

# **2026 REGIONAL SWIMMING TRIALS (10-19YRS)**



## **COMPETITION RULES / CONDITIONS**

**MONDAY 9 MARCH 2026 - GOLD COAST AQUATIC CENTRE**

# 2026 PROGRAM OF EVENTS

(Commences 8.00am – 4.00pm approx.) Warm up from 7.00am

Event	Qualifying Standards For Regionals
All 50m,100m & 200m events	<ul style="list-style-type: none"> <li>Two (2) <b>automatic</b> entries / district except Hint. Green &amp; Gold - one (1) each <b>plus</b> any additional entries that meet stated SC qualifying times (QT) (Up to a max. 6)</li> <li>Any additional students that have swum faster than the time listed in the <b>Extra Swimmer QT</b> (see school for details)</li> </ul>
MC 10-19yrs	<ul style="list-style-type: none"> <li>Qualifying Times <b>NOT</b> required for regionals</li> </ul>

Monday 9 March 2026

Event	Age Group	Sex	Age Divisions @ Regional Trails	Age Divisions @ State Championships
200m Individual Medley	10 - 19yrs	B / G	Multi-age	(10-12) 12yrs & U (13-19) Multi-age (Timed finals)
50m Breaststroke	MC 10-19yrs	B / G	Multi-age / Multi Class	Combined age groups / Multi Class.
	10 - 12yrs	B / G	Multi-age	Individual age groups
	13 - 19yrs	B / G		
100m Butterfly	MC 10-19yrs	B / G	Multi-age / Multi Class	Multi-age / Multi Class
	10 - 12yrs	B / G	Multi-age	Individual age groups
	13 - 19yrs	B / G	Multi-age	Combined age groups (Heats) Individual age groups (Finals)
200m Backstroke	10 - 19yrs	B / G	Multi-age	(10-12) 12yrs & U (13-19) Multi-age (Timed finals)
50m Freestyle	MC 10-19yrs	B / G	Multi-age / Multi Class	Multi-age / Multi Class
	10 - 12yrs	B / G	Multi-age	Individual age groups
	13 - 19yrs	B / G		
100m Breaststroke	MC 10-19yrs	B / G	Multi-age / Multi Class	Multi-age / Multi Class
	10 - 12yrs	B / G	Multi-age	Individual age groups
	13 - 19yrs	B / G	Multi-age	Combined age groups (Heats) Individual age groups (Finals)
200m Freestyle	MC 10-19yrs	B / G	Multi-age / Multi Class	Multi-age / Multi Class
	10 - 19yrs	B / G	Multi-age	(10-12) 12yrs & U (13-19) Multi-age (Timed finals)
100m Backstroke	MC 10-19yrs	B / G	Multi-age / Multi Class	Multi-age / Multi Class
	10 - 12yrs	B / G	Multi-age	Individual age groups
	13 - 19yrs	B / G		
50 Butterfly	MC 10-19yrs	B / G	Multi-age / Multi Class	Multi-age / Multi Class
	10 - 12yrs	B / G	Multi- age groups	Individual age groups
	13 - 19yrs	B / G		
200m Breaststroke	10 - 19yrs	B / G	Multi-age	(10-12) 12yrs & U (13-19) Multi-age (Timed finals)
50 Backstroke	MC 10-19yrs	B / G	Multi-age / Multi Class	Multi-age / Multi Class
	10 - 12yrs	B / G	Multi- age groups	Individual age groups
	13 - 19yrs	B / G		
100m Freestyle	MC 10-19yrs	B / G	Multi-age / Multi Class	Multi-age / Multi Class
	10 - 12yrs	B / G	Multi-age	Individual age groups
	13 - 19yrs	B / G	Multi-age	Combined age groups (Heats) Individual age groups (Finals)
200m Butterfly	10 - 19yrs	B / G	Multi-age	(10-12) 12yrs & U (13-19) Multi-age (Timed finals)

NB. MC – Multi Class (Students with Disabilities)

# DETAILS

## 1 SAFETY

- 1.1 The Gold Coast Aquatic Centre being used for these trials has:
- 1.1.1 10 lane (World Aquatics approved) competition pool.
  - 1.1.2 World class international standard (World Aquatics approved) starting blocks.
  - 1.1.3 Anti-wave lane ropes.
  - 1.1.4 Lifeguards
  - 1.1.5 Sports Medicine

