

WIDE BAY REGIONAL SWIMMING ASSOCIATION INC
AFFILIATED WITH SWIMMING QUEENSLAND



**2010 MC DONALD'S
WIDE BAY REGIONAL CHAMPIONSHIPS**

**NORVILLE PARK POOL
BUNDABERG**

5 MARCH – 7 MARCH 2010

PROGRAM OF EVENTS

2010 WIDE BAY REGIONAL CHAMPIONSHIPS 5 MARCH – 7 MARCH 2010

- Venue:** Norville Park Pool, Enterprise St, Bundaberg, Qld, 4670
- Meet:** Wide Bay Championships is open to all registered members of clubs affiliated with the Wide Bay region
- Age:** Age is at the first day of competition, i.e 5th March 10. Athletes cannot swim “up” an age in individual events. Minimum age to compete in individual & relays is 9 years. Minimum age for 1500m, 800m, 400m, 200m Breaststroke, 200m Butterfly, 200m Backstroke and 200m Freestyle is 11 years.
- Rules:** All Swimming Queensland rules and Wide Bay Championship rules apply.
- Entries:** Entries must be submitted by the club Secretary/Race Secretary/Nominations Officer via Team Manager or Official Nomination form and emailed to Wide Bay Registrar, Jan Jopson (email: janjopson@widebayswimming.org.au) Please ensure that all details including “place and date qualifying time was achieved are completed”. Enquires 54780862 (home) **0409620923 (mobile)**

Qualifying times can be used from 1 January 2009, but excludes school swimming times.

Race Secretaries

Please ensure your Team Abbreviation in Team Manager is as per the SQ list of team abbreviations

<https://www.clubsonline.com.au/console/customitem/attachments/MMClubCodes.pdf>

All entries must meet the qualifying times as listed & be obtained at a LC qualifying meet (this excludes school swimming times), except 9 years age group which may obtain qualifying times at a LC or SC qualifying meet.

Should a competitor fail to meet the qualifying time he/she will not be awarded a medal, and a \$50.00 fine will be imposed. Clubs who can verify swimmers have attained the qualifying times prior to the championships will receive an exemption.

Multi-disability entries should clearly state the swimmer’s disability classification code.

All Multi-disability events will be conducted as Timed Finals in the heats sessions.

All 50m & 100m events will be conducted as heats & Finals except ***events for competitor’s aged 9 & 10 years*** which will be conducted as Timed Finals only in the heats sessions

Straight Finals

Some 50m and 100m events may become straight finals. These events will become apparent once nominations close. Swimmers are required to marshal for these events during the heats session as normal. The finals will be conducted as per the program. (In the finals sessions).

All events 400m, 800m & 1500m will be conducted as timed finals in the heats sessions.

All 200m events will be conducted as Multi Age events and swum as timed finals in the heats sessions. Medals will be awarded to each of the following age groups:

11, 12,13,14,15,16 and 17 & Over.

Relays: A maximum of two teams per club may be entered in each relay. Nomination and payment must be received by Monday 15th February. Names of relay swimmers must be submitted by 11.00am on Saturday 6th March, 2010 for the Freestyle relay and by the end of the Saturday finals for the Medley relay. Relay swimmers must swim in an individual event to be eligible to swim in the relay events. **The Champion Relay Club will also be decided at 'Wide Bay LC Championships.**

Awards: Medals will be awarded to all individual place-getters. Finalist certificates will also be awarded, but will be posted to clubs. Points & medals will not be awarded if qualifying times are not met.

Age Champions: Aggregate trophies will be awarded to the winners of each age group. This will be based on a points system of 6, 3, 1 for 1st, 2nd, and 3rd.

Age Champion events are:-

SWD & 9 yrs = 50m Freestyle, Breaststroke, Backstroke & Butterfly
10,11,12,13,14,15,16,17 & Open age groups =100m Freestyle, Breaststroke, Backstroke & Butterfly

Swimmers 12 & Under must compete in all 4 events to be eligible for age champion. Swimmers 13 & Over are not required to compete in all 4 events to be eligible for age champion.

