



THE UNIVERSITY OF  
SYDNEY

### Project H2grOw is back!

Swimming Australia invites new athletes aged 10-15 years and previous participating athletes up to 20 years to track growth, maturation, and swimming performance with Project H2grOw. Project H2grOw will be operating during the 2022 McDonald's Queensland Championships. The team will be situated in the Old Gym (accessed via the door next to the diving pool). Please keep an eye out for the Project H2grOw banner.

**Operating dates:** Saturday 10<sup>th</sup> December to Tuesday 13<sup>th</sup> December.

**Operating times:** All-day (Saturday Relays), Heats Sessions (Saturday to Tuesday), and Finals Sessions (Sunday & Monday).

#### Eligibility:

- Any athletes who have been measured by Project H2grOw previously up to 20 years of age
- New athletes who are between 10-15 years (inclusive)

#### Registration:

- No documentation is required for continuing participants previously measured
- Parents of new participating athletes will need to sign and return the Project H2grOw consent form. There will be hard copies at the measurement station for swimmers to collect. Parents can also obtain the forms [via this link](#), or email [h2grow@swimming.org.au](mailto:h2grow@swimming.org.au)

**Cost:** There is no financial cost associated with participation in this project.

Swimmers are requested to attend for height, weight and sitting height measurements. Measurements take less than 5 minutes to complete. *Parents are not able to attend with children due to measurements being taken on pool deck.*

From being involved, you will receive a Project H2grOw summary report identifying:

- Your maturational status and stage;
- Your growth tracking history, for those who have participated in previous years and;
- For the first time, a H2grOw time score. This score uses a unique calculation to scale your swim performances based on your relative age and maturity status.

Those who do participate will be invited to an online information session - for swimmers and parents - after the swim event. The online session will explain the benefit of information presented in the summary report and how it can be used by coaches, parents, and athletes.

If you would like to know more, please go to the Project H2grOw website or send us an email at [h2grow@swimming.org.au](mailto:h2grow@swimming.org.au).

Project H2grOw website - <https://www.swimming.org.au/performance/athlete-resources/h2grow>