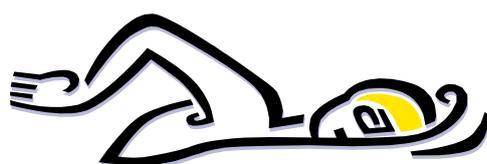


**Everton Park State School**

**Amateur Swimming Club**

**EPSSASC**

# **SEASON PROGRAM & CLUB RULES HANDBOOK**



# **2018-2019**



## **Sharks**

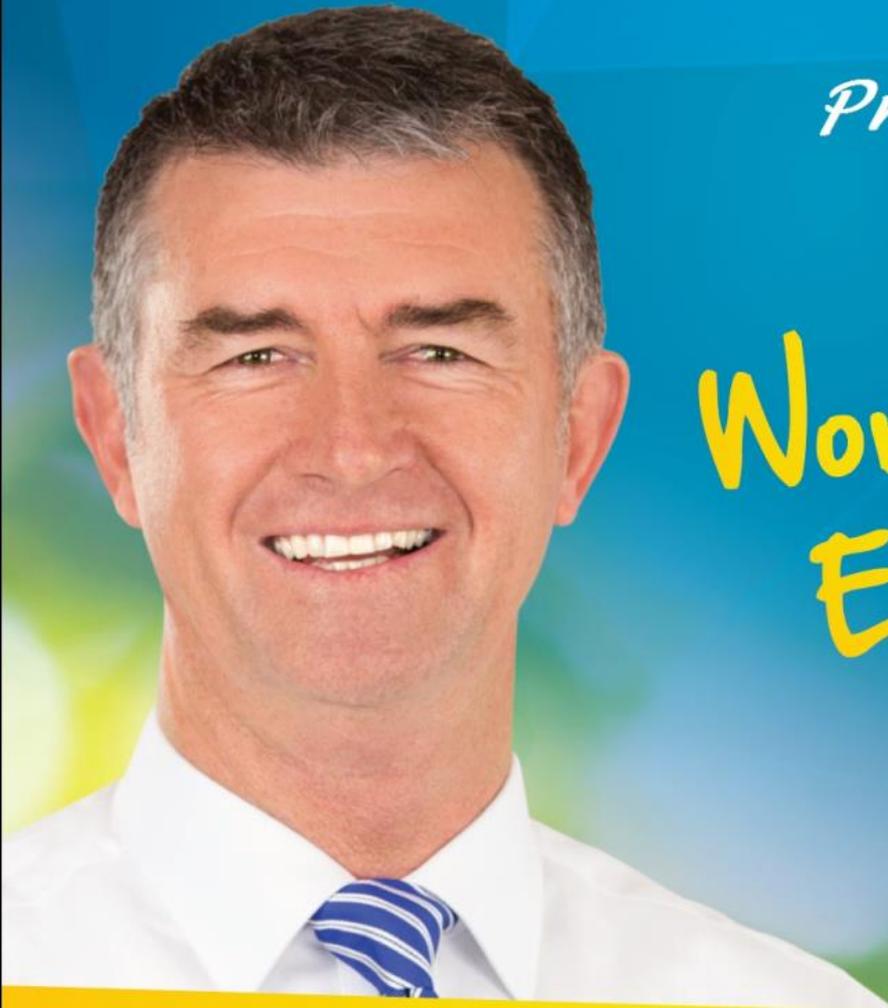
[www.facebook.com/EPSSASC](https://www.facebook.com/EPSSASC)  
<https://evertonparksharks.com>  
Ph: 0478 145 215

# Tim **MANDER** MP

Member for **Everton**

*Proud sponsor*

*Working for  
Everton*



 1st Floor, 510-520 South Pine Road, Everton Park Qld 4053  07 3535 1100

 PO Box 656, Everton Park Qld 4053  [everton@parliament.qld.gov.au](mailto:everton@parliament.qld.gov.au)

 [timmander.com.au](http://timmander.com.au)  [TimManderMPEverton](https://www.facebook.com/TimManderMPEverton)  [@TimManderMP](https://twitter.com/TimManderMP)

## OFFICE BEARERS

PRESIDENT	Kylie Griffith
VICE-PRESIDENT	Karyn Lever
SECRETARY	Karyn Lever
TREASURER	Nikki Clur

## CLUB OFFICIALS

REFEREE	Michelle Smith
STARTER	Shannon Munck
ASSISTANT STARTER	Kylie Griffith
ANNOUNCER	Karyn Lever
CHIEF TIMEKEEPER	Joe Hennessey
ASSISTANT TIMEKEEPER	Jason Thomson
GATEKEEPERS	Roxann Coffey, Leigh Rowland
CHIEF RECORDER	Matthew Dunn
ASSISTANT RECORDER	Vicki Dunn
SCRIBE	Karen Hennessey
CARNIVALS CO-ORDINATOR	Michelle Moten
CHAMPIONSHIP CONVENOR	Alice
TROPHY CONVENOR	Michelle Moten
SWIMWEAR CONVENOR	Kylie Griffith
MARKETING AND PROMOTIONS	Trisha MacDonald
WEBSITE ADMINISTRATOR	Matthew Dunn
EPSS P&C REPRESENTATIVES	Karen Lever and Kylie Griffith
CHIEF MARSHALL	Michelle Moten

## CLUB CALENDAR

Note: The club calendar was correct at time of printing but may be subject to change. Please refer to the Facebook page for updates and changes.