## 2 DISTRICT OFFICIALS / CHECK IN PROCEDURES / CHECK IN PROCEDURES

- 2.1. District managers will be wearing a distinctive fluoro shirt / vest. At least two officials per district will be located in the designated district area adjacent to the eastern side of the warm-up pool.
- 2.2. Warm up commences at **7.00am** with check in commencing at **6.45am**.
- 2.3. All students must hand in prior to competition a fully completed copy of the:
- 2.3.1. **School Sport South Coast – Standard Permission / Details booklet.** (This document must be completed using the online version. NB. **No student will be able to complete** if they do not bring this fully completed booklet (complete with Principal (or nominees' signature) to the trials.
- 2.4. Appeals may only be made in writing to the Referee by the Swimming Manager of the District involved. **No discussion will be entered into with parents directly.**

## 3 ENTRY REQUIREMENTS & AGE GROUPS

- 3.1. All competitors must be bona fide school students, with a minimum age of 10 years and a maximum age of 19 years as at 31<sup>st</sup> December 2026.
- 3.2. Students may compete in their own age group ONLY.
- 3.3. **Individual age groups**
- |               |                  |
|---------------|------------------|
| 10 years      | born 2016        |
| 11 years      | born 2015        |
| 12 years      | born 2014        |
| 13 years      | born 2013        |
| 14 years      | born 2012        |
| 15 years      | born 2011        |
| 16 years      | born 2010        |
| 17 – 19 years | born 2007 – 2009 |
- 3.4. **Combined Age Groups**
- |              |               |
|--------------|---------------|
| Junior       | 13 – 14 years |
| Intermediate | 15 – 16 years |
| Senior       | 17 – 19 years |
| Open (Prim)  | 10 – 12 years |
| Open (Sec)   | 13 – 19 years |
| Multi Age    | 13 – 19 years |
- 3.5. **Students with Disabilities**
- |               |                  |
|---------------|------------------|
| 10 – 12 years | born 2014 – 2016 |
| 13 – 15 years | born 2011 – 2013 |
| 16 – 19 years | born 2007 – 2010 |

#### **4 ATHLETES IN MULTI CLASS EVENTS (PREVIOUSLY ATHLETES WITH DISABILITIES)**

- 4.1. Students with disabilities will be required to compete at the South Coast Regional trials in order to gain selection in the South Coast team to compete at the 2026 Queensland School Sport (QRSS) 10-12 & 13-19 Years Swimming State Championships.
- 4.2. **All events for students with a disability will be conducted as multi-age, multi-class events.** Paper nominations will only be considered for 200m IM.
- 4.3. Conditions of competition for disabled swimmers will be the same as for all able-bodied swimmers.
- 4.4. The Multi Class disability classification for each event must be submitted on the classification form supplied. General categories required are –
- |           |                  |           |                         |
|-----------|------------------|-----------|-------------------------|
| <b>VI</b> | Visually         | <b>WC</b> | Wheelchair              |
| <b>CP</b> | Cerebral Palsy   | <b>ID</b> | Intellectually Disabled |
| <b>HI</b> | Hearing Impaired |           |                         |
- 4.5. Classifications for students with CP, WC or VI classifications who have an official Sporting Wheelies or Multi Class Olympics classification for each particular stroke must submit their official classification Identification Number on the attached form which must be submitted with the Meet Manager nominations disk.
- 4.6. All swimmers competing in the multi-class events must present their official classification card by 8.00 a.m. on the day of competition.

#### **5 PAPER NOMINATIONS**

- 5.1. All District nominations, including paper nominations and multi class nominations were submitted prior to the trials.
- 5.2. The following events will not be swum at the 2026 Regional trials and therefore there will be no automatic entries for the following events:
- **Able Bodied Events** - 400m, 400 IM, 800m & 1500m freestyle events.
  - **MULTI CLASS (Athletes with Disabilities) Events** – 200m IM events.
- 5.3. Each district may nominate for paper nomination events:
- 5.3.1. All students that have, **from 1 July 2025**, swum a time which would have equaled or have been faster than the **state qualifying time**.
- 5.3.2. All paper nomination times must be verifiable from a **recognised swim meet (from 1<sup>st</sup> July 2025)**. These times will be verified through Results Central. NB. **A coach's signature WILL NOT suffice.**
- 5.4. Students are to compete in only those events for which their age makes them eligible.
- 5.5. Results by event and names, including paper nomination events, will be posted on the **Results Board** on the upper level on the Western side of the comp pool. Those students selected in the South Coast team will be highlighted.

