

**2024**  
**PHO3NIX**  
**JX**



**LEVEL UP**  
**TEAMS**  
**CHALLENGE**

**In an exciting new format and opportunity for developing swimmers, Darling Downs Regional Swimming Association, Swimming Gold Coast and the Pho3nix JX Program proudly presents the 2024 Level Up Teams Challenge!**

**Date: Saturday, 14<sup>th</sup> September, 2024**

**Location: The Glennie, Toowoomba**

Each region will select a team of 100 swimmers. Teams will comprise of the following:

- 12 Male and 12 Female swimmers in the following age groups:
  - 9 Yrs, 10 Yrs, 11 Yrs; 12 Yrs; Multiclass – 9-15 Yrs (2 Male & 2 Female)
  - Each swimmer will compete in 50m Freestyle, Backstroke, Breaststroke and Butterfly and relays.

Of the 12 swimmers per age group, the following must be selected:

- Male – 3 JX Gold, 3 JX Silver, 3 JX Bronze and 3 JX Blue swimmers
- Female - 3 JX Gold, 3 JX Silver, 3 JX Bronze and 3 JX Blue swimmers
- There will be 3 heats per age group:
  - Heat 1 – Blue
  - Heat 2 – Bronze
  - Heat 3 – Silver
  - Heat 4 - Gold
- No finals will be swum.

Points will be awarded for the following:

1. 1st, 2nd, 3<sup>rd</sup> and 4<sup>th</sup> in each age group category for both female and male, with a maximum of 2 scoring swimmers per region per event.
2. Improvement points – The team with the highest time improvement overall
3. Overall points – Champion team on the day
4. Highest individual improvement
5. Bridging swimmer – the swimmer who has achieved the highest shift in JX levels on the day.

Each region is to invite their own swimmers given the above criteria.

This event is designed to be an annual event that will alternate venues between the 2 competing regions.

Each region is able to register 3 swimmers per event, with only the top 2 swimmers counting for the team award.

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## Program of Events

Event	Age	Stroke	
Mixed - R	1	Multiclass	4 x 50m Medley
Girls - R	2	All Age Blue	4 x 50m Medley
Boys - R	3	All Age Blue	4 x 50m Medley
Girls - R	4	All Age Bronze	4 x 50m Medley
Boys - R	5	All Age Bronze	4 x 50m Medley
Girls - R	6	All Age Silver	4 x 50m Medley
Boys - R	7	All Age Silver	4 x 50m Medley
Girls - R	8	All Age Gold	4 x 50m Medley
Boys - R	9	All Age Gold	4 x 50m Medley
Girls	10	9 Yrs	50 Free
Boys	11	9 Yrs	50 Free
Girls	12	10 Yrs	50 Back
Boys	13	10 Yrs	50 Back
Girls	14	11 Yrs	50 Breast
Boys	15	11 Yrs	50 Breast
Girls	16	12 Yrs	50 Fly
Boys	17	12 Yrs	50 Fly
Girls	18	Multiclass	50 Back
Boys	19	Multiclass	50 Back
Girls	20	9 Yrs	50 Back
Boys	21	9 Yrs	50 Back
Girls	22	10 Yrs	50 Breast
Boys	23	10 Yrs	50 Breast
Girls	24	11 Yrs	50 Fly
Boys	25	11 Yrs	50 Fly
Girls	26	12 Yrs	50 Free
Boys	27	12 Yrs	50 Free
Girls	28	Multiclass	50 Breast
Boys	29	Multiclass	50 Breast
Girls - R	30	All Category	16 x 25 Free
Boys - R	31	All Category	16 x 25 Free

Event	Age	Stroke	
Girls	32	9 Yrs	50 Breast
Boys	33	9 Yrs	50 Breast
Girls	34	10 Yrs	50 Fly
Boys	35	10 Yrs	50 Fly
Girls	36	11 Yrs	50 Free
Boys	37	11 Yrs	50 Free
Girls	38	12 Yrs	50 Back
Boys	39	12 Yrs	50 Back
Girls	40	Multiclass	50 Fly
Boys	41	Multiclass	50 Fly
Girls	42	9 Yrs	50 Free
Boys	43	9 Yrs	50 Free
Girls	44	10 Yrs	50 Back
Boys	45	10 Yrs	50 Back
Girls	46	11 Yrs	50 Breast
Boys	47	11 Yrs	50 Breast
Girls	48	12 Yrs	50 Fly
Boys	49	12 Yrs	50 Fly
Girls	50	Multiclass	50 Free
Boys	51	Multiclass	50 Free
Girls	52	9-10 Yrs	Medley
Boys	53	9-10 Yrs	Medley
Girls	54	11-13 Yrs	Medley
Boys	55	11-13 Yrs	Medley
Mixed - R	56	Multiclass	4 x 50m Free
Girls - R	57	All Age Blue	4 x 50m Free
Boys - R	58	All Age Blue	4 x 50m Free
Girls - R	59	All Age Bronze	4 x 50m Free
Boys - R	60	All Age Bronze	4 x 50m Free
Girls - R	61	All Age Silver	4 x 50m Free
Boys - R	62	All Age Silver	4 x 50m Free
Girls - R	63	All Age Gold	4 x 50m Free
Boys - R	64	All Age Gold	4 x 50m Free