker) from the pool end wall.

Don't hold onto the handles of the start block.

For full details regarding swimming rules refer to:

http://www.fina.org/sites/default/files/2017_2021_swimming_16032018.pdf

Swimmers Name:

GRACE SWIMMING CLUB 2023 / 2024 - CLUB NIGHT TIME SHEET

DATE	Freestyle		Backstroke		Breaststroke		Butterfly		Individual Medley		
	12.5/25/50/100	200/400/800	12.5/25/50/100	200	12.5/25/50/100	200	12.5/25/50/100	200	100	200	400
04-Oct-23											
11-Oct-23											
18-Oct-23											
25-Oct-23											
01-Nov-23											
08-Nov-23											
15-Nov-23											
22-Nov-23											
29-Nov -23											
06-Dec-23											

CHRISTMAS HOLIDAYS

Swimmers Name:

GRACE SWIMMING CLUB 2023 / 2024 - CLUB NIGHT TIME SHEET

DATE	Freestyle		Backstroke		Breaststroke		Butterfly		Individual Medley		
	12.5/25/50/100	200/400/800	12.5/25/50/100	200	12.5/25/50/100	200	12.5/25/50/100	200	100	200	400
24-Jan-24											
31-Jan-24											
07-Feb-24											
14-Feb-24											
21-Feb-24											
28-Feb-24											
					CLUB CHAMPIONSHIPS DAY 1						
06-Mar-24											
					CLUB CHAMPIONSHIPS DAY 2						
13-Mar-24											

GRACE SWIMMING CLUB 2023 / 2024 – CLUB CHAMPIONSHIPS SHEET

SWIMMER	Freestyle		Backstroke		Breaststroke		Butterfly		Individual Medley	
	12.5/25/50	100/200	12.5/25/50	100/200	12.5/25/50	100/200	12.5/25/50	100/200	100	200

RECORDS Championship

SC Meters-Female

4 & U	12 Free	15.10	6-Mar-10	Emma Duyzer
	25 Free	45.26	19-Mar-16	Asenaca Ma'afu
	12 Back	16.56	6-Mar-10	Emma Duyzer
	25 Back	36.56	6-Mar-10	Emma Duyzer
	12 Breast	22.03	19-Mar-16	Asenaca Ma'afu
	25 Breast	45.22	19-Mar-16	Asenaca Ma'afu
	12 Fly	19.37	6-Mar-10	Emma Duyzer
	25 Fly	58.93	24-Mar-12	Amy Beer
	100 IM	10:00.00		
5-5	12 Free	12.33	29-Mar-08	Tiana Sikacek
	25 Free	24.54	29-Mar-08	Tiana Sikacek
	12 Back	14.37	29-Mar-08	Tiana Sikacek
	25 Back	30.44	29-Mar-08	Tiana Sikacek
	12 Breast	14.66	29-Mar-08	Amy Koch
	25 Breast	32.73	29-Mar-08	Amy Koch
	12 Fly	13.22	29-Mar-08	Tiana Sikacek
	25 Fly	30.41	29-Mar-08	Tiana Sikacek
	100 IM	2:29.45	26-Mar-22	Lexie Newton
6-6	25 Free	20.97	29-Mar-08	Kylie Campbell
	50 Free	46.42	29-Mar-08	Kylie Campbell
	25 Back	25.49	29-Mar-08	Kylie Campbell
	50 Back	52.76	29-Mar-08	Kylie Campbell
	25 Breast	23.34	31-Mar-04	Laura Irwin
	50 Breast	57.78	28-Mar-09	Amy Koch
	25 Fly	22.98	29-Mar-08	Kylie Campbell
	50 Fly	55.16	29-Mar-08	Kylie Campbell
	100 IM	2:00.81	28-Mar-09	Amy Koch
7-7	25 Free	19.63	26-Mar-22	Sophie Newton
	50 Free	42.29	9-Mar-13	Emma Duyzer
	25 Back	23.36	26-Mar-22	Sophie Newton
	50 Back	49.55	12-Mar-05	Laura Irwin
	25 Breast	25.73	18-Mar-06	Eden Cassidy
	50 Breast	56.37	24-Mar-07	Melissa Campbell
	25 Fly	22.26	24-Mar-07	Melissa Campbell
	50 Fly	53.21	26-Mar-22	Sophie Newton
	100 IM	1:49.12	26-Mar-22	Sophie Newton
8-8	25 Free	17.13	15-Mar-14	Emma Duyzer
	50 Free	37.54	15-Mar-14	Emma Duyzer
	25 Back	21.21	29-Mar-08	Kaitlyn Weldon
	50 Back	44.05	24-Mar-07	Eden Cassidy
	25 Breast	23.06	12-Mar-05	Ashleigh Duyzer
	50 Breast	50.77	29-Mar-08	Melissa Campbell
	25 Fly	19.60	29-Mar-08	Melissa Campbell
	50 Fly	42.72	1-Jan-00	Kyra Bradfield
	100 IM	1:35.42	29-Mar-08	Melissa Campbell
9-9	50 Free	34.94	18-Mar-06	Ashleigh Duyzer
	100 Free	1:17.80	24-Mar-12	Tiana Sikacek
	50 Back	41.41	24-Mar-12	Julia Hartley
	100 Back	1:27.82	24-Mar-12	Tiana Sikacek