#### **6 WITHDRAWALS / SUBSTITUTIONS & OMISSIONS**

- 6.1. Systems are in place to ensure that nominations are correct and checked. All queries or complaints must be directed through your District Manager. Meet organizers **will not** deal with parents directly. Meet organizers will endeavor to rectify this situation if and only if there has been a fault at a regional level.

- 6.2. Please note that changes made after Tuesday 3 March will not appear in the program.
- 6.3. Additions and substitutions **will not** be allowed at the South Coast trials.

## 7 EVENTS

- 7.1. Whilst the Regional Trial events will be in many instances be conducted as multi aged time finals or as listed in 7.2 to 7.7, results and selections (to state championships) will be based upon the following age groupings.
- 7.2.

		10-12 Years EVENTS				13-19 Years EVENTS							Multi Class EVENTS	
		10	11	12	10-12	13	14	15	16	17	19	13-19	Multi Class 10-12	Multi Class 13-19
50 metres	Freestyle	✓	✓	✓		✓	✓	✓	✓	✓	✓		✓	✓
50 metres	Breaststroke	✓	✓	✓		✓	✓	✓	✓	✓	✓		✓	✓
50 metres	Backstroke	✓	✓	✓		✓	✓	✓	✓	✓	✓		✓	✓
50 metres	Butterfly	✓	✓	✓		✓	✓	✓	✓	✓	✓		✓	✓
100 metres	Freestyle	✓	✓	✓		✓	✓	✓	✓	✓	✓		✓	✓
100 metres	Breaststroke	✓	✓	✓		✓	✓	✓	✓	✓	✓		✓	✓
100 metres	Backstroke	✓	✓	✓		✓	✓	✓	✓	✓	✓		✓	✓
100 metres	Butterfly	✓	✓	✓		✓	✓	✓	✓	✓	✓		✓	✓
200 metres	Freestyle				✓	✓	✓	✓	✓	✓	✓		✓	✓
200 metres	Breaststroke				✓	✓	✓	✓	✓	✓	✓			
200 metres	Backstroke				✓	✓	✓	✓	✓	✓	✓			
200 metres	Butterfly				✓	✓	✓	✓	✓	✓	✓			
200 metres	Indiv. Medley	✓	✓	✓		✓	✓	✓	✓	✓	✓		✓	✓
400 metres	Freestyle				✓	✓	✓	✓	✓	✓	✓			
400 metres	Indiv. Medley				✓	✓	✓	✓	✓	✓	✓			
800 metres	Freestyle											✓		
1500 metres	Freestyle											✓		

Paper nominations

- 7.3. **50m & 100m Events**
- 7.3.1. All 50m & 100m events will be conducted as timed final events in combined age groupings.  
10- 12years, 13 -19 years and 10 – 19 years multi-class
- 7.3.2. Whilst swum in multi age groupings, places will be awarded and selections are considered for **each individual age i.e.** 10, 11, 12, 13, 14, 15, 16, 17-19 years upon completion of each event.
- 7.3.3. At state, **50m** events will be swum in individual age groups and **100m** events swum as combined age groups (heats) and individual age group (finals)
- 7.4. **200m Events**
- 7.4.1. All 200m freestyle events will be conducted as multi-age timed final events in the following age groupings:  
10- 19 years and 10 – 19 years multi-class
- 7.4.2. All 200m IM and 200m form stroke events will be conducted as multi age timed final events in the following age groupings:  
10- 19 years
- 7.4.3. All **13-19yrs**
- 7.4.3.1. **200m freestyle, form strokes & Individual Medley events** - whilst swum in multi age groupings, placings will be awarded and selections are considered for **each individual age** i.e. 13, 14, 15, 16, 17-19 years upon completion of each event.

