



## 2021 Swimming Gold Coast Sprint Championships

You are cordially invited to attend the 2021 Swimming Gold Coast Sprint Championships.

<b>Date</b>	Saturday 30 <sup>th</sup> January, 2021
<b>Time</b>	Session 1 - 7.00am warm-up for 8.00am start Session 2 (Finals)– 15 minutes after completion of Session 1 – approx. 9.30am Session 3 – 15 minutes after completion of session 2 – approx. 10.30am Session 4 (Finals) – 15 minutes after completion of season 3 – approx. midday
<b>Venue &amp; Gate entry</b>	<b>Gold Coast Aquatic Centre Marine Parade Southport</b>  Due to COVID restrictions, this is a spectator free event. <b>NO</b> spectators will be permitted access to the venue during the duration of the meet.  All coaches, technical officials, volunteers & team managers will have their entry subsidised by Swimming Gold Coast.
<b>Nomination fee</b>	<b>\$7.70</b> per event individual event (incl. GST) + associated Swim Central fees.
<b>Nominations close</b>	<b>Friday 23<sup>rd</sup> January 2021 @ 4pm.</b> All entries <b>must be submitted through <a href="#">swim central</a></b> <b><u>#No Manual entries will be accepted#</u></b>
<b>Late entries</b>	<b>Late entries will not be accepted.</b>
<b>Age Requirements</b>	Age as at 30 <sup>th</sup> January 2021. <b>8yrs</b> is the minimum age for these championships.
<b>Status</b>	This is a Swimming Queensland sanctioned Qualifying Meet.
<b>Marshalling</b>	All swim meets in the Gold Coast Region are self-Marshalling
<b>Entry Eligibility</b>	<b>All Swimmers must be fully registered as a Competitive Swimmer (on Swim Central) in order to nominate for these Sprint Championships.</b> ‘Recreational’ swimmers are ineligible to enter.  <b>Qualifying Times</b>  Qualifying times must have been achieved after January 1 <sup>st</sup> 2020 at an approved qualifying meet. Club night, club championships, no times (NT) are <b>NOT ACCEPTABLE</b> , except for MC and 8-9yr old swimmers.  Entries will not be accepted unless the qualifying times have been swum at a sanctioned Short Course or Long Course Qualifying Meet prior to this Championships’ closing date. Short Course converted times can be used, however, Converted short course qualifying times will only be used where an existing long course qualifying time has not been achieved.

<b>Multi –class events</b>	<p>Multi-Class Swimmers must be registered as ‘competitive’ swimmers with a Gold Coast club and have a classification card. Your classification number/s must be registered against your swimmers record in Swim Central.</p> <p>The events (all four 50m) are for 10years &amp; Over and run as Open events. <u>There are no qualifying times for all MC events.</u></p> <p><b># Please note</b> - Multi-class swimmers without a Classification Card will be allowed to swim as an Exhibition swimmer only.</p>
<b>Visiting swimmers</b>	<p>This Meet is a closed Meet for members that are registered with Gold Coast Swimming Clubs ONLY.</p> <p>International Swimmers that are training at Gold Coast Pools will be provided with exemption to swim at this event. All swimmers members of another federation must enter manually. Training confirmation must be provided by the coach.</p>
<b>Swimming Gold Coast Annual Awards</b>	<p>Swimmers registered with Swimming Gold Coast should compete at these Championships to be eligible to gain points for our Annual Awards including Rising Star, Presidents Award, Age Group Awards, Swimmer of Stroke &amp; Coach’s Award. More information about these awards is available on our website <a href="http://www.swimminggoldcoast.org.au">www.swimminggoldcoast.org.au</a></p> <p><b>Swimmers with Swimming Qld or Swimming Australia commitments will be given special exemption if unable to attend.</b></p> <p>Points will be allocated in accordance with the Swimming Gold Coast Awards Criteria.</p>
<b>Events</b>	<p>As per attached Program of Events.</p> <p>8-9yr old events will be swum as combined timed final events. There will be no finals for these age groups.</p> <p>Heats only will be swum in each event. If less than 3 nominations are received for an event, Swimming Gold Coast reserves the right to cancel the event and refund nominations. Swimming Gold Coast also reserves the right, on the day, to combine heats and events. Qualifying times for all events will be enforced.</p>
<b>Results</b>	<p>Swimming Gold Coast Club point score will be in place.</p> <p>Age Champions will be recognised and awarded to each age group from 8yrs to 15yrs &amp; Over.</p> <p>1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> placings will be determined from the OFFICIAL TIMES swam in the Finals. Medals will be awarded to ages 8,9,10,11,12,13,14,15 &amp; Over age groups. Medals will only be awarded to placegetters within the qualifying time.</p> <p>Age Champions will be recognised from all events in a swimmers age group and presented at SGC Awards Afternoon.</p> <p>A minimum of 3 events in their age group must be swum to be eligible. An individual point score for all placings will be used for these championships. All individual swimmers, who swim in an event, will accrue a minimum of 1 point for their club.</p> <p>For Multi-Class swimmers, medals/points will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> &amp; 3<sup>rd</sup> place using the Swimming Australia Multi-Class Points System.</p>

