



# COMPETITION POLICY

## REGIONAL AND CLUB MEETS

This policy has been implemented by Swimming Queensland (SQ) to meet a number of key strategic objectives. The overall purpose of the policy is to improve the level of competition that is available to SQ members. Swimming competitions have remained very traditional. These changes will offer a broader development opportunity for all swimmers no matter where they are on the SQ Long Term Athlete Development Pathway. SQ will continue to consult with key stakeholders regarding the policy to ensure it meets the needs of our members.

### COMPETITION POLICY OVERVIEW

#### Regional Championship Meet

- Run by region
- Event qualifying times optional
- Rule tolerances do not apply
- SQ approval required
- Recommended program of events provided by SQ
- Age group matrix provided by SQ
- Times recorded may be used for State and National meets

#### Preparation Meet

- Run by region or club
- Event qualifying times optional
- Rule tolerances do not apply
- SQ & region approval required
- Time recommendation
  - One-day meet: 9 – 12yrs, maximum of 3 hours; and 13yrs & O, maximum of 4 hours
  - Two-day meet: should not exceed 7 hours on either day; maximum of 10 hours for the meet.
- Recommended program of events provided by SQ
- Age group matrix provided by SQ
- Times recorded may be used for all other meets, including State and National



### Transition Meet

- Run by region or club
- No qualifying times required
- Rules tolerances may apply
- Region approval required
- Time recommendation of maximum 4 hours
- Recommended program of events provided by SQ
- Age group recommendations provided by SQ
- Times recorded may be used for all other meets, including State and National

### Development Meet

- Run by region or club
- No qualifying times required
- Rule tolerances apply
- Region approval required
- Time recommendation of maximum 3 hours
- Recommended program of events provided by SQ
- Age group recommendations provided by SQ
- Times recorded may be used for Preparation Meets and Regional Championships



## COMPETITION POLICY OUTLINE – REGIONAL CHAMPIONSHIP MEET

### Details

- Organising Body: Region
- Qualifying Times: Optional
- Rule Tolerances: None
- SQ Approval Required: Yes
- Time Limit: Up to 5 sessions
- Program of Events: A meet program may include any combination of the events as indicated in the Regional Championships Meet Event Matrix (below).
- Age Grouping: The age groups offered must include the age groups as indicated in the Regional Championship Meet Age Group Matrix (below). It is not a requirement that all events are offered in individual age groups. Age grouping of events can be set to suit the individual requirements of the region. For example, a region may deem it appropriate to offer the 400m Freestyle in the 14 & under and 15 & over age groups.

### Event Matrix

#### Long Course

Stroke	Distance					
	50	100	200	400	800	1500
Freestyle	X	X	X	X	X	X
Backstroke	X	X	X			
Breaststroke	X	X	X			
Butterfly	X	X	X			
Individual Medley			X	X		
Freestyle Relay			Optional	Optional	Optional	
Medley Relay			Optional	Optional		

#### Short Course

Stroke	Distance					
	50	100	200	400	800	1500
Freestyle	X	X	X	X	X	X
Backstroke	X	X	X			
Breaststroke	X	X	X			
Butterfly	X	X	X			
Individual Medley		X	X	X		
Freestyle Relay			Optional	Optional		
Medley Relay			Optional	Optional		



## Age Group Matrix (recommendation only)

Stroke	Distance	Age Group			
Freestyle	50	9/10 Years	11/12 Years	13/14 Years	15 & Over
	100	10 Years	11/12 Years	13/14 Years	15 & Over
	200	11/12 Years	13/14 Years	15 & Over	Open
	400	11 & Over	14 & Over		
	800	11 & Over			
	1500	11 & Over			
Backstroke	50	9/10 Years	11/12 Years	13/14 Years	15 & Over
	100	10 Years	11/12 Years	13/14 Years	15 & Over
	200	11/12 Years	13/14 Years	15 & Over	Open
Breaststroke	50	9/10 Years	11/12 Years	13/14 Years	15 & Over
	100	10 Years	11/12 Years	13/14 Years	15 & Over
	200	11/12 Years	13/14 Years	15 & Over	Open
Butterfly	50	9/10 Years	11/12 Years	13/14 Years	15 & Over
	100	10 Years	11/12 Years	13/14 Years	15 & Over
	200	11/12 Years	13/14 Years	15 & Over	Open
Individual Medley	100	10 Years	11/12 Years	13/14 Years	15 & Over
	200	11/12 Years	13/14 Years	15 & Over	Open
	400	11 & Over	14 & Over		
Freestyle Relay	4 X 50	9/10 Years	11/12 Years	13/14 Years	
	4 X 100	10/12 Years	13/14 Years	15/16 Years	16 & Over
	4 X 200	10/12 Years	13/14 Years	15 & Over	Open
Medley Relay	4 X 50	9/10 Years	11/12 Years	13/14 Years	Open
	4 X 100	10/12 Years	13/14 Years	15 & Over	Open