- 7.4.4. All **10-12yrs**
  - 7.4.4.1. **200m Individual Medley** - whilst swum in multi age groupings, for placings will be awarded and selections are considered for **each individual age** i.e. 10, 11, 12,
  - 7.4.4.2. **200m freestyle & form strokes** - whilst swum in multi age groupings, for placings will be awarded and selections are considered for **the following age division** 10-12yrs.
- 7.4.5. At state, 200m events will be swum as multi-age events.
- 7.5. **400m Events**
  - 7.5.1. These events will be paper nominations and not swum at the Regional Trials.
  - 7.5.2. At state, these events will be swum in multi age finals.
- 7.6. **800m & 1500m Events**
  - 7.6.1. These events will be paper nominations and not swum at the Regional Trials
  - 7.6.2. These freestyle events will be conducted as 13-19 year events
  - 7.6.3. These freestyle events will be conducted as 13-19 year events (Open age event) at the SSA (National) Championships.
- 7.7. **Medleys**
  - 7.7.1. All medley events comprise of four (4) strokes which will be swum in the following order:  
Individual Medley: Butterfly, backstroke, breaststroke, freestyle

## **8 MARSHALLING**

- 8.1. Students will be marshalled in the undercover area, southern end of the competition pool.
- 8.2. Competitors in the first two events must report to the marshalling area 10 minutes prior to the start of competition.
- 8.3. At all other times, competitors must ensure they report to the marshalling area at least two events ahead of the event in progress.
- 8.4. It is the responsibility of the swimmer to ensure that they are at the marshalling area on time and **ARE NOT** to leave the area once marshalled.
- 8.5. The start will not be held up for a late competitor.
- 8.6. Non-swimmers **ARE NOT PERMITTED** in this area.
- 8.7. A board will display the event numbers that are being marshalled.
- 8.8. Competitors who fail to report to marshalling area or swim in the incorrect lane, heat or event will be disqualified unless an official error is responsible.

- 8.9. All concerns must be reported to your District Manager within 10 minutes of the swimming of the nominated heat.
- 8.10. Students will not be able to compete unless they have first checked in with their respective district officials and handed in the ***School Sport South Coast Permission / Details Booklet*** (completed)

## **9** CONDITIONS

- 9.1. The competition will be conducted under the current World Aquatics Swimming Rules and the current International Paralympic Committee (IPC) Rules except where otherwise stated. This includes the one start rule.
- 9.2. Electronic timing will be used.
- 9.3. The Regional Swimming Trials will be conducted as time trials for regional selection. Thus, Districts are not compelled to nominate swimmers for every event.
- 9.4. The Trials will be conducted from 8.00 a.m. to approximately 4.00 p.m. There will be no finals, team selection being determined from the times recorded.
- 9.5. Students may compete in their **own age group ONLY**. Where there is no event for an age group, students may swim in the next higher age group.
- 9.6. Students, parents and coaches NB. The pool deck is off limits during the meet to everyone except competitors and officials. Spectators must stay behind the roped off / designated areas.

## **10** ABSENTEE APPLICATION FOR EXEMPTION

- 10.1. If students are unable to participate at the regional trials and wish to be considered for selection, they must supply SSSC Region with appropriate documentation, validating the reason for not participating.
- 10.2. Medical Certificates **WILL NOT be accepted under any circumstances**. Except for a swimmer presenting with Covid symptoms within 1 hour of the Regional Swimming Trial (7:00am Monday 9<sup>th</sup> March 2026).
- 10.3. School Sport South Coast Policy states that for swimming:  
Students must compete at the South Coast Regional Trials in order to gain selection in the regional team.  
The only exception to this or grounds for absence are as listed below:
- 10.3.1. Absence due to competing at a higher-level event *level in one of the approved Queensland School Sport sports*.
- 10.3.2. Absence due to competing at a higher-level event in the same sport and same discipline
- 10.3.3. Bereavement or compassionate reasons

## **11** APPEALS

- 11.1. The Referee has full control of the Meet.

