

THE GAP AMATEUR SWIM CLUB Inc (The Gap ASC Inc)

SPLASH Booklet

2018/2019 OFFICIAL PROGRAM



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May 2018

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MESSAGE FROM THE CLUB EXECUTIVE

The Club Management Committee would like to welcome back our returning families and extend a very warm welcome to all new members for the 2018 / 2019 season.

2018/19 Club Management Committee

President	Claire Humphries	president@thegapasc.org.au
Vice-President	Glen Sanderson	vice-president@thegapasc.org.au
Treasurer	David Metzger	treasurer@thegapasc.org.au
Secretary	Kathryn Jay	secretary@thegapasc.org.au

As a group, we pride ourselves on the work we do towards achieving the Club principles of:

- Providing development pathway opportunities for children in the sport of swimming;
- Facilitating an environment that ensures fairness of competition;
- Encouraging and strengthening community interaction; and
- Having fun and competing as a club.

Our Club has a long and proud history. The Club was formed in **1968** at The Gap State School pool and now with almost 50 years of active swimming and competition by children from The Gap community. Due to large community membership and wishing to see the club continue long into the future, the club was incorporated as a not-for-profit organisation in 2017 as 'The Gap ASC Inc' however still known as "The Gap Gators" continuing our affiliation with Brisbane Swimming, Swimming Queensland and Swimming Australia. There are not many Clubs around with the longevity such as ours.

We encourage all families to join with the spirit that has seen swimmers try hard each week to do a personal best and enjoy the fun of "having a go". Many of our Club swimmers over the years have also competed at the District, Regional, State, National and International level including a former breaststroke world record holder a 'Gators' junior.

Building upon the success from the previous season we will continue with the following activities on Club Nights:-

- Encourage our youngest swimmers to swim 25m with assistance if required
- Having all four (4) strokes and Individual Medley on the program each week if time allows;
- 25, 50 and 100m races in each of the strokes
- "Record Challenges", whereby swimmers may nominate that they are challenging to break a club record on Club Night;
- Special/Memorial races – such as Rebecca Brown Relay, etc

In being accepted as a member of The Gap ASC Inc you are also agreeing to become involved with Club Night activities, and we look forward to your active involvement in canteen, timekeeping, BBQ duties and marshalling. Come and make yourself known to one of the Committee Members and we will ensure your inclusion. Many strong and enduring friendships have been made on pool deck amongst the parent groups over the years.

Your children will derive unquestionable friendship, fitness and skill development from their involvement, a lifetime connection with this wonderful sport. We are sure the more you get involved the more you will get out of it.

MISSION, VALUES, EXPECTATIONS

OUR MISSION

- To promote the sport of swimming within our club and community;
- To encourage and assist our swimmers to develop their skills, fitness and confidence to the **best of their ability**;
- To create and foster a club environment which values, promotes and **acknowledges the achievements** of all our swimmers;

OUR VALUES

- To encourage all members to participate in swimming activities in an atmosphere of **fun and excitement**. Swimming with The Gap Gators is first and foremost to be an **enjoyable and rewarding** experience;
- To develop a strong team spirit with individuals being encouraged to set and achieve **personal goals and targets**;
- **Competition is only one element of The Gap Gators activities**;
- Swimmers, officials and parents representing The Gap Gators will at all times display sportsmanship, honesty and respect to all participants.

OUR EXPECTATIONS FOR MEMBERS

- Swimmers will attempt to participate in Club Nights and associated activities throughout the season;
- Swimmers representing the Club will endeavour to do their best to attend, conduct themselves proudly, fairly and in support of the team. Attendees to all carnivals are to wear The Gap Gators club clothing (togs, cap, polo);
- Parents of swimmers who have nominated for BSA/QSA meets, and other Club carnivals will willingly assist with time keeping and other associated activities as required;
- Parents and guardians will actively participate/volunteer in Club Night activities and assist in the conducting of Club Nights wherever possible.

POLICIES

- Information on the Rules of Swimming, Safe Sport Framework can be found on Swimming Queensland's website: <https://qld.swimming.org.au/policies-and-procedures.html>

MEMBERSHIP

- Register of club members will be kept via the ClubLane online portal to which the Club Management Committee has access and maintains.

- Membership fees include Swimming Queensland and Brisbane Swimming registration fees and insurance and all club members are therefore registered for participation at all Swimming Queensland and Brisbane Swimming events.
- Memberships are payable at the commencement of Term 4 school term and typically cover the swim season of Term 4 and 1 club nights. Membership fees also include Swimming Queensland and Brisbane Swimming registration fees which cover swimmers from 1 July-30 June annually which allows off-season participation if desired.
- Half Season memberships (from 1 January onwards) will be at the discretion of the Club Management Committee. Please contact the Treasurer for further information
- For those swimmers that transfer out of the Club during the season to other clubs, they may continue to swim with the Club as a Social member.

Membership Categories

- Recreational Swimmer
 - all club swimmers will be automatically listed as Recreational Swimmers upon payment of membership fees. This membership allows swimmers to participate in all club nights, friendly intra-club carnivals, Brisbane Relay Championships and end of season club championships.
- Competitive Swimmer
 - those swimmers wishing to participate in competitive level Brisbane Swimming qualifying meets and regional championships and Swimming Queensland state level championships must advise the Club Treasurer as soon as possible to ensure Brisbane Swimming and Swimming Qld registrations have been undertaken. This membership allows swimmers to participate in all club nights, friendly intra-club carnivals, Brisbane Swimming and Swimming Qld competitive meets and championships and end of season club championships.
- Social Swimmer
 - this membership allows swimmers competing for other clubs to participate at Gators club nights and friendly intra-club carnivals. A social member cannot be considered for Club Captain nor Top 20 Improvement points or Club Championship Age Champion, will not receive end of season trophies, club cap or polo as part of their membership (available for separate purchase). They may earn a Club Towel by representing The Gap Gators at three or more meets. A social member may qualify to 50, 100 and 200m events on club nights and set club records on club nights or whilst competing as a representative of The Gap Gators. Whilst a social member may participate in club night Special Events they will be ineligible to win.

RULES OF SWIMMING

- The Gap ASC Inc will generally follow BSA/SQ Swimming Rules with a view not to disqualify swimmers where possible. We note that for Special Events, Club Championships and Carnivals strict adherence to rules of swimming will be enacted.
- Whilst not all the rules of swimming, the below are the basic rules that are expected to be followed during participation at The Gap Gators.

Blocks Start

- When the race is called the swimmers must stand just behind the block.
- On the long whistle, the swimmers must mount the blocks and may place their feet anywhere on the blocks.
- On the call "Take Your Marks", at least one foot must be at the front of the block as the swimmer goes down into the starting position. The position of the hands is not relevant.
- The swimmer must be stationary once the "Take Your Marks" call has been given. Any forward movement will be a false start.

Turns

- With all turns (tumble or other) you must touch the wall with some part of your body or you will be disqualified. Note that breaststroke and butterfly require both hands to touch at the same time.
- Your feet must not touch the bottom of the pool at any stage, including turns, or you will be disqualified.

Freestyle

- See block start
- The head must break the surface of the water within 15m from the start
- You may do a normal kick or dolphin kick while underwater only.
- Turn: Tumble turn, or touch the wall and then turn. The head must break the surface of the water not more than 15m from the wall.
- Finish: Touch the wall.

Backstroke

- Start: When told to enter the water, jump in feet first only and immediately take up position at the end. Swimmers are not permitted to dive in and return to the block, they may be disqualified for breaking.
- On the long whistle, hold the bar and place your feet on the flat part of the wall below the water level.
- On the call "Take your Marks" you may pull yourself closer to the bar. You may do normal kick or dolphin kick while underwater only. Side kick is not allowed. The head must break the surface of the water within 15m from the start.
- Turns: Tumble Turn – Once the upper shoulder rotates beyond the vertical, a continuous single arm pull may be used to initiate the turn. Once the body has left the position on the back, there is to be no kick or arm pull independent of the turning action. You must push off on your back again.
- Turns: Other Turn – Touch the wall while still on your back and then turn to push off on your back again. Feet may never touch the bottom of the pool and you cannot push off on your front and then roll over.
- Finish: – You must finish on your back (body must be at less than 90 degrees from horizontal) and touch the wall.