Month	Activity
12 October 2018	Sign on and swimming club fixtures commence, 6:00pm
12 October 19 October	<b>'Come &amp; Try' nights:</b> Non-members welcome – please invite your friends and family N.B potential swimmers can only attend one free 'Come & Try' night, not both.
10 November	<b>J.A.W.S:</b> The Just-add-water Shield @ Everton Park with Samford and The Gap Gators
30 November	<b>Christmas Breakup and Fun Night: Friday night and,</b> 6:30pm
1 February 2019	Swimming club fixtures re-commence, 6:00pm
23 February	<b>Interclub relay carnival @</b> Everton Park Sharks with Aspley Swim Club and Eagle Junction
15 March	<b>Club Championships – 100m Individual Medley Finals</b> and regular club night
22 March	<b>Club Championships – 100m Freestyle Finals</b> - Last night of our regular club night
29 March	<b>Club Championships: Friday Night</b>
7 April	<b>Club Break Up: Sunday 2.00pm– trophy &amp; awards presentation &amp; AGM</b>

## FROM THE PRESIDENT

*Welcome to all our swimming family! The 2018-2019 swimming season has snuck up upon us and we are excited!*

*We aim to encourage and nurture each and every swimmers ability. We just want you in the water and to give it your best, even if you are still learning the stroke, have a go. You know what they say "Practice makes perfect". We are all here to help, encourage and improve.*

*Everton Park Sharks is a small, friendly and family orientated club that continues to provide an excellent atmosphere for kids to excel. Children have the opportunity to set goals and reach them, build confidence and to make close and lifelong friendships.*

*Our club continues to operate due to the many volunteers and parents that donate their time each and every week. Parent and volunteer participation is always welcome and encouraged. We are always looking for more helpers, so if you are coming along to club night, please come over and introduce yourself and get to know all the amazing people that make this the club that it is.*

*We are always available for a chat or to answer any questions, so feel free to come down and say hello!*

*Best of luck to all our swimmers. Let's make this swimming season one to remember!*

Kylie Griffith

**President, Everton Park Sharks**



# ABOUT THE CLUB

## Mission

The club aims to encourage participation at each child's own level of swimming ability in an enjoyable family atmosphere. Each member of the club is valued and their commitment and support is crucial for the club to attain its goal to further amateur swimming.

The Everton Park State School Amateur Swimming Club (EPSSASC) also referred to as "The Park Sharks" is sponsored by the Everton Park State School (EPSS) P&C Association and managed by a Sub-Committee of the EPSS P&C Association. All members of the Sub-Committee are also members of the EPSS P&C Association.

The club is run on a non-profit basis and relies heavily on the volunteer capacities of its members. All Club objectives are achieved in a fun, inclusive and cohesive manner.

## CONDUCT OF THE CLUB

The EPSSASC operates in accordance with the EPSS P&C Constitution and a set of Club Rules and Regulations, outlined in this handbook. A Special General Meeting is held at the end of the swimming season, usually at the season break up and presentation day, to elect office bearers and Club officials.

## CLUB MEETINGS

Club Management Meetings are held monthly or when required. Meeting details are published on the Club's website and Facebook page. **All members of the community are welcome to attend these meetings.**



**Cr Norm Wyndham**  
*Councillor for McDowall Ward*

**Tel:** 3403 7690 **Fax:** 3403 7693

**Address:** Shop 5 & 6, Rode Shopping Centre  
271 Appleby Road, Stafford Heights, QLD 4053

**Email:** [mcdowall.ward@bcc.qld.gov.au](mailto:mcdowall.ward@bcc.qld.gov.au)

**Web:** [www.normwyndham.org](http://www.normwyndham.org)

 [www.facebook.com/CrNormWyndham](https://www.facebook.com/CrNormWyndham)



## **CLUB ACTIVITIES**

Club activities include:

- Club fixtures on Friday night
- Up to three inter-club carnivals per season usually held on Saturday afternoons or evening
- Social events

## **MEMBERSHIP**

Club membership is open to all families who agree to abide by the EPSS P&C Constitution, the EPSSASC Rules and Regulations, and who pay the prescribed Membership and Admission Fee(s).

All members, regardless of school affiliation, have the same privileges and obligations. Club membership entitles swimmers to swim at Everton Park Sharks Friday night fixtures, and vote (over the age of 18) as an Everton Park Sharks Club member. Details of the membership fee for the 2018-2019 season will be made available on the first club night and are expected to be paid by week 3. We are an amateur swim club and aim to keep the costs down for families.

## **PARENTAL ASSISTANCE**

As a member of the Club, you are expected to volunteer to support the Club in ways that best suit your talents, inclinations and capacity. Adults are needed to fill volunteer positions at club fixtures and carnivals as timekeepers.

Parents may be invited to participate in specific Parent Relay events, however are excluded from participating in the Friday night club fixtures.

Club members are asked to support all club activities and events via your attendance and voluntary assistance. Each member is also responsible for ensuring the pool facilities, including the grounds, are well maintained and remain clean.

Please support the local businesses that provide sponsorship for the Club and its members. Let them know where you are from and that the Club appreciates their support.

## **CLUB CAPTAINS**

The EPSSASC Sub-Committee selects two club captains and two vice captains at the beginning of each season. These honorary roles involve acting as 'mentors' for other members of the club. Club captains help marshal swimmers prior to races at club nights, and assist at swimming carnivals and other club activities.

## **CLUB SWIMWEAR**

Club colours are black with green and gold. The club encourages all members to wear official club gear to all Friday night swimming club and interclub carnivals. For enquiries contact the Swimwear Convenor on the list of Club officials. **It is compulsory for all swimmers to wear swimming caps at fixtures and carnivals.** Club caps are available in lycra and silicon.

## SWIMMING CLUB FIXTURES

Swimming club fixtures are held each Friday night during Term Four and Term One of the school year. The season is outlined in the Club Program pages in this handbook.

You must be a financial member of the Club to attend fixtures, with the exception of our 'Come & Try' nights where everyone is welcome. Gates open at 6:00pm and nominations close at 6:30pm sharp to allow sufficient time for accurate data entry. Events begin shortly after nominations close.

Our aim is to provide an opportunity for all Club children to swim any, or all, strokes against their own personal best time at a distance suitable to their capabilities. Points are accumulated throughout the season by each swimmer, which may qualify them for trophies or awards at the end of the season.

Club Night admission is \$5.00 per family which includes tickets in the lucky door prize. All profits made go back into the club for carnival ribbons and end-of-season awards. A barbeque and canteen operates each Club Night and at-home carnivals for the convenience of members and guests.

