



**2024 Hancock Prospecting
Queensland Championships
FNQ Regional Swimming
State Relay Team**



2024 Hancock Prospecting Queensland Championships FNQ Regional State Relay Team

Congratulations to the swimmers who have been selected to swim for FNQ at the Regional Relay Session at the 2024 Queensland State Championships.

UNIFORM

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

Details for collection of State Team uniforms to be advised.

LOGISTICS

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 Saturday 14th December 2024.

[2024 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 Jim Greatorex; contact 0417 831 173.



2024 Hancock Prospecting Queensland Championships FNQ Regional State Relay Team

14 & Under Boys

Freestyle Relay A

- 1 Raiden De Carlo
- 2 Oscar Loveridge
- 3 Darcy Oliver
- 4 Warne McShane

Reserves

Archie Loveridge

Lachlan Francini-O'Hagan

Medley Relay A

- | | |
|-----------|-----------------|
| Back | Darcy Oliver |
| Breast | Raiden De Carlo |
| Butterfly | Warne McShane |
| Freestyle | Oscar Loveridge |

Reserves

Archie Loveridge

Lachlan Francini-O'Hagan

14 & Under Girls

Freestyle Relay A

- 1 Mikayla Ah Loy-Coutts
- 2 Chantal Thouroude
- 3 Eva Greenwood
- 4 Chelsea Turnbull

Freestyle Relay B

- 1 Zara De la fonteyne
- 2 Sienna Page
- 3 Isabel Miotto
- 4 Alice Simms

Reserves

Cedar Adding

Medley Relay A

- | | |
|-----------|-----------------------|
| Back | Eva Greenwood |
| Breast | Sienna Page |
| Butterfly | Chelsea Turnbull |
| Freestyle | Mikayla Ah Loy-Coutts |

Medley Relay B

- | | |
|-----------|---------------------|
| Back | Zara De la fonteyne |
| Breast | Alice Simms |
| Butterfly | Chantal Thouroude |
| Freestyle | Isabel Miotto |

Reserves

Cedar Adding



2024 Hancock Prospecting Queensland Championships FNQ Regional State Relay Team

15 & Over Boys

Freestyle Relay A

- 1 Hugo Loveridge
- 2 Nicolas Thouroude
- 3 Liam McNamara
- 4 Matthew Rowbotham

Reserves

Ryan Elliot
Sebastien Thouroude

Medley Relay A

- | | |
|-----------|-------------------|
| Back | Matthew Rowbotham |
| Breast | Ryan Elliot |
| Butterfly | Hugo Loveridge |
| Freestyle | Nicolas Thouroude |

Reserves

Liam McNamara
Sebastien Thouroude

15 & Over Girls

Freestyle Relay A

- 1 Sophie McCallum
- 2 Amelie Scholes
- 3 Emily Vickers
- 4 Sophie Greatorex

Freestyle Relay B

- 1 Candence McShane
- 2 Claudia Sullivan
- 3 Arabella Lulham
- 4 Rylie Whitby

Reserves

Kai Travers-Mason
Lexi Graham

Medley Relay A

- | | |
|-----------|------------------|
| Back | Sophie McCallum |
| Breast | Candence McShane |
| Butterfly | Sophie Greatorex |
| Freestyle | Amelie Scholes |

Medley Relay B

- | | |
|-----------|-----------------|
| Back | Emily Vickers |
| Breast | Lexi Graham |
| Butterfly | Arabella Lulham |
| Freestyle | Rylee Whitby |

Reserves

Claudia Sullivan
Kai Travers-Mason



2024 Hancock Prospecting Queensland Championships FNQ Regional State Relay Team

FNQ Swimming is proud to have over 30 relay swimmers representing Far North Queensland at the 2024 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