Breaststroke

- Start: See Block Start
- You may take one full stroke underwater but the head must break the surface of the water before completion of the second stroke within 15m from the start.
- Turn: Both hands must touch the wall at the same time. You may take one full stroke underwater but the head must break the surface of the water before the completion of the second stroke and within 15m from the start.
- A tumble turn is NOT permitted.
- Finish: Both hands must touch the wall at the same time.

Butterfly

- Start: See block start
- You may do a dolphin kick while underwater but your head must break the surface of the water within 15m from the start.
- Remember that the legs must move together at all times, alternating kicks are not permitted.
- Turn: Both hands must touch the wall at the same time. Same as in breaststroke.
- A tumble turn is not permitted.
- Finish: Both hands must touch the wall at the same time.

Individual Medley

- Order: Butterfly, Backstroke, Breaststroke, Freestyle
- Turns: Each stroke must be completed in accordance with the finish rule for that stroke.
 - Butterfly must finish with two hands touching and push off on their back for the backstroke.
 - Backstroke to Breaststroke must touch the wall while still on your back.
 - Breaststroke must touch the wall with two hands before pushing off for freestyle.

False Starts

- All events aged 10 years and over there will be only 1 start, if you break you will be disqualified.
- For ages under 10, and 25m events, a second start may be allowed.

Code of Conduct

For Swimmers

- Be a good sport
- Compete for the enjoyment
- Work hard for your Team as well as yourself
- Treat all team mates and opponents in a courteous and sportsmanship manner
- Compete by the rules
- Co-operate with coaches, team officials, swimming officials and pool officials
- Control your behaviour in and out of the pool
- Learn to value honest effort, skilled performance and improvement

For Parents and Spectators

- Encourage participation by your children
- Provide a model of good sports behaviour for your children
- Be courteous in your communication with coaches, officials, swimmers and members of any Club, do not interfere with the conduct of any event and let the officials conduct events without interference.
- Encourage honest effort, skilled performance and Team loyalty
- Make new parents welcome on all occasions
- Remember children compete for enjoyment. Don't let your behaviour detract from this.
- Demonstrate appropriate social behaviour.
- Support skilled performances and Team play.
- Remember, they are CHILDREN

2018-2019 SEASON SCHEDULE

WK	DATE	Event 1	Event 2	Event 3	Event 4	Event 5	Special Event	Carnivals/External Meets
	8-9/9/18							BSA Prep Meet (TBC)
GC	16-09-18						THE GAP CUP (SUNDAY)	
	6-7/10/18							BSA Prep Meet (TBC)
1	12-10-18	Welcome	Free (100)	Back	Breast (100)	Fly		
2	19-10-18	Back (100)	Free	Breast	Fly (100)	IM		
3	26-10-18	Breast (100)	Back	Free (100)	IM	Fly		
4	2-11-18	Free	Breast	Back (100)	Fly (100)		Rebecca Brown Shield	
5	9-11-18	Back	Free (100)	Breast (100)	IM	Fly		
	10-11/11/18							Swimming Qld Prep Meet (Chandler)
6	16-11-18	Breast	Back (100)	Free	Fly (100)	IM		
	18-11-18							Brisbane Relay Champs (Chandler)
7	23-11-18	Free (100)	Breast (100)	Back	IM	Fly		
	24-25/11/18							BSA Prep Meet (TBC)
8	30-11-18	Free	Back	G25 Jnr Relay	Breast	Fly	SPRINT CHAMPIONSHIPS - ALL 25M	
LC	2-12-18						THE LICKISS CUP (SUNDAY)	
9	7-12-18	Back (100)	Free	Breast	IM	Fly (100)	Speechley Shield	
10	14-12-18	Breast (100)	Back	Free (100)	IM	Fly		
	15-21/12/18							QLD State Champs (12yrs+)
CHRISTMAS BREAK								
	19-							BSA Prep Meet (TBC)

	20/1/19							
11	1-02-19	Free	Breast	Back (100)	Fly (100)	IM		
	2-3/2/19							Brisbane Sprint Champs (Chandler)
12	8-02-19	Back	Free (100)	Breast (100)	Fly		Rob Chandler Memorial	
	9-10/2/19							BSA Prep Meet (TBC)
13	15-02-19	Breast	Back (100)	Free	Fly (100)		Coaches Cup	
	16-17/2/19							QLD Sprint Champs (10yrs+)
14	22-02-19	Free (100)	Breast (100)	Back	IM	Fly		
	23-24/2/19							Brisbane Junior Met Champs (Caboolture)
15	1-03-19	Back (100)	Free	Breast	Fly (100)		Jack Christiansen Memorial Relay	
16	8-03-19	Breast (100)	Back	Free (100)	IM	Fly		
17	15-03-19	Free	Breast	Back (100)	Fly (100)	IM		
	15-17/3/19							Brisbane Senior Met Champs (Chandler)
18	22-03-19	Back	Free (100)	Breast (100)	IM	Fly		
19	29-03-19	Breast	Back (100)	Free	Fly (100)	IM	Parent Relay	
CC	31-03-19	IM	Butterfly	Backstroke	Breastroke	Freestyle	CLUB CHAMPIONSHIPS (Sunday)	
AGM	28-04-19						Trophy Day/AGM	

CARNIVALS/EXTERNAL MEETS

Season Stroke Count (Normal Club Nights)	
Free	19
Back	19
Breast	19
Fly	19
IM	13

G25 Jnr Relay (4x25m handicap freestyle relay - 25m swimmers only)

The Rebecca Brown Shield (4x50m handicap breaststroke relay)

The Speechley Shield (Handicapped IM)

Jack Christiansen Memorial Relay (4x50m handicap freestyle relay)

Rob Chandler Memorial (Handicapped 25m freestyle)

Coaches Cup (100m freestyle)

2019 Prep Meet Dates TBC

Samford Bronte Barrett Shield (TBC)

Somerset Hills Clayton Owen Shield (TBC)

Everton Park JAWS (TBC)

CLUB SPECIAL EVENTS & CHAMPIONSHIPS

THE JACK CHRISTIANSEN MEMORIAL RELAY

History

This trophy was donated to the Club by Jack Christiansen, a former principal of The Gap State School, on his retirement in 1981. Jack was made a life member in recognition of his tremendous support for the Club since its formation in 1968. Jack passed away in 1993 and it was decided by the Club that in future the event would be a memorial trophy.

Terms of the Relay

- This relay is a handicap event for teams of 4 swimmers that have qualified for the 50m freestyle and have an official recorded time. Teams may be male, female or mixed.
- Medallions are presented to the winners of a handicap 4x50 metre freestyle relay.

Handicapping System

- The best time (PB) for each swimmer for 50m freestyle (as recorded in the Club computer by the data input official) will be used.
- Race sheets will be generated, with all teams shown in the order of slowest to fastest with the handicapping time indicated.
- Based on the race sheets, the slowest team will start on "GO" with other teams starting on their handicap team as called by the race official.
- Teams false starting (ie., starting earlier than their handicap time will be disqualified).

Heats/Final

- Subject to the above, and the number of heats being contested, the team or teams qualifying fastest in each heat will be selected for the final or if six (6) or fewer teams nominated will be a straight final.
- The team finishing first from a handicapped start or having the fastest adjusted handicapped time will be declared the winner
- Depending on allowable timeframe on the evening, the Club may decide to have a timed final (ie., use the heat times for the purpose of declaring a winner)

THE COACH'S CUP

History

This event was initiated by former long - term club coach, Mr Cameron Speechley, and originally donated by the Aqualine Swim School, who had an association over many years with The Gap Gators.

