



2026 FNQ Long Course Championships

28th February & 1st March 2026

TOBRUK MEMORIAL POOL

SESSION 1					SESSION 3					
Saturday 28 th February 2026 Gates Open 7:30am for 8:30am Start					Sunday 1 st March 2026 Gates Open 7:30am for 8:30am Start					
M	F	Age	Distance	Stroke	M	F	Age	Distance	Stroke	
1	2	10&O	200	IM	27	28	12&O	400	IM	
3	4	12&O	800	Freestyle (QT)	29	30	13&O	1500	Freestyle (QT)	
5	6	11&O	50	Freestyle	31	32	11&O	50	Backstroke	
7	8	11&O	200	Breaststroke	33	34	11&O	200	Butterfly	
9	10	10&O	100	Butterfly	35	36	10&O	100	Breaststroke	
FNQ CLUBS WAR CRY COMPETITION To be held after the completion of Session 1					Break for Warm Up					
Session 2					Session 4					
Saturday 28 th February 2026 AFTER BREAK					Sunday 1 st March 2026 Warm Up available – racing will start 30 min after completion of Session 3					
M	F	Age	Distance	Stroke	M	F	Age	Distance	Stroke	
11	12	10&O	100	Backstroke	37	38	10&O	100	Freestyle	
13	14	8-10	50	Freestyle	39	40	8-10	50	Butterfly	
15	16	12&O	400	Freestyle	41	42	11&O	200	Backstroke	
17	18	8-10	50	Breaststroke	43	44	11&O	50	Butterfly	
19	20	11&O	50	Breaststroke	45	46	8-10	50	Backstroke	
21	MIX	OPEN	4 x 50	Freestyle Relay	47	48	11&O	200	Freestyle	
22	MIX	10&U	4 x 50	Freestyle Relay	10 minute break					
23	24	13&U	4 x 50	Freestyle Relay	49	MIX	OPEN	4 x 50	Medley Relay	
25	26	OPEN	4 x 50	Freestyle Relay	50	MIX	10&U	4 x 50	Medley Relay	
					51	52	13&U	4 x 50	Medley Relay	
					53	54	OPEN	4 x 50	Medley Relay	
Qualifying Times for Distance Events					PRESENTATION OF COMPLETE SWIMMER MEDALS AND PRESENTATION OF LONG COURSE AWARDS AND TROPHIES					
Male QT's	12	13	14	15	16&O	NOMINATION DETAILS				
1500	N/a	20:20	20:00	19:40	19:00	MINIMUM AGE IS 8 YEARS				
800	11:40	11:20	11:00	10:40	10:20	Nominations Close				
Female QT's	12	13	14	15	16&O	Friday 20 th February 11:59pm				
1500	N/a	21:20	21:00	20:40	20:00	Alice Foote race-sec@fnqswimming.com.au				
800	12:40	12:20	12:00	11:40	11:20	Deb Telford president.tasswimming@gmail.com				
						or info@fnqswimming.com.au				

All backstroke events will be seeded 11&U and 12&O for ease of officiating the use of the backstroke ledges.



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AGE CHAMPION, FORM STROKE AND FREESTYLE EVENTS	
8-9 YEARS AGE CHAMPION EVENTS	Points will be accrued across the four age champion events for 8-9 Years. Event Numbers: 13/14 50M Freestyle 17/18 50M Breaststroke 39/40 50M Butterfly 45/46 50M Backstroke
10 YEARS AGE CHAMPION EVENTS	Points will be accrued across the five age champion events for 10 Years. Event Numbers: 1/2 200M Individual Medley 13/14 50M Freestyle 17/18 50M Breaststroke 39/40 50M Butterfly 45/46 50M Backstroke
11 – 17&O AGE CHAMPION EVENTS	Points will be accrued towards age champion for the five 10&O events. Event Numbers: 1/2 200M Individual Medley 9/10 100M Butterfly 11/12 100M Backstroke 35/36 100M Breaststroke 37/38 100M Freestyle
MULTI-CLASS CHAMPION EVENTS <i>*Enter into the relevant 50m age race.</i>	Points will be accrued across the four age champion events. Event Numbers: 5/6 50M Freestyle 13/14 50M Freestyle 17/18 50M Breaststroke 19/20 50M Breaststroke 31/32 50M Backstroke 39/40 50M Butterfly 43/44 50M Butterfly 45/46 50M Backstroke
DISTANCE CHAMPION EVENTS (14&U & 15&O)	Swimmers must swim a minimum of three events to qualify for this award. These include events: 47/48 200M Freestyle 41/42 200M Backstroke 7/8 200M Breaststroke 33/34 200M Butterfly 27/28 400M Individual Medley 15/16 400M Freestyle 3/4 800M Freestyle 29/30 1500M Freestyle



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Conditions of Entry

1. The meet will be conducted under the rules of by-laws of Swimming Australia (SAL) and Swimming Queensland (SQ).
2. All competitors must be currently registered members of an affiliated SAL club.
3. Visitors are welcome to nominate.
4. Multi-Class swimmers must present themselves to the referee of the day.
5. **Minimum age for the meet is 8 years.** Age shall be as at 28th February 2026.
6. **NT WILL NOT BE ACCEPTED** (Short Course Converted times will be accepted).
7. FNQ Swimming reserves the right, on the day, to combine heats and events. Times on the flyer are an indication only and a timeline will be published at the time of preparing the programme.
8. **Nomination Fee:** Individual events AGE 8-10 \$5.00 (50m events ONLY), all other Individual events AGE 10&over \$7.50. Relays \$10.00. All individual nominations through Swim Central.
9. **Relay NOMINATIONS** – will be accepted as either through swim central or manual entries. The swim central nominations will close same time as individual events. **The manual relay nominations MