

2025
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 2025 Level Up Teams Challenge!**

Date: Monday, 22nd September, 2025

Location: All Saints Anglican College, Highland Dr, Merrimac

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

Each region will select a team made up of JX swimmers from Gold, Silver, Bronze and Blue JX Levels. Teams will comprise of the following:

- Female and Male swimmers that are current members of DDRSA or SGC.
- 9 Yrs, 10 Yrs, 11 Yrs; 12 Yrs; 13yrs & Multiclass – 9-15 Yrs (2 Male & 2 Female)
- Swimmers results will be used from May 1st, 2025 until August 17th 2025.
- 12-13yrs swimmers times have been converted to LC times to determine JX categories for each stroke (SC time x 1.02)
- Each stroke will be allocated a category according to the corresponding JX category for that swim.
- To be eligible, swimmers must have recorded JX qualifying standards in at least 3 of the 4 strokes.

At the event:

- Swimmers will be split into teams representing our 3 event ambassadors - Team Chelsea (Hodges), Team Ben (Armbruster) and Team Julia (Remington).
- Each swimmer will compete in 50m Freestyle, 50m Backstroke, 50m Breaststroke, 50m Butterfly and 2 x 50m relays.
- Swimmers will compete against other swimmers in their same JX Category.
- Events are timed finals - so no finals will be swum.

Awards will be presented for the following:

- Improvement points – The team with the highest improvement points total overall.
- Highest individual improvement point scorer.
- Bridging swimmer – the swimmer who has achieved the highest shift in JX levels on the day.

Invitations to swimmers will be sent out on Tuesday 26th August 2025 with acceptances due by midnight Sunday 31st August 2025.

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

This event is designed to be an annual event, utilising alternating venues between the 2 competing regions.

2025 PHO3NIX JX



LEVEL UP TEAMS CHALLENGE

Program of Events

(NOTE: subject to change depending on final numbers)

Event	Age	Stroke
Mixed - R	1	Multiclass
Girls - R	2	All Age Blue
Boys - R	3	All Age Blue
Girls - R	4	All Age Bronze
Boys - R	5	All Age Bronze
Girls - R	6	All Age Silver
Boys - R	7	All Age Silver
Girls - R	8	All Age Gold
Boys - R	9	All Age Gold
Girls	10	9 Yrs
Boys	11	9 Yrs
Girls	12	10 Yrs
Boys	13	10 Yrs
Girls	14	11 Yrs
Boys	15	11 Yrs
Girls	16	12 Yrs
Boys	17	12 Yrs
Girls	18	13 Yrs
Boys	19	13 Yrs
Girls	20	Multiclass
Boys	21	Multiclass
Girls	22	9 Yrs
Boys	23	9 Yrs
Girls	24	10 Yrs
Boys	25	10 Yrs
Girls	26	11 Yrs
Boys	27	11 Yrs
Girls	28	12 Yrs
Boys	29	12 Yrs
Girls	30	13 Yrs
Boys	31	13 Yrs
Girls	32	Multiclass
Boys	33	Multiclass
Girls - R	34	All Category
Boys - R	35	All Category

Event	Age	Stroke
Girls	36	9 Yrs
Boys	37	9 Yrs
Girls	38	10 Yrs
Boys	39	10 Yrs
Girls	40	11 Yrs
Boys	41	11 Yrs
Girls	42	12 Yrs
Boys	43	12 Yrs
Girls	44	13 Yrs
Boys	45	13 Yrs
Girls	46	Multiclass
Boys	47	Multiclass
Girls	48	9 Yrs
Boys	49	9 Yrs
Girls	50	10 Yrs
Boys	51	10 Yrs
Girls	52	11 Yrs
Boys	53	11 Yrs
Girls	54	12 Yrs
Boys	55	12 Yrs
Girls	56	13 Yrs
Boys	57	13 Yrs
Girls	58	Multiclass
Boys	59	Multiclass
Girls	60	9-10 Yrs
Boys	61	9-10 Yrs
Girls	62	11-13 Yrs
Boys	63	11-13 Yrs
Mixed - R	64	Multiclass
Girls - R	65	All Age Blue
Boys - R	66	All Age Blue
Girls - R	67	All Age Bronze
Boys - R	68	All Age Bronze
Girls - R	69	All Age Silver
Boys - R	70	All Age Silver
Girls - R	71	All Age Gold
Boys - R	72	All Age Gold