Terms of the Cup

- The Coach's Cup is a 100m freestyle trophy event for junior and senior swimmers who have qualified to swim 50m freestyle.
- Medallions are awarded for 1st, 2nd and 3rd place getters for junior girls and boys (9-11 years - year of birth not age on block) and senior girls and boys (12+ years - year of birth not age on block).
- NOTE: Coach's Cup times do not earn improvement points.

Handicapping System

- This is not a handicapped event, ie the fastest swimmers win.

Heats & The Final

- If there is 6 or fewer swimmers nominated, this event will be conducted as a straight final otherwise we will need to run heats and finals.
- The heats will be conducted after the 50m Freestyle and the finals (if required) will be conducted at the end of the program.

THE SPEECHLEY SHIELD

History

The Speechley family originally donated this trophy in 1981 for senior boys and girls. The event was a 100 metre freestyle swim. In 1991 the family decided that the trophy should be awarded to boys and girls aged between 9 and 11 inclusive. In 2015, the Club Committee in consultation with the Speechley family changed the event to an Individual Medley format. Pat and Richard Speechley have been associated with the Club since its beginning and are all Life Members.

Terms of the Shield

- This event is a handicap 100m and 200m Individual Medley for swimmers that have an official recorded time in the respective distance.
- Medallions are presented to the winners of the 100m and 200m Individual Medley.

Handicapping System

- The best time (PB) for each swimmer (as recorded in the Club computer by the data input official) will be used.
- Race sheets will be generated, with all swimmers shown in the order of slowest to fastest with the handicapping time indicated.
- All swimmers will start on "GO"/starters buzzer with race times adjusted for handicap after all swimmers have swum.
- Swimmers false starting (ie., starting earlier than their handicap time will be disqualified).

Heats/Final

- There will be no heats/finals, rather all swimmers will swim their race once and handicap time adjustment will be made to their recorded race time to determine the winner.

THE REBECCA BROWN SHIELD

History

This shield is contested in honour of Gap Gator swimmer Rebecca Brown, the former 200 metre breaststroke world record holder (WR time of 2:24:76 recorded in Brisbane, March 1994), representative Australian National swimmer and past Club member who still holds breaststroke records at the Club.

Terms of the Shield

- This relay is a handicap event for teams of 4 swimmers that have qualified for the 50m breaststroke and have an official individual recorded time. Teams may be male, female or mixed.
- Medallions are presented to the winning team as is the perpetual trophy.

Handicapping System

- The best time (PB) for each swimmer for 50m breaststroke (as recorded in the Club computer by the data input official) will be used.
- Race sheets will be generated, with all teams shown in the order of slowest to fastest with the handicapping time indicated.

- Based on the race sheets, the slowest team will start on “GO” with other teams starting on their handicap team as called by the race official.
- Teams false starting (ie., starting earlier than their handicap time will be disqualified).

Heats/Final

- Subject to the above, and the number of heats being contested, the team or teams qualifying fastest in each heat will be selected for the final or if six (6) or fewer teams nominated will be a straight final.
- The team finishing first from a handicapped start or having the fastest adjusted handicapped time will be declared the winner
- Depending on allowable timeframe on the evening, the Club may decide to have a timed final (ie., use the heat times for the purpose of declaring a winner)

THE ROB CHANDLER MEMORIAL HANDICAP

History

This event is contested in honour of past club member Rob Chandler who tragically died in November 2013. Rob was an integral member of the club for many years and was always known by his self-appointed title of the “Gap Gators Chief Timekeeper”. Rob was always on pool deck not only timekeeping but encouraging all to do their best.

Terms of the Event

- This is a handicap freestyle event swum over 25m. Separate events for boys and girls with heats and finals.
- To be eligible a swimmer must still be competing in the 25m freestyle event on club nights and **must not have** qualified to swim 50m freestyle.
- Medallion is presented to the winning boy and girl

Handicapping System

- The best time (PB) for each swimmer as recorded on the database will be used as the time to calculate the handicap.
- Race Sheets will be generated with their handicap time indicated.
- Based on the race sheets, all swimmers will start on “GO”/starters buzzer with recorded race times adjusted for handicap at completion.

Heats and The Final

- If there are fewer than six (6) swimmers nominated the event will be a straight final, otherwise there will be heats as required.
- The winning swimmer will be deemed to be the one with the fastest adjusted handicapped time, which has not been disqualified for an infringement of the rules of swimming.

25M SPRINT CHAMPIONSHIPS

History

Sprint Championships shall not commence earlier than Week 6 of the Club Night program.

Terms of the 25M Sprint Championships

- All events will be 25 metres and be swum against swimmers of their own age in each of the four (4) strokes. Separate events for boys and girls.

- Swimmers will be grouped as per their age on the Sprint Championships Club Night, known as 'Age of Block'.
- Placing ribbons (1st, 2nd, 3rd + Competitor) will be presented on the night for each race held based on times recorded.

G25 JUNIOR RELAY

As part of the 25M Sprint Championships a G25 Junior Freestyle Relay will be run.

Terms of the Event

- This is a 4x25m handicap freestyle relay event. Teams may be male, female or mixed.
- To be eligible a swimmer must still be competing in the 25m freestyle event on club nights and **must not have** qualified to swim 50m freestyle.

Handicapping System

- The best time (PB) for each swimmer as recorded on the database will be used as the time to calculate the team handicap.
- Race Sheets will be generated with each teams handicap time indicated.
- Based on the race sheets, the slowest team will start on "GO" with other teams starting on their handicap team as called by the race official.
- Teams false starting (ie., starting earlier than their handicap time will be disqualified).

Heats/Final

- If there are fewer than six (6) teams nominated the event will be a straight final
- The winning team will be deemed to be the one that finishes first by touching the wall, which have not been disqualified for an infringement of the rules of swimming.
- In the event of more than six (6) teams competing, times recorded from all heats swum will be reviewed with the quickest time swum from all teams awarded the winner.
- The team finishing first from a handicapped start or having the fastest adjusted handicapped time will be declared the winner
- Depending on allowable timeframe on the evening, the Club may decide to have a timed final (ie., use the heat times for the purpose of declaring a winner)

CLUB CHAMPIONSHIPS

Club Championships shall not commence earlier than the second week in March.

Age shall be determined as "Year of Birth".

ELIGIBILITY

Club Members

- Club Members who commenced membership of the Club for the first time in the second part of the swimming season are required to complete three (3) recorded Club swims in connection with each of the style strokes.
- Other Club Members are required to complete five (5) recorded Club swims in connection with each of the style strokes.

Credits for swimming for the Club at a Brisbane Swimming Association (BSA) or Swimming Queensland (SQ) sponsored carnival.

For the purposes of paragraphs above:-

- A Club Member is entitled to receive a credit equivalent to one recorded Club swim in connection with each of the style strokes if that member swims for the club at a carnival sponsored by the Brisbane Swimming Association or the Queensland Swimming Association, or selected to swim for the club at an Inter Club Carnival.
- A Club Member may receive a maximum of three (3) credits in terms of the above paragraph during a swimming season.

The Individual Medley

- In order to swim in this event at the Club Championships a Club Member must have completed four (4) recorded Club Individual Medley swims during the season.
- A Club Member who commenced membership of the club for the first time in the second half of the swimming season are required to complete two (2) recorded Club Individual Medley swims.

NOMINATIONS FOR CHAMPIONSHIPS

Swimmers will be automatically entered into the Club Championships provided they have met the minimum number of swims during the course of the season. Any withdrawals or unavailable swimmers should be emailed to clubnight@thegapasc.org.au by the Thursday prior to the Club Championships.

DISTANCES

- Individual style strokes:
 - 8 yrs and under – events swum over 25m
 - 9, 10, 11 yrs – events swum over 50m
 - 12 yrs and older – events swum over 50m
- Individual medley:
 - 12 yrs and under - events swum over 100 metres
 - 13 yrs and over – events swum over 200 metres

DEAD HEAT BY TWO OR MORE SWIMMERS

In the event of two or more swimmers dead heating for a particular place in an event, the points allocated to that placing shall be added together with the points allocated to the next place or placings involved and then divided equally among the swimmers concerned.