RECORDS Championship

9-9	50 Breast	45.89	12-Mar-05	Brooke Tarr
	100 Breast	1:41.43	12-Mar-05	Brooke Tarr
	50 Fly	39.71	29-Mar-08	Eden Cassidy
	100 Fly	1:30.25	29-Mar-08	Eden Cassidy
	100 IM	1:31.07	5-Apr-03	Chantel Lawson
10-10	50 Free	33.75	18-Mar-06	Mahalia Cassidy
	100 Free	1:11.32	9-Mar-13	Julia Hartley
	50 Back	36.93	1-Jan-00	Brigitta Smith
	100 Back	1:21.22	15-Mar-14	Chelsea Creed
	50 Breast	42.97	12-Mar-05	Elizabeth Greer
	100 Breast	1:31.76	9-Mar-13	Julia Hartley
	50 Fly	36.61	18-Mar-06	Mahalia Cassidy
	100 Fly	1:22.85	18-Mar-06	Mahalia Cassidy
	200 IM	2:56.56	9-Mar-13	Julia Hartley
11-11	50 Free	31.28	15-Mar-14	Julia Hartley
	100 Free	1:08.17	15-Mar-14	Julia Hartley
	50 Back	36.72	22-Mar-15	Renee Wykman
	100 Back	1:17.21	6-Mar-10	Eden Cassidy
	50 Breast	39.40	19-Mar-16	Chantelle Jackson
	100 Breast	1:26.30	19-Mar-16	Chantelle Jackson
	50 Fly	33.96	24-Mar-07	Mahalia Cassidy
	100 Fly	1:16.95	15-Mar-14	Tiana Sikacek
	200 IM	2:45.49	15-Mar-14	Tiana Sikacek
12-12	50 Free	29.17	26-Mar-22	Macey Lawler
	200 Free	2:16.60	27-Mar-21	Alia Shaw
	50 Back	34.71	19-Mar-16	Chelsea Creed
	200 Back	2:35.93	19-Mar-16	Chelsea Creed
	50 Breast	39.07	19-Mar-16	Lauren Walker
	200 Breast	3:00.81	19-Mar-16	Lauren Walker
	50 Fly	32.34	27-Mar-21	Olivia Smith
	200 Fly	2:38.16	29-Mar-08	Mahalia Cassidy
	200 IM	2:39.11	22-Mar-15	Tiana Sikacek
	13-13	50 Free	27.81	28-Mar-09
200 Free		2:11.76	28-Mar-09	Sarah Todd
50 Back		33.61	31-Mar-04	Tina Longley
200 Back		2:34.17	28-Mar-09	Mahalia Cassidy
50 Breast		37.93	24-Mar-12	Chloe Hopkins
200 Breast		2:58.55	19-Mar-16	Tiana Sikacek
50 Fly		30.63	31-Mar-04	Tina Longley
200 Fly		2:30.63	31-Mar-04	Tina Longley
200 IM		2:33.47	19-Mar-16	Tiana Sikacek
14-14		50 Free	27.84	6-Mar-10
	200 Free	2:09.72	6-Mar-10	Sarah Todd
	50 Back	32.10	31-Mar-04	Bridgette-Rose Taylor
	200 Back	2:29.38	31-Mar-04	Bridgette-Rose Taylor
	50 Breast	36.00	1-Jan-98	Celeste Heilbronn
	200 Breast	2:47.21	31-Mar-04	Bridgette-Rose Taylor
	50 Fly	30.58	6-Mar-10	Mahalia Cassidy
	200 Fly	2:31.31	31-Mar-04	Bridgette-Rose Taylor
	200 IM	2:25.69	31-Mar-04	Bridgette-Rose Taylor

