

2026 SSSC – REGIONAL TRIALS

10 - 19 YRS SWIMMING - SUMMARY (FOR PARENTS & STUDENTS)

Dates & Times	Details	Comments
Competition Date	Monday 9 March	
Format	One full day event	All events conducted as timed finals
Time of Event	8.00am	till approximately 4.00pm
Warm Up	7.00am – 7.40am	
District Nominations to Regionals	Tuesday 4 March	
QRSS 10-12yrs State Championships	25-27 March 2026	Sleeman Complex
QRSS 13-19yrs State Championships	22-24 March 2026	Sleeman Complex

Details of Regional Trials	
Venue	Gold Coast Aquatic Centre (GCAC), Gold Coast Highway, Southport

Costs - Regional Trial Levy	- Trial levy must be paid through RSS (Online) Shop – NOT YOUR SCHOOL	
Cost (Per person)	\$ 25 (GST incl.)	
Method of Payment	RSS (Online) Shop	Instructions on SSSC website
Link to RSS (Online) Shop	https://rssshop.education.qld.gov.au/regional-trials	

All Students must	
On arrival all students MUST check in to District Managers	Check in at specific District desk on arrival with a completed and signed Permission and Details Booklet
Check Results	Check results to see if student qualify for SC Team
If qualified for SC Team	<ol style="list-style-type: none"> 1. Report to designated team room (Mezzanine floor) 2. Complete Registration Swim Team QR Code with contact details 3. Complete nomination to state form 4. Collect abbreviated letter and collect tape measure 5. Inform SSSC if your child does not wish to take up invitation to compete at upcoming state championship (if selected)

Required Covid instructions	
	Nil at this point in time but please be aware that this is an ever changing/evolving environment and restrictions may be brought back in.

Documentation Required		Reminder NO documentation = CANNOT COMPETE
Permission & Details Booklet (Online version only - with Principal's signature)	Yes	
Parent Consent for Sharing of Information cover letter	Yes	South Coast School Sport website
Meet Manager Consent	Yes	If no, then a ID number will be allocated to the student please inform your District if this is the case.
Medicals	No – will not be accepted	Except Covid positive tests

Events		
Swum events	50, 100, 200M	
Paper Nominations	400,800 & 1500 Free, 400IM, 200IM (Multi Class)	
Multi Class	50, 100, 200M	Qualifying times are not required for Regional Trials

FOR MORE DETAILED INFORMATION RE REGIONAL SWIMMING TRIALS CONTACT YOUR SCHOOL SPORT COORDINATOR / DISTRICT SWIMMING CONVENOR