



Swim Meet Explanation – 2024-25 Season

Club Nights:

Club nights are the cornerstone of swimmers beginning their racing experience; however, they are just as valuable to the seasoned swimmer to practice race strategies, build confidence and have fun. Club nights can be held by every single swimming club at their own pool, according to a structure that best suits the club and their swimmers.

Club nights are strongly encouraged by SGC; however, they do not need to be approved by, run by or officiated by SGC. As such the club can hold as many or as few as they wish, with as many and varied events as they wish, including novelty events and/or relays. Swimmers that hold any of the following memberships (if available at your club) are able to attend:

- ✚ 8yrs and under.
- ✚ 9yrs+ competitive swimmer.
- ✚ 9yrs+ non-competitive (recreational) swimmer.
- ✚ Come n Try swimmer (provided they adhere to the minimum requirements of the membership).

As per the aims of the development events below, the purpose of club nights is to:

- ✚ Provide a fun atmosphere, promoting a great time, especially with friends.
- ✚ Learn to race, without pressure.
- ✚ Put into practice what you have been learning at training.
- ✚ Try your best
- ✚ Learn to understand and put into place the coach's advice.
- ✚ Receive encouraging and positive support from parents / supporters and coaches.

Whilst for older swimmers, club nights are still very valuable. You can:

- ✚ Practice race strategies and plans.
- ✚ Swim in events not usually attempted, including strokes or distances.
- ✚ Compete with no pressure.
- ✚ Be a mentor to your clubs' younger swimmers and be someone that is respected and admired.
- ✚ Help your club run the night and give back to the swimming community.
- ✚ Have FUN!!!

Club nights can be incredibly fun nights for all members of the club, parents included as well as providing funding opportunities through food and drink sales, raffles and other fundraising opportunities (including club night sponsorships from businesses / families within the club).

In a step beyond the traditional club night, SGC this year wants to encourage dual-club club nights and potentially one or more mini club night competitions between 2-4 clubs on the coast. If you are interested in this concept, contact Warren Dopson for further clarification and assistance – president@swimminggoldcoast.org.au and SGC will work with you to bring these exciting plans to fruition.



Mini Meets

This season Swimming Gold Coast is introducing 4 themed Mini Meets. These are:

1. Olympics Mini Meet – Friday 2nd August 2024
2. Spring Mini Meet – Friday 4th October 2024
3. Christmas Mini Meet – Friday 6th December 2024
4. Easter Mini Meet – Friday 4th April 2025

Mini Meets are designed to be the next step from Club Nights into fully fledged racing for younger swimmers beginning their competitive swimming journey. The aim is for young swimmers to compete in a safe and friendly environment, build confidence in racing and having fun, with a view to lay a foundation of love for swimming that they can take throughout their life. Mini Meets will be held in Short Course Pools only with limited structured events, but a combination of team and novelty events to increase the level of fun.

Club nights are strongly encouraged by SGC; however, they do not need to be approved by, run by or officiated by SGC. As such the club can hold as many or as few as they wish, with as many and varied events as they wish, including novelty events and/or relays. Swimmers that hold any of the following memberships (if available at your club) are able to attend:

- 🏊 8yrs and under.
- 🏊 9yrs+ competitive swimmer.

The purpose of Mini Meets are to:

- 🏊 Provide a fun atmosphere, promoting a great time, especially with friends.
- 🏊 Meeting new friends.
- 🏊 Learn to race, without pressure.
- 🏊 Put into practice what you have been learning at training.
- 🏊 Try your best
- 🏊 Learn to understand and put into place the coach's advice.
- 🏊 Receive encouraging and positive support from parents / supporters and coaches.
- 🏊 Have FUN!!!

Mini Meets are designed to be run on a Friday night with a maximum of 120 competitors to keep the events short and fun. The opportunity for clubs is to have an incredibly fun nights for all members of the club, parents included as well as providing funding opportunities through food and drink sales, raffles and other fundraising opportunities (including club night sponsorships from businesses / families within the club).