RECORDS Championship

15-15	50 Free	28.32	24-Mar-12	Ashleigh Duyzer
	200 Free	2:11.56	22-Mar-15	Kirriily Siebenhausen
	50 Back	32.42	22-Mar-15	Kirriily Siebenhausen
	200 Back	2:29.84	22-Mar-15	Kirriily Siebenhausen
	50 Breast	37.67	24-Mar-19	Eliska Pettit
	200 Breast	2:57.26	19-Mar-11	Tegan Cowell
	50 Fly	31.09	19-Mar-16	Aimee Norris
	200 Fly	2:38.19	11-Mar-17	Mackenzie Hutchings
	200 IM	2:33.69	24-Mar-12	Ashleigh Duyzer
16-16	50 Free	27.08	24-Mar-12	Sarah Todd
	200 Free	2:11.45	24-Mar-12	Sarah Todd
	50 Back	33.20	26-Mar-22	Lily Smith
	200 Back	2:35.48	9-Mar-13	Ashleigh Duyzer
	50 Breast	35.34	1-Jan-00	Celeste Heilbronn
	200 Breast	2:50.66	31-Mar-04	Annabelle Taylor
	50 Fly	31.12	24-Mar-07	Megan Cassidy
	200 Fly	2:39.92	24-Mar-07	Megan Cassidy
	200 IM	2:38.64	9-Mar-13	Ashleigh Duyzer
17 & O	50 Free	26.62	15-Mar-14	Ashleigh Duyzer
	200 Free	2:08.87	15-Mar-14	Ashleigh Duyzer
	50 Back	31.57	15-Mar-14	Ashleigh Duyzer
	200 Back	2:23.06	27-Mar-21	Ebony Campbell
	50 Breast	35.43	11-Mar-17	Ashleigh Duyzer
	200 Breast	2:50.24	19-Mar-16	Ashleigh Duyzer
	50 Fly	29.72	19-Mar-16	Ashleigh Duyzer
	200 Fly	2:25.91	19-Mar-11	Natalie James
	200 IM	2:28.02	27-Mar-21	Ebony Campbell

RECORDS Championship

SC Meters-Male

4 & U	12 Free	14.32	28-Mar-09	Morgan Chippendale
	25 Free	34.20	28-Mar-09	Morgan Chippendale
	12 Back	16.25	28-Mar-09	Morgan Chippendale
	25 Back	36.31	28-Mar-09	Morgan Chippendale
	12 Breast	26.12	28-Mar-09	Morgan Chippendale
	25 Breast	54.75	28-Mar-09	Morgan Chippendale
	12 Fly	21.96	28-Mar-09	Morgan Chippendale
	25 Fly	46.42	28-Mar-09	Morgan Chippendale
	100 IM	10:00.00		
5-5	12 Free	10.87	6-Mar-10	Morgan Chippendale
	25 Free	23.46	6-Mar-10	Morgan Chippendale
	12 Back	13.63	6-Mar-10	Morgan Chippendale
	25 Back	28.19	6-Mar-10	Morgan Chippendale
	12 Breast	14.10	6-Mar-10	Morgan Chippendale
	25 Breast	33.65	6-Mar-10	Morgan Chippendale
	12 Fly	14.77	6-Mar-10	Morgan Chippendale
	25 Fly	33.85	6-Mar-10	Morgan Chippendale
	100 IM	2:15.26	6-Mar-10	Morgan Chippendale
6-6	25 Free	22.46	19-Mar-11	Morgan Chippendale
	50 Free	49.06	25-Mar-23	Leopold Rattenbury
	25 Back	25.91	19-Mar-11	Morgan Chippendale
	50 Back	58.00	25-Mar-23	Leopold Rattenbury
	25 Breast	27.36	1-Jan-98	Tyler Hann
	50 Breast	1:05.17	19-Mar-11	Morgan Chippendale
	25 Fly	30.18	19-Mar-11	Morgan Chippendale
	50 Fly	1:12.76	19-Mar-11	Morgan Chippendale
	100 IM	2:08.53	19-Mar-11	Morgan Chippendale
7-7	25 Free	18.13	28-Mar-09	Zarcquae Harvey
	50 Free	40.57	28-Mar-09	Zarcquae Harvey
	25 Back	20.88	1-Jan-00	Jayden Hadler
	50 Back	47.67	28-Mar-09	Zarcquae Harvey
	25 Breast	23.33	1-Jan-00	Jayden Hadler
	50 Breast	54.78	28-Mar-09	Zarcquae Harvey
	25 Fly	17.97	1-Jan-00	Jayden Hadler
	50 Fly	54.58	24-Mar-12	Morgan Chippendale
	100 IM	1:32.56	1-Jan-00	Jayden Hadler
8-8	25 Free	17.67	9-Mar-13	Morgan Chippendale
	50 Free	35.53	1-Jan-01	Jayden Hadler
	25 Back	22.02	28-Mar-09	Sam Ingeri
	50 Back	43.26	1-Jan-98	Reid Hann
	25 Breast	24.25	28-Mar-09	Sam Ingeri
	50 Breast	48.63	1-Jan-01	Jayden Hadler
	25 Fly	19.04	9-Mar-13	Kobey Lake
	50 Fly	41.97	1-Jan-98	Jayden Hadler
	100 IM	1:30.00	1-Jan-01	Jayden Hadler
9-9	50 Free	33.07	24-Mar-19	Max Cunningham
	100 Free	1:15.06	12-Mar-05	Joshua Duyzer
	50 Back	39.92	12-Mar-05	Joshua Duyzer
	100 Back	1:26.69	12-Mar-05	Joshua Duyzer