In the event of a tie, the swimmer with the highest percentage of a record will receive age champion. Eg. If 2 swimmers have the same points and their individual percentages are;

Swimmer 1: 92%, 90%, 85%, 102%

Swimmer 2: 95%, 95%, 95%

Swimmer 1 will win age champion as that swimmer has the highest individual percentage (102%).

Percentage is calculated as: record / time swam x 100.

ENTRY FEES & CLOSING DATES:

- Individual events: \$6.00
- Relays: \$18.00
- The closing date for nominations will be **8.00pm MONDAY 15th FEBRUARY 2010**. Times from Hervey Bay meet only can be added/updated by 8pm Monday 22nd February.2010. **Nominations will NOT be accepted after this time. Please note this does not include the SQ qualifying meet No 3.**
- Entries, report & chq should be forwarded to: -
 - Jan Jopson
 - Registrar
 - Wide Bay Regional Swimming Assoc Inc
 - PO Box 5176, Maroochydore South.
 - QLD 4558

CLUB SPIRIT AWARD:

Support your club swimmers at the 'Wide Bay Swimming Championships' and be in the running to win for your club \$100 first place and \$50 second place.

TECHNICAL OFFICIALS:

Parents are encouraged to continue with their individual accreditations at the Championships. Please complete the 'Covering Nomination Form' or contact Jan Jopson or Michele Watson to advise which Technical Official positions parents wish to continue accreditations in. A roster for all Technical Official positions will be posted on the website in the weeks prior to the championships.

SWIM SUIT RULES:

Please note the new Swim Suit Rules that came into effect on 1st January 2010 will be enforced at Wide Bay Championships. Further information can be obtained from the Swimming Queensland website.

2010 WIDE BAY REGIONAL CHAMPIONSHIPS

FIRST SESSION

Friday evening, 5TH March 2010

Warm-up: 6.00pm

Start: 6.30pm

FRIDAY EVENING					QUALIFYING TIMES			
M	W	AGE	DIST	STROKE	M		W	
1		Open	1500m	Freestyle	Open	18:35.00		
					16	18:45.00		
					15	19:35.00		
					14	20:20.00		
					12-13	20:40.00		
	2	Open	800m	Freestyle			Open	10:40.00
							16	10:45.00
							15	10:55.00
							14	11:05.00
							12-13	11:10.00
3	4	9-99	200m	IM (Multi Disability)				
5	6	Open	400M	IM	15 & O	06:10.00	15 & O	06:25.00
					11-14	05:48.00	11-14	06:09.00

SECOND SESSION

Saturday Morning 6th March 2010

Warm- up: 7.30am, Start: 8.30am

SATURDAY 1 ST SESSION					QUALIFYING TIMES			
M	W	AGE	DIST	STROKE	M		W	
7	8	Open	400m	Freestyle	15 & O	05:10.00	15 & O	05:25.00
					11-14	05:40.00	11-14	05:40.00
9	10	9-99	50m	Butterfly (Multi Disability)				
11	12	11	100m	Breaststroke	01:53.00		01:53.00	
13	14	12	100m	Backstroke	01:34.00		01:36.00	
15	16	13	100m	Butterfly	01:31.00		01:35.00	
17	18	14	100m	Freestyle	01:13.00		01:18.00	
19	20	15	100m	Backstroke	01:25.00		01:29.00	
21	22	16	100m	Butterfly	01:22.00		01:28.00	
23	24	17	100m	Breaststroke	01:32.00		01:36.00	
25	26	Open	100m	Backstroke	01:20.00		01:24.00	
27	28	9-99	50m	Breaststroke (Multi Disability)				
29	30	9	50m	Butterfly	01:04.00		01:04.00	
31	32	10	100m	Butterfly	01:50.00		01:55.00	
33	34	11 & O	200m	Breaststroke Medals awarded 11,12,13,14,15,16,17 & Over	15 & O	03:13.00	15 & O	03:21.00
					13-14	03:20.00	13-14	03:25.00
					11-12	03:36.00	11-12	03:36.00