The judges' decision is official and final in multiple placing irrespective of times recorded.

EQUAL SCORE BY TWO OR MORE SWIMMERS

Should there be a tie for first place by two (2) Club members, then the (2) first placings are awarded. NO second place will be awarded but third place award is given to the swimmer with the next highest score.

Should there be a tie for second place by two or more swimmers then a first placing is awarded, second placing is awarded to those Club members tied for second place and NO third place is awarded.

Should there be a tie for third place by two or more swimmers then awards are given for first second and third placing. However, there is NO limit to the number of third placings.

CHAMPIONSHIP POINTS

Points are awarded as follows:

Place	Points
1 st	6
2 nd	5
3 rd	4
4 th	3
5 th	2
6 th	1

Points achieved are added together for each swimmer and used to determine Club Age Champions.

CLUB CARNIVALS

THE LICKISS CUP

History

This trophy was donated to the club in 1970 by Mr Bill Lickiss, our local State Member of Parliament at that time. Mr Lickiss officially opened our pool in 1968, and was prominent in the Club from the early days. From past experiences, some very exciting swimming takes place with the final result usually being decided by a few points only.

Terms of the Cup

- The Lickiss Cup carnival is a swim meet of up to six swimming clubs including The Gap Gators, with the Lickiss Cup being awarded to the club gaining the most accumulated points.
- The winning club is given a separate trophy with that club's name being engraved on the perpetual trophy, which is retained by the Club. Other participating clubs will receive a memento in recognition of their efforts.

Points

- Points are awarded as follows in the event of 6 clubs participating if lesser number of clubs points will adjusted to the number of clubs (ie., 4 clubs – points will be 1-4):

Place	Points
1 st	6
2 nd	5
3 rd	4
4 th	3
5 th	2
6 th	1

- Points achieved are added together for each race and added to determine club with the most points which will be declared the winner.

THE GAP CUP

History

The Club held the inaugural carnival on 11 September 2010 with over 160 swimmers from various schools competing for a perpetual inter-school trophy. The event was created to engage the local community and encourage participation in the sport of swimming.

Terms of the Cup

- The carnival is a swim meet for all primary schools within the local area with The Gap Cup being awarded to the school with the highest percentage of participants relative to their school's student numbers.
- Nominated swimmers from each school participate in all four (4) strokes over 25 metres including and may include the Individual Medley.
- The winning school has their name engraved on the perpetual trophy which takes pride of place at that school until the following season.

CLUB RULES & PROCEDURES

CLUB NIGHT SWIMS

- To be eligible to swim at swimming club the swimmer must be enrolled as a **financial member** of The Gap ASC Inc.
- **Club swims are held on Friday evenings starting at 6:15pm sharp. As the club operates on an auto nomination basis, cancellation of nominations are to be entered on the website or emailed to the database manager no later than 6:00pm on the Wednesday night prior to the scheduled Club Night.** It is important to be accurate to be fair to the Marshalling staff.
- At Club Nights children have the opportunity to swim all four (4) strokes, the Individual Medley or other events as scheduled. These events are rotated from week to week as noted in the Season Schedule.
- Swimmers are entered for each stroke in 25m, 50m or 100m distances if they have reached the required qualifying time. Individual Medley is offered over 100m or 200m. A swimmer must have swum 25m of each stroke to be eligible to nominate for the 100m Individual Medley.
- 100m stroke swims are offered for 2 strokes alternating each club night due to time constraints. A swimmer qualified for 100m in a stroke that is not raced over 100m that club night is able to swim in the 50m stroke event.
- Swimmers must wear swim caps when swimming

GRADING OF SWIMMERS

- Club swims are based on a system of swimmers competing against other club members with similar times, irrespective of age and gender.
- All new club members must be able to swim at least 25m freestyle non-stop. Regardless of age, all new club members are encouraged to swim 25m at their first club swim for each stroke with in-pool assistance for our younger swimmers. Swimmers will automatically progress to the next distance on achieving the qualifying time.
- Swimmers must swim 50 or 100 metres once they have achieved the qualifying time for that stroke (exception is if 100m event is not swum on club night then 50m may be swum).
- Current members' best times will be calculated from the previous season.
- When a faster time is recorded, this time becomes the swimmer's new personal best time.

QUALIFYING TIMES

- Swimmers qualify to progress from 25m to 50m to 100m, or in the case of the Individual Medley from 100m to 200m by attaining the following qualifying times at a Club Night.

Stroke	25m to 50m	50m to 100m	100m to 200m
Freestyle	24 sec	40 sec	
Butterfly	25 sec	46 sec	
Backstroke	28 sec	50 sec	
Breaststroke	29 sec	55 sec	
Individual Medley			1.35:00

NOMINATIONS

- For the 2018/2019 Club Nights, all swimmers are automatically nominated into all eligible strokes. However if they need to cancel their nomination they must do so on by emailing clubnight@thegapasc.org.au no later than 6:00pm on the Wednesday previous to the Club Night.
- Nomination/entry to the Individual Medley event will only be made upon the member swimming all four strokes (ie., you cannot enter the individual medley event if you have only swam 1, 2 or 3 strokes).
- Please ensure your email address that was supplied on your registration form is updated if you have a change. This ensures good communication for general notices, nominations and feedback. The Club is not responsible for any missed communication due to your email address not being updated with us.

MEMBERSHIP POLICY

- Only financial members are eligible to represent the Club at carnivals.
- To be eligible to compete in BSA/SQ swim meets a swimmer must be registered with the SQ/BSA. Contact the Club Treasurer to ensure Swimming Qld registration has been made.
- Club membership refunds will not be given.

PARENTAL SUPERVISION

As your children's safety is of paramount importance, parents of children involved in any activity conducted by the club, **MUST** either be present throughout the entire activity, or **arrange for another adult to accept responsibility**. An adult must supervise swimmers under the age of 18 years. The Gap ASC Inc and its Club Executive accept no responsibility for any person's safety in or around the pool enclosure.

WEATHER POLICY

Reference will be made to The Gap State School weather policy and further assessment will be made by The Gap ASC Inc Committee and either advised prior the event via email or announced during the event.

POOL AREA RULES

Be considerate to others by remembering:

- **Safety is non negotiable**
- **No running or “skylarking”** within the confines of the pool enclosures. There are wet slippery surfaces with the danger of injury to yourself and others.
- **Being silent on the Referee’s whistle** at the start of each event so that competitors can hear the starter’s instructions and the starting gun.
- **Not entering the pool without permission** unless participating in supervised warm-ups and recorded events or authorised by a member of the Club Executive or an Activity Coordinator.
- **Wearing a swimming cap is compulsory at all times whilst in the pool.** Swimming caps are available from the canteen.
- **Parents or a responsible adult must accompany children for the duration of the swim meet.** Parents are reminded that they are responsible for the behaviour of their children throughout the swim meet.
- **Swimmers are not allowed to leave the pool enclosure until completion of their last swim.**
- Once in the pool **swimmers are not to sit on the lane ropes**, as this causes undue stretching and premature failure of the wire.
- A competitor should listen for marshalling calls and wait quietly in the marshalling area until directed to go to the starting block.
- **Swimmers with open wounds or contagious skin conditions are not to enter the pool.** This is a government health regulation, which cannot be waived.
- **To comply with the Club rules.** Members found not complying with the Club rules will in the first instance be cautioned by the Club Committee and a second instance will result in further disciplinary action. In the case of children, parents will be notified.

OTHER RULES

- **Diving or jumping into the water is not permitted at the shallow end of the pool.**
- No responsibility will be accepted by the Club for property left within the pool enclosure.
- The Club accepts no responsibility whatsoever for any Club member for any purpose.
- As per government policy **smoking is not permitted** within the school confines.
- The Club encourages all swimmers to swim in Club togs and cap at all times.

CLUB CAPTAINS ROLE AND ELECTION POLICY

Each season, the committee and/or members select a boy's and a girl's Club Captain. Up to two (2) Vice-Captains may also be elected to assist the captains.