These Mini Meets will be non-qualifying meets, meaning that times may be used for Development Carnivals etc., however, they cannot be used for Championship events. Rue tolerances will be in place, but there is also the opportunity for swimmers to be provided with improvement slips to give them some areas to work on for the future.



Development Carnival:

Development Carnivals can be run by SGC; however, they are usually hosted by a SGC affiliated swimming club. Swimmers are not required to have achieved a qualifying time to enter any event, however, they must be a competitive member of any Swimming Australia affiliated swimming club (Currently either an 8yrs & under or a 9yrs+ competitive swimmer membership). NOTE: some meets may be open to SGC affiliated club members only.

Development carnivals are entry level meets intended to introduce swimmers, at the younger age groups, to the world of competitive swimming. Entry at a development carnival is open to the following ages.

- ✚ Short-course events: 6 – 11yrs – only swimmers aged 8yrs+ can swim in 50m events.
- ✚ Long-course events: 8 – 11years – potentially have 25m events for 9yrs & under.

These meets are designed to run no longer than 4 hours and follow a recommended events program, with the main objectives being:

- ✚ A fun atmosphere, promoting a great time, especially with friends.
- ✚ Learning to race, without pressure.
- ✚ Putting into practice what you have been learning at training.
- ✚ Trying your best – (More important than results – you can't control others, so make sure you try your hardest and the improvements and results will come)
- ✚ Learning to understand and put into place the coach's advice.
- ✚ Receiving encouraging and positive support from parents / supporters and coaches.

SGC encourages clubs to think of out of the box for themes, races and awards to make the carnival fun, eventful and memorable. E.G – a bungee trampoline or blow-up obstacle course outside the pool, an Australian swimmer appearance / demonstration, standard relays, non-standard relays, a handicap race, random hot heats (with prizes) etc. We are looking for these meets to be memorable and enhance the prospects of kids loving the sport of swimming!!!

Times achieved at these meets may be used to qualify for Preparation meets and Regional Championships, if applicable. Rule tolerances will be applied to all 25m events and participation awards only may be presented for any event using rule tolerances.

Meets are capped at 4 hours.



Transition Meets:

Transition Meets are, again, run by SGC or, more generally, an affiliated swim club. Swimmers are not required to have achieved a qualifying time to enter any event, however, they must be a competitive member of any Swimming Australia affiliated swimming club (Currently a 9yrs+ competitive swimmer membership). NOTE: some meets may be open to SGC affiliated club members only.

Transition meets are the second tier of swim meets on the performance pathway with the purpose being to transition from the development phase of race meets into a higher level of competition. Whilst still designed to be fun and exciting for all swimmers, transition meets:

- ✚ Are more about learning to perform at your potential.
- ✚ Have a larger range of events and distances for swimmers to engage in.
- ✚ Don't have rule tolerances.
- ✚ Provide numerous opportunities to qualify for higher level meets and championships.

At these meets, swimmers will need to:

- ✚ Be more self-sufficient and self-aware.
- ✚ Understand that personal bests may not be achieved constantly, due to the practice of differing race plans and strategy implementation.
- ✚ Accept that other swimmers mature at different rates and results may vary accordingly.
- ✚ Most importantly, making yourself the competition is the only true guide of performance at this level.

Transition meets, as part of the SGC calendar, are open to swimmers that are 10yrs and over, at the time of the meet. The following specific requirements of a transition meet must be adhered to:

- ✚ Swimmers can enter a maximum of 6 events at any meet.
- ✚ Only swimmers aged 11yrs and over will be able to enter 200m events.
- ✚ 50m events to be conducted at each meet.
- ✚ No 800m or 1500m events will be offered.
- ✚ All swimmers in 400m+ events MUST check-in at least 1 hour prior to schedule event start time.
- ✚ Rule Tolerances are not applied at these meets.
- ✚ Novelty events, such as a handicap event, hot heats, splash for cash events etc, are encouraged to provide an exciting and fun element to the meet.

Meets are capped at 6 hours maximum.

Times achieved at transition meets can be used for all other meets, including Preparation meets, Regional, State and National Championships.