M	W	AGE	DIST	STROKE	M	W
35	36	Open	50m	Freestyle	Open, 17, 16 15 14 13 12 11 10	31.00 32.00 33.00 34.00 35.00 36.00 37.00
37	38	9-99	50m	Freestyle (Multi Disability)		
39	40	9	50m	Backstroke	01:03.00	01:03.00
41	42	10	100m	Backstroke	01:45.00	01:50.00
43	44	11	100m	Freestyle	01:24.00	01:26.00
45	46	12	100m	Breaststroke	01:51.00	01:53.00
47	48	13	100m	Backstroke	01:33.00	01:35.00
49	50	14	100m	Breaststroke	01:39.00	01:43.00
51	52	15	100M	Butterfly	01:24.00	01:31.00
53	54	16	100m	Freestyle	01:09.00	01:16.00
55	56	17	100m	Freestyle	01:09.00	01:16.00
57	58	Open	100m	Breaststroke	01:28.00	01:35.00
59	60	9-10	200m	IM Medals awarded 9 & 10	03:35.00	03:35.00
61	62	9-99	50m	Backstroke (Multi Disability)		
63	64	11 & O	200m	Backstroke Medals awarded 11,12,13,14,15,16,17 & Over	15& O 02:51.00 13-14 03:00.00 11-12 03:10.00	15 & O 02:58.00 13-14 03:06.00 11-12 03:10.00

THIRD SESSION – FINALS

Saturday Evening

Warm Up 4pm. Start 5pm

(times confirmed in info sheet posted on WB website once noms close)

Saturday Evening Finals Session <i>Please note the order of final events</i>						
F25	F26	Open	100m	Backstroke		
F11	F12	11	100m	Breaststroke		
F13	F14	12	100m	Backstroke		
F15	F16	13	100m	Butterfly		
F17	F18	14	100m	Freestyle		
F19	F20	15	100m	Backstroke		
F21	F22	16	100m	Butterfly		
F23	F24	17	100m	Breaststroke		
F35	F36	Open	50m	Freestyle		
F43	F44	11	100m	Freestyle		
F45	F46	12	100m	Breaststroke		
F47	F48	13	100m	Backstroke		
F49	F50	14	100m	Breaststroke		
F51	F52	15	100M	Butterfly		
F53	F54	16	100m	Freestyle		
F55	F56	17	100m	Freestyle		
F57	F58	Open	100m	Breaststroke		
F65	F66	9-13	4x50m	Freestyle Relay	Limit of 2 teams per club	
F67	F68	9-99	4x50m	Freestyle Relay	Limit of 2 teams per club	

Club Spirit Award:

First place \$100

Second place \$50

FIFTH SESSION

Sunday Afternoon 7th March 2010

SUNDAY 2 ND SESSION					QUALIFYING TIMES	
96	97	11 & O	200m	Butterfly Medals awarded 11,12,13,14,15,16,17 & Over	15 & O 02:50.00 13-14 03:02.00 11-12 03:14.00	15 & O 03:02.00 13-14 03:06.00 11-12 03:14.00
98	99	9	50m	Freestyle	48.00	48.00
100	101	10	100m	Breaststroke	02:01.00	02:01.00
102	103	11	100m	Butterfly	01:45.00	01:49.00
104	105	12	100m	Freestyle	01:20.00	01:22.00
106	107	13	100m	Breaststroke	01:45.00	01:50.00
108	109	14	100m	Butterfly	01:29.00	01:32.00
110	111	15	100m	Breaststroke	01:37.00	01:41.00
112	113	16	100m	Backstroke	01:22.00	01:27.00
114	115	17	100m	Butterfly	01:21.00	01:26.00
116	117	Open	100m	Freestyle	01:08.00	01:13.00
SUNDAY 2 ND SESSION FINALS						
F102	F103	11	100m	Butterfly		
F104	F105	12	100m	Freestyle		
F106	F107	13	100m	Breaststroke		
F108	F109	14	100m	Butterfly		
F110	F111	15	100m	Breaststroke		
F112	F113	16	100m	Backstroke		
F114	F115	17	100m	Butterfly		
F116	F117	Open	100m	Freestyle		

**Club Spirit Award: First place \$100
Second place \$50**