RECORDS Championship

9-9	50 Breast	47.39	24-Mar-19	Max Cunningham
	100 Breast	1:44.44	12-Mar-05	Joshua Duyzer
	50 Fly	40.34	1-Jan-02	Zachory Taylor
	100 Fly	1:36.30	12-Mar-05	Joshua Duyzer
	100 IM	1:28.69	12-Mar-05	Joshua Duyzer
10-10	50 Free	31.87	12-Mar-05	Robert Eugster
	100 Free	1:11.29	12-Mar-05	Robert Eugster
	50 Back	38.44	18-Mar-06	Joshua Duyzer
	100 Back	1:20.48	18-Mar-06	Joshua Duyzer
	50 Breast	43.17	22-Mar-15	Kobey Lake
	100 Breast	1:34.59	22-Mar-15	Kobey Lake
	50 Fly	36.03	12-Mar-05	Robert Eugster
	100 Fly	1:21.91	12-Mar-05	Robert Eugster
11-11	200 IM	2:52.21	18-Mar-06	Joshua Duyzer
	50 Free	29.50	27-Mar-21	Max Cunningham
	100 Free	1:05.35	27-Mar-21	Max Cunningham
	50 Back	35.75	19-Mar-16	Kobey Lake
	100 Back	1:12.16	27-Mar-21	Max Cunningham
	50 Breast	41.90	19-Mar-16	Kobey Lake
	100 Breast	1:30.76	19-Mar-16	Kobey Lake
	50 Fly	33.02	27-Mar-21	Max Cunningham
	100 Fly	1:14.82	27-Mar-21	Max Cunningham
	200 IM	2:48.09	24-Mar-07	Joshua Duyzer
12-12	50 Free	27.22	26-Mar-22	Max Cunningham
	200 Free	2:13.42	26-Mar-22	Max Cunningham
	50 Back	33.14	26-Mar-22	Max Cunningham
	200 Back	2:11.19	24-Mar-07	Joshua Duke
	50 Breast	39.42	24-Mar-19	Tyler Jackson
	200 Breast	3:05.19	26-Mar-22	Sheldon Vas-Diass
	50 Fly	30.16	26-Mar-22	Max Cunningham
	200 Fly	2:47.82	19-Mar-11	Hayden Walker
	200 IM	2:43.99	26-Mar-22	Max Cunningham
13-13	50 Free	28.01	24-Mar-18	Kobey Lake
	200 Free	2:13.36	28-Mar-09	Joshua Duyzer
	50 Back	33.58	24-Mar-18	Kobey Lake
	200 Back	2:31.56	28-Mar-09	Joshua Duyzer
	50 Breast	36.35	25-Mar-23	Sheldon Vas-Diass
	200 Breast	2:48.72	25-Mar-23	Sheldon Vas-Diass
	50 Fly	31.06	27-Mar-21	Keenan Martin
	200 Fly	2:29.69	24-Mar-12	Hayden Walker
200 IM	2:36.01	28-Mar-09	Joshua Duyzer	
14-14	50 Free	27.00	31-Mar-03	Lochlan Johnson
	200 Free	2:07.59	31-Mar-04	Lochlan Johnson
	50 Back	32.06	6-Mar-10	Joshua Duyzer
	200 Back	2:26.97	6-Mar-10	Joshua Duyzer
	50 Breast	35.59	1-Jan-98	Cameron Hann
	200 Breast	2:50.33	19-Mar-11	Daniel Wilden
	50 Fly	29.94	31-Mar-04	Reid Hann
	200 Fly	2:28.93	9-Mar-13	Hayden Walker
	200 IM	2:26.00	31-Mar-04	Lochlan Johnson

