

Everton Park State School

Amateur Swimming Club

EPSSASC

SEASON PROGRAM & CLUB RULES HANDBOOK



2025-2026



Sharks

www.facebook.com/EPSSASC
<https://evertonparksharks.com>

OFFICE BEARERS

CHAIRPERSON	Andrew Hancox
SECRETARY	Paul Maloney
TREASURER	Shannon Blake

CLUB OFFICIALS

REFEREE	Lisa Coakley
STARTER	Carla Norbury
ANNOUNCER	Andrew Hancox
CHIEF TIMEKEEPER	Swim Club Connect Meet Manager
CHIEF RECORDER	Andrew Hancox
CHAMPIONSHIP CONVENOR	TBC
TROPHY CONVENOR	TBC
MARKETING AND SPONSORSHIPS	Kathryn Maloney and Paul Maloney
CHIEF MARSHALL	Kathryn Maloney
CANTEEN CONVENOR	VACANT
GRILL MASTER	Matt Edwards

CLUB CALENDAR

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

Term 4, 2025	Activity
Friday 10 October 2025 Friday 17 October 2025	'Come & Try' Nights • Visitors welcome – please invite your friends and family. • Swim Club fixtures commence at 6pm
Friday 5 December 2025	Christmas Pool Party
Term 1, 2026	Activity
Friday 30 January 2026	Swim Club fixtures resume at 6pm
Friday 13 March 2026	Club Championship Events (100m Freestyle & 100m Individual Medley) + regular club fixtures
Friday 20 March 2026	Club Championship Events (12.5m, 25m & 50m Freestyle, Backstroke, Breaststroke & Butterfly)
Friday 27 March 2026	End of Season Break Up: Trophy & Awards Presentation

Welcome to all our new and returning swimming families!

Our 2025-2026 swimming season is here and we can't wait to get back in the pool!

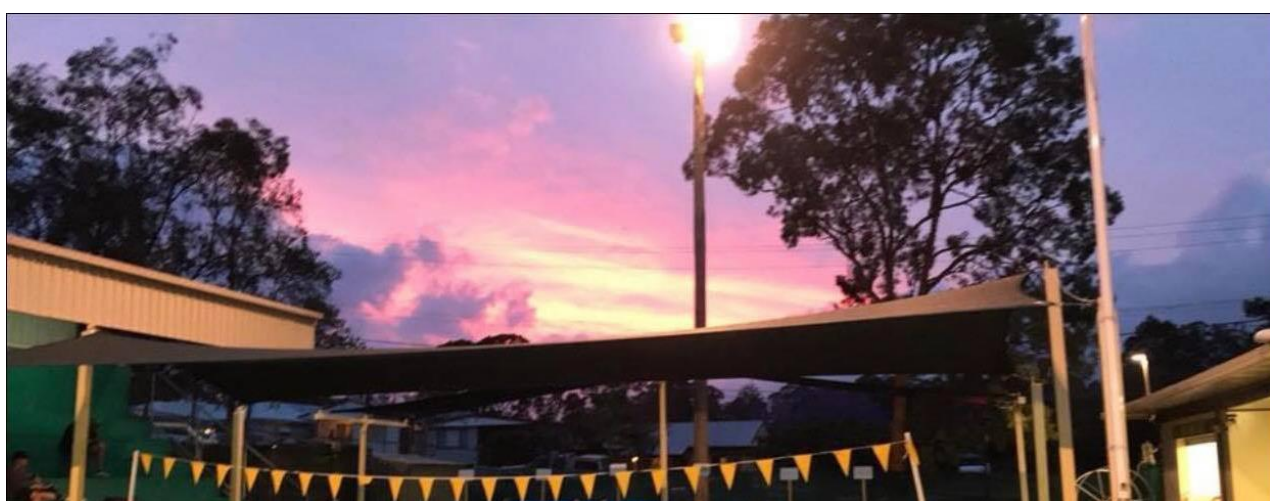
Our club is a small, friendly and family-oriented club that provides a relaxed atmosphere for kids to have fun, learn and excel in this great sport and important life skill. Our swimmers have the opportunity to set goals and achieve them, build confidence, and to make new and lifelong friendships.

We aim to encourage and grow each and every swimmer's 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.

Our club continues to operate due to the many volunteers and parents who donate their time each and every week at club nights, coordinating carnivals and working behind the scenes to ensure club nights run smoothly. Parent and volunteer participation is always welcomed, encouraged and needed. We are often looking for more helpers and new ideas to make the club better. On club nights, please come onto the pool deck and introduce yourself, grab some food and a timer, and get to know all the amazing people that make this the club what it is.