<b>Meet Mobile</b>	<p>Results may be published in near real time during this meet via the Meet Mobile application.</p> <p>Please note:</p> <ul style="list-style-type: none"> <li>• Results published via Meet Mobile <b>ARE NOT OFFICIAL</b> and should be used as a guide only.</li> <li>• Official meet results are printed by officials during all meets and posted in a prominent position.</li> </ul> <p>Official results are also published within 24hrs of the completion of a meet upon the Swimming Gold Coast website event pages and Swim Central</p>
<b>Collection of medals</b>	<p>Collection of medals is the responsibility of each swimmer. Medals not collected by the end of the meet will not be redeemed.</p>
<b>Rules</b>	<p>These championships will be conducted under the rules as documented within: <i>"Swimming Queensland General Rules", "SQ Championship By-Laws", "FINA" and "SAL" rules</i></p> <p>Competitors in the first two events should be behind the blocks in the self-marshalling zone 5 minutes prior to the scheduled starting time of the session. In addition, all competitors should be in the self-marshalling zone at least 4 heats prior to their own heat.</p>
<b>Timekeepers &amp; Volunteers &amp; Tech Officials</b>	<p>Timekeepers/Technical Officials and Lane Chiefs/Volunteers will be required to be provided by each club. A schedule will be provided by the region.</p>
<b>Photography &amp; images</b>	<p>In nominating for this Meet, swimmers agree that they may be photographed by Swimming Queensland, Swimming Gold Coast and the Club approved photographers, that the images may be displayed for viewing and purchasing on site during the Meet and on the photographer's secure website after the Meet, and that they may also be used by Swimming Queensland, Swimming Gold Coast and the Club at its discretion.</p>
<b>Warmup</b>	<p>Warmup will commence as follows:</p> <p>Saturday Session 1: 7.00am</p> <p>Lanes will be available in the training / diving pool for additional warmup facilities for finals.</p> <p>Dive starts and pacework will be allocated for Lanes 1 and 8.</p>
<b>Copy of results</b>	<p>A copy of results will be available on the website <a href="http://www.swimminggoldcoast.org.au">www.swimminggoldcoast.org.au</a></p>

**For any enquiries, please contact**

- Karen Meyer - 0425 212 281- email [raceseecretary@swimminggoldcoast.org.au](mailto:raceseecretary@swimminggoldcoast.org.au)

**No manual TM entry files will be accepted (except Internationals).**

- Payment must be completed during event registration via the swim central online entries process.