### VOLUNTEERS REQUIRED

Adults are required to assist at each Club Night as timekeepers. Please be prepared to assist. All volunteers must be either a parent of a swimmer, or hold a current Blue Card.

#### **Events will not commence until all volunteer positions are filled**

Tea, coffee and refreshments are provided for all volunteers during the supper break. Please assist us to keep the pool facilities and grounds clean and tidy.

**Parents please note that children must be under the supervision of an adult for the entire night.**

### NOMINATIONS

Online nominations can be made on the Clubs' web site ([www.evertonparkshark.com](http://www.evertonparkshark.com)) under the Club-Nights tab. Online nominations for swimming events will be open on the Saturday before the Friday night swimming event. Online entries will close at midnight on the Wednesday before the Friday night swimming event. Late nominations may still be made at the scoring booth between 6:00 pm and 6:30 pm at the latest. The run sheets for Friday night's events will be printed out for review by parents and swimmers. Once the final run sheets are printed out, no changes will be made to the night's program. Swimming commences shortly after the close of nominations.

### EVENTS

Each Club night, events are held for freestyle plus two other strokes for 12½m distance, and for all four strokes in each of the distances 25m and 50m. In addition, either a 100m Freestyle or 100m Individual Medley is swum at the beginning of each night. Please note there is no provision for adult racing at Club Nights.

After regular events have concluded (end of night), the club will be offering additional 100m strokes for swimmers and 200m strokes (swimmers choice) each Friday night. Please see schedule on page 14 for more information.

In all events, boys and girls swim together with heats graded from slowest to fastest. Swimmers race against their own times.

## GRADUATION AND QUALIFICATION

The first Club Night swim in each stroke for new members must be at either the 12½m or 25m distance, and is classified as a time trial. The swimmer's times will then be used to graduate/qualify them for the longer distances.

When a swimmer achieves the following times in 12½m or 25m events, they may graduate to the next distance **only** if they are proficient in the stroke. After meeting the time and stroke proficiency standard, they are then required swim in that longer event thereafter. Swim downs to the previous distance is not permitted.

Stroke	12½m time to graduate to 25m	25m time to graduate to/qualify for 50m
Freestyle	15 seconds	23 seconds
Breaststroke	20 seconds	30 seconds
Backstroke	18 seconds	27 seconds
Butterfly	16 seconds	25 seconds

Swimmers must **qualify** to swim 50m distances, by achieving the above 25m times at any EPSSASC Club Night. Swimmers aged 10 and under who have not swum for the Club previously must first swim 25m distance and achieve the qualifying times before they can swim the 50m distance. Swimmers aged 11 and above can swim in the 50m event without previous qualification.

Swimmers must also **qualify** to swim 100m and 200m distances, by achieving the following requirements at any EPSSASC Club Night.

100m Freestyle	swim 50m Freestyle in 45 seconds or less
100m Individual Medley	swim 50m Freestyle in 45 seconds or less <b>and</b> have swum at least 25m in each of Breaststroke, Backstroke and Butterfly
100m Breaststroke	Swim 50m Breaststroke in 58 seconds or less
100m Backstroke	Swim 50m Backstroke in 53 seconds or less
100m Butterfly	Swim 50m Butterfly in 50 seconds or less
200m events	Have swum in at least 2 x 100m events above

## RELAY EVENTS

The relay events are designed to complement the basic program giving swimmers a chance to practice relay starts, changeovers and to show their 'Sharks Team Spirit'. Relays are held during the supper break on selected Club Nights each term. Relay events may be cancelled on any particular club night at the discretion of the Club Sub-Committee.

Relays are all 4 x 25m freestyle. Swimmers are permitted to compete in one race only. Each team is handicapped based on the swimmers' times, to ensure closer competition. Participation in relay events do not attract points toward the end of season Points Trophies.

## CLUB NIGHT CANCELLATION

Cancellation of swimming due to adverse conditions is at the discretion of the Executive Committee (minimum of three) whose decision is binding. If cancellation occurs after 6:30pm on Friday evening, the club night will be deemed as **CANCELLED** and one point shall be allocated for each event nominated.

**Announcements will be posted on the Club's website and Facebook page; as soon as possible should a decision be made to cancel a Club Night.**

## WARM-UP PERIOD

The warm-up period allows swimmers to warm up before the night's events commence and are conducted to reduce the risk of injury particularly, muscle damage and fatigue. The warm-up period is not a "free swim" — it is for lap swimming and start practice, and begins when club officials and parents are present and ready to supervise (usually between 6.35pm and 6:45pm). **Swimmers who use this time as a "free swim" will be asked to leave the pool. Parental supervision and assistance with this is essential.**

Lanes 1 and 2 are reserved for **DIVING OFF THE BLOCKS ONLY**. Lanes 5 and 6 are reserved for children **8 years and under**. Any swimmer found not adhering to these rules may result in having their nominations for events cancelled on that evening.

## RACE CONDUCT

**Swimmers must report to the marshalling area promptly  
and remain there quietly until their race is called to the start.**

Swimmers must be aware of when the races they have nominated for are being held. Boards displaying the race itinerary are located in prominent poolside positions, and swimmers are to report for marshalling when their event is called. As a courtesy, the referee and or announcer may call the swimmers name at the time of the race should they be absent from the starting blocks, however the referee will not delay the race. This may result in the swimmer being deducted a point for not swimming in a nominated event.



**QUIET PLEASE!!** When the Referee's whistle goes, there needs to be absolute silence for the start, until the starter's signal is given. This will assist swimmers to hear the Referee's instructions and the starter's gun.

As a courtesy to the announcer and the assembly, silence is to be observed during all announcements.

## DISCIPLINE

The Sub-Committee shall determine the methods and systems used for conducting events and the decisions of the club officials shall be binding in every respect. Members must at all times obey the instructions of any club official/coach. Wilful or persistent disobedience of the official's/coach's instructions or misconduct liable to bring discredit to the Club or its officials/coaches will result in the suspension of the member by the senior official/coach present on that day. At Friday night fixtures, the Club referee will be the nominated official responsible for all matters affecting procedures and discipline.

