

A GUIDE TO
COMPETITIVE SWIMMING



REDLANDS
Swim Club

A GUIDE TO
COMPETITIVE SWIMMING
CONTENTS OF PACK

Overview	Pg3
The Swim Season	Pg3
Swim Central.....	Pg4
Membership	Pg4
Competition fees	Pg4
Redlands Club Nights	Pg5
Club Championships	Pg5
Club Representation (Different Meets)	Pg6
Regional Champs	Pg6
State Champs.....	Pg6
Age & National Comps.....	Pg7
Brisbane Swim Comps	Pg8
Metro Relay Selections & Champs	Pg8
School Swimming	Pg8
Meet Mobile	Pg9
Competition Voluteers	Pg9
Race Day Ready!.....	Pg9
Self Marshelling	Pg10
Our Moto	Pg10



A GUIDE TO COMPETITIVE SWIMMING

If you are new to the world of competitive swimming, believe us, we know it can be a mind field to get your ahead around, especially when you first start! So, we have created this guide to support our Redlands Swim Club families whom want to understand & know more about the world of competitive swimming. This guide will help to educate & inform you by explaining the different types of swimming meets that your swimmer can be eligible to participate in. There's something for everyone when it comes to competing, from Club Development meets through to State and National Championships!

THE SWIM SEASON

Your Redlands Swim Club competitive membership runs from September to August. This aligns with Swimming Queensland memberships renewal times (end of September each calendar year). There are four main seasons of swimming (Long Course, Short Course, School Sport and Open Water). Each season usually works towards a major target meet at the end of each season:

	LONG Course Season (50m)	SHORT Course Season (25M)	SCHOOL Sport Swimming (50M)	OPEN WATER
Time of year	September to April	June to August	January to March	September to March
Target STATE Events	QLD State Championships (December) for 12+ years	QLD State Short Course Championships (August) for 11+ years	QLD School Sport State Championships (March) for 10+ years	QLD State Open Water Championships (October)
Target National Events	Age Nationals (April) for 13+ years	Australian Short Course Champs (September)	School Sport National Championships (August)	Australian Open Water Championships (March)

Long Course season is a series of club and premiership meets where all competition take place in a 50m pool.

Short Course season is a series of club and premiership meets where all competition takes place in a 25m pool.



SWIM CENTRAL

If you are new to swimming and don't have a Swim Central account you will need to register. A parent / guardian needs to register using a unique email address. No under 18 year old should be registered with Swim Central. All under 18 year olds are added to a parent/guardian's family group as a dependant.

To register head to [Swim Central](#) & select '**Don't have a login? Register for an account**'.

Swim Central is the membership & event entry system that empowers parents, swimmers, administrators & coaches to participate & run community swimming. It is a national operating system that links all of your interactions with swimming; including your swimming club, your Region, Swimming Queensland & Swimming Australia.

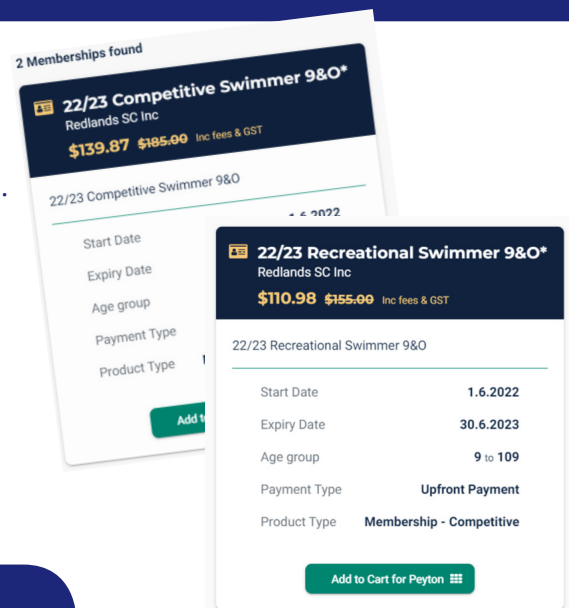
Swim Central gives you complete control, with the flexibility to manage the activities of everyone in your family, regardless of their swimming level or club. You can organise your family's memberships, meet entries all in the one place. You can also find swim meets, other events & submit all of your nominations via the portal. A great feature of Swim Central is that individuals can access their results, track their personal best times & use times to enter meets which have set qualifying times.

PURCHASING A MEMBERSHIP AS A COMPETITIVE SWIMMER

To become a competitive swimmer you must first purchase a Competitive Membership. This is done via Swim Central. To renew for a new season or to join a club, log into your Swim Central account & simply head to '**Store**' & select '**Memberships**'.

From the drop down, ensure you select the correct swimmer you are purchasing for, enter the name of the club (*Redlands SC Inc*), select the appropriate membership available from the list (eg. *22/23 Competitive Swimmer 9&0*) & hit '**Add to Cart**'.

