# METROPOLITAN EAST SCHOOL SPORT 2017 REGIONAL SWIMMING TRIALS COMPETITION CONDITIONS 10 – 12 YEARS

# List of Events

The following events will be conducted for 10 – 12yrs students on TUESDAY 28 FEBRUARY 2017.

100m Freestyle 100m Breaststroke 100m Backstroke 100m Butterfly	- - -	10 – 12yrs 10 – 12yrs 10 – 12yrs 10 – 12yrs
50m Freestyle 50m Breaststroke 50m Backstroke 50m Butterfly	- - -	10yr, 11yr, 12yr 10yr, 11yr, 12yr 10yr, 11yr, 12yr 10yr, 11yr, 12yr
200m Individual Medley	-	10 – 12yrs
400m Individual Medley	-	10 – 12yrs
200m Freestyle	-	10 – 12yrs These events will not be
400m Freestyle	-	10 – 12yrs conducted at the Met East Trials.
200m Breaststroke	-	10 – 12yrs Paper nomination only – please
200m Backstroke	-	10 – 12yrs refer to appendix Y
200m Butterfly	-	10 – 12yrs

# Format

Please note that all 10 – 12yrs 100m & 200m events will be swum in a multi-age format. Competitors of all ages, 10 - 12yrs will be placed into seeded races in the 100m and 200m events according to their nominated time. (eg. The first heat of the 100m Freestyle will include the 10 slowest swimmers on times nominated from 10 - 12yrs. The next heat will have the next 10 fastest swimmers on times nominated from 10 - 12yrs and so on).

All 50m events will be swum in age groups. Eg. 10yrs Girls 50m Freestyle

At the completion of the event, a ranked list of competitors per age group will be established and places will be awarded to each age group.

It is extremely important that accurate times are submitted with nominations.

### Nomination Fee

Students who are selected to compete at the Regional Trials will be required to pay a nomination fee of \$20.00. Districts are to advise students of how they will collect this nomination fee.

# Recommended Swim Times

Please refer to the recommended swim times for this trial (Appendix Z). Remember they are a guide only.

# **Distance Events**

Due to time constraints and the welfare of the swimmers, the Open 200m Freestyle, 200m Backstroke, 200m Breaststroke, 200m Butterfly, 400m Freestyle and 400m Individual Medley for 10 - 12yrs students will not be swum at the regional trials on 28 February. These events will require swimmers to submit a paper nomination. This nomination form (10 - 12 yrs Distance Events Nomination Form: Appendix Y)

Students who are successful in gaining selection in these 200m and 400m events will be highlighted and displayed at the Metropolitan East Regional Swimming Trials at the Brisbane Aquatic Centre on Tuesday 28 February 2017. Students whose names are highlighted must report to the Met East table on pool deck to receive paperwork.

### Awards

Ribbons will be provided for the first, second and third place getters (based on times) in each event swum on the day.

# COMPETITION CONDITIONS 10 – 12 YEARS ATHLETES IN A MULTI-CLASS EVENT

# List of Events

The following events will be conducted for 10 – 12yrs Athletes in a Multi-Class (MC) event on Tuesday 28 February 2017.

-	MC
-	MC
	- - -

The events listed above are for both boys and girls.

### Number of Competitors

Each District will be allowed to nominate: six (6) competitors in all events in all classifications.

### State Qualifiers

Metropolitan East Region may nominate up to five (5) competitors, to the State Championships. The Queensland School Sport 10 - 12yrs State Swimming Championships will be held at the Brisbane Aquatic Centre from 26 - 28 March 2017.

# ATHLETES IN A MULTI-CLASS EVENT

In 2017, 10 - 12yrs Athletes in a multi-class event are required to compete at the Regional Trials to gain selection in the Metropolitan East Team. District Secretaries are required to send the 10 - 19 yrs Multi-Class Athlete Nomination Form: Appendix B. to all schools. These nomination forms are to be returned to the District Swimming Convenor who will forward them

# to the Sports Office by Friday 17 February 2017. The District Swimming Convenor will forward confirmed nominations to schools.