## TROPHIES & AWARDS

Trophies and awards are presented to all swimmers at the end of each season to recognise achievement at swimming club fixtures throughout the season. These awards are based on the number of points accumulated throughout the season and reflect a swimmer's attendance and personal improvement, rather than speed.

**Points Trophies** are earned by all swimmers who have swum 60% or more of all available club nights for the season. First, second and third highest points trophies are awarded for each division as well as trophies for other eligible competitors.

**Overall Club Champion Trophies** will be awarded to two Junior (1 boy and 1 girl 10 years and under) and 2 Senior (1 boy and 1 girl 11 years and over) who achieve the highest total number of points for the season.

**Swimmers must have attended at least 60% of available Friday swimming club fixtures to be eligible to receive either of these trophies.**

Divisions are (at age turned during calendar year containing trophy day):

- 8 years and under
- 9 and 10 years
- 11 and 12 years
- 13 and 14 years
- 15 to 17 years
- 18 years and over

Swimmers who have attended 30%—60% of all available swim nights are eligible to receive a **Club Award**.

**100% Attendance:** Award trophies are given to those swimmers that attend every club night, in order to recognise their dedication to the club. This is a separate trophy and can be awarded in addition to any other award earned by a swimmer. (Special consideration may be given for missed Club Nights due to illness, injury or compulsory school swimming attendance requirement and must be applied for in writing to the Secretary prior to the Friday night meet).

## POINTS SYSTEM

Nominate and fail to swim.....	-1 point
Disqualification .....	1 point
Slower than previous best time by 2.60 seconds or more .....	1 point
From 1.60 to 2.59 seconds slower than previous best time .....	2 points
From 0.60 to 1.59 seconds slower than previous best time .....	3 points
From 0.59 seconds slower to equal best time.....	4 points
From 0.01 to 0.59 seconds faster than previous best time.....	5 points
From 0.60 to 1.59 seconds faster than previous best time.....	6 points
From 1.60 to 2.59 seconds faster than previous best time.....	7 points
Faster than previous best time by 2.60 seconds or more .....	8 points

## SWIMMING CLUB FIXTURE RULES

1. If a swimmer nominates for an event and fails to swim, a penalty of -1 point shall apply to each such event. This will apply regardless of circumstances including those swimmers asked to leave by the referee or senior club official present. Exemption may be granted by the committee but only for exceptional circumstances (e.g. serious injury on the night).
2. If a swimmer is selected to represent their school swim team and as a result is not available to attend a club swim night, he/she will receive a single point per swim missed upon demonstration of their school requirements and written notification to the club secretary. Points may only be awarded for regular swims in each stroke with a maximum points of 4 being awarded. The swimmer will also be awarded an attendance acknowledgement for swimming club night that will be used to determine Point's Trophies and Awards eligibility at the end of the season. No points will be awarded for non-swimming school based activities.
3. Any swimmer graduating from 12½ to 25 metre events or from 25 to 50 metre events will take with him/her any points gained in that season in which he/she graduates. The next swim in that stroke will be a time trial.
4. Two timekeepers are allocated to each of the six lanes of the pool. The time recorded on the whiteboard at each lane will be the slowest of the times recorded by the two timekeepers to the nearest one hundredth of a second. Time keeping is a most important function of the club and it is essential that timekeepers be allowed to perform their duties without distraction or interruption. It is the duty of the Chief timekeeper to check the fastest lane time. Timekeepers must leave the times recorded on their clocks and whiteboards until the Chief timekeeper gives the all-clear signal after notification from the scribe.
5. A number of heats are conducted in each swimming event. Heats will be compiled on the same night by the recorders after nominations have been received. Each heat is conducted on a time basis and each swimmer competes against his/her own time for points.
6. Absolute silence is essential at the commencement of each swim. Any person or member who consistently fails to observe this requirement will be asked to leave the area.
7. The referee and their assistant have the right to disqualify any swimmer whose stroke or actions do not comply with the rules set down by the Queensland Swimming Association. The reason for disqualification will be given to the swimmer by the referee or his assistant.
8. A false start to any event will be signalled by a double shot from the starting pistol or by referee's whistle. The decision of the referee or the starter will be final.
9. When using the one start rule, any swimmer starting before the starting signal has been given, shall be disqualified. If the starting signal sounds before the disqualification is declared, the race shall continue and the swimmer or swimmers shall be disqualified upon completion of the race. If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining swimmers shall stand down, be reminded by the starter of the penalties, and start again.

# SWIMMING LESSONS

## ALL ABOUT AQUATICS

All About Aquatics offers swim classes from 2 years through to adult swim fitness and learn to swim classes. We cater for all ages and ability levels. We also run flipper ball (modified waterpolo) and aqua fitness classes.

For more information please visit their website on [www.allaboutaquatics.com.au](http://www.allaboutaquatics.com.au) or contact the All About Aquatics Team via email on [admin@allaboutaquatics.com.au](mailto:admin@allaboutaquatics.com.au) or by phone on 0413 201 534.



### **About the director — Alina Graham**

With over 27 years in the aquatic industry as a swim teacher and coach for infants to adults, and coupled with her studies and experience in physical education and child development, Alina brings a wealth of knowledge to the world of teaching swimming.

Her passion for teaching swimming started from being a competitive swimmer herself and over the years has extended to training those that want to teach others to swim. Alina currently sits on the State Advisory Committee for AUSTSWIM Qld and is actively involved with Royal Life Saving Society Queensland.

The aquatic industry has recognised Alina's contribution through awarding her in 2017 Outstanding Contribution to AUSTSWIM, 2010 National AUSTSWIM Presenter of the Year and 2009 AUSTSWIM Qld Teacher of Infant and Preschool Aquatics.

### **About the AAA team**

All instructors that teach are qualified and have a wealth of experience and knowledge in the aquatic industry. What is more evident is their passion to see every individual swimmer improve and continue to love swimming.

We are also regularly training new instructors so that we can keep the passion alive in the industry. If you would like to become a swim instructor please contact AUSTSWIM on 07 3245 3595. We are more than happy to assist with your supervised hours to gain your qualification as well.