You can repeat this process for the whole family & then proceed to '**Checkout**' to process payment. Once finalised your membership will be visible in your account & you can commence submitting nominations at various events.



COMPETITION FEES

For each Swim Meet you nominate for, you will pay an entry fee per eligible event. These fees are visible & payable at the time of nominating on Swim Central. Fees for Club Meets (*Development, Transition Meets and Preparation Meets*) are usually between \$7 to \$9 per event. For Regional Championships events they are usually between \$10 to \$20 per event.

Redland Club Nights – there are no fees to compete in events at our Club Nights. Nominations still need to be processed through Swim Central with a \$0 charged.



REDLANDS SWIM CLUB - CLUB NIGHTS

Club nights provide swimmers with the opportunity to experience carnival style races in a more relaxed environment with a friendly & fun atmosphere. They also give swimmers the opportunity to keep track of their times in preparation for upcoming swim meets.

Events for all four strokes are held every club night for the 25m, 50m and 100m distances.

Club Nights are generally held every second Wednesday night during the swimming season (except school holidays) commencing at 5.00pm & concluding at approximately 6.30pm. They are a fun & social evening with a BBQ available to support fundraising for the club.

The club night season runs from October to April each year with the Club Championships in early May seeing out the end of the competitive season.

CLUB CHAMPIONSHIPS

In April/May each year, Redlands Swim Club hosts our Club Championships swimming meet which is our end of season championship & determines our Club's Swimming Age Champions. It's an action packed day full of racing & fun. Medals are awarded for each event & age group & trophies to the Age Champion & Runner Up. There are also Coach Awards presented at Club Championships. Nominations for Club Championships are done through Swim Central.



Ready??



Set



Go000!!!



CLUB REPRESENTATION

DIFFERENT TYPES OF SWIM MEETS

Not all swimmers want to compete at the big end of the season meets & not all swimmers will qualify for these meets. Qualifying times will be required to be met at a minimum to compete. So there are different types of swimming meets that are available & cater to all level of swimmers throughout the swimming season calendar. Redlands Swim Club loves it when our swimmers compete. It allows all of our swimmers to see their hard work at training pay off. We encourage our members to participate in allocated meets, where our Redlands Coaches are in attendance & also the Brisbane Swimming Premiership meets (as these allocate points towards our overall tally / ranking).

Eligible swim meets for Redlands Swim Club will be shared through our annual calendar of events available on our website & through the TeamApp.

Below is a quick summary to explain the different types & levels of swimming meets:

DEVELOPMENT & TRANSITION MEETS

Development & Transition Meets are generally run by swimming clubs & don't require swimmers to have achieved a qualifying time in order to enter. Times achieved at Development Meets can be used to qualify for Preparation Meets & Regional Championships only. Times achieved at Transition Meets can be used for all other meets including Regional, State & National Championships

PREPARATION MEETS

Preparation Meets are the next level up from Development and Transition Meets. Some Preparation Meets may require qualifying times and Rule Tolerances are not applied at these meets. Times achieved at Preparation Meets can be used for all other meets, including Regional, State and National Championships.

REGIONAL CHAMPIONSHIPS

Development and Transition Meets are generally run by swimming clubs and don't require swimmers to have achieved a qualifying time in order to enter. Times achieved at these meets can be used to qualify for other meets.

STATE PREPARATION MEETS & CHAMPIONSHIPS

Swimming Queensland runs two types of meets – Preparation Meets and State Championships. Qualifying times are required in order to enter both of these types of meets. Rule Tolerances are not applied at these meets. Swimmers from across Queensland as well as members from other states and national federations may attend these meets if they have achieved the qualifying times for the relevant event.



AGE & OPEN NATIONALS

Age and Open National Championships are held at a different venue each year by Swimming Australia. Swimmers are required to meet qualifying criteria in order to be able to enter these Championships. Short course times cannot be used for National qualifying times. Girls must be 13 years and Boys 14 years to compete at Nationals. Nationals are used as a qualifying meet for selecting international Junior and Senior Australian teams.



The graphic above shows the hierarchy of meets in our competition pathway to help you find a meet to suit your current stage of development.

HAVEN'T SWUM IN A WHILE??

If your swimmer is starting out or hasn't swum in a while, they will need to enter a Development or Transition Meet first to get a time for each of their events.

They can then enter different meets that come up. When events have qualifying times, the required times will be shared with our members & posted in the Events calendar in the TeamApp.



BRISBANE SWIMMING PREMIERSHIP COMPETITION

All Brisbane Swimming Clubs are categorised into one of four divisions (Premier, First, Second or Third Division). Points are awarded from the following Championships across the season to determine a club's performance:

1. Junior Short Course
2. Senior Short Course
3. Open Water
4. Metropolitan Relays
5. Brisbane Sprints
6. Junior Metropolitan
7. Senior Metropolitan

Allocated points are awarded based on places from 1st through 100th in each event at these meets. At the conclusion of each Championship, swimmer's points are tallied to determine club placings; with a final tally conducted at the end of the season to determine final placings. Redlands Swim Club is a First Division club.