# EVENT COVID-19 GUIDELINES

<p><b>BACKGROUND</b></p>	<p>COVID-19 has ravaged the world in 2020, however, here in Queensland, we are currently doing exceptionally well. This has enabled sporting events to continue into the new year.</p> <p>As of Wednesday 2<sup>nd</sup> December, sporting events in Queensland moved to the latest revised version of Stage 3 of their relevant Industry COVIDSafe Plans. The relevant industry plan for swimming is the Swimming Pool and Aquatic Centre Industry COVIDSafe Plan Stage 3 version 5 – <a href="#">link here.</a></p> <p>Swimming Gold Coast is responsible for providing the guidelines for a COVID-safe sporting event under the Industry relevant COVIDSafe Plan, with the key principles and public health strategies implemented and monitored. However, all attendees have a level of responsibility for their own welfare, as well as that of others around them by following the instructions and restrictions in place when attending events. This includes providing contact details for tracing purposes, ensuring they do not attend the event if they are unwell and practice good hygiene.</p> <p>Swimming Gold Coast reserves the right to refuse entry or expel attendees from the event if these guidelines are not adhered to.</p>
<p><b>COMPLIANCE</b></p>	<p>To ensure compliance with the above-mentioned industry plan, Swimming Gold Coast must comply with the following measures:</p> <ul style="list-style-type: none"> <li>• Ensure health and safety is at the forefront of all events, including vigilance with hygiene and sanitation measures.</li> <li>• All people in the delivery of and participation in the event will be provided relevant information on the requirements of the plan.</li> <li>• Event scheduling and participant segmentation, where required, will be implemented to limit co-mingling between participation groups.</li> <li>• Provide sign-in / registration systems to track and trace all attendees.</li> <li>• Providing adequate arrival and exit facilities at the venue, to information regarding general participant movement in and around the venue during the activity.</li> </ul> <p>Further details will be provided to all attendees closer to the event outlining hand sanitation locations, venue map detailing new venue entry and exit points as well as designated walkways, relevant information regarding sign-in procedures and seating allocations.</p>
<p><b>ATTENDANCE</b></p>	<p>Due to physical distancing requirements and the limited area within the pool facility, there will be <b>NO</b> spectators in attendance at this meet. However, Swimming Gold Coast does require a number of volunteers to ensure the running of the swim meet. These are listed below.</p> <p>Swimming Gold Coast also encourages people considered high risk (aged 70+, have pre-existing medical or auto-immune conditions etc.) not to attend the swim meet.</p>

## VOLUNTEERS

To assist with the running of the meet, Swimming Gold Coast requires the assistance of parents to volunteer for the following roles throughout the meet.

- Timekeepers (30) – subject to change
- Lane Chief (10) – subject to change
- Chief Timekeeper (1)
- Announcer (1)
- Photographer (1)
- Entry and Exit Coordinator (6)
- Results Runner (1)
- Medal Presenters (2)
- Catering Distributors (2)

To nominate for these roles please fill in the following expression of interest:

[Volunteer Register \(click here to nominate\)](#)

Furthermore, parents are required to assist their clubs and coaches by making themselves available as team managers. The role of the team manager is:

- Supervising all swimmers from the club, especially those 17yrs & under;
- Assist in monitoring COVID responsibilities within your club area;
- Supporting the coach(es) in matters relating to the swimmers;
- Ensuring swimmers follow the guidelines;
- Ensuring swimmers know what, when and where for seating, warm-up, self-marshalling, racing and warm-down;
- Being a point of contact for drop-off and collection of swimmers;
- Have relevant emergency contact details for each swimmer; and
- Commit to the time required to fulfil the role

All team managers must have a valid working with children blue card – [link here](#).

Also, all team managers must have completed the Return to Sport COVID training – [COVID Training link](#). This is a free 20min online course with certification.

Team manager volunteers are to register through their club and all information is to be provided to Swimming Gold Coast by midnight Thursday 28<sup>th</sup> January 2021. Coach and team manager ratios allowed to attend the meet are as follows:

1-10 Swimmers	1 Coach	1 Team Manager
11-20 Swimmers	2 Coaches	2 Team Managers
21-30 Swimmers	3 Coaches	3 Team Managers
31+ Swimmers	3 Coaches	4 Team Managers

Team managers can be increased at the request of the club.

Any persons interested in learning about the possibilities of becoming a Technical Official, please make contact with the Swimming Gold Coast Chief Referee Sharon Wicking at: [chiefreferee@swimminggoldcoast.org.au](mailto:chiefreferee@swimminggoldcoast.org.au) for communication on the opportunities available and any training requirements.