Due to time constraints and the welfare of the swimmers the 100m Backstroke, 100m Breaststroke, 100m Butterfly, 200m Freestyle and the 200m Individual Medley for 10 – 12yrs students will be paper nominated. The **10 – 19 yrs Multi-Class Nomination Form: Appendix B** must be handed to the District Swimming Convenor on the day of the District Trials. District Swimming Convenors are to forward these nomination forms to the Metropolitan East Sport Office no later than Friday **17 February 2017.** Fax: **3259 7707 or marisa.jones@det.qld.gov.au.** Students who have been successful in gaining selection in these events will be notified at the Metropolitan East Regional Swimming Trials at the Brisbane Aquatic Centre on Tuesday 28 February 2017. Athletes in a Multi-Class event are to nominate for these events on Appendix B as per other events.

Before competition, Athletes in a Multi-Class event are required to **show proof of their classification by presenting their classification card.** This card is sent to students, by their classifying organisation, once they have been formally classified. More information about classification can be accessed from the Met East Website at: www.meteastschoolsport.eq.edu.au

# Students who do not have an official classification will not be permitted to compete at the Regional Trials.

### <u>Awards</u>

Competitor's times will be processed using the current Swimming Australia Long-Course Multiclass Point score Program. The swimmer with the highest point score for their age bracket (10-12 years; 13-15 years; 16-19 years) and gender will win the event, second highest point score will be awarded second etc.

### **Nomination Fee**

Students who are selected to compete at the Regional Trials will be required to pay a nomination fee of \$20.00. Students when notified of their selection will be advised by their district of the method of payment for this nomination fee.

### Athlete in a Multi-Class Event Qualifying

Please refer to the **10 – 12 yrs Multi-Class Recommended Qualifying Times: Appendix W** for Metropolitan East Qualifying times for 10 – 12yrs Athletes in a Multi-Class Event.

# **Dual Pathways for MULTI-CLASS ATHLETES**

Multi-Class Athletes in 2017 are able to compete in Multi-Class events and abled bodied events at the same meet. A Multi-Class Athlete can compete in the same event type both as a Multi Class athlete or an abled bodied athlete as long as they meet qualifying for both events. Eg.

Event # 50m Freestyle Event # 50m Freestyle MC

# **GENERAL INFORMATION**

- FINALS WILL NOT BE SWUM AT THE METROPOLITAN EAST REGIONAL TRIAL. Swimmers will be seeded according to nomination times, ie District Trials times. After all heats have been swum all swimmers will be ranked in their age group according to their heat times.
- **PROGRAM:** There will be four (4) sessions at <u>approximately</u> the following times. The Meet Director will not be held strictly to these times. The times are a guide only. It is expected that competitors will be at the pool for the whole day. The organising committee reserves the right to alter the program as required.

Session 1	Start 8:00am	
Session 2	Not before 9:45am	(Event 19)
Session 3	Not before 12:00pm	(Event 37)
Session 4	Not before 2:00pm	(Event 55)

Due to the number of events it is unlikely that there will be a break between sessions.

- NOMINATION FEE: \$20.00 per swimmer (regardless of the number of events entered). It is the responsibility of <u>District Treasurers</u> to collect nomination fees. The Metropolitan East Sports Office will invoice District Treasurers based on the number of nominations submitted as at 24 FEBRUARY 2017. District Treasurers are advised to retain a copy of their team list.
- **PROGRAMS:** Programs will be on sale for \$4.00.
- **PARKING:** There will be no charge for parking at this meet.
- **OFFICIALS:** A meeting of officials will be held at **7:30am**. All officials are requested to be at the pool **no later than 7:15am**.
- WARM-UPS: From 7:15am lanes will be hired in the diving pool for SUPERVISED WARM-UPS AND SWIM-DOWNS providing this does not detract from the running of the meet. Any swimmers in the warm-up pool <u>MUST</u> be under the direction of a Manager.

**Note:** No bags are to be taken onto the pool deck. This is a Workplace Health and Safety issue. Meet Organisers will accept no responsibility for theft or damage to personal items.

- **REPORTING FOR EVENTS:** Competitors must report, when notified, to the Marshall room. **COMPETITORS WHO DO NOT REPORT WHEN CALLED WILL BE ASSUMED WITHDRAWN.** Marshall Boards will be displayed on pool deck.
- **DISPUTES:** Any protest must be lodged with the Meet Director by a Team Manager in writing within twenty (20) minutes of the completion of the event concerned. A hearing of the Disputes Committee will be convened. The Disputes Committee will be made up of the Regional School Sport Officer, the Meet Director and the Chief Referee.
- **MARSHALLING:** Once again the organisers of this meet expect a large number of entries from the schools in the Metropolitan East Region. For the meet to run smoothly,

we request assistance from managers and swimmers, particularly at marshalling and at the start.