## Notes

- Regional Championships should be the highest level of competition for swimmers aged 11yrs & under and offer all competitors the opportunity to showcase their development for the season.
- Recommended minimum age of competitors is 9 years.
- Regional Championship Meets should assist swimmers to achieve qualifying times for State and National Championships.
- SQ *requires* that Regional Championships Meet Programs be set prior to the start of the applicable season.





## COMPETITION POLICY OUTLINE – PREPARATION MEET

### Details

- Organising Body: Region or club
- Qualifying Times: Optional
- Rule Tolerances: None
- SQ Approval Required: Yes
- Region Approval Required: Yes
- Time: Ideally, the total duration of a one-day meet should not exceed 3 hours for swimmers aged 9 years to 12 years, and 4 hours for swimmers aged 13yrs & over (i.e. a total of 7 hours). The total duration for a two-day meet should not exceed 10 hours.
- Program of Events: Preparation Meet programs must include all of the events on the Preparation Meet Event Matrix (below), except those shown as being “optional”.
- Age Grouping: SQ *recommends* that age groups offered at Preparation Meets include the age groups as indicated in the Preparation Meet Age Group Matrix (below).

### Event Matrix

#### Long Course

Stroke	Distance					
	50	100	200	400	800	1500
Freestyle	X	X	X	X	X	X
Backstroke	Optional	X	X			
Breaststroke	Optional	X	X			
Butterfly	Optional	X	X			
Individual Medley			X	Optional		
Freestyle Relay			Optional	Optional		
Medley Relay			Optional	Optional		

#### Short Course

Stroke	Distance					
	50	100	200	400	800	1500
Freestyle	X	X	X	X	X	X
Backstroke	Optional	X	X			
Breaststroke	Optional	X	X			
Butterfly	Optional	X	X			
Individual Medley		X	X	Optional		
Freestyle Relay			Optional	Optional		
Medley Relay			Optional	Optional		



## Age Group Matrix

Stroke	Distance	Age Group				
Freestyle	50	9 Years	10/11 Years	12/13 Years	14/15 Years	16 & Over
	100	10/11 Years	12/13 Years	14/15 Years	16 & Over	
	200	12/13 Years	14/15 Years	16 & Over		
	400	12/13 Years	14 & Over			
	800	11 & Over				
	1500	11 & Over				
Backstroke	50	9 Years	10/11 Years	12/13 Years	14/15 Years	16 & Over
	100	10/11 Years	12/13 Years	14/15 Years	16 & Over	
	200	11/12 Years	13/14 Years	15 & Over		
Breaststroke	50	9 Years	10/11 Years	12/13 Years	14/15 Years	16 & Over
	100	10/11 Years	12/13 Years	14/15 Years	16 & Over	
	200	11/12 Years	13/14 Years	15 & Over		
Butterfly	50	9 Years	10/11 Years	12/13 Years	14/15 Years	16 & Over
	100	10/11 Years	12/13 Years	14/15 Years	16 & Over	
	200	11/12 Years	13/14 Years	15 & Over		
Individual Medley	100	9 Years	10/11 Years	12/13 Years	14/15 Years	16 & Over
	200	10/11 Years	12/13 Years	14/15 Years	16 & Over	
	400	11/12 Years	13/14 Years	15 & Over		
Freestyle Relay	4 X 50	9/10 Years	11/12 Years	13/14 Years	15 & Over	
	4 X 100	10/11 Years	12/13 Years	14/15 Years	16 & Over	
	4 X 200	11/12 Years	13/14 Years	15 & Over		
Medley Relay	4 X 50	9/10 Years	11/12 Years	13/14 Years	15 & Over	
	4 X 100	10/11 Years	12/13 Years	14/15 Years	16 & Over	

## Notes

- Recommended minimum age of competitors is 9 years.
- The body conducting the swim meet may combine age groups as it sees fit. However, if
- qualifying times are involved, those times must suit the individual age groups concerned.



