



**2023 Hancock Prospecting
Queensland Championships
FNQ Regional Swimming
State Team**





2023 Hancock Prospecting Queensland Championships FNQ Regional State Team

Congratulations to the swimmers who have been selected to swim for FNQ at the Regional Relay Session at Qld State Champs for 2023.

UNIFORM

New uniforms will be free issued to all swimmers including state team singlet, cap and shorts (optional). The FNQ State Team caps must be worn during the relay races by all regional relay swimmers

State Team uniforms will be available for collection at the State Relay Team Practice Session on Saturday 2nd December, 2023 at Marlin Coast Swimming Club, 8:30 am to 10:00 am.
Arrive 8:15 am for at photo at 8:30 am.

LOGISTICS

Relay Day commences with the Club Relays in the morning which will be the busiest period in the whole week of competition. Some of you will be involved in these too so please ensure you manage yourselves adequately for the competition in the afternoon. Please make sure you bring plenty of water and food. For those of you not involved in Club Relays it is a great chance to come and cheer on your other FNQ team members and to meet any number of our Olympic swimmers who will also be swimming at the meet.

Swimmers should plan to meet upstairs on the concourse overlooking the warm up pool at 1:00 pm for a 1:30 pm warm up.

[2023 Hancock Prospecting Queensland Championships Program of Events](#)

COMMITMENT

If you cannot attend or on the day are running late, please contact our Team Manager by telephone call (not text). It is important to note that if you are unable to attend and unless we have sufficient time to find a replacement your team will be unable to swim.

RESERVES

In this competition we are permitted to enter two teams (A and B) if we have at least 8 swimmers available for that particular age group. If you have been selected as a reserve please ensure you are present and able to swim if required. Should a replacement swimmer be required from the reserves list, the reserve swimmer with the next fastest time from Results Central data will be chosen. Should a swimmer from the A team be unavailable, then the next fastest B Team swimmer will be elevated to the A team and a reserve selected to swim in the B team.

MANAGEMENT

The Relay Team Manager for is Ramayana Loveridge on 0448 548 356



2023 Hancock Prospecting Queensland Championships FNQ Regional State Team

12 & Under Boys

Freestyle Relay A

Place	Name
1	Sunny Kito
2	Warne McShane
3	Darcy Oliver
4	Oscar Loveridge

Reserves
Thomas Scholes

Medley Relay A

Place	Name
Back	Darcy Oliver
Breast	Warne McShane
Butterfly	Sunny Kito
Freestyle	Oscar Loveridge

Reserves
Thomas Scholes

12 & Under Girls

Freestyle Relay A

Place	Name
1	Chantal Thouroude
2	Chloe O'Neile
3	Alice Solomonides
4	Mikayla Ah Loy-Coutts

Freestyle Relay B

Place	Name
1	Eva Greenwood
2	Zara De la fonteyne
3	Lucy Cracknell
4	Sienna Page

Reserves
Alice Simms

Medley Relay A

Place	Name
Back	Eva Greenwood
Breast	Lucy Cracknell
Butterfly	Mikayla Ah Loy-Coutts
Freestyle	Chantal Thouroude

Medley Relay B

Place	Name
Back	Chloe O'Neile
Breast	Alice Simms
Butterfly	Zara De la fonteyne
Freestyle	Alice Solomonides

Reserves
Sienna Page



2023 Hancock Prospecting Queensland Championships FNQ Regional State Team

14 & Under Boys

Freestyle Relay A

Place	Name
1	Jonathan Galea
2	Matthew Rowbotham
3	Raiden De Carlo
4	Cooper Hudson

Reserves

Nil

Medley Relay A

Place	Name
Back	Matthew Rowbotham
Breast	Raiden De Carlo
Butterfly	Jonathan Galea
Freestyle	Cooper Hudson