RECORDS Championship

15-15	50 Free	26.73	24-Mar-07	Luke Vacca	
	200 Free	2:03.35	19-Mar-11	Marcus Hall	
	50 Back	31.48	22-Mar-15	Tyler Wykman	
	200 Back	2:21.88	19-Mar-11	Marcus Hall	
	50 Breast	33.98	24-Mar-12	Daniel Wilden	
	200 Breast	2:39.80	24-Mar-12	Daniel Wilden	
	50 Fly	28.71	24-Mar-07	Luke Vacca	
	200 Fly	2:20.35	24-Mar-12	Daniel Wilden	
	200 IM	2:23.30	24-Mar-12	Daniel Wilden	
16-16	50 Free	26.02	29-Mar-08	Luke Vacca	
	200 Free	2:02.24	15-Mar-14	Kenan Chan	
	50 Back	31.29	24-Mar-12	Marcus Hall	
	200 Back	2:22.15	24-Mar-12	Marcus Hall	
	50 Breast	33.94	1-Jan-02	Robert Darlington	
	200 Breast	2:42.73	15-Mar-14	Joshua Hollindale	
	50 Fly	27.75	29-Mar-08	Luke Vacca	
	200 Fly	2:19.33	29-Mar-08	Luke Vacca	
	200 IM	2:20.96	15-Mar-14	Kenan Chan	
17 & O	50 Free	25.28	19-Mar-16	Braedyn Borg	
	200 Free	1:57.34	19-Mar-16	Braedyn Borg	
	50 Back	30.67	11-Mar-17	Tyler Wykman	
	200 Back	2:20.31	11-Mar-17	Tyler Wykman	
	50 Breast	33.75	22-Mar-15	Joshua Hollindale	
	200 Breast	2:37.45	22-Mar-15	Joshua Hollindale	
	50 Fly	27.00	28-Mar-09	Luke Vacca	
	200 Fly	2:16.09	19-Mar-16	Braedyn Borg	
	200 IM	2:16.13	11-Mar-17	Braedyn Borg	
	50 Free	30.02	15-Mar-14	Ethan Chan	Multi-class
	100 Free	1:43.09	25-Mar-23	Lachlan Farlow	Multi-class
	200 Free	2:25.29	15-Mar-14	Ethan Chan	Multi-class
	25 Back	35.42	22-Mar-15	Michael Wilkie	Multi-class
	50 Back	38.79	15-Mar-14	Ethan Chan	Multi-class
	200 Back	2:53.19	15-Mar-14	Ethan Chan	Multi-class
	50 Breast	44.84	15-Mar-14	Ethan Chan	Multi-class
	100 Breast	2:20.51	25-Mar-23	Lachlan Farlow	Multi-class
	200 Breast	3:15.04	15-Mar-14	Ethan Chan	Multi-class
	25 Fly	26.01	22-Mar-15	Michael Wilkie	Multi-class
	50 Fly	43.89	15-Mar-14	Ethan Chan	Multi-class
200 Fly	3:09.71	15-Mar-14	Ethan Chan	Multi-class	
100 IM	2:26.85	19-Mar-16	Michael Wilkie	Multi-class	
200 IM	2:53.76	15-Mar-14	Ethan Chan	Multi-class	

IMPORTANT DATES (Subject to Change)

