



Heat 1

**Emmanuel College
September 2nd, 2022**



Heat 2

**All Saints Anglican College
September 9th, 2022**



Heat 3

**Bond University
September 16th, 2022**

***Innovative
Fast-Paced
Team
Swimming***



The SGC Super Swim League is a new and exciting format for Swimming Gold Coast members.

This innovative fast-paced swimming competition provides great racing opportunities for our SGC members. Consisting of four swim teams, independent of existing swim clubs, for the purposes of this competition only, this modern racing format allows swimmers to be a part of a regional, team-based swim competition. SGC Super Swim League is designed to create a positive experience for our swimmers; build life-long friendships, comradery and help to make peer connections that will support them throughout their swimming journey and beyond.



This event is designed to enhance the developmental benefits provided to the swimmers, through:

- * Gaining experience racing against quality competition.
- * Working in a team environment, gaining the familiarity and knowledge required further along the performance pathway.
- * Providing a fun and exciting new format with an alternative racing structure and environment.
- * Fast, action packed and entertaining racing
- * Swimming with different swimmers in a team structure.
- * Being a great lead-up to existing representative development events, such as the Inter-Regional Challenge, QLD v QLD Dual Meet, or State Relays etc.
- * The main emphasis being on race practice, team building and most importantly having FUN with friends and peers.



Competition Structure

(subject to change - depending on numbers)

Course:	Short Course
Qualifying Meet:	Yes - times are official
Technical Officials:	Yes
Age Groups:	3 categories (11&12yrs / 13&14yrs / 15yrs & over)
No. of swimmers per team:	minimum - 25, maximum- 37 (incl. 1 MC swimmer per team)
No. of swimmers per age category:	minimum - 4, maximum - 6 per category, per team
Entry Deadline:	9.00pm Monday 25th July 2022
Team Selection:	Teams will be selected by the SGC Committee
Meet Length:	90 min, plus 45min warm-up
Start Times:	5pm for warm-up, 6pm for race start, 7:30pm event completion
Type of Events:	Individual, Relay & Combination
Coaches per team:	2 coaches per team
Team Managers per team:	2 team managers per team
Program of Events for each meet:	Will be released on the Monday prior to the meet
Team Entries:	Will be submitted by SGC SSL coaches on Thursday prior to meet
Event Selections:	Done by team coaches
Max. Entries per swimmer:	2 individual swims & 4 relay / combination swims
Meet Program:	Team programs only will be released weekly on Thursdays
Event Distances:	50m, 100m & 200m Individual events
Points Scoring:	Individual- 12, 10, 8, 6, 4, 3, 2, 1 Relay - Double points
Spectator Entry:	\$5 per venue for ages 12yrs and over (11yrs & under free)
Food Availability:	Provided by venue host



**OUR
TEAMS**



Swimmer Entry Requirements:

Entry fee for the Swimming Gold Coast Super Swim League - \$90.00

Entry Fee includes:

Min. 12 swims over the 3 events plus a team shirt, team cap, SGC SSL Presentation Event and the opportunity to be involved in the inaugural SGC Super Swim League.

Swimmer must commit to all 3 events on September 2nd, 9th and 16th.

Swimmers will be accepted on a first come, first entered basis. (Max. 24 females & 24 males for each of the 3 age categories)

Registration Details:

Registrations will be open on Monday 4th July from 5pm. The registration link will be provided prior to 5pm Monday 4th July.

Due to the large number of swimmers involved, we ask that you provide the following information on the registration form to aid the SGC committee with team selections as well as helping identify each swimmer for our SGC SSL coaches.

- Name, nickname
- Age
- Profile photo (Passport size)
- List of PB's in each stroke for 50m, 100m & 200m events, where applicable
- Favourite stroke