Reserves

Nil

14 & Under Girls

Freestyle Relay A

Place	Name
1	Emily Vickers
2	Sophie Greateorex
3	Jamie Percy
4	Claudia Sullivan

Freestyle Relay B

Place	Name
1	Amelie Scholes
2	Arabella Lulham
3	Alice Simms
4	Madeline Stewart

Reserves

Nil

Medley Relay A

Place	Name
Back	Sophie Greateorex
Breast	Jamie Percy
Butterfly	Arabella Lulham
Freestyle	Emily Vickers

Medley Relay B

Place	Name
Back	Claudia Sullivan
Breast	Sienna Page
Butterfly	Amelie Scholes
Freestyle	Madeline Stewart

Reserves

Nil



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15 & Over Boys

Freestyle Relay A

Place	Name
1	Brady Hughes
2	Albert Damin An
3	Bryce Menzies
4	Hugo Loveridge

Freestyle Relay B

Place	Name
1	Ryan Elliott
2	Nicolas Thouroude
3	Taj Murray
4	Sebastien Thouroude

Reserves
David Eade

Medley Relay A

Place	Name
Back	Bryce Menzies
Breast	Albert Damin An
Butterfly	Hugo Loveridge
Freestyle	Brady Hughes

Medley Relay B

Place	Name
Back	Taj Murray
Breast	Ryan Elliott
Butterfly	Nicolas Thouroude
Freestyle	Sebastien Thouroude

Reserves
David Eade

15 & Over Girls

Freestyle Relay A

Place	Name
1	Jessica Deane
2	Sophie McCallum
3	Paige Carey
4	Emily Brown

Freestyle Relay B

Place	Name
1	Cadence McShane
2	Rylee Whitby
3	Natalie Beck
4	Hayley Graham

Reserves
Kai Travers-Mason
Lexi Graham

Medley Relay A

Place	Name
Back	Sophie McCallum
Breast	Cadence McShane
Butterfly	Jessica Deane
Freestyle	Emily Brown

Medley Relay B

Place	Name
Back	Hayley Graham
Breast	Lexi Graham
Butterfly	Paige Carey
Freestyle	Rylee Whitby

Reserves
Natalie Beck
Kai Travers-Mason



2023 Hancock Prospecting Queensland Championships FNQ Regional State Team

FNQ Swimming is proud to have over 50 relay swimmers representing Far North Queensland at the 2023 Qld State Swimming Championships and many more competing from our FNQ clubs too. This is an exciting time for everyone that should be enjoyed by all. The following standards have been adapted from the Australian School Sports Council document School Sport Australia – Codes of Behaviour. They apply to everyone involved with the FNQRSA:.

FOR SWIMMERS

- Be a good sport
- Compete for enjoyment
- Strive for personal excellence
- Work hard for your team as well as yourself
- Treat all team mates and opponents as you enjoy being treated yourself
- Compete by the rules
- Co-operate with team members and officials
- Control your behaviour in and out of the pool
- Learn to value honest effort, skilled performance and improvement

FOR COACHES AND INSTRUCTORS

- Set a good example for your swimmers
- Encourage and create opportunities to develop individual skills
- Encourage team participation
- Ensure that the events are appropriate for the age group and the skill development level of the swimmers involved
- Teach your swimmers to be friendly towards officials and opponents, and to treat them with respect
- Discipline any swimmers whose behaviour is not acceptable and where necessary impose appropriate penalties
- Keep your own knowledge of coaching and developments of the sport up to date
- Share your own knowledge with others as the need arises

FOR PARENTS/CARERS

- Encourage participation by your children
- Provide a model of good sports behaviour for your child to copy
- Be courteous in your communication with swimmers, officials and sport administrators
- Make any new parents/carers/swimmers feel welcome on all occasions
- Do not interfere with the conduct of any event.

FOR SPECTATORS

- Demonstrate appropriate social behaviour
- Remember swimmers compete for enjoyment. Don't let your behaviour detract from their enjoyment
- Let officials conduct events without interference
- Support skilled performances and team play with generous applause
- Demonstrate respect for other competitors and their supporters