Responsibilities:

- To promote the sport of swimming within the Club and wider community and encourage and assist all Club members to develop their skills, fitness and confidence through the sport of swimming.
- Assist in developing a **strong team spirit** for The Gap Gators by encouraging individual members to set and achieve personal goals and targets.
- Act as a **role model** within the Club by always displaying sportsmanship and honesty in all Club activities.

Duties:

- Acting as the swimmers' representative by consulting with the committee to provide the swimmers' point of view when required, or attending Club functions as swimmers' delegate.
- Assist with the running of the Club Night by acting as an event marshal.
- Assist with team management for swim meets attended by the Club.

Procedures for Election of Club Captains and Vice-Captains:

- All swimming Club members who are 13 years or older as at the date of the Club Championships (31/3/19), were members of the Club and participated in two (2) intra-club carnivals in the preceding season are eligible for election as Club Captains or Vice-Captains.
- Written nominations must be lodged with the Club President by the end of week 3, who will then post the nominations on the pool notice board. A nomination must contain details of the candidate's name, years with the Club, and may contain a statement by the candidate of up to 50 words.
- In the event that there are minimal numbers of eligible children for the Club Captain and/or Vice Captain roles the Executive Committee may exercise their discretion in the selection of Captains and/or Vice Captains
- On the fourth Friday of the season, ballots will be held to elect the boys and girls Club Captain. Swimming members who will be 10 years or older as at the date of the Club Championships are entitled to vote in each ballot. Eligible members may vote for one candidate only, or may indicate their preferred order of candidates in each ballot.
- The boy and girl receiving the most votes in each ballot will be appointed Club Captains. In the event there is more than one nomination, the boy or girl receiving the second highest number of votes in each ballot will be appointed Club Vice-Captains.
- If there is only one nomination for either the boys or girls Club Captain, that candidate will be deemed elected. In that event, the Vice-Captains will be the two (2) candidates of the other sex who receive the second and third highest number of votes in the ballot.
- If there is no nomination for either the boys or girls Club Captain, the position of Club Captain for that sex will be left vacant. However, the Vice-Captains will be the two (2) candidates of the other sex who receive the second and third highest number of votes in the ballot for that sex.
- In the event of a tied vote for any position, the Club Executive shall decide. In reaching its decision the Club Executive may have regard to preferences and whether joint appointments are warranted. The decision of the Club Executive will be final.

CLUB ORGANISATION

The following page shows a chart representing the names and telephone numbers of all members of the Club Executive and the various co-ordinators. If at any stage you have a question about the Club, or would like to nominate for vacant position, please feel free to approach or contact any member of the Club Committee.

Indicative Committee position descriptions can be found at:

https://qld.swimming.org.au/article.php?group_id=126

To ensure appropriate decisions are made, Committee Meetings are held on a minimum monthly or on a as required basis. From these meetings the operation and cohesiveness of the Club is assured. The meetings are open to all parents and entities who are directly associated with the Club with meeting minutes to be posted on the club website.

CLUB NIGHTS

- Twelve (12) Timekeepers (two per lane) are required for each Club Night from 6:15pm for the duration of the meet. Parents' assistance for even a short period is always appreciated.
- Assistance is required for pool set up from approximately 5:00pm to install lane ropes, set up timekeeping, computer, starting system, marshalling, canteen/BBQ, backstroke flags and the like and then dismantling at the end of the meet/night.
- Two-Three (2-3) rostered canteen helpers and one (1) BBQ cook each Club Night from 5:45pm for the duration of the meet/night unless alternate plans are made.
- One (1) Check Starter is required to assist the Marshall in organising swimmers into their correct lanes.
- One (1) starter, two (2) scorers and one (1) referee are also required for each Club Night

CARNIVALS AND BSA/QSA MEETS

- Team Managers
- Timekeepers
- Home Carnival Judges, Canteen Volunteers, Marshals and officials

CANTEEN

On Club Nights the canteen will open at approximately 6:00pm offering food and refreshments.

The operation of our canteen requires **at least three (3) people** to help on Club Nights. Your participation on the canteen roster **is expected and appreciated**.

Providing help is a great way to meet other parents and lighten the burden, and as such make these events more enjoyable for everyone. Many hands make light work!

CARNIVALS

Above-mentioned volunteer roles and assistance will be required for The Gap Cup and Lickiss Cup carnivals.

2018/19 THE GAP ASC Inc ORGANISATIONAL STRUCTURE

SWIMMING CLUB COMMITTEE		
PRESIDENT	Claire Humphries	0434 978 970
VICE-PRESIDENT	Glen Sanderson	0415 577 255
TREASURER	David Metzger	0403 019 054
SECRETARY	Kathryn Jay	
CANTEEN		
CARNIVALS	Kelly Mulvogue	
GRANTS		
CLUB CAPTAINS		
VICE – CAPTAINS		

CANTEEN/MERCHANDISE	CARNIVALS	MEMBERSHIP/ PROMOTION	CLUB DAY OPERATIONS
Coordinator:	Coordinator: Kelly Mulvogue	Coordinator: David Metzger	Coordinator:
Canteen:	Carnivals Assistant:	Website Administrator:	Referee:
BBQ:	Database Manager: Stewart Hamilton	Membership: David Metzger	Starter:
Clothing:	Announcing:	Newsletter: David Metzger	Marshals:
Trophies / Towels:		Splash Booklet Editor: Kathryn Jay	Database Operators:
		School Liaison: Glen Sanderson	Chief Timekeeper: David Metzger

CLUB TROPHIES, AWARDS & ACKNOWLEDGEMENTS

ANNUAL AWARDS

- **Club Age Champions**

- This is the Club's premier award.
- It is made to the best swimmers across all style strokes and the medley for each sex and in each age group.
- First, Second and Third placings are awarded.
- Members who receive an award in this category are not considered for awards in the categories of participation.
- The awards are decided by the total number of points gained in the finals of the Club Championships in each style stroke and medley.

- **Top 20 Improvement Awards**

- These awards are for the number of occasions on which a member improves their personal best time in a stroke during Club Nights.
- Separate awards are made for stroke improvement in the individual medley and in each of the four (4) style strokes.
- Each swimmer will accumulate points for each swim (excluding Special Events) on club nights depending on their recorded times as follows:
 - more than 5 seconds slower than their PB time 0 pts
 - 1-5 seconds slower than their PB time 1 pt
 - Up to 1 second slower than their PB time 2 pts
 - Up to 1 second faster than their PB time 3 pts
 - 1-2 seconds faster than their PB time 4 pts
 - More than 2 seconds faster than their PB time 5 pts
- Points are accumulated throughout the season for each swimmer with the Top 20 point score earners awarded at the end of season trophy day
- Members who receive an award in this category are not considered for awards in the categories of participation.

- **Carnival Participation Awards**

- Each swimmer that participates at three or more carnivals (External Swimming Queensland or Intra-club carnival meets) during the season will receive a club towel in recognition for their efforts.

- **State Team Rep Acknowledgement**

- Swimmers qualifying for Queensland State level club championships shall receive a named Club State Rep Team T-shirt.

- **Participation Awards**

- Awarded at the discretion of the Committee for participation in Club activities.

- **Service Awards**

- This award is for all swimmers who have completed eight (8) years continuous loyal service to the Club.
- This award is made only after individual eligibility is ratified by a Club meeting.

SPECIAL EVENT AWARDS

- **Jack Christiansen Memorial Relay**
 - The members of the winning team in this event will each receive a medallion.

- **The Speechley Shield**
 - The winners will each receive a medallion

- **Coach's Cup**
 - Each swimmer gaining a first, second or third placing in this event will receive a medallion

- **Rebecca Brown Shield**
 - The members of the winning team in this event will each receive a medallion and have their names placed on the perpetual trophy.
 - This perpetual trophy is retained on the club premises

- **The Rob Chandler Memorial Handicap**
 - The Boy and Girl winner will each receive a medallion on the night.