Preparation Meets:

This season, all 4 Preparation Meets will be run by SGC. These are considered to be the next step on the pathway towards higher performance championship meets. The purpose of these meets is to allow swimmers to experience a high-level meet with the aim of preparing them for even higher-level Championships. This preparation may include:

- ✚ Being put under mildly stressful situations.
- ✚ Learning to be self-sufficient – including race readiness, nutrition throughout the meet, meet awareness and turning up to swim on time etc.
- ✚ Practicing race strategies.
- ✚ Self-analysing and constructive advice from themselves and their coaches.
- ✚ Swimmers at this level will still need positive support and understanding from their parents, supporters and friends.
- ✚ Still having fun whilst swimming – if you are not having fun – what do you need to change?

Preparation Meets, as part of the SGC calendar, are open to swimmers that are 12yrs and over, at the time of the meet, however, special consideration may be provided for swimmers that will age up by the next QLD Championship. All swimmers must be a competitive swimming member of an affiliated swimming club.

The following specific requirements of a preparation meet must be adhered to:

- ✚ All events will have required qualifying times (as determined by SGC).
- ✚ Swimmers entering 800m and 1500m events without previously completing the event may request a manual entry through their coach to the hosting club, provided they have met the 400m qualifying time.
- ✚ All swimmers in 400m+ events MUST check-in at least 1 hour prior to scheduled event start time.
- ✚ All preparation meets must enable the use of an alternative pool for swimmer warm-up and cool-down procedures.
- ✚ Rule Tolerances are not applied at these meets.
- ✚ Swimmers can enter a maximum of 8 events for a 2-day meet, or 6 events if it is a single day meet.
- ✚ No medals are awarded at these meets.
- ✚ May provide a provision for event heats and finals, depending on timing relative to QLD or Australian Championships.

Preparation meets may run over one or two days, preferably a Friday night and Saturday, if they are to be a 2-day event. Times achieved at Preparation Meets can be used for all other meets, including Regional, State and National Championships.



Regional Championships:

Regional Championships are run by SGC. SGC Regional Championships consist of 4 separate events throughout the season. First is the SGC Short Course Championships, usually held in late July, early August. Following this, SGC conducts the SGC Relay Championships in November. In the new year the SGC Sprint Championships is usually held in January, while the SGC Championships are our premier Championship event held in March.

For all of our Championship events, except the Relay Championships, swimmers need to meet set qualifying times in order to compete in any particular event, provided they are 10yrs and over. All swimmers aged 8 and 9yrs as well as swimmers eligible for Multi-Class events are not required to meet any qualifying times.

The purpose for the SGC Championship meets is to:

- ✚ Provide a high-level, competitive event with a quality racing environment.
- ✚ Practice performing in a high pressure setting.
- ✚ Provide opportunities for swimmers to learn to race against high quality swimmers in competitive situations.
- ✚ Provide financial support for SGC affiliated clubs.
- ✚ Reward swimmers for their results and accomplishments.
- ✚ Provide a benchmark for swimmers to aim at in order to qualify.
- ✚ Still provide all the aims and benefits afforded to stakeholders as outlined in development, transition and preparation meets.

The following specific requirements of a Regional Championship must be adhered to:

- ✚ All events will have required qualifying times, except for 8 and 9year old swimmers and Multi-Class swimmers, as well as for any Relay Championship event.
- ✚ All swimmers in 400m+ events MUST check-in at least 1 hour prior to schedule event start time.
- ✚ All Regional Championships must enable use of an alternative pool for swimmer warm-up and cool-down procedures.
- ✚ Rule Tolerances are not applied at these meets.
- ✚ There are no swimmer entry restrictions other than qualifying times for individual events.
- ✚ For Relay Championship events, swimmers may only enter 1 aged Freestyle Relay, Medley Relay and Mixed Relay, they cannot swim in multiple aged events in the same discipline.
- ✚ All Regional Events must be conducted at facilities with automatic timing capability.

Rule Tolerances are not applied at these meets. Entry to Regional Championships is limited to swimmers from the SGC region that are registered as competitive swimmers through Swim Central (currently 8yrs and under and 9yrs+ competitive memberships). Times achieved at Regional Championships can be used for all other meets.