<b>FURTHER COMMUNICATION</b>	In the week preceding the meet, further relevant information from the COVIDSafe event plan will be provided to all participants and attendees. This will include drop-off and collection zone, facility maps, contact tracing procedures, seating requirements and any further information as required.
<b>FOOD</b>	For this particular meet a BBQ or drink station will not be available.  ALL attendees must bring their own food and drinks for the event. At this stage it is unclear if Catalina's Cafe will be providing any take-away options, however, due to the increased risk associated with the co-mingling of participants at the cafe, Swimming Gold Coast currently recommends that ALL attendees provide their own food and beverage requirements for each day
<b>SGC COVID Safety Officer</b>	For any information relating to the operation of the swim meet in relation to COVID requirements please contact:  Warren Dopson SGC Vice President – COVID Safety Officer <a href="mailto:vp@swimminggoldcoast.org.au">vp@swimminggoldcoast.org.au</a> 0419627519



## 2021 Swimming Gold Coast Sprint Championships

### Session One

Saturday 30<sup>th</sup> January 2021

**7am warm-up / 8am racing commences**

Event No	Event Details GIRLS	Event No	Event Details BOYS
<b>1</b>	Girls 8-9yrs 50m Breaststroke – Timed Final	<b>2</b>	Boys 8-9yrs 50m Breaststroke – Timed Final
<b>3</b>	Girls 10yrs & Over 50m Breaststroke	<b>4</b>	Boys 10yrs & Over 50m Breaststroke
<b>5</b>	Girls Open Multi-Class 50m Breaststroke – Timed Final	<b>6</b>	Boys Open Multi-Class 50m Breaststroke – Timed Final
<b>7</b>	Girls 8-9yrs 50m Backstroke – Timed Finals	<b>8</b>	Boys 8-9yr 50m Backstroke – Timed Finals
<b>9</b>	Girls 10yrs & Over 50m Backstroke – Heats	<b>10</b>	Boys 10yrs & Over 50m Backstroke - Heats
<b>11</b>	Girls Open Multi-Class 50m Backstroke – Timed Final	<b>12</b>	Boys Open Multi-Class 50m Backstroke – Timed Final



## 2021 Swimming Gold Coast Sprint Championships

### Session Two (Finals)

Saturday 30<sup>th</sup> January 2021

**FINALS to commence 15 minutes after the Heats**

Event No	Finals Event Details GIRLS	Event No	Finals Event Details BOYS
<b>103A</b>	Girls 10yr 50m Breaststroke Final	<b>104A</b>	Boys 10yr 50m Breaststroke Final
<b>103B</b>	Girls 11yr 50m Breaststroke Final	<b>104B</b>	Boys 11yr 50m Breaststroke Final
<b>103C</b>	Girls 12yr 50m Breaststroke Final	<b>104C</b>	Boys 12yr 50m Breaststroke Final
<b>103D</b>	Girls 13yr 50m Breaststroke Final	<b>104D</b>	Boys 13yr 50m Breaststroke Final
<b>103E</b>	Girls 14yr 50m Breaststroke Final	<b>104E</b>	Boys 14yr 50m Breaststroke Final
<b>103F</b>	Girls 15 & Over 50m Breaststroke Final	<b>104F</b>	Boys 15yr & Over 50m Breaststroke Final
<b>109A</b>	Girls 10yr 50m Backstroke Final	<b>110A</b>	Boys 10yr 50m Backstroke Final
<b>109B</b>	Girls 11yr 50m Backstroke Final	<b>110B</b>	Boys 11yr 50m Backstroke Final
<b>109C</b>	Girls 12yr 50m Backstroke Final	<b>110C</b>	Boys 12yr 50m Backstroke Final
<b>109D</b>	Girls 13yr 50m Backstroke Final	<b>110D</b>	Boys 13yr 50m Backstroke Final
<b>109E</b>	Girls 14yr 50m Backstroke Final	<b>110E</b>	Boys 14yr 50m Backstroke Final
<b>109F</b>	Girls 15yr & over 50m Backstroke Final	<b>110F</b>	Boys 15yr & over 50m Backstroke Final





## 2021 Swimming Gold Coast Sprint Championships

### Session Three

Saturday 30<sup>th</sup> January 2021

**Racing Starts: 15 minutes after completion of the Finals of Session 1**

Event No	Event Details GIRLS	Event No	Event Details BOYS
13	Girls 8-9yrs 50m Butterfly – Timed Finals	14	Boys 8-9yrs 50m Butterfly – Timed Finals
15	Girls 10yrs & Over 50m Butterfly – Heats	16	Boys 10yrs & Over 50m Butterfly – Heats
17	Girls Open Multi-Class 50m Butterfly – Timed Final	18	Boys Open Multi-Class 50m Butterfly – Timed Final
19	Girls 8-9yrs 50m Freestyle – Timed Finals	20	Boys 8-9yrs 50m Freestyle – Timed Finals
21	Girls 10yrs & Over 50m Freestyle – Heats	22	Boys 10yrs & Over 50m Freestyle - Heats
23	Girls Open Multi-Class 50m Freestyle – Timed Final	24	Boys Open Multi-Class 50m Freestyle – Timed Final