- **Sprint Championships**
 - Each swimmer gaining a first, second or third placing in this event will receive a coloured ribbon related to that finished position. All other competing swimmers will receive a "Competitor" type ribbon.
 - The winning G25 Jnr Relay team will each receive a medallion on the night

2018/2019 MAJOR CLUB AWARD RECIPIENTS

AGE CHAMPIONS

AGE	FIRST PLACE	SECOND PLACE	THIRD PLACE
6 years & Under Girls			
6 years & Under Boys			
7 years Girls			
7 years Boys			
8 years Girls			
8 years Boys			
9 years Girls			
9 years Boys			
10 years Girls			
10 years Boys			
11 years Girls			
11 years Boys			
12 years Girls			
12 years Boys			
13 years Girls			
13 years Boys			
14 years Girls			
14 years Boys			

Top 20 Improvement Points Awards

1		13	
2		14	
3		14	
3		15	
4		16	
5		17	
6		17	
7		18	
8		18	
9		19	
10		19	
11		20	
12		20	
		20	

Jack Christiansen Memorial Relay

•

Rebecca Brown Shield

•

G25 Jnr Relay – 25m Freestyle Relay Handicapped

•

The Coach's Cup

Junior Girls	1 st		Senior Girls	1 st	
	2 nd			2 nd	
	3 rd			3 rd	
Junior Boys	1 st		Senior Boys	1 st	
	2 nd			2 nd	
	3 rd			3 rd	

The Speechley Shield – Individual Medley Handicapped

100IM

200IM

The Rob Chandler Memorial – 25m Freestyle Handicapped

Boys

Girls

Swimmers who participated in 3 or more external meets

Swimmers who participated at Brisbane Short Course Championships

Swimmers who participated at Queensland State Short Course Championships

Swimmers who participated at Brisbane Relay Championships

Swimmers who participated at Brisbane Sprint Championships

Swimmers who participated at Brisbane Junior Metropolitan Championships

Swimmers who participated at Brisbane Senior Metropolitan Championships

Swimmers who participated at Queensland State Championships

Regional Relays – Brisbane Regional Teams

Club Relays – The Gap ASC Teams

Swimmers who participated at Queensland State Sprint Championships

Swimming Australia Junior Excellence (JX) Recipients

Intra-club Carnival Results

Clayton Owen Shield (hosted by Somerset Hills Seals)

Lickiss Cup (hosted by The Gap Gators)

Bronte Barrett Shield (hosted by Samford Stingrays)

JAWS Carnival (hosted by Everton Park Sharks)

The Gap Gators Result

... place

... place

... place

... place

2018/19 Brisbane Swimming Premiership

The Gap Gators – ... place Second Division – ... points

LIFE MEMBERS AND HONORARY LIFE MEMBERS

The Club has recognised the following people for their outstanding contributions in making The Gap ASC Inc a success over the years.

YEAR	NAME
1976	Mrs Rhonda Bygraves Mr Richard Speechley
1977	Mrs Marilyn Gumm Mr Ron Mc Donald
1978	Mrs Pat Speechley
1980	Mrs Mary Hukins Mr John Smith
1981	Mr Jack Christensen (Hon)
1982	Mrs Jan Holmes Mrs Pam Smith
1983	Mrs Jan Scriven Mrs Roslyn Williams
1984	Mr Rex Owen Mrs Val Owen
1985	Mr Bruce Scriven
1988	Mr Trevor Crease Mr Lauren Taylor
1989	Mrs Lyn Forster Mrs Lyn Taylor
1990	Mr Robert (Bob) Nolan Mr John Lane
1993	Mr Bob Rowe (Hon)
1996	Mrs Jenny Crawford Mrs Tracey Holloway
1997	Mrs Bev Copleman
2005	Mrs Ann Horne Mr Cameron Speechley
2009	Mr Don Bletchley Mr Alan Swetman
2017	Ms Melinda Chandler Mr Michael Foxlee
2018	Mr David Dunn Mrs Trish Dunn Mrs Megan Doolan

CLUB RECORDS

Criteria:

- Swimmer must be a current paid financial member of The Gap ASC Inc.
- Swimmers must be competing for The Gap ASC Inc at the event in which the time is swum.
- Age is taken from the age at date of setting time. If a Club Record is broken at a “Year of Birth” carnival, the member must notify the club swimming coordinator in writing.
- Records can only be set at BSA/SQ sanctioned events or on nominated The Gap Club Nights (see below), whereby sufficient time keepers/judges are available to meet BSA/SQ guidelines.
- If Club members have a Personal Best (PB) time within 2% of a Club Record time, they may self-nominate that they wish to challenge an existing Club Record on Club Night, as long as that event is already on the programme. Club Members, who have qualified to swim 50 metre events and wish to challenge 25 metre records, may do so no more than three (3) times within a season. The nomination for “Record Challenge” must be made with the nomination for events for that Club Night.
- Where Club Records have been set at pools other than The Gap, the member must notify the Club swimming coordinator in writing of the event details and time, so that the performance may be ratified by the Club.
- Records will only be kept for events that are swum at the Club Championships, Club Sprint Championships or Coach’s Cup.

4 YEARS						
EVENT	BOYS			GIRLS		
	DATE	NAME	TIME	DATE	NAME	TIME
25m Freestyle	23.03.17	Drew Mulvogue	51.84	07.10.16	Elsie Rogers	42.72
25m Breastroke	17.03.17	Drew Mulvogue	1:20.34			
25m Backstroke	03.02.17	Harry Heather	57.52	27.11.16	Sienna Parker	47.09
25m Butterfly						
100m Medley						
5 YEARS						
EVENT	BOYS			GIRLS		
	DATE	NAME	TIME	DATE	NAME	TIME
25m Freestyle	6.03.76	Andrew Scriven	22.50	28.03.81	Fiona Innes	24.20
25m Breastroke	06.03.76	Andrew Scriven	32.30	17.03.73	Susie Marshall	31.00
25m Backstroke	01.03.13	Lachlan Abel	31.25	08.12.06	Brooke McHattie	28.33
25m Butterfly	27.03.76	Andrew Scriven	30.00	17.03.74	Susie Marshall	32.20
100m Medley	27.03.76	Andrew Scriven	2:29.70	27.03.76	Rachel Wardrobe	2:43.40
6 YEARS						
EVENT	BOYS			GIRLS		
	DATE	NAME	TIME	DATE	NAME	TIME