- 11.2. All officials are accountable only to the Referee.
- 11.3. The Referee's decision is final.
- 11.4. Protests are possible:
- If the rules and regulations for the conduct of the competition are not observed;
  - If other conditions endanger the competition and/or the swimmer;
  - Or against the decisions of the Referee. However, no protests shall be allowed against decisions of fact.
- 11.5. Protests must be submitted:
- to the Referee;
  - in writing;
  - by the District Manager only;
  - within twenty (20) minutes following the conclusion of the respective pool event.
  - However, if all conditions causing a potential protest are noted prior to the competition, a protest must be lodged before the Starter's signal is given.
  - **No discussion will be entered into with parents directly.**
- 11.6. All protests shall be considered by the Referee. If he/she rejects the protest, they must state his/her reasons. An appeal against the rejection may be made to the Disputes Committee, whose decision shall be final. The Disputes Committee shall comprise the Meet Manager / Convenor, Regional School Sports Officer or nominee, and the chief referee or nominee. Only District Managers are able to submit an appeal to the Disputes Committee. **No discussion will be entered into with parents directly.**

## **12 RESULTS**

- 12.1. Results by event and name will be posted on the **Results Board** on the upper level of the Western side of the pool.
- 12.2. State Qualifying standards will also be posted on this wall.
- 12.3. Qualifiers selected for the regional team to compete at the State Championships will be highlighted on the results board.
- 12.4. Due to limitations in the number of nominations allowed to the state championship, not all students that meet state qualifying standards will be selected in the South Coast team.
- 12.5. A full set of SSSC Regional Trials results will be sent to all schools following the meet.

## **13 QSS CHAMPIONSHIPS**

- 13.1. The Queensland School Sport **10 - 12 Years** Schools Swimming Championships to be held at Chandler from Wednesday 25 – Friday 27 March 2026

- 13.2. The Queensland School Sport **13 - 19 Years** Schools Swimming Championships to be held at Chandler from Sunday 22 – Tuesday 24 March 2026

## **14 SOUTH COAST TEAM SELECTION**

- 14.1. The Regional Team Room can be located up the stairs inside the glass Meeting Rooms on the mezzanine floor.
- 14.2. Competitors whose names are highlighted for the State Championships **MUST:**
- 14.2.1. Report to glass meeting rooms on the mezzanine floor – directly above the southern end of main pool).
- 14.2.2. Register contact details using tablets provided.
- 14.2.3. Complete and return the nomination form on the night of the trials to the South Coast Team managers. This will include:
- 14.2.3.1. Stating which events they wish to compete in at state champs.
- 14.2.3.2. Relay availability
- 14.2.3.3. Contact details
- 14.2.4. Collect a copy of the team information letter to be given to all students selected in the South Coast team. This will outline information, deadlines and responsibilities.
- 14.2.5. Try on apparel items to determine the sizes they may require.
- 14.2.6. All **regional team levies and apparel orders** must now be made using the RSS Shop Online only. Instructions re process will be included in the detailed team letter that is forwarded to all students selected in the South Coast Swimming team.
- 14.3. **Please note that failure to nominate on the day will exclude a swimmer from competing at the State Championships.**
- 14.4. Once the team is finalised, a **full team letter, State program**, online ordering & levy payment instructions and other **associated documents** will be forwarded by email in the days following the Regional Trials
- 14.5. At the **10-12 Years QRSS State Swimming Championships** South Coast region may nominate the following:
- 14.5.1. **TIER 1** - In all 50m, 100m and 200m events, up to a maximum of 2 ‘automatic’ nominations will be accepted.
- 14.5.2. **TIER 2** - In all 50m, 100m and 200m events a further 3 nominations making a maximum of 5 swimmers per event who must all equal or be faster than the Qualifying Time. (maximum of 2 nominations for 400m events)
- 14.5.3. **TIER 2** -In 400m events, a maximum of 2 swimmers who must both equal or be faster than the Qualifying Time.
- 14.5.4. **TIER 3** - A region will be allowed to exceed the number of nominations in section 24.5.2 above provided that all competitors nominated for that event have swum

a time which would have equaled or faster than the **EXTRA** qualifying time at their respective regional trials or paper nominations are used then rule 24.5.5 must be followed.