Take the time to learn from one of Australia's leading swimming teachers and trainers and her team of equally passionate instructors.

## **CLUB CHAMPIONSHIPS**

Club Championships heats and finals may be conducted over two nights at the end of the season in March/April. The decision as to whether one or two nights shall be deemed necessary, is at the discretion of the club committee, and is based on the number of swimmers nominated to swim at club championships. Separate events are conducted for boys and girls for each stroke for each age group from 6-and-under to 14, 15-17 years and Open. Your age is taken as **the age that you turn in the calendar year in which the championships are held.**

The fastest six swimmers in the heats qualify for the final. Gold, silver and bronze medallions are presented to 1st, 2nd and 3rd place-getters. Judges will determine the places and their decision will be binding and will overrule times.

### **NOMINATIONS AND ELIGIBILITY**

Nomination forms will be available at club nights from approximately one month prior to the championships.

Swimmers shall be eligible for Club Championships if they:

- are financial members;
- have swum at least 60% of all available swim nights;

## **CARNIVALS**

Carnival dates appear in the Club Calendar in this handbook and on the Club's website to allow swimmers who are producing competitive times to have notice of carnival dates.

### **SELECTION**

Swimmers are responsible for declaring themselves available for swimming carnival selection. Carnival selectors are responsible for selecting representative swimmers for all interclub carnivals. These selections take place approximately one or two weeks before the carnival and are based on times achieved at previous Friday night swimming club. All swimmers selected to compete in carnivals must be financial members of the Club. The selectors will pick swimmers to compete for the club in the following order:

1. Swimmers who have swum at least 60% of all available swim nights;
2. Other swimmers who have nominated.

Carnivals differ in their cut off date for determining age group participation, e.g. some carnivals have an age cut off date of 31 December and others operate on the age of swimmers on the date of the carnival. Swimmers who would normally swim in an older age group can sometimes be eligible to swim in a younger age group.

When there are insufficient swimmers eligible for selection in a particular age group, younger swimmers may swim up in that age group but not otherwise.

### **AT THE CARNIVAL**

On arrival at the carnival, competitors should report to the Selectors. Do not forget to bring your banners and waterproof streamers (made from plastic) to cheer each other on.

If a swimmer withdraws from a carnival without an adequate reason, having previously notified the selectors of their availability, the Carnival Selectors are within their rights to overlook that swimmer when selections are made for future carnivals.

## **CARNIVAL INFORMATION**

1. This year the club will participate in up to 3 carnivals throughout the swimming season. Swimmers are encouraged to wear the Club uniform when representing the Club in carnivals – minimum Club swim cap, and optional Club swimming costume.
2. The host club is entitled to establish its own carnival rules including age groups, events, number of events, limits on the number of individual swims etc. Our Carnival selectors establish rules and conditions applicable to carnivals where we are the host club.
3. Selectors are responsible to select a winning team within the guidelines of our club. In selecting representative swimmers the selectors will review times recorded by each swimmer—in particular, their personal best (PB) time—recorded at previous club night swims.
4. Swimmers must nominate to participate in a carnival. Swimmers who nominate are advised of the date and time of the carnival, and whether they have been selected to swim or not. Selection of swimmers and the compilation and typing of the carnival program usually takes place in the week preceding a carnival.
5. If a swimmer is forced to withdraw at any time, the club President, Secretary or Carnival Committee must be notified as soon as possible. One swimmer missing from a relay team could deny the three other team members the chance to compete.
6. On the afternoon or evening of carnivals, swimmers are under the control of the Club Marshall. Swimmers will be expected to:
  - a Report to the Club Marshall on arrival at the carnival.
  - b Remain seated in the marshalling area.
  - c Behave in a responsible manner.
  - d Leave the marshalling area clean and tidy.
7. Ribbons are presented to first, second and third place getters in all events at carnivals held by our club. If a pool record is broken in any event, a certificate to that effect is issued to the record breaker. Most other clubs follows these procedures.
8. The club team captains are required to speak on behalf of their team.
9. The swimming club is obliged to supply officials to assist with the running of carnivals whether they are held at home or at another club's pool. Parents of children selected to swim in carnivals are required to fill official positions of timekeepers, judges and recorders. Repeated failure of those parents to fill official carnival positions will render their child ineligible for selection. Parents are therefore encouraged to attend club swim night and learn the functions of various official positions by observation or active participation.
10. A member who is in disagreement with any selection for a carnival shall not discuss the matter with the Carnival selectors. The person who is in disagreement must bring any such disagreement to the attention of the monthly management meeting via the Club Secretary.

## CLUB FIXTURES PROGRAM 2018—2019

Date	Week	Event 1 100m	Event 2 12.5m/25m/50m	Event 3 12.5m/25m/50m	Supper Break 100m	Event 4 4 x 25m	Event 5 12.5m/25m/50m	Event 6 25m/50m	Event 7 200m	
October	12	1	100 Free	Freestyle	Breaststroke	100 Backstroke		Backstroke	Butterfly	200 Freestyle
	19	2	100 IM	Freestyle	Butterfly	100 Breaststroke		Breaststroke	Backstroke	200 Freestyle
	26	3	100 Free	Freestyle	Backstroke	100 Butterfly	Relays	Butterfly	Breaststroke	200 Freestyle
November	2	4	100 IM	Freestyle	Breaststroke	100 Backstroke		Backstroke	Butterfly	200 Freestyle
	9	5	100 Free	Freestyle	Butterfly	100 Breaststroke	Relays	Breaststroke	Backstroke	200 Freestyle
	16	6	100 IM	Freestyle	Backstroke	100 Butterfly		Butterfly	Breaststroke	200 Freestyle
	23	7	100 Free	Freestyle	Breaststroke	100 Backstroke	Relays	Backstroke	Butterfly	200 Freestyle
	30	8	<b>Christmas Break Up and Fun night</b>							
February	1	9	100 Free	Freestyle	Backstroke	100 Butterfly	Relays	Butterfly	Breaststroke	200 Freestyle
	8	10	100 IM	Freestyle	Breaststroke	100 Backstroke		Backstroke	Butterfly	200 Freestyle
	15	11	100 Free	Freestyle	Butterfly	100 Breaststroke	Relays	Breaststroke	Backstroke	200 Freestyle
	22	12	100 IM	Freestyle	Backstroke	100 Butterfly		Butterfly	Breaststroke	200 Freestyle
March	1	13	100 Free	Freestyle	Breaststroke	100 Backstroke	Relays	Backstroke	Butterfly	200 Freestyle
	8	14	100 IM	Freestyle	Butterfly	100 Breaststroke		Breaststroke	Backstroke	200 Freestyle
	15	15	CC 100 IM	Freestyle	Backstroke	100 Butterfly	Relays	Butterfly	Breaststroke	200 Freestyle
	22	16	CC 100 Free	Freestyle	Breaststroke	100 Backstroke	Relays	Backstroke	Butterfly	200 Freestyle
	29	17	<b>Club Championships: Friday Night</b>							
April	7	-	<b>Club Break Up: Sunday 2.00pm– trophy &amp; awards presentation &amp; AGM</b>							