[Brisbane-Premiership-2022-23.Sprintsxlsx.pdf \(swimmingbrisbane.org.au\)](#)

METROPOLITAN RELAY CHAMPIONSHIPS

Each year Redlands Swim Club competes at the Brisbane Metropolitan Relay Championships held in early November at Brisbane Aquatic Centre. This meet is one of our favourites on the calendar & each year our representation at the meet grows stronger & stronger. It's a fun, high intensity meet where our team work & comradery comes shining through. Swimmers aged 9 years & over are eligible to be selected in one or more of our Redlands Club teams. Teams are nominated by the Head Coach & are determined by an individual swimmers times achieved at an approved meet leading up to the Relay event.

SELECTION ONTO RELAY TEAMS

The construct of the Relay team selection is based off Long Course times only. However, selection into Redlands teams is at the discretion of the Head Coach. The Head Coach has the right to change the make-up of any team at any time. If your swimmer is selected to represent Redlands at a Relay meet you will be informed of their team and place within it in the lead up to the event. This will also be visible via your Swim Central account once the nominations are finalised.

SCHOOL SPORT SWIMMING

In addition to Club Swimming as part of the Redlands Swim Club, school swimmers from the year they turn 10 are eligible to compete through their school in School Sport Swimming. Often Schools use their swimming carnival to determine who is selected to represent the school at Districts (often held in February). At Districts, swimmers who meet the published qualifying times are then selected to compete at Regionals (MetEast).

From Regionals, swimmers can then qualify for the Queensland School Sport State Championships in March. Swimmers at the State Championships can then qualify for the Australian School Sport Nationals which is usually held in July or August.

Nominations for school sport swimming are done through your child's school. Feel free to discuss which events your child should look at nominating for with their Coach.



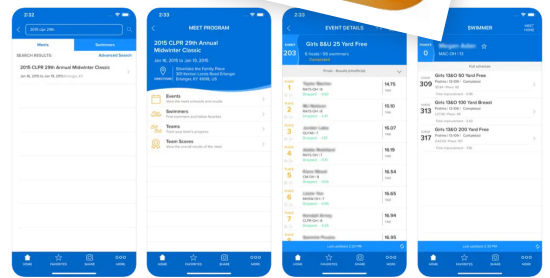
MEET MOBILE

Meet Mobile is a mobile device application that allows swimmers & parents to have access to swim meet information online including the meet program, swimmer details & times.

Many regional, state & national level meets use this application, it is highly recommended for swimmers & parents.

Select the link appropriate for your phone:

[Apple](#) | [Android](#)



VOLUNTEERS AT COMPETITIONS

At most competitive swim meets Redlands Swim Club will be asked to provide timekeepers. We rely on parents and volunteers to support the clubs requirements to cover timekeeper rosters at all meets. In the lead up to each swim meet a link to the roster will be sent to parents via TeamApp. We highly encourage all families to please do their part and nominate to participate in timekeeping duties. We allocate 30 minutes blocks that a family can select to cover a time slot throughout the course of the meet. Doing this gives you the opportunity to be involved, support your swimmers and club and gets you up close and personal to the action.

RACE DAY READY!

In the lead up to race day you will receive the race day program, time of events and other supporting documentation from the Race Secretary at the respective meet you are attending. Ensure you check this & we encourage you to print it out & familiarise yourself with your swimmers events. We ask that all swimmers attend the warm up session prior to the meet commencement (usually 1 hour before racing starts). For larger meets (Regional, State & Nationals) if swimmers can arrive 1.5 hours prior to their first event (check the timeline schedule to gauge this) to allow time to warm up & get to marshalling. Please ensure your swimmer checks in with their Coach before & after each of their events on the day.

Make sure your swimmer has had something to eat before competing and pack nutritious snacks & water for throughout the meet to keep them fuelled adequately. Ensure you have sunscreen when attending outdoor swim meets.

At all meets we encourage Redlands Swim Club families to sit together to cheer & support all of our swimmers competing on the day. This helps build team comradery & also helps our Coaches to find swimmers easily for pre & post-race discussions & ensures self-marshalling is done effectively.



SELF-MARSHALLING

Self-marshalling takes place at most swim meets. What that means is that swimmers are accountable for making their own way to pool deck & checking themselves in for their event, heat & lane a certain number of races prior to theirs. It is the swimmer's responsibility to ensure they do not miss their heat. To assist the process we recommend swimmers arrive on the day prepared with the following information they will need for self-marshalling:

Event Number/s | Heat Number/s | Lane Number/s | Stroke

It is also a good idea for swimmers to write all event/heat/lane numbers on their arm, in that order, for example:



Self Marshalling

OUR MOTO AT REDLANDS SWIM CLUB

**ONE
TEAM
ONE
DREAM**