We are always up 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!



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 a subcommittee of the Everton Park State School (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, to elect office bearers and Club officials.

CLUB MEETINGS

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

CLUB ACTIVITIES

Club activities include:

- Club fixtures on Friday nights
- 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 Fees.

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 Family Membership fee for the current season are available on our website and are expected to be paid by week 3. We are an amateur swim club and aim to keep costs down for families. Membership is for a full season, from the start of Term 4 to the end of Term 1. Membership includes a Park Sharks swim cap for each swimmer.

Submit your membership application using the [Membership Form](#)

PARENTAL ASSISTANCE

As a member of the Club, you are required to volunteer to support the Club in ways that best suit your talents, interests and capacity. Adults are needed to fill volunteer positions at club nights and carnivals as timekeepers. Register to volunteer in the Swim Club Connect app.

Parents are also invited and encouraged to participate in relay events or special heats, however parents and carers are generally 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 take your rubbish with you and remember to recycle.

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 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 Club Executive members 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 silicon.

SWIMMING CLUB FIXTURES

Swimming club fixtures are held each Friday night during Term 4 and Term 1 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 when everyone is welcome. Gates open at 5:30pm and racing will commence at 6pm.

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.

A BBQ and canteen operates each Club Night for the convenience of members and guests.

VOLUNTEERS REQUIRED

Adults are required to assist at each Club Night as timekeepers and marshals. Please be prepared to help. All volunteers must be either a parent/carer 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 swim meet. 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



Nominations

The club uses the "Swim Club Connect Meet Manager" app available from Apple and Android app stores.

This is a locally developed application that helps us manage 1st step of registrations, nominations, results, marshalling and timekeeping.

Please download the app and use this to nominate.

Download the Swim Club Connect app

[IOS](#)

[Android](#)

Basic access in the application is free. A fee can be paid to access additional data and functionality too track your child/ren's progress through the season.

Weekly Race Nominations

Each week our club will announce the following week/s are open for nominations

Please use the app to add swimmers and nominate for races.

Nominate by selection **Meets** from the menu at the bottom of the page, Select the relevant meet and nominate each swimmer for the relevant event. You can nominate for club night **anytime before 5 pm of that club night**.

The run sheets for Friday night's events will be available in the app for review before the commencement of our Club Night fixtures. It is the responsibility of the swimmer or parent to check that they are nominated in the correct events. If any last minute changes are necessary, please speak directly with the Announcer in the Pool Office.

EVENTS

Each Club Night, 12.5m distance events are held for Freestyle, Backstroke, and either Breaststroke or Butterfly, 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 and a 100m event of Breaststroke, Backstroke or Butterfly is swum at the conclusion of the night.

After regular events have concluded (end of night), the club may offer additional special events decided by the Club Officials (i.e 50m race the parents). Please see schedule page 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 aged 10 and under must be at either the 12.5m or 25m distance. Swimmers aged 11 and above may enter 50m events on their first Club Night if they are confident in this distance. These initial swims are classified as time trials and the swimmer's times will then be used to graduate/qualify them for the longer distance.

When a swimmer achieves the following times in 12.5m 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 to swim in that longer distance event** thereafter. Swim downs to the previous distance is not permitted.

Stroke	12.5m time to qualify for 25m	25m time to quality 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 by achieving the following requirements at any EPSSASC Club Night.

100m Freestyle	Swims 50m Freestyle in 45 seconds or less
100m Individual Medley	Swims 50m Freestyle in 45 seconds or less and 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
50m "Race the Parents" 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'. Relay events may be cancelled on any particular club night at the discretion of the Club Sub-Committee. Parents and carers are allowed to swim in the relays.

Relays are all 25m freestyle and will contain as many swimmers as we can. 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 such as storms or COVID restrictions, is at the discretion of the Executive Committee and the decision is binding. If cancellation occurs after 6pm 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 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 begins when club officials and parents are present and ready to supervise (usually between 5:30pm and 6pm).

During warm-up, Lanes 1 and 2 are reserved for **DIVING OFF THE BLOCKS ONLY**.