### Qualifying times for progression to the next distance

The referee and their assistant have the right to disqualify any swimmer whose stroke or actions do not comply with the rules set down by the Queensland Swimming Association.

Stroke	12½m time to graduate to 25m	25m time to graduate to/qualify for 50m	50m time to qualify for 100m
Freestyle	15 seconds	23 seconds	45 seconds
Breaststroke	20 seconds	30 seconds	58 seconds
Backstroke	18 seconds	27 seconds	53 seconds
Butterfly	16 seconds	25 seconds	50 seconds

Swimmer 1: \_\_\_\_\_

	<b>Freestyle</b> <b>12 / 25 / 50</b>	<b>Breaststroke</b> <b>12 / 25 / 50</b>	<b>Backstroke</b> <b>12 / 25 / 50</b>	<b>Butterfly</b> <b>12 / 25 / 50</b>	<b>100m IM</b>	<b>100m Free</b>	<b>100m Breast</b>	<b>100m Back</b>	<b>100m Fly</b>	<b>200m</b>
12 Oct 18										
19 Oct 18										
26 Oct 18										
2 Nov 18										
9 Nov 18										
16 Nov 18										
23 Nov 18										
30 Nov 18										
1 Feb 19										
8 Feb 19										
15 Feb 19										
22 Feb 19										
1 Mar 19										
8 Mar 19										
15 Mar 19										
22 Mar 19										

Swimmer 2: \_\_\_\_\_

	<b>Freestyle</b> <b>12 / 25 / 50</b>	<b>Breaststroke</b> <b>12 / 25 / 50</b>	<b>Backstroke</b> <b>12 / 25 / 50</b>	<b>Butterfly</b> <b>12 / 25 / 50</b>	<b>100m IM</b>	<b>100m Free</b>	<b>100m Breast</b>	<b>100m Back</b>	<b>100m Fly</b>	<b>200m</b>
12 Oct 18										
19 Oct 18										
26 Oct 18										
2 Nov 18										
9 Nov 18										
16 Nov 18										
23 Nov 18										
30 Nov 18										
1 Feb 19										
8 Feb 19										
15 Feb 19										
22 Feb 19										
1 Mar 19										
8 Mar 19										
15 Mar 19										
22 Mar 19										

Swimmer 3: \_\_\_\_\_

	<b>Freestyle</b> <b>12 / 25 / 50</b>	<b>Breaststroke</b> <b>12 / 25 / 50</b>	<b>Backstroke</b> <b>12 / 25 / 50</b>	<b>Butterfly</b> <b>12 / 25 / 50</b>	<b>100m IM</b>	<b>100m Free</b>	<b>100m Breast</b>	<b>100m Back</b>	<b>100m Fly</b>	<b>200m</b>
12 Oct 18										
19 Oct 18										
26 Oct 18										
2 Nov 18										
9 Nov 18										
16 Nov 18										
23 Nov 18										
30 Nov 18										
1 Feb 19										
8 Feb 19										
15 Feb 19										
22 Feb 19										
1 Mar 19										
8 Mar 19										
15 Mar 19										
22 Mar 19										

Swimmer 4: \_\_\_\_\_

	<b>Freestyle</b> <b>12 / 25 / 50</b>	<b>Breaststroke</b> <b>12 / 25 / 50</b>	<b>Backstroke</b> <b>12 / 25 / 50</b>	<b>Butterfly</b> <b>12 / 25 / 50</b>	<b>100m IM</b>	<b>100m Free</b>	<b>100m Breast</b>	<b>100m Back</b>	<b>100m Fly</b>	<b>200m</b>
12 Oct 18										
19 Oct 18										
26 Oct 18										
2 Nov 18										
9 Nov 18										
16 Nov 18										
23 Nov 18										
30 Nov 18										
1 Feb 19										
8 Feb 19										
15 Feb 19										
22 Feb 19										
1 Mar 19										
8 Mar 19										
15 Mar 19										
22 Mar 19										

## CURRENT CLUB CHAMPIONS AND RECORD HOLDERS

### FEMALE –FREESTYLE

	<u>17/18 Club Champion</u>	<u>Dist</u>	<u>Time</u>	<u>Record</u>	<u>Record Holder</u>	<u>Year</u>
6yrs &under	P. O'Connor	25m	49.46	21.80	R. Wardrobe	1977
7yrs	S. Moten	"	27.56	20.30	G. Brennan	1971
8yrs	M. Hennessy	"	20.72	17.70	C. Butler	1987
9yrs	S. Coffey	50m	53.19	35.50	B. Kelly	1979
10yrs	S. Phillips	"	41.00	35.48	C. Mathieson	1992
11yrs	E. Rolland	"	44.00	32.80	G. Brennan	1975
12yrs	A. Moten	"	35.47	30.96	A. McLean	1991
13yrs	E. Lever	"	44.59	29.80	A. McLean	1992
14yrs	M. McPhail	"	37.94	31.62	J. Moten	2017
15/17yrs	J. Moten	"	30.69	30.69	J. Moten	2018
Open	---	"	---	33.90	M. McGuckin	2001