## 2021 Swimming Gold Coast Sprint Championships

### Session Four (Finals)

Saturday 30<sup>th</sup> January 2021

**FINALS to commence 15 minutes after the Heats**

Event No	Finals Event Details GIRLS	Event No	Finals Event Details BOYS
<b>115A</b>	Girls 10yr 50m Butterfly Final	<b>116A</b>	Boys 10yr 50m Butterfly Final
<b>115B</b>	Girls 11yr 50m Butterfly Final	<b>116B</b>	Boys 11yr 50m Butterfly Final
<b>115C</b>	Girls 12yr 50m Butterfly Final	<b>116C</b>	Boys 12yr 50m Butterfly Final
<b>115D</b>	Girls 13yr 50m Butterfly Final	<b>116D</b>	Boys 13yr 50m Butterfly Final
<b>115E</b>	Girls 14yr 50m Butterfly Final	<b>116E</b>	Boys 14yr 50m Butterfly Final
<b>115F</b>	Girls 15yrs & over 50m Butterfly Final	<b>116F</b>	Boys 15yrs & over 50m Butterfly Final
<b>121A</b>	Girls 10yr 50m Freestyle Final	<b>122A</b>	Boys 10yr 50m Freestyle Final
<b>121B</b>	Girls 11yr 50m Freestyle Final	<b>112B</b>	Boys 11yr 50m Freestyle Final
<b>121C</b>	Girls 12yr 50m Freestyle Final	<b>112C</b>	Boys 12yr 50m Freestyle Final
<b>121D</b>	Girls 13yr 50m Freestyle Final	<b>112D</b>	Boys 13yr 50m Freestyle Final
<b>121E</b>	Girls 14yr 50m Freestyle Final	<b>112E</b>	Boys 14yr 50m Freestyle Final
<b>121F</b>	Girls 15yrs & over 50m Freestyle Final	<b>112F</b>	Boys 15yrs & over 50m Freestyle Final



## 2021 Swimming Gold Coast Sprint Championships

### Qualifying Times

- Please Note below for the Qualifying times for the 2021 Swimming Gold Coast Sprint Championships.
- There are no qualifying times for 8yr and 9yr old events.
- There are no qualifying times for Multi-Class events

<b>MALE</b>	<b>10 Years</b>	<b>11 Years</b>	<b>12 Years</b>	<b>13 Years</b>	<b>14 Years</b>	<b>15 Years</b>	<b>16 Years</b>	<b>17 &amp; Over</b>
<b>50m Breast</b>	0:55.00	0:53.00	0:50.00	0:46.00	0:43.00	0:41.00	0:40.00	0:38.00
<b>50m Back</b>	0:50.00	0:48.00	0:46.00	0:42.00	0:40.00	0:38.00	0:36.00	0:35.00
<b>50m Fly</b>	0:49.00	0:46.00	0:43.00	0:40.00	0:37.00	0:35.00	0:34.00	0:33.00
<b>50m Free</b>	0:45.00	0:43.00	0:40.00	0:38.00	0:35.00	0:34.00	0:33.00	0:31.00
<b>FEMALE</b>	<b>10 Years</b>	<b>11 Years</b>	<b>12 Years</b>	<b>13 Years</b>	<b>14 Years</b>	<b>15 Years</b>	<b>16 Years</b>	<b>17 &amp; Over</b>
<b>50m Breast</b>	0:55.00	0:53.00	0:50.00	0:47.00	0:45.00	0:44.00	0:43.00	0:43.00
<b>50m Back</b>	0:50.00	0:48.00	0:46.00	0:43.00	0:41.00	0:40.00	0:39.00	0:39.00
<b>50m Fly</b>	0:49.00	0:46.00	0:43.00	0:41.00	0:39.00	0:37.00	0:37.00	0:36.00
<b>50m Free</b>	0:45.00	0:43.00	0:40.00	0:39.00	0:37.00	0:36.00	0:35.00	0:34.00