EVENT	DATE	NAME	TIME	DATE	NAME	TIME
25m Freestyle	14.03.92	Anthony Martin	19.60	05.11.77	Rachel Wardrobe	21.00
50m Freestyle	17.03.17	Tex Higginbotham	58.11			
25m Breastroke	29.03.92	Anthony Martin	25.80	02.03.74	Susie Marshall	27.50
25m Backstroke	14.03.92	Anthony Martin	24.70	27.03.82	Fiona Innes	25.30
25m Butterfly	28.03.81	Chris Meadmore	24.90	26.03.77	Rachel Wardrobe	23.60
100m Medley	29.03.92	Anthony Martin	1:56.80	07.11.14	Pippa Moore	2:06.51
7 YEARS						
	BOYS			GIRLS		
EVENT	DATE	NAME	TIME	DATE	NAME	TIME
25m Freestyle	11.02.78	Jason Milburn	18.10	6.03.76	Sheridan Scriven	18.80
50m Freestyle	10.03.17	Matthew Abel	49.47	17.03.17	Amy Vink	49.31
100m Freestyle				10.02.17	Isabel Elphinston	1:52.30
25m Breastroke	11.02.78	Jason Milburn	23.60	01.03.75	Susie Marshall	24.10
50m Breastroke	17.03.17	Matthew Abel	1:02.50	03.03.17	Amy Vink	1:05.52
25m Backstroke	12.03.94	Simon Poole	22.00	29.01.00	Dominique Ribot	21.61
50m Backstroke	24.03.17	Matthew Abel	55.66	26.11.16	Amy Vink	58.31
25m Butterfly	13.03.93	Anthony Martin	20.70	28.03.92	Courtney Gumbley	20.80
50m Butterfly				29.10.16	Amy Vink	57.45
100m Medley	12.03.89	Austin Terry	1:47.50	30.03.85	Frankie Richardson	1:48.70
8 YEARS						
	BOYS			GIRLS		
EVENT	DATE	NAME	TIME	DATE	NAME	TIME
25m Freestyle	11.03.95	Simon Poole	16.30	24.02.01	Dominique Ribot	17.25
50m Freestyle	10.02.95	Simon Poole	35.70	23.03.18	Jessica Bright	36.50
100m Freestyle	09.02.18	Tex Higginbotham	1:40.33	15.10.17	Jessica Bright	1:38.54
25m Breastroke	06.02.82	John Zandler	22.50	07.03.09	Elise Williams	22.44
50m Breastroke	01.04.90	Austin Terry	49.20	27.03.76	Susie Marshall	48.70
25m Backstroke	11.03.95	Simon Poole	20.20	09.03.96	Kirsty Mackinnon	20.88
50m Backstroke	18.02.95	Simon Poole	41.60	19.02.94	Kirsty Mackinnon	44.20
25m Butterfly	18.02.95	Simon Poole	18.10	07.03.09	Elise Williams	18.78
50m Butterfly	31.03.90	Austin Terry	41.30	12.03.94	Kirsty Mackinnon	42.50
100m Medley	24.03.79	Andrew Scriven	1:38.10	27.02.09	Elise Williams	1:36.14
9 YEARS						
	BOYS			GIRLS		
EVENT	DATE	NAME	TIME	DATE	NAME	TIME
25m Freestyle	09.12.95	Simon Poole	15.90	30.11.01	Madeleine Edmunds	16.04
50m Freestyle	09.03.96	Simon Poole	33.10	02.03.91	Jasmin Geisel	34.70
100m Freestyle	25.02.17	Lachlan Abel	1:21.74	21.02.17	Chelsea Adams	1:28.17
25m Breastroke	09.12.95	Simon Poole	20.50	31.10.98	Rosanna Sharp	21.21
50m Breastroke	09.03.96	Simon Poole	44.90	10.10.98	Rosanna Sharp	43.54
100m Breastroke	03.02.17	Lachlan Abel	1:52.63			
25m Backstroke	18.11.95	Simon Poole	18.80	12.11.94	Kirsty Mackinnon	19.80
50m Backstroke	23.11.02	James Cluff	38.98	14.03.98	Siobhan Keane	40.72
100m Backstroke	10.03.17	Lachlan Abel	1:43.51	24.03.17	Chelsea Adams	1:59.88
25m Butterfly	16.03.12	Max Chandler	17.66	03.03.84	Jacqui Burgess	18.00
50m Butterfly	23.11.02	James Cluff	36.69	31.03.84	Jacqui Burgess	39.30

100m Butterfly	27.01.17	Lachlan Abel	1:59.10			
100m Medley	02.11.02	James Cluff	1:24.31	24.10.08	Kate Ellerby	1:24.62
200m Medley	26.11.16	Lachlan Abel	3:47.53			
10 YEARS						
	BOYS			GIRLS		
EVENT	DATE	NAME	TIME	DATE	NAME	TIME
25m Freestyle	07.12.96	Simon Poole	15.00	05.12.98	Rosanna Sharp	15.38
50m Freestyle	15.03.97	Simon Poole	31.90	29.03.92	Jasmin Geisel	31.80
100m Freestyle	11.02.18	Lachie Vink	1:17.15	19.11.17	Amy Hirst	1:27.22
200m Freestyle	09.03.18	Matthew L'Enfant	3:33.12			
400m Freestyle	16.03.18	Matthew L'Enfant	7:44.76			
25m Breastroke	07.12.96	Simon Poole	18.90	05.12.98	Rosanna Sharp	19.86
50m Breastroke	15.03.97	Simon Poole	41.50	20.03.99	Rosanna Sharp	41.76
100m Breastroke	20.02.18	Lachlan Abel	1:36.12	17.02.17	Georgia Moran	1:58.96
25m Backstroke	07.12.96	Simon Poole	17.00	05.12.98	Siobhan Keane	18.26
50m Backstroke	15.03.97	Simon Poole	36.50	06.03.09	Maddi Groen	37.01
100m Backstroke	23.03.18	Jack Mulvogue	1:32.29	27.01.17	Millie Adams	1:55.71
25m Butterfly	07.12.96	Simon Poole	16.30	05.12.98	Siobhan Keane	17.53
50m Butterfly	15.03.97	Simon Poole	34.60	28.03.92	Jasmin Geisel	35.70
100m Butterfly	25.01.18	Lachlan Abel	1:39.34	27.10.17	Georgia Moran	1:46.52
100m Medley	11.03.18	Lachlan Abel	1:23.24	29.03.92	Jasmin Geisel	1:23.30
200m Medley	28.03.81	Andrew Scriven	3:03.40	24.03.79	Sheridan Scriven	3:02.80
11 YEARS						
	BOYS			GIRLS		
EVENT	DATE	NAME	TIME	DATE	NAME	TIME
25m Freestyle	22.11.97	Simon Poole	14.02	27.11.99	Rosanna Sharp	14.47
50m Freestyle	14.03.98	Simon Poole	30.19	08.07.17	Kate Abel	30.57
100m Freestyle	14.03.03	Alan Borchartd	1:10.73	19.08.17	Kate Abel	1:07.15
200m Freestyle	18.03.16	Jack L'Enfant	2:40.42	26.02.17	Kate Abel	2:39.67
25m Breastroke	22.11.97	Simon Poole	17.70	27.11.99	Kellie Horne	18.06
50m Breastroke	22.11.03	Alan Borchartd	38.56	04.03.89	Rebecca Brown	37.90
100m Breastroke	26.02.17	Riley Alexandra	1:45.83	19.08.17	Kate Abel	1:25.26
25m Backstroke	22.11.97	Simon Poole	16.99	27.11.99	Siobhan Keane	17.12
50m Backstroke	06.12.03	Alan Borchartd	36.34	19.08.17	Kate Abel	35.07
100m Backstroke	10.02.17	Riley Alexandra	1:39.93	18.08.17	Kate Abel	1:19.84
25m Butterfly	22.11.97	Simon Poole	15.13	27.11.99	Claire Ridley	15.60
50m Butterfly	14.03.98	Simon Poole	32.82	18.08.17	Kate Abel	31.61
100m Butterfly				19.08.17	Kate Abel	1:12.61
100m Medley	22.11.97	Simon Poole	1:19.86	18.08.17	Kate Abel	1:16.67
200m Medley	06.12.03	Alan Borchartd	2:51.66	20.03.88	Michelle Glover	2:44.80
12 YEARS						
	BOYS			GIRLS		
EVENT	DATE	NAME	TIME	DATE	NAME	TIME
25m Freestyle	05.12.98	Simon Poole	13.58	23.10.04	Madeleine Edmunds	13.46
50m Freestyle	20.03.99	Simon Poole	28.81	09.12.17	Kate Abel	29.16
100m Freestyle	02.03.07	Nathaniel Fitzgerald	1:07.91	21.02.18	Kate Abel	1:05.23
200m Freestyle	26.02.17	Jack L'Enfant	2:31.43	11.03.18	Kate Abel	2:20.22
25m Breastroke	19.11.10	Jonty Doolan	17.46	18.11.00	Kellie Horne	17.83