### MALE– FREESTYLE

	<u>17/18 Club Champion</u>	<u>Dist</u>	<u>Time</u>	<u>Record</u>	<u>Record Holder</u>	<u>Year</u>
6yrs &under	---	25m	---	22.50	A. Scriven	1976
7yrs	T. Fitzpatrick	"	27.40	17.70	S. Claydon	1982
8yrs	F. McPhail	"	24.56	16.70	S. Claydon	1983
9yrs	I. Oliver	50m	1:09:16	34.70	C. Bell	1968
10yrs	C. Oliver	"	48.50	34.60	S. Claydon	1985
11yrs	I. Hennessy	"	42.35	32.20	C. Bell	1970
12yrs	---	"	---	30.81	C. Hillan	1998
13yrs	T. Hitchen	"	35.78	28.70	S. Claydon	1988
14yrs	A. Rolland	"	33.31	28.00	S. Claydon	1989
15/17yrs	M. Goding	"	30.25	26.80	M. D'Hage	1990
Open	---	"	---	26.13	M. D'Hage	1992

### FEMALE – BREASTSTROKE

	<u>17/18 Club Champion</u>	<u>Dist</u>	<u>Time</u>	<u>Record</u>	<u>Record Holder</u>	<u>Year</u>
6yrs &under	---	25m	---	32.20	C. Claydon	1990
7yrs	S. Moten	"	37.06	25.90	A. Bell	1971
8yrs	M. Hennessy	"	28.91	23.70	A. Bell	1972
9yrs	S. Coffey	"	29.56	22.40	E. Fracchia	1987
10yrs	S. Phillips	50m	50.65	47.10	C. Butler	1989
11yrs	E. Rolland	"	59.78	43.00	J. Rosenberg	1978
12yrs	A. Moten	"	49.97	40.25	A. McLean	1991
13yrs	E. Lever	"	53.97	39.81	A. McLean	1992
14yrs	M. McPhail	"	58.55	40.70	K. Claydon	1990
15/17yrs	J. Moten	"	43.28	41.00	V. Fracchia	1988
Open	---	"	---	45.74	M. McGuckin	2001

### MALE – BREASTSTROKE

	<u>17/18 Club Champion</u>	<u>Dist</u>	<u>Time</u>	<u>Record</u>	<u>Record Holder</u>	<u>Year</u>
6yrs & under	---	25m	---	36.51	S. Lever	2010
7yrs	T. Fitzpatrick	"	43.34	25.40	S. Claydon	1982
8yrs	F. McPhail	"	38.59	23.30	S. Claydon	1983
9yrs	I. Oliver	"	29.84	21.90	S. Claydon	1984
10yrs	C. Oliver	50m	59.43	44.90	S. Claydon	1985
11yrs	D. Beattie	"	58.94	43.11	C. Hillan	1997
12yrs	---	"	---	40.00	C. Bell	1971
13yrs	T. Hitchen	"	52.07	36.95	C. Edwards	2006
14yrs	A. Rolland	"	43.75	37.07	D Savell	1994
15/17yrs	---	"	---	35.33	M. D'Hage	1991
Open	---	"	---	32.81	M. D'Hage	1992

## CURRENT CLUB CHAMPIONS AND RECORD HOLDERS

### FEMALE – BACKSTROKE

	<u>17/18 Club Champion</u>	<u>Dist</u>	<u>Time</u>	<u>Record</u>	<u>Record Holder</u>	<u>Year</u>
6yrs & under	---	25m	---	30.60	K. Claydon	1982
7yrs	S. Moten	"	29.78	24.00	J. Claydon	1989
8yrs	M. Hennessy	"	23.96	21.80	M. Scott	1979
9yrs	S. Coffey	"	25.66	21.01	A. Allwood	2004
10yrs	S. Phillips	50m	48.13	42.50	C. Butler	1989
11yrs	E. Rolland	"	55.87	38.47	C. Mathieson	1993
12yrs	A. Moten	"	42.31	36.67	C. Mathieson	1994
13yrs	E. Lever	"	56.53	34.99	A. McLean	1992
14yrs	M. McPhail	"	52.50	36.61	M. Moor	2012
15/17yrs	J. Moten	"	37.09	35.40	N. Rawson	1989
Open	---	"	---	43.16	M. McGuckin	2001

### MALE – BACKSTROKE

	<u>17/18 Club Champion</u>	<u>Dist</u>	<u>Time</u>	<u>Record</u>	<u>Record Holder</u>	<u>Year</u>
6yrs & under	---	25m	---	29.31	L Lyndon	2003
7yrs	T. Fitzpatrick	"	31.20	24.00	C. Bartlett	1974
8yrs	F. McPhail	"	33.19	21.00	C. Bartlett	1975
9yrs	I. Oliver	"	39.28	19.10	P. Rushton	1971
10yrs	C. Oliver	50m	1:07:00	42.00	G. Wohlsen	1976
11yrs	I. Hennessy	"	50.25	39.00	G. Wohlsen	1977
12yrs	---	"	---	37.02	C. Hillan	1998
13yrs	T. Hitchen	"	50.25	34.73	A. Cowper	2001
14yrs	A. Rolland	"	46.34	32.35	A. Cowper	2002
15/17yrs	M. Goding	"	38.13	31.30	M. D'Hage	1991
Open	---	"	---	29.32	M. D'Hage	1992

### FEMALE – BUTTERFLY

	<u>17/18 Club Champion</u>	<u>Dist</u>	<u>Time</u>	<u>Record</u>	<u>Record Holder</u>	<u>Year</u>
6yrs & under	---	25m	---	31.76	A. Ellwood	2001
7yrs	---	"	---	25.37	A. Ellwood	2002
8yrs	M. Hennessy	"	23.63	20.73	K. Harvey	1997
9yrs	S. Coffey	"	29.42	18.10	K. Boorman	1975
10yrs	S. Phillips	50m	48.75	38.20	K. Boorman	1976
11yrs	E. Rolland	"	1.01.94	37.50	K. Boorman	1977
12yrs	A. Moten	"	45.40	35.31	A. McLean	1991
13yrs	E. Lever	"	1.02.13	33.90	A. McLean	1992
14yrs	M. McPhail	"	47.07	36.69	J. Moten	2017
15/17yrs	J. Moten	"	34.91	34.10	N. Rawson	1989
Open	---	"	---	44.49	L. Parish	2001