## COMPETITION POLICY OUTLINE – TRANSITION MEET

### Details

- Organising Body: Region or club
- Qualifying Times: Optional
- Rule Tolerances: Yes
- 9 & under: SQ *recommends* applying rule tolerances
- 10 & over: SQ *does not recommend* applying rule tolerances
- SQ Approval Required: No Region Approval Required: Yes Time: 4 hours maximum
- Program of Events: SQ *recommends* that Transition Meet programs may include any combination of the events indicated in the Transition Meet Event Matrix (below).
- Age Grouping: SQ *recommends* that age groups offered at Transition Meets include the age groups as indicated in the Transition Meet Age Group Matrix (below).

### Event Matrix

#### Long Course

Stroke	Distance				
	50	100	150	200	400
Freestyle	X	X	Optional	X	Optional
Backstroke	X	X	Optional	Optional	Optional
Breaststroke	X	X	Optional	Optional	Optional
Butterfly	X	X	Optional	Optional	Optional
Individual Medley			Optional No Fly	X	X
Freestyle Relay				Optional	Optional
Medley Relay				Optional	Optional

#### Short Course

Stroke	Distance						
	25	50	75	100	150	200	400
Freestyle	X	X	X	X	Optional	X	Optional
Backstroke	X	X	X	X	Optional	Optional	Optional
Breaststroke	X	X	X	X	Optional	Optional	Optional
Butterfly	X	X	X	X	Optional	Optional	Optional
Individual Medley			X No Fly	X	X No Fly	X	X
Freestyle Relay				Optional		Optional	Optional
Medley Relay				Optional		Optional	Optional



## Age Group Matrix

Stroke	Distance	Age Group				
Freestyle	25	8 & Under	7 Years	8 Years	9 Years	10 Years
	50	8 Years	9/10 Years	11/12 Years	13 & Over	
	75	8 Years	9/10 Years	11/12 Years	13 & Over	
	100	9/10 Years	11/12 Years	13 & Over		
	150	9/10 Years	11/12 Years	13 & Over		
	200	Open				
	400	Open				
Backstroke	25	8 & Under	7 Years	8 Years	9 Years	10 Years
	50	8 Years	9/10 Years	11/12 Years	13 & Over	
	75	8 Years	9/10 Years	11/12 Years	13 & Over	
	100	9/10 Years	11/12 Years	13 & Over		
	150	9/10 Years	11/12 Years	13 & Over		
	200	Open				
Breaststroke	25	8 & Under	7 Years	8 Years	9 Years	10 Years
	50	8 Years	9/10 Years	11/12 Years	13 & Over	
	75	8 Years	9/10 Years	11/12 Years	13 & Over	
	100	9/10 Years	11/12 Years	13 & Over		
	150	9/10 Years	11/12 Years	13 & Over		
	200	Open				
Butterfly	25	8 & Under	7 Years	8 Years	9 Years	10 Years
	50	8 Years	9/10 Years	11/12 Years	13 & Over	
	75	8 Years	9/10 Years	11/12 Years	13 & Over	
	100	9/10 Years	11/12 Years	13 & Over		
	150	9/10 Years	11/12 Years	13 & Over		
	200	Open				
Individual Medley	75 No Fly	8 Years	9/10 Years	11/12 Years	13 & Over	
	100	9/10 Years	11/12 Years	13 & Over		
	150 No Fly	9/10 Years	11/12 Years	13 & Over		
	200	9/10 Years	11/12 Years	13 & Over		
	400	Open				





## Notes

- Age groups may be varied to better suit region or club requirements.
- Recommended minimum age of competitors is 6 years for 25m events, and 8 years for 50m and 75m events.
- 25m events may be added to *long course* Transition Meets for swimmers 10 years & under.
- 150m events may be added to *long course* Transition Meets.



