



Capricornia School Sport



Capricornia School Sport
Department of Education
PO Box 138
ROCKHAMPTON QLD 4700

PH: (07) 4932 4045
ABN: 76 337 613 647
Email: capsport@qed.qld.gov.au
Website: www.capsport.eq.edu.au

MEMO TO: DISTRICT SECRETARIES / PRINCIPALS / SPORT COORDINATORS and TEACHERS
FROM: Regional School Sport Officer
TOPIC: Capricornia 10-12yrs Swimming Team NOMINATION / SELECTION PROCEDURES 2022

In 2022, the procedures for the selection of the Capricornia 10-12yrs Swimming Team to participate in the State Championships are as follows.

- The regional team will be selected from times submitted.
- Regional selections will be based on times recorded at a QSA sanctioned long course meet in a 50m pool during the current season (as of Sept. 2021 - Current 2022) **ONLY**.
- Districts will be providing an opportunity for swimmers who are not affiliated to a club or can't access the above-mentioned sanctioned meets to record a time. Information pertaining to this opportunity will be announced by your District Secretary.
- There will be regional qualifying standards applied for nominations.
- Individuals will be requested to send ALL NOMINATIONS to the Capricornia School Sport Office for purposes of regional selection.
- To avoid confusion and misplacing of nomination forms, Regional Nomination Forms will be available through SCHOOLS, CAPRICORNIA SCHOOL SPORT OFFICE and WEBSITE www.capsport.eq.edu.au
- Swimmers may nominate their best times for selection in the following events from a QSA sanctioned event **ONLY** (this does not include Club Night participation):
 - 50-metre events (all strokes / all age groups – ie. 10, 11 & 12 years – born 2012, 2011, 2010)
 - 100 metre events (all strokes / all age groups)
 - 200 metre Individual Medley (all age groups)
 - 200 metre events (all strokes / 10-12yrs age group)
 - 400 metre Individual Medley (10-12yrs age group)
 - 400 metre Freestyle (10-12yrs age group)
- **ALL nomination forms must have a printout copy attached from Swimming Australia's 'Results Central' or 'Swim Central' ONLY highlighting nominated events to verify times from 1st Sept. 2021.**
- Ages are calculated on Year of Birth - Maximum age is 12 years (Born 2010)
- Confirmation of receiving your nomination will be emailed to the address indicated.
- **NOMINATIONS ARE DUE TO CAPRICORNIA SCHOOL SPORT BY- Tuesday 15th FEBRUARY 2022.**

Please inform all competitive swimmers of this procedure.

Anthony Spyve
Regional School Sport Officer
6 October 2021

Capricornia School Sport
 Department of Education
 PO Box 138
 ROCKHAMPTON QLD 4700

PH: (07) 4932 4045
 ABN: 76 337 613 647
 Email: capsport@qed.qld.gov.au
 Website: www.capsport.eq.edu.au

10-12yrs SWIMMING NOMINATION FORM

Student's Name:		Student's School:	
Students D.O.B.		Male / Female	
Student's Mailing Address:			
Contact Phone No:		Parent's Mobile Phone No:	
Parent's Name:		Parent's Email Address:	

Instructions

- (1) If you wish to be considered for 50 / 100 / 200 / 400 metre events, tick the applicable box and enter your best time.

If you are a Multi Class competitor, please indicate MC and your classification in your nomination.

These events must have been swum at a QSA sanctioned long course meet in the current season (Sept. 2021 - current 2022), in a 50m pool **ONLY**.

- (2) **ALL nomination forms must have a printout copy attached from Swimming Australia's 'Results Central' or 'Swim Central' ONLY highlighting nominated events to verify times from 1st Sept. 2021.**
- (3) All students must be enrolled in an affiliated School, College, Special School or School of Distance Education

Please note:

- Each swimmer is allowed to nominate in all Individual Events at the State Championships.

Please discuss with your coach the events you wish to nominate for.

- ONLY** nominate in events you wish to swim.
- Please indicate your availability for Capricornia Relay teams by ticking the box below.

By ticking the box you have given an undertaking to team management of your willingness to participate.

- Confirmation of receiving your nomination will be emailed to the address indicated above.

YES- I am available for Relays

NO – I am unavailable for relays

EVENT TYPE	I wish to be considered for this event (Place tick in box if applicable)	BEST TIME (Current Season)
50m Freestyle		
50m Backstroke		
50m Breaststroke		
50m Butterfly		
100m Freestyle		
100m Backstroke		
100m Breaststroke		
100m Butterfly		
200m Freestyle		
200m Backstroke		
200m Breaststroke		
200m Butterfly		
400m Individual Medley		
400m Freestyle		
200m Individual Medley		

All nominations are due to the Regional School Sport Office by COB on

TUESDAY 15th FEBRUARY 2022

Return via email to: capsport@qed.qld.gov.au

ALL nomination forms must have a printout copy attached from Swimming Australia's 'Results Central' or 'Swim Central' ONLY highlighting nominated events to verify times from 1st Sept. 2021.

Capricornia School Sport Swimming 10-12yrs

2022 Time Standards Boys and Girls

Event	Age	Time standards
200m Individual Medley	10 yrs	3.32.00
200m Individual Medley	11 yrs	3.18.00
200m Individual Medley	12 yrs	3.05.00
200m Freestyle	10-12 yrs	2:40.00
200m Breaststroke	10-12 yrs	3:25.00 #
200m Backstroke	10-12 yrs	3:01.00 #
200m Butterfly	10-12 yrs	3:01.00 #
400m Individual Medley	10-12 yrs	6:40.00 #
400m Freestyle	10-12 yrs	5:32.00 #
100m Freestyle	10 yrs	1.26.00
100m Freestyle	11 yrs	1.21.00
100m Freestyle	12 yrs	1.17.00
100m Breaststroke	10 yrs	1.53.00
100m Breaststroke	11 yrs	1.47.00
100m Breaststroke	12 yrs	1.38.00
100m Backstroke	10 yrs	1.38.00
100m Backstroke	11 yrs	1.34.00
100m Backstroke	12 yrs	1.30.00
100m Butterfly	10 yrs	1.42.00
100m Butterfly	11 yrs	1.35.00
100m Butterfly	12 yrs	1.28.00
50m Freestyle	10 yrs	41.00
50m Freestyle	11 yrs	39.00
50m Freestyle	12 yrs	36.00
50m Breaststroke	10 yrs	52.00
50m Breaststroke	11 yrs	49.00
50m Breaststroke	12 yrs	46.00
50m Backstroke	10 yrs	49.00
50m Backstroke	11 yrs	46.00
50m Backstroke	12 yrs	43.00
50m Butterfly	10 yrs	46.00
50m Butterfly	11 yrs	43.00
50m Butterfly	12 yrs	41.00

These events are not eligible for selection to the Queensland team.

Please note that these are not the standards used to attend the Queensland School Sport 10-12yrs Swimming Championship.