Wednesday 4 th October	Opening Club Night of season
Saturday 7 th October - Sunday 8 th October	2023 Qld Preparation Meet #1
Monday 11th October	Grace Swimming Club Committee Meeting
Saturday 14 th October	QLD/BSA Open Water Championships
Sunday 15 th October	UQ Transition Meet
Sunday 22 nd October	Redcliffe Leagues LC Prep meet
Sunday 5 th November	BSA Relay Championships
Monday 8th November	Grace Swimming Club Committee Meeting
Saturday 12 th November- Sunday 13 th November	2023 Qld Preparation Meet #2
Saturday 25 th November	Rackley Hibiscus LC Transition Meet
Saturday 2 nd December	Nudgee College Junior Transition Meet
Monday 11th December	Grace Swimming Club Committee Meeting
Saturday 9 th December – Friday 15 th December	Qld State Championships
Saturday 16th December	End of year Break up (TBC)
Monday 8th January	Grace Swimming Club Committee Meeting
Sunday 14 th January	Lawnton LC Prep Meet (Sprint)
Sat 27 th & Sun 28 th January	2024 Vorgee Brisbane Sprint Champs
Sunday 4 th February	Belgravia LC Prep Meet
Sat 10 th & Sun 11 th February	QLD Sprint Championships
Monday 12th February	Grace Swimming Club Committee Meeting
Sat 2 nd & Sun 3 rd March	Brisbane Junior Metropolitan Champs
Fri 8 th - Sun 10 th March	Brisbane Senior Metropolitan Champs
Monday 11th March	Grace Swimming Club Committee Meeting
Saturday 16 th March – Sunday 14 th March	Qld National Preparation Meet
Dates TBC	Qld School Swimming Championships
Wednesday - 6 th March Wednesday 13 th March	Grace Swimming Club Champs
Saturday 29 TH March Monday 14 th April	Easter Holidays (Easter Sunday 31 st March)
Monday 8th April	Grace Swimming Club Committee Meeting
TBC	Australian Swimming Championships

QUALIFYING TIMES

Male

	11 Years		12 Years		13 Years		14 Years		15 Years		16 Years		17 & Over	
	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC
50 FREE	35.55	34.85	33.19	32.54	29.35	28.77	28.19	27.63	26.74	26.22	26.51	25.99	25.35	24.85
100 FREE	1:15.98	1:14.49	1:10.99	1:09.59	1:03.99	1:02.73	1:00.99	99.79	57.49	56.36	56.49	55.38	55.07	53.99
200 FREE	2:44.90	2:41.67	2:30.70	2:27.75	2:15.42	2:12.76	2:09.96	2:07.41	2:05.59	2:03.12	2:03.40	2:00.98	2:00.52	1:58.16
400 FREE	5:47.49	5:40.67	5:15.05	5:08.88	4:47.26	4:41.62	4:37.99	4:32.54	4:26.41	4:21.18	4:21.77	4:16.64	4:17.92	4:12.87
800 FREE			10:56.97	10:44.09	10:02.70	9:50.89	9:45.04	9:33.57	9:06.67	8:55.95	9:01.88	8:51.25	8:53.44	8:42.98
1500 FREE					19:17.54	18:54.85	18:49.08	18:26.94	17:29.93	17:09.34	17:20.72	17:00.31	16:59.96	16:39.96
50 BACK	44.04	43.18	38.52	37.76	34.84	34.16	33.52	32.87	32.41	31.77	31.89	31.26	30.83	30.23
100 BACK	1:27.10	1:25.39	1:22.71	1:21.09	1:13.95	1:12.50	1:09.02	1:07.67	1:06.28	1:04.98	1:04.64	1:03.37	1:03.52	1:02.28
200 BACK			2:54.03	2:50.62	2:38.43	2:35.32	2:30.03	2:27.09	2:24.03	2:21.20	2:22.83	2:20.03	2:19.48	2:16.75
50 BREAST	49.88	48.90	43.21	42.36	38.54	37.78	36.79	36.07	35.56	34.86	34.98	34.29	34.11	33.44
100 BREAST	1:40.89	1:38.91	1:33.55	1:31.72	1:22.55	1:20.93	1:17.04	1:15.53	1:13.37	1:11.94	1:12.76	1:11.34	1:10.43	1:09.05
200 BREAST			3:20.03	3:16.10	2:57.21	2:53.73	2:49.15	2:45.83	2:41.10	2:37.94	2:39.75	2:36.62	2:32.59	2:29.60
50 FLY	41.39	40.58	36.62	35.90	32.65	32.01	31.41	30.79	30.37	29.77	29.88	29.29	28.90	28.33
100 FLY	1:28.09	1:26.36	1:22.82	1:21.19	1:11.21	1:09.81	1:06.99	1:05.68	1:03.83	1:02.57	1:02.77	1:01.54	1:00.98	99.79
200 FLY			3:02.26	2:58.68	2:37.24	2:34.16	2:30.09	2:27.15	2:24.14	2:21.31	2:21.76	2:18.98	2:17.12	2:14.43
100 IM		1:26.15		1:17.94		1:13.13		1:07.59		1:05.28		1:03.09		1:00.89
200 IM	3:08.88	3:05.18	2:54.26	2:50.84	2:45.71	2:42.46	2:31.11	2:28.15	2:25.01	2:22.17	2:22.58	2:19.78	2:16.80	2:14.12
400 IM			6:15.09	6:07.73	5:54.22	5:47.27	5:25.59	5:19.21	5:04.76	4:58.78	5:02.15	4:56.23	4:55.84	4:50.04