• **SUBSTITUTIONS:** Please note that **SUBSTITUTIONS are not** accepted on the day of the Regional Trial. It is most important that school swimming team managers check to ensure that all their swimmers are nominated in the correct events, **prior to the championship**.

# • WITHDRAWALS:

Nominated swimmers who wish to withdraw must do so at least one hour before the start of the session of that event. Any swimmer who does not swim a nominated event without completing the withdrawal in time (ie. one hour before the start of the session) may be denied a start in his/her next nominated event.

# • ABSENT COMPETITORS:

- (a) Any student wishing to be considered for selection in the Metropolitan East Team, but is unable to compete at the Metropolitan East Regional Trials due to illness, injury or absence due to competing at a sporting event of a higher level, MUST SUBMIT a written request on Appendix F: Absent Competitor Form.
- (b) The absent competitor form must be delivered to the Regional Convenor before 8:00am on Tuesday 28 FEBRUARY 2017. If injury or illness occurs on the day of competition and special consideration is required, the Regional Convenor must be notified immediately and the absent competitor form must be received by the Metropolitan East School Sport Office by 3.00pm on Wednesday 1 March 2017.
- c) This request must include:
  - > Reason for inability to compete (doctor's certificate if due to injury or illness.) or
  - Copy of results from a sanctioned Swimming Qld Competition (swum in the 2016/17 season.)
  - > Be signed by the Sport Coordinator or School Swimming Coordinator.

The Metropolitan East Swimming Committee will consider applications and advise in due course if the student is to be included in Metropolitan East Team. It is important to note that submitting a time better than those swum at the Regional Trials does not guarantee selection in the Metropolitan East Team.

### DISTRICT TEAM MANAGERS:

District Managers should ensure that they are at the pool by 7:15am and have a copy of the confirmed nominations for their District. They should also place themselves in an easily identifiable position so that students can find them as required. **District Managers should wear a District Shirt and display a sign or banner for ease of recognition**.

### • RULES:

All competitors should be aware that this meet is governed by FINA Rules although the Meet Director reserves the right to make adjustments as required.

# • METROPOLITAN EAST TEAM:

Swimmers should consult the results sheets during the day to see if their name is highlighted and are eligible for selection. Eligible swimmers <u>MUST</u> collect the necessary forms from the Regional School Sport Officials on pool deck. It would be appreciated if

eligible swimmers who are not available for selection for the State Championship make this known to the Regional School Sport Officials before the end of the program.

Students who do not give details to the Regional School Sport Officials and collect the appropriate paperwork may be deemed to be withdrawn from the team.

# • NATIONAL CHAMPIONSHIPS:

The School Sport Australia Swimming Championships will be held in Adelaide, at the SA Aquatic & Leisure Centre as a part of the Pacific School Games, from 1 - 10 December 2017.

# • DISTRIBUTION OF INFORMATION:

District Secretaries are required to send copies of all appendices to all schools within their District.

#### PROJECT CONSENT: District Convenors/Managers are required to send a completed Project Consent

This form identifies those students who do not have approval to have their names published in the program or on results sheets and Swimming Qld database. It is crucial to the organisation of the event that this form is completed by all Districts.

# APPENDICES

Please note that copies of the 2017 Appendix C, D & W are not yet confirmed. A copy of the 2016 form has been included as a guide only. The 2017 forms will be forwarded as soon as they become available.

- Appendix A Program of Events
- Appendix A1 Table of Events by Age Group 10 12yrs
- Appendix A2 Table of Events by Age Group 13 19yrs
- Appendix B 10 19yrs Athletes in a Multi Class Event Nomination Form
- Appendix C 13 19yrs Regional Qualifying Times
- Appendix D 13 19yrs Para Regional Qualifying Times
- Appendix E Distance Events Nomination Form
- Appendix F Absent Competitor Form
- Appendix G Project Consent Summary
- Appendix W 10 12yrs Para Regional Qualifying Times
- Appendix Y 10 12yrs Distance Events Nomination Form
- Appendix Z
  10 12yrs Recommended Swim Times

# METROPOLITAN EAST SCHOOL SPORT 2017 REGIONAL SWIMMING TRIAL COMPETITION CONDITIONS 13 – 19 YEARS

#### 13 - 19 yrs (SECONDARY)

### Ages

Ages are calculated on the year of birth.