- 14.5.5. If the region uses paper nominations, then the time must have been swum at a recognised Swimming Queensland or Swimming Australia event on or after 1 July, the previous year.
- 14.5.6. Students wishing to be considered for selection in the 10-12yrs Queensland Team must complete a Nomination Form indicating they are available for team selection. This will be forwarded by email to parents after the trials.
- 14.6. At the **13-19 Years QRSS State Swimming Championships** South Coast region may nominate the following:
  - 14.6.1. In all 50m freestyle events, a maximum of 4 swimmers automatically, plus all other students that swim a time (on the regional trial day) which would have equaled or been faster than the State Extra Qualifying Time
  - 14.6.2. In all 800m and 1500m freestyle events, a max. of 1 swimmer automatically, plus all other students that have a verified time (from 1 July the year before) which would have equaled or been faster than the State Extra Qualifying Time
  - 14.6.3. In all other individual events, a maximum of 2 swimmers automatically, plus all other students that swim a time (on the regional trial day) which would have equaled or been faster than the State Extra Qualifying Time
- 14.7. At the 2026 QRSS State Swimming Championships students are to compete in no more than the following number of events at Sleeman Complex, Chandler
  - 14.7.1. 10-12 Years                      All individual and open events
  - 14.7.2. 13-19 Years                      9 individual events
- 14.8. Strict time limits will apply for all swimmers competing at the QRSS State 13-19 Years Swimming Championships in the 800m and 1500m freestyle. Once swimmers have exceeded the times outlined below, they may be asked to leave the water immediately.

	<b><u>800m Free</u></b>	<b><u>1500m Free</u></b>
Men	11 minutes	20 minutes
Women	12 minutes	22 minutes

**15 COACH ACCREDITATION / POOL DECK ENTRY AT QRSS CHAMPIONSHIPS**

- 15.1. As per QRSS Swimming policy, swimmers selected in the South Coast team must now apply through the South Coast Team management for limited access to the pool deck for their swimming coach. All applicants must have a current blue card. There are only a limited number of passes available. Please contact the South Coast School Sport Office with your Blue Card number and DOB. You will be placed onto a register that the South Coast Team Officials will have and they distribute the wrist band required after sighting your card and checking you are on the South Coast list.

**16 SWIMSUIT GUIDELINES**

- 16.1 The Regional Swimming trial is adopting the QRSS State Championships swimwear policy which is

conducted in line with the Swimming Australia Inclusive Swimwear Policy as found at the following link:  
<https://swimmingausprd.wpengine.com/wp-content/uploads/SWIMMING-AUSTRALIA-INCLUSIVE-SWIMWEAR-POLICY-APRIL-2021.pdf>

16.2 Examples of acceptable swimsuits

			
Full coverage with leggings	Full coverage with pant	Three-quarter length	Rash shirt or well-fitted t-shirt
			
Swim skirt	Swim shorts	Trunks	Briefs
			
Neoprene wetsuit (for open water swimming)	*Hygiene swimwear/underwear	Swimwear with ties	Swimwear with zippers/fasteners

## 17 PHOTOGRAPHY (FOR PERSONAL / FAMILY USE) AT QSS EVENTS

### Statement of Intent

- 17.1. Queensland School Sport is mindful of the possibility of indecent photography of students participating at sporting events.
- 17.2. Queensland School Sport owes a duty of care to students participating in sporting events and has an obligation to comply with departmental policy concerning child protection matters.
- 17.3. Queensland School Sport recognizes that it is a normal and appropriate expectation of parents / carer to be able to visually record the sporting achievements of their children. However, this expectation must be balanced against legitimate concerns that may be raised about inappropriate photography of students.
- 17.4. Queensland School Sport also recognizes that some venue managers/owners may not permit photography in their venue.

### Statement of Practice

- 17.5. The taking of photographs (for personal / family use) is therefore permitted at Queensland School Sport events except where an event is held at a venue where venue management prohibits such photography.
- 17.6. Where a venue prohibits photography, signage stating that photography is not permitted will be displayed to spectators on venue entry points.
- 17.7. Where a Queensland School Sport representative reasonably considers that a spectator is engaged in photography of an indecent nature or is engaging in photography contrary to the venue owner's prohibition, if the spectator does not desist, they will be asked to leave the event premises. Police may be called to assist where the event convenor considers it prudent.
- 17.8. The management of this policy is the responsibility of the event convenor in consultation with team officials and venue management.

## **18 WEATHER**

- 18.1. The trials will generally proceed irrespective of weather conditions. Some shelter is available, but students and teachers should bring additional appropriate protection according to their needs. Schools and districts are welcome to bring additional tents if desired.