50m Breastroke	20.03.99	Simon Poole	37.28	01.04.90	Rebecca Brown	35.90
100m Breastroke	26.02.17	Jack L'Enfant	1:38.05	19.08.17	Lucy Ferris	1:25.88
25m Backstroke	05.12.98	Simon Poole	15.73	24.10.08	Morgan Farley	16.00
50m Backstroke	20.03.99	Simon Poole	32.35	12.03.89	Michelle Glover	34.80
100m Backstroke	26.02.17	Jack L'Enfant	1:23.15	10.03.18	Kate Abel	1:17.30
25m Butterfly	05.12.98	Simon Poole	14.89	24.11.17	Kate Abel	14.66
50m Butterfly	31.10.98	Simon Poole	32.50	03.02.18	Kate Abel	30.84
100m Butterfly	02.12.16	Jack L'Enfant	1:46.19	11.03.18	Kate Abel	1:06.97
200m Butterfly				10.03.18	Kate Abel	2:29.47
100m Medley	09.03.07	Nathaniel Fitzgerald	1:16.05	03.12.00	Kellie Horne	1:17.80
200m Medley	12.01.99	Simon Poole	2:39.41	12.03.89	Michelle Glover	2:40.40

13 YEARS

BOYS				GIRLS		
EVENT	DATE	NAME	TIME	DATE	NAME	TIME
25m Freestyle	27.11.99	Simon Poole	13.07	22.11.97	Courtney Gumbley	13.74
50m Freestyle	12.02.00	Simon Poole	27.21	04.03.89	Georgia Campbell	28.40
100m Freestyle	10.10.03	Jared Kennedy	1:05.01	09.02.18	Kate Abel	1:06.71
200m Freestyle	09.03.18	Jack L'Enfant	2:34.10	21.02.18	Lucy Ferris	2:33.14
400m Freestyle	16.03.18	Jack L'Enfant	5:22.65	08.10.17	Eponine McLennan	5:43.91
800m Freestyle	23.03.18	Jack L'Enfant	10:56.82			
25m Breastroke	25.11.11	Jonty Doolan	16.31	22.11.97	Kellie Horne	17.96
50m Breastroke	06.03.82	Craig Forster	35.00	17.11.90	Rebecca Brown	35.20
100m Breastroke	03.03.17	Aldous Cope	1:48.14	13.08.16	Brodie Baker	1:28.21
200m Breastroke				09.09.17	Eponine McLennan	3:31.34
25m Backstroke	27.11.99	Simon Poole	15.29	28.11.08	Morgan Farley	16.48
50m Backstroke	12.02.00	Simon Poole	31.27	31.03.90	Michelle Glover	33.10
100m Backstroke	24.02.17	Aldous Cope	1:36.13	27.11.16	Ella Woolfe	1:28.57
25m Butterfly	27.11.99	Simon Poole	14.02	22.11.97	Claire Ridley	15.01
50m Butterfly	12.02.00	Simon Poole	29.39	31.03.90	Michelle Glover	31.60
100m Butterfly				14.10.16	Ruby Patterson	1:34.97
100m Medley	27.11.99	Simon Poole	1:10.62	22.11.97	Kellie Horne	1:16.16
200m Medley	20.03.88	Jarrod Forster	2:31.70	01.04.90	Kellie Horne	2:34.05

14 YEARS

BOYS				GIRLS		
EVENT	DATE	NAME	TIME	DATE	NAME	TIME
25m Freestyle	18.11.00	Simon Poole	12.18	08.12.06	Madeleine Edmunds	13.59
50m Freestyle	02.12.84	Peter O'Brien	26.60	10.02.90	Sarah Nicholas	28.40
100m Freestyle	12.03.04	Jared Kennedy	1:00.46	14.03.03	Teighan Graves	1:07.99
200m Freestyle				08.10.17	Ella Woolfe	2:44.93
25m Breastroke	18.11.00	Simon Poole	15.50	21.11.92	Susan Epp	18.20
50m Breastroke	13.03.93	Steven Boyd	33.70	03.03.90	Kellie Horne	37.25
100m Breastroke	03.03.17	Zac Richards	1:43.17	08.10.17	Ella Woolfe	1:34.46
25m Backstroke	18.11.00	Simon Poole	14.41	01.12.06	Madeleine Edmunds	15.94
50m Backstroke	24.02.01	Simon Poole	29.65	02.03.91	Michelle Glover	32.80
100m Backstroke	24.02.17	Zac Richards	1:30.48			
25m Butterfly	18.11.00	Simon Poole	13.19	05.12.98	Courtney Gumbley	14.45
50m Butterfly	24.02.01	Simon Poole	28.53	10.02.90	Sarah Nicholas	31.60
100m Butterfly	24.02.17	Zac Richards	1:45.55			

100m Medley	18.11.00	Simon Poole	1:09.27	02.11.02	Kellie Horne	1:13.82
200m Medley	12.03.89	Jarrold Forster	2:23.50	24.03.91	Michelle Glover	2:36.20
15 YEARS						
	BOYS			GIRLS		
EVENT	DATE	NAME	TIME	DATE	NAME	TIME
25m Freestyle	09.12.95	Ben Graham	13.10	14.10.05	Kelsie Smith	14.18
50m Freestyle	03.11.79	Cameron Speechley	26.80	17.11.90	Sarah Nicholas	28.50
100m Freestyle	12.02.16	Thomas Dunn	1:15.54	03.12.00	Jenna Ridley	1:08.90
25m Breastroke	12.11.94	Lex Grice	16.90	27.11.93	Brooke Elliott	18.20
50m Breastroke	03.03.90	Jarrold Forster	32.20	08.02.03	Kellie Horne	36.76
100m Breastroke	04.03.16	Thomas Dunn	1:39.82			
25m Backstroke	12.11.94	Nicholas Crawford	15.80	27.11.93	Brooke Elliott	17.00
50m Backstroke	31.03.90	Jarrold Forster	31.80	23.11.91	Michelle Glover	33.60
100m Backstroke	13.02.16	Thomas Dunn	1:33.87			
25m Butterfly	05.12.98	Michael Lane	13.65	18.11.00	Sarah Perrett	15.50
50m Butterfly	10.02.90	Jarrold Forster	29.80	02.03.91	Sarah Nicholas	31.80
100m Butterfly	25.02.16	Thomas Dunn	1:28.28			
100m Medley	22.11.97	John Macpherson	1:17.93	18.11.00	Jenna Ridley	1:24.50
200m Medley	01.04.90	Jarrold Forster	2:19.50	13.01.03	Kellie Horne	2:31.38

16 YEARS						
	BOYS			GIRLS		
EVENT	DATE	NAME	TIME	DATE	NAME	TIME
25m Freestyle	09.12.95	Lachlan Crowther	12.80	12.11.94	Jenna Ridley	14.27
50m Freestyle	28.03.81	Cameron Speechley	26.50	03.11.90	Sarah Nicholas	28.50
100m Freestyle	23.03.07	Luke Swetman	1:22.28			
25m Breastroke	09.12.95	Lex Grice	17.00	12.11.94	Elizabeth Graham	19.40
50m Breastroke	02.03.91	Jarrold Forster	32.20	22.02.86	Megan Maguire	36.80
25m Backstroke	09.12.95	Nicholas Crawford	15.20	12.11.94	Elizabeth Graham	16.70
50m Backstroke	07.02.81	Cameron Speechley	32.10	21.10.89	Michelle Glover	34.60
25m Butterfly	09.12.95	Lex Grice	14.10	12.11.94	Elizabeth Graham	15.80
50m Butterfly	02.03.91	Chris Meadmore	28.30	03.11.90	Sarah Nicholas	32.10
100m Medley	09.12.95	Nicholas Crawford	1:11.20	05.12.98	Debbie McMillan	1:22.47
200m Medley	24.03.91	Jarrold Forster	2:23.30	25.03.94	Brooke Elliott	2:43.40

17 YEARS						
	BOYS			GIRLS		
EVENT	DATE	NAME	TIME	DATE	NAME	TIME
25m Freestyle	12.11.97	Nicholas Crawford	12.48			
100m Freestyle				29.01.16	Brodie Baker	1:10.63
25m Breastroke	22.11.97	Steven Roberts	16.13			
25m Backstroke	22.11.97	Nicholas Crawford	15.03			
50m Backstroke				10.02.90	Michelle Glover	33.60
25m Butterfly	05.12.98	Ben Graham	13.33			
100m Medley	05.12.98	Ben Graham	1:13.72			