13 years 14 years 13 years & 14 years 15 years 16 years 15 years & 16 years 17 years to 19 years 13 years to19 years Born 2004 Born 2003 Born 2003 & 2004 Born 2002 Born 2001 Born 2001 & 2002 Born 2000, 1999, 1998 Born 2004 to 1998

**N.B.** Swimmers may be nominated to swim in a maximum of **NINE (9)** individual events (**This does not include distance event nominations at the Regional trials). A student may only swim in a maximum of <u>9 events total at the State Championships</u>.** 

- 1. Swimmers will be nominated with the times that they swam in the corresponding event in their District Trial. Where events were not available in the District Trial, a time swum at a **Major QSA endorsed meet** during the 2016-2017 season may be used (eg Qld Distance Meet, Qld Open and Age Championships, Qld Sprint Championships or equivalent meets from other states).
- 2. Only students who have been nominated by their District will be accepted for this trial. Swimmers who fail to compete at District level and who wish to be nominated for the Regional trials should submit evidence to show cause for consideration for selection in the District Team and should include evidence of qualifying times as in 1. above. This is to be submitted to the District Swimming Convenor at the time of the District Trials, ie before nomination file is sent. THIS IS A DISTRICT RESPONSIBILITY. ALL SCHOOLS SHOULD BE AWARE OF THIS.

Due to time constraints, the following events to be conducted at the State Championships WILL NOT be swum at the Regional Trials:

13 – 19 yrs	Mens & Womens 1500m Freestyle
13 – 19 yrs	Mens & Womens 800m Freestyle
13 yrs	Mens & Womens 400m Individual Medley
14 yrs	Mens & Womens 400m Individual Medley
15 yrs	Mens & Womens 400m Individual Medley
16 yrs	Mens & Womens 400m Individual Medley
17 – 19 yrs	Mens & Womens 400m Individual Medley

Swimmers must nominate a time on the **Distance Event Nomination Form – (Appendix E)** listing times as in 1, above. Qualifying times for these events are listed on the 2017 Qld School Sport 13 – 19yrs Swimming Qualifying Standards Form. Refer to the Met East Website – www.meteastschoolsport.eg.edu.au

# **Format**

Please note that all 13 - 19yrs events will be swum in a **multi-age format**. Competitors of all ages will be placed into seeded races according to their nominated time. (eg. The first race of the 50m Freestyle will include the 10 slowest swimmers on times nominated from 13 - 19yrs. The next heat will have the next 10 fastest swimmers on times nominated from 13 - 19yrs etc).

At the completion of the event, a ranked list of competitors per age group will be established and places will be awarded to each age group.

#### It is therefore extremely important that accurate times are submitted with nominations.

# <u>Awards</u>

Ribbons will be provided for the first, second and third place getters (based on times) in each event.

#### Queensland School Sport 13 – 19 Yrs Swimming Championships

Qld Secondary Schools Swimming State Championships will be held at the Brisbane Aquatic Centre from 23 – 25 March 2017. Each competing region may nominate the following:

- In all 50m Freestyle events, a maximum of four (4) swimmers;
- In all 800m and 1500m Freestyle events, a maximum of one (1) swimmer in each of the age divisions of 15yrs & under and 16yrs & over.
- In all other individual events a maximum of two (2) swimmers in EACH INDIVIDUAL AGE GROUP;
- In all relay events a maximum of one (1) team.

Provision remains for an **additional two swimmers per age group** to be nominated where a Region is able to show that all of the swimmers nominated in that event meet the set standard for the event.

# State Qualifiers

For State Qualifying times please refer to the Met East Website – www.meteastschoolsport.eg.edu.au – When it is made available.

