



Swimming Australia, Swimming Queensland and The University of Sydney - Project H2grOw

Would you like to identify your son or daughter's maturation status?

Would you like to track maturation status with swimming performance?

At the 2020 McDonald's Queensland Championships, Swimming Queensland in conjunction with The University of Sydney will be continuing their research in the Project H2grOw initiative. This research involves tracking growth and maturation in developing swimmers and establishing solutions that account for that growth.

The tests will involve measuring height, sitting height and weight and as an outcome athletes will receive an individual report suggesting future growth patterns. Previously tested athletes are invited to be retested as this will give the athletes further insight into their H2grOw development.

How to be Tested – New and Continuing athletes

Date: **Saturday, 12 to Monday, 14 December 2020**

Time: During Relays Day (Saturday) and Heats and Finals (Sunday & Monday)

Eligibility:

- Any continuing athletes (have been measured previously)
- Any new athletes aged 11-15yrs

Even if an athlete is post-maturation the testing will still provide useful information

Registration:

- For continuing athletes: no documentation is required
- For new athletes: parents will be required to complete the registration process via the QR code that will be available in the meet program and posted around the venue

Location: H2grOw Testers will be situated in the **Freestyle Room** (accessed via the hallway between the indoor and outdoor 50m pools). Athletes will need to make their own way to the Freestyle room. Parents are not able to accompany them

Project H2grOw on SA Web site – <https://www.swimming.org.au/community-1/project-h2grOw>