### MALE – BUTTERFLY

	<u>17/18 Club Champion</u>	<u>Dist</u>	<u>Time</u>	<u>Record</u>	<u>Record Holder</u>	<u>Year</u>
6yrs & under	---	25m	---	31.04	K. Jackson	2013
7yrs	T. Fitzpatrick	"	43.25	23.30	S. Claydon	1982
8yrs	F. McPhail	"	40.56	21.40	J. McNeilly	1976
9yrs	I. Oliver	"	32.44	17.60	D. Bartlett	1975
10yrs	C. Oliver	50m	1.18.16	40.00	G. Wohlsen	1976
11yrs	D. Beattie	"	58.22	36.84	C. Hillan	1997
12yrs	---	"	---	34.89	C. Hillan	1998
13yrs	G. Maud-Singh	"	1.03.16	32.90	A. Cowper	2001
14yrs	A. Rolland	"	40.87	31.59	A. Cowper	2002
15/17yrs	M. Goding	"	37.18	29.31	M. D'Hage	1991
Open	---	"	---	28.30	M. D'Hage	1992

## CURRENT CLUB CHAMPIONS AND RECORD HOLDERS

### FEMALE– 100M FREESTYLE

	<u>17/18 Club Champion</u>	<u>Time</u>	<u>Record</u>	<u>Record Holder</u>	<u>Year</u>
7yrs	---	---	1:54.40	K. Scott	1981
8yrs	---	---	1:31.10	C. Hansen	1979
9yrs	---	---	1:21.10	B. Kelly	1979
10yrs	S. Phillips	1.38.50	1:19.63	C. Mathieson	1992
11yrs	---	---	1:14.60	A. McLean	1990
12yrs	A. Moten	1.22.06	1:09.84	A. McLean	1991
13yrs	---	---	1:04.24	A. McLean	1992
14yrs	P. Thomson	1.18.84	1:11.40	B. Gurnett	1988
15/17yrs	J. Moten	1.10.16	1:08.70	N. Rawson	1989
Open	---	---	1:17.25	M. McGuckin	2001

### MALE – 100M FREESTYLE

	<u>17/18 Club Champion</u>	<u>Time</u>	<u>Record</u>	<u>Record Holder</u>	<u>Year</u>
7yrs	---	---	1:38.20	S. Claydon	1982
8yrs	---	---	1:25.40	S. Claydon	1983
9yrs	---	---	1:23.80	S. Claydon	1984
10yrs	---	---	1:20.00	S. Claydon	1985
11yrs	I. Hennessy	1.37.31	1:12.70	S. Claydon	1986
12yrs	---	---	1:08.18	C. Hillan	1998
13yrs	---	---	1:06.11	M. Bell	1994
14yrs	L. Dunn	1.30.31	1:05.00	M. D'Hage	1988
15/17yrs	---	---	58.52	M. D'Hage	1991
Open	---	---	56.45	M. D'Hage	1992

### FEMALE – 100M INDIVIDUAL MEDLEY

	<u>17/18 Club Champion</u>	<u>Time</u>	<u>Record</u>	<u>Record Holder</u>	<u>Year</u>
7yrs	---	---	2:10.60	K. Claydon	1983
8yrs	---	---	1:43.10	M. Scott	1979
9yrs	---	---	1:36.45	A. Ellwood	2004
10yrs	S. Phillips	1.49.06	1:27.60	K. Boorman	1976
11yrs	---	---	1:25.31	C. Mathieson	1993
12yrs	A. Moten	1.29.74	1:15.81	A. McLean	1991
13yrs	---	---	1:13.69	A. McLean	1992
14yrs	P. Thomson	1.29.12	1:22.10	V. Fracchia	1987
15/17 yrs	J. Moten	1.20.50	1:20.50	J. Moten	2018
Open	---	---	1:37.25	L. Parish	2001

### MALE – 100M INDIVIDUAL MEDLEY

	<u>17/18 Club Champion</u>	<u>Time</u>	<u>Record</u>	<u>Record Holder</u>	<u>Year</u>
7yrs	---	---	2:01.10	S. Claydon	1982
8yrs	---	---	1:42.50	S. Claydon	1983
9yrs	---	---	1:36.70	A. Kelly	1979
10yrs	---	---	1:25.80	G. Wohlsen	1976
11yrs	I. Hennessy	1.56.19	1:27.10	S. Claydon	1986
12yrs	---	---	1:17.91	C. Hillan	1998
13yrs	---	---	1:14.40	S. Claydon	1988
14yrs	L. Dunn	1.45.25	1:10.70	S. Claydon	1989
15/17yrs	J. Moten	1.17.38	1:06.09	M. D'Hage	1991
Open	---	---	1:03.29	M. D'Hage	1992



Phone orders: 07 3354 3200

<https://www.grilld.com.au/restaurants/queensland/brisbane/everton-park>

Everton Park Retail & Home Improvement Centre, 2/752 Stafford Rd, Everton Park QLD 4053





ARCHIVE STORAGE BOXES

LARGE TEA CHEST BOXES

BOOK & WINE BOXES

CRYSTAL PACKING BOXES

PORTABLE ROBES

REMOVAL BLANKETS

BUTCHERS PAPER

BUBBLE WRAP

**FOR ALL YOUR MOVING & PACKING SUPPLIES CONTACT US TODAY**



TWITTER.COM/#!/BOXEMUP  
WWW.FACEBOOK.COM/BOXEMUP



**PHONE: 0411 676 626**

**WWW.PACKINGBOXESFORSALEBRISBANE.COM**

# BOX EM UP

MOVING, PACKING & STORAGE SUPPLIES