# COMPETITION CONDITIONS 13 – 19 YEARS ATHLETES IN A MULTI CLASS EVENT

#### 13 – 19 Years ATHLETES IN A MULTI-CLASS EVENT

In 2017, 13 – 19yrs Athletes in a Multi-Class event are required to compete at the Regional Trials to gain selection in the Metropolitan East Team. District Secretaries are required to send the **10 – 19 yrs Multi-Class Athlete Nomination Form: Appendix B.** to all schools. These nomination forms are to be returned to the District Swimming Convenor who will forward them to the Sports Office by **17 February 2017. The District Swimming Convenor will forward confirmed nominations to schools.** 

Due to time constraints and the welfare of the swimmers the 100m Backstroke, 100m Breaststroke, 100m Butterfly, 200m Freestyle and the 200m Individual Medley for 13 – 19yrs students will be paper nominated. The **10 – 19 yrs Multi-Class Athlete Nomination Form: Appendix B** must be handed to the District Swimming Convenor on the day of the **District Trials**. District Swimming Convenors are to forward these nomination forms to the Metropolitan East Sport Office **no later than 17 February 2017**. **Fax: 3259 7707 or marisa.jones@det.qld.gov.au**. Students who are successful in gaining selection in these events will be notified at the Metropolitan East Regional Swimming Trials at the Brisbane Aquatic Centre on Tuesday 28 February 2017. **Multi-Class athletes are to nominate for these events on Appendix B as per other events**.

Before competition, Multi-Class Athletes are required to **show proof of their classification by presenting their classification card.** This card is sent to students, by their classifying organisation, once they have been formally classified. More information about classification can be accessed from the Met East Website at: <u>www.meteastschoolsport.eq.edu.au</u>.

# Students who do not have an official sporting classification will not be permitted to compete at the Regional Trials.

#### **State Qualifiers**

For State Qualifying times please refer to the Met East Website – (www.meteastschoolsport.eq.edu.au).

#### Dual Pathways for Athletes in a Multi – Class Event

Multi-Class Athletes in 2017 are able to compete in Multi-Class (MC) events and abled bodied events at the same meet. A Multi-Class Athlete can compete in the same event type both as a Multi - Class athlete or an abled bodied athlete as long as they meet qualifying for both events. Eg.

Event # 50m Freestyle Event # 50m Freestyle MC

#### <u>Awards</u>

Competitor's times will be processed using the current Swimming Australia Long-Course Multiclass Point score Program. The swimmer with the highest point score for their age bracket (10-12 years; 13-15 years; 16-19 years) and gender will win the event, second highest point score will be awarded second etc.

# **GENERAL INFORMATION**

- FINALS WILL NOT BE SWUM AT THE METROPOLITAN EAST REGIONAL TRIAL. Swimmers will be seeded according to nomination times, ie District Trial times. After all heats have been swum all swimmers will be ranked in their age group according to their heat times.
- **PROGRAM:** There will be four (4) sessions at <u>approximately</u> the following times. The Meet Director will not be held strictly to these times. The times are a guide only. It is expected that competitors will be at the pool for the whole day. The organising committee reserves the right to alter the program as required.

Session 1	Start 8:00am
	Session 2 Not before 9:45am (Event 19)
Session 3	Not before 12:00pm (Event 37)
Session 4	Not before 2:00pm (Event 55)

Due to the number of events it is unlikely that there will be a break between sessions.

- NOMINATION FEE: \$20.00 per swimmer (regardless of the number of events entered). It is the responsibility of <u>District Treasurers</u> to collect nomination fees. The Metropolitan East Sports Office will invoice District Treasurers based on the number of nominations submitted as at 24 February 2017. District Treasurers are advised to retain a copy of their team list.
- **PROGRAMS:** Programs will be on sale for \$4.00.
- **PARKING:** There will be no charge for parking at this meet.
- **OFFICIALS:** A meeting of officials will be held at **7:30am**. All officials are requested to be at the pool **no later than 7:15am**.
- WARM-UPS: From 7:15am lanes will be hired in the diving pool for SUPERVISED WARM-UPS AND SWIM-DOWNS providing this does not detract from the running of the meet. Any swimmers in the warm-up pool <u>MUST</u> be under the direction of a Manager.

**Note:** No bags are to be taken onto the pool deck. This is a Workplace Health and Safety issue. Meet Organisers will accept no responsibility for theft or damage to personal items.

- REPORTING FOR EVENTS: Competitors must report, when notified, to the Marshall room. COMPETITORS WHO DO NOT REPORT WHEN CALLED WILL BE ASSUMED WITHDRAWN. Marshall Boards will be displayed on pool deck.
- **DISPUTES:** Any protest must be lodged with the Meet Director by a Team Manager in writing within twenty (20) minutes of the completion of the event concerned. A hearing of the Disputes Committee will be convened. The Disputes Committee will be made up of the Regional School Sport Officer, the Meet Director and the Chief Referee.
- **MARSHALLING:** Once again the organisers of this meet expect a large number of entries from the schools in the Metropolitan East Region. For the meet to run smoothly, we request assistance from managers and swimmers, particularly at marshalling and at the start.