RACE CONDUCT

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

Swimmers must pay attention to when their nominated races are being held and report for marshalling when their event is called. The marshalling area is the grass area near the canteen at the shallow end of the pool. 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 must 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. Willful or persistent disobedience of the official's instructions or misconduct liable to discredit the Club or its officials will result in the suspension of the member by the senior official 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 Juniors (1 boy and 1 girl 10 years and under) and 2 Seniors (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 12.5 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. Timekeepers are allocated to each of the six lanes of the pool if there are enough volunteers to fill all the positions. For manual timing (using stop watches) the time recorded on each lane will be the slowest of the times recorded by the two timekeepers to the nearest one hundredth of a second. If the electronic timing (SCMM) system is used the time will be the average time of the two timekeepers for that lane if the two times for each lane are within the margin of error. If the times are outside the margin of error in the wireless timing system the time taken will be allocated based on information from the timekeepers. 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. The Chief timekeeper may check the fastest lane time and override the lane timekeeper's times. If manual timing is used the 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. 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.
7. A false start to any event will be signaled by a double shot from the starting pistol or by referee's whistle. The decision of the referee or the starter will be final.
8. When using the one start rule, any swimmer starting before the starting signal has been given, may be disqualified as determined by the race referee. If the starting signal sounds before a disqualification is declared, the race shall continue and the swimmer or swimmers shall be disqualified upon completion of the race. If a 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.

CLUB CHAMPIONSHIPS

Club Championship races 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.**

Championship races are conducted for all four strokes for 12.5m, 25m and 50m distances, as well as 100m Individual Medley and 100m Freestyle. Swimmers must compete in the distance they have qualified for. Gold, silver and bronze medallions are presented to 1st, 2nd and 3rd place-getters in each age category. Judges will determine the places and their decision will be binding and will overrule times.

NOMINATIONS AND ELIGIBILITY

Nomination forms will be available in the App from approximately one month prior to the championships.

Swimmers shall be eligible for Club Championships if they:

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

CARNIVALS

Carnival dates appear in the Club Calendar in this handbook, the Club's website and Facebook page 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. The club may 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 follow 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 our Sharks pool 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 committee via the Club Secretary.

CLUB FIXTURES PROGRAM 2025-2026

Date		Week	Event 1 100m	Event 2 12.5m/25m/50m	Event 3 12.5m/25m/50m	Event 4 12.5m/25m/50m	Event 5 Relays 4 x 25m / Top Guns 50m	Event 6 25m/50m	Event 7 100m
October	10	1	100 Free	Freestyle	Backstroke	Breaststroke		Butterfly	100 Backstroke
	17	2	100 IM	Freestyle	Backstroke	Butterfly		Breaststroke	100 Breaststroke
	24	3	100 Free	Freestyle	Backstroke	Breaststroke	Relays	Butterfly	100 Butterfly
	31	4	100 Free	Freestyle	Backstroke	Breaststroke	Top Guns	Butterfly	100 Breaststroke
November	7	5	100 IM	Freestyle	Backstroke	Butterfly	Relays	Breaststroke	100 Butterfly
	14	6	100 Free	Freestyle	Backstroke	Breaststroke	Top Guns	Butterfly	100 Backstroke
	21	7	100 Free	Freestyle	Backstroke	Breaststroke		Butterfly	100 Backstroke
	28	8	100 IM	Freestyle	Backstroke	Butterfly	Relays	Breaststroke	100 Breaststroke
December	5	Christmas Break-Up Pool Party							

January	30	9	100 Free	Freestyle	Backstroke	Breaststroke		Butterfly	100 Backstroke
February	6	10	100 IM	Freestyle	Backstroke	Butterfly	Relays	Breaststroke	100 Breaststroke
	13	11	100 Free	Freestyle	Backstroke	Breaststroke	Top Guns	Butterfly	100 Butterfly
	20	12	100 IM	Freestyle	Backstroke	Butterfly	Relays	Breaststroke	100 Backstroke
	27	13	100 Free	Freestyle	Backstroke	Breaststroke	Top Guns	Butterfly	100 Breaststroke
March	6	14	100 IM	Freestyle	Backstroke	Butterfly		Breaststroke	100 Butterfly
	13	15	Club Championship 100 Free	Freestyle	Backstroke	Breaststroke		Butterfly	Club Championship 100 IM
	20	16		Club Championship Freestyle	Club Championship Backstroke	Club Championship Breaststroke		Club Championship Butterfly	
	27	End of Season Break-Up: Trophy & Awards Presentation							

QUALIFYING TIMES FOR PROGRESSION TO THE NEXT DISTANCE

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

Stroke	12.5m time to qualify for 25m	25m time 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