2023

Female

	11 Years		12 Years		13 Years		14 Years		15 Years		16 Years		17 & Over	
	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC
50 FREE	35.55	34.85	33.19	32.54	31.29	30.67	30.24	29.64	29.15	28.58	28.90	28.33	28.38	27.82
100 FREE	1:15.98	1:14.49	1:10.99	1:09.59	1:06.96	1:05.65	1:04.75	1:03.48	1:01.98	1:00.76	1:01.43	1:00.22	1:00.75	99.56
200 FREE	2:44.90	2:41.67	2:30.70	2:27.75	2:23.84	2:21.02	2:19.00	2:16.28	2:15.38	2:12.72	2:14.17	2:11.54	2:13.12	2:10.51
400 FREE	5:47.49	5:40.67	5:15.05	5:08.88	4:59.56	4:53.68	4:49.49	4:43.81	4:41.94	4:36.41	4:39.42	4:33.94	4:34.96	4:29.57
800 FREE			10:56.97	10:44.09	10:15.37	10:03.30	9:57.34	9:45.62	9:41.75	9:30.35	9:36.56	9:25.25	9:35.73	9:24.44
1500 FREE					19:09.70	18:47.15	18:55.75	18:33.48	18:26.12	18:04.43	18:16.24	17:54.75	18:07.47	17:46.15
50 BACK	44.04	43.18	38.52	37.76	36.37	35.65	35.48	34.78	34.83	34.15	34.55	33.87	34.25	33.58
100 BACK	1:27.10	1:25.39	1:22.71	1:21.09	1:16.78	1:15.28	1:13.71	1:12.27	1:11.87	1:10.46	1:10.64	1:09.25	1:09.24	1:07.88
200 BACK			2:54.03	2:50.62	2:42.89	2:39.69	2:38.91	2:35.80	2:34.94	2:31.90	2:32.29	2:29.30	2:30.04	2:27.10
50 BREAST	49.88	48.90	43.21	42.36	40.50	39.70	39.19	38.42	38.47	37.72	38.16	37.41	37.56	36.82
100 BREAST	1:40.89	1:38.91	1:33.55	1:31.72	1:26.30	1:24.61	1:23.56	1:21.92	1:20.14	1:18.57	1:18.77	1:17.22	1:17.65	1:16.13
200 BREAST			3:20.03	3:16.10	3:06.95	3:03.28	3:01.01	2:57.46	2:53.59	2:50.19	2:50.63	2:47.28	2:47.18	2:43.90
50 FLY	41.39	40.58	36.62	35.90	34.05	33.38	33.09	32.44	32.62	31.98	32.34	31.71	32.06	31.43
100 FLY	1:28.09	1:26.36	1:22.82	1:21.19	1:15.27	1:13.79	1:12.88	1:11.45	1:09.89	1:08.52	1:08.70	1:07.35	1:06.21	1:04.91
200 FLY			3:02.26	2:58.68	2:47.32	2:44.04	2:42.01	2:38.84	2:35.37	2:32.33	2:32.72	2:29.72	2:29.65	2:26.72
100 IM		1:26.15		1:17.94		1:13.48		1:12.24		1:09.69		1:09.08		1:08.47
200 IM	3:08.88	3:05.18	2:54.26	2:50.84	2:47.03	2:43.75	2:42.95	2:39.76	2:36.17	2:33.10	2:34.81	2:31.77	2:32.61	2:29.62
400 IM			6:15.09	6:07.73	5:55.81	5:48.84	5:44.33	5:37.58	5:29.99	5:23.52	5:27.12	5:20.70	5:26.22	5:19.82