• **SUBSTITUTIONS:** Please note that **SUBSTITUTIONS** are not accepted on the day of the Regional Trial. It is most important that school swimming team managers check to ensure that all their swimmers are nominated in the correct events, **prior to the championship**.

# • WITHDRAWALS:

Nominated swimmers who wish to withdraw must do so at least one hour before the start of the session of that event. Any swimmer who does not swim a nominated event without completing the withdrawal in time (ie. one hour before the start of the session) may be denied a start in his/her next nominated event.

# • ABSENT COMPETITORS:

- (a) Any student wishing to be considered for selection in the Metropolitan East Team, but is unable to compete at the Metropolitan East Regional Trials due to illness, injury or absence due to competing at a sporting event of a higher level, MUST SUBMIT a written request on Appendix F: Absent Competitor Form.
- (b) The absent competitor form must be delivered to the Regional Convenor before 8:00am on Tuesday 28 February 2017. If injury or illness occurs on the day of competition and special consideration is required, the Regional Convenor must be notified immediately and the absent competitor form must be received by the Metropolitan East School Sport Office by 3:00pm on Wednesday 1 March 2017.
- c) This request must include:
  - > Reason for inability to compete (doctor's certificate if due to injury or illness.) or
  - Copy of results from a sanctioned Swimming Qld Competition (swum in the 2016/17 season.)
  - Be signed by the Sport Coordinator or School Swimming Coordinator.

The Metropolitan East Swimming Committee will consider such applications and advise in due course if the student is to be included in Metropolitan East Team. It is important to note that submitting a time better than those swum at the Regional Trials does not guarantee selection in the Metropolitan East Team.

### • DISTRICT TEAM MANAGERS:

District Managers should ensure that they are <u>at the pool by 7:15am</u> and have a copy of the confirmed nominations for their District. They should also place themselves in an easily identifiable position so that students can find them as required. **District Managers should wear a District shirt and must display a sign or banner for ease of recognition.** 

• RULES:

All competitors should be aware that this meet is governed by FINA Rules although the Meet Director reserves the right to make adjustments as required.

### • METROPOLITAN EAST TEAM:

Swimmers should consult the results sheets during the day to see if their name is highlighted and are eligible for selection. Eligible swimmers <u>MUST</u> collect the necessary forms from the Regional School Sport Officials on pool deck. It would be appreciated if eligible swimmers who are not available for selection for the State Championship make this known to the Regional School Sports Officials before the end of the

# program. Students who do not present to the Regional School Sport Officials and collect the appropriate paperwork may be deemed to be withdrawn from the team.

#### • NATIONAL CHAMPIONSHIPS:

The School Sport Australia Swimming Championships will be held in Adelaide, at the SA Aquatic & Leisure Centre as a part of the Pacific School Games, from 1 - 10 December 2017.

 District Secretaries are required to send copies of all appendices to all schools within their District.

#### • **PROJECT CONSENT**:

This form identifies those students who do not have approval to have their names published in the program or on results sheets and Swimming Qld database. It is crucial to the organisation of the event that this form is completed by all Districts. Schools are responsible for ensuring that consent or otherwise has been provided for each student. Schools must confirm consent.

#### **APPENDICES**

Please note that copies of the 2017 Appendix C, D & W are not yet confirmed. A copy of the 2016 form has been included as a guide only. The 2017 forms will be forwarded as soon as they become available.

- Appendix A Program of Events
- Appendix A1 Table of Events by Age Group 10 12yrs
- Appendix A2 Table of Events by Age Group 13 19yrs
- Appendix B 10 19yrs Athletes in a multi-class event Nomination Form
- Appendix C 13 19yrs Regional Qualifying Times
- Appendix D 13 19yrs Para Regional Qualifying Times
- Appendix E Distance Events Nomination Form
- Appendix F Absent Competitor Form
- Appendix G Project Consent Summary
- Appendix W 10 12yrs Para Regional Qualifying Times
- Appendix Y 10 12 Yrs Distance Events Nomination Form
- Appendix Z 10 12 Yrs Recommended Swim Times