## COMPETITION POLICY OUTLINE – DEVELOPMENT MEET

### Details

- Organisational Body: Region or Club
- Qualifying Times: Not required
- Rule Tolerance: Yes
- 9 & under: SQ *recommends* applying rule tolerances
- 10 & over: SQ *does not recommend* applying rule tolerances
- SQ Approval Required: No Region Approval Required: Yes Time: 3 hours maximum or 2 x 1.5 hour sessions.
- Program of Events: SQ *recommends* that Development Meet program may include any combination of the events as indicated in the Development Meet Event Matrix (below).
- Age Grouping: SQ *recommends* that age groups offered at Development Meets include the age groups indicated in the Development Meet Age Group Matrix (below).

### Event Matrix

#### Long Course

Stroke	Distance			
	50	100	150	200
Freestyle	X	X	Optional	X
Backstroke	X	X	Optional	Optional
Breaststroke	X	X	Optional	Optional
Butterfly	X	X	Optional	Optional
Individual Medley			Optional No Fly	X
Freestyle Relay				Optional
Medley Relay				Optional

#### Short Course

Stroke	Distance					
	25	50	75	100	150	200
Freestyle	X	X	X	X	X	X
Backstroke	X	X	X	X	X	Optional
Breaststroke	X	X	X	X	X	Optional
Butterfly	X	X	X	X	X	Optional
Individual Medley			X No Fly	X	X No Fly	X
Freestyle Relay				Optional		Optional
Medley Relay				Optional		Optional



## Age Group Matrix

Stroke	Distance	Age Group				
Freestyle	25	8 & Under	7 Years	8 Years	9 Years	10 Years
	50	8 Years	9/10 Years	11/12 Years	13 & Over	
	75	8 Years	9/10 Years	11/12 Years		
	100	9/10 Years	11/12 Years	13 & Over		
	150	9/10 Years	11/12 Years	13 & Over		
	200	Open				
Backstroke	25	8 & Under	7 Years	8 Years	9 Years	10 Years
	50	8 Years	9/10 Years	11/12 Years	13 & Over	
	75	8 Years	9/10 Years	11/12 Years		
	100	9/10 Years	11/12 Years	13 & Over		
	150	9/10 Years	11/12 Years	13 & Over		
	200	Open				
Breaststroke	25	8 & Under	7 Years	8 Years	9 Years	10 Years
	50	8 Years	9/10 Years	11/12 Years	13 & Over	
	75	8 Years	9/10 Years	11/12 Years		
	100	9/10 Years	11/12 Years	13 & Over		
	150	9/10 Years	11/12 Years	13 & Over		
	200	Open				
Butterfly	25	8 & Under	7 Years	8 Years	9 Years	10 Years
	50	8 Years	9/10 Years	11/12 Years	13 & Over	
	75	8 Years	9/10 Years	11/12 Years		
	100	9/10 Years	11/12 Years	13 & Over		
	150	9/10 Years	11/12 Years	13 & Over		
	200	Open				
Individual Medley	75 No Fly	8 Years	9/10 Years	11/12 Years	13 & Over	
	100	9/10 Years	11/12 Years	13 & Over		
	150 No Fly	9/10 Years	11/12 Years	13 & Over		
	200	Open				

## Notes

- Age groups may be varied to better suit region or club requirements.
- Recommended minimum age of competitors is 6 years for 25m events, and 8 years for 50m and 75m events.
- 25m events may be added to *long course* Development Meets for swimmers 10 years & under.
- 150m events may be added to *long course* Development Meets.



## SQ PREPARATION AND TRANSITION MEET CHECKLIST

1. SQ encourages Clubs and Regions to think about *all* their key stakeholders when putting their meet programs together. This includes swimmers, technical officials, volunteers, and parents.
2. With all these key stakeholders in mind, the following should be considered when putting meet programs together:
  - Why are we running this meet?
  - What level of swimmer do we want to encourage to attend this meet?
  - What sorts of events do these swimmers require?
  - How long do we want the meet to go for?
  - Will this time frame suit the age of swimmers?
  - Will our parents be happy with this timeframe?
  - What can we do to ensure that all key stakeholders benefit from the meet?
  - How can we ensure that we meet all of the above aims of the meet whilst making the meet financially viable?
3. Once you have answered all these questions, the Region or Club should then determine the following:
  - The meet program
  - Qualifying or break times (if required)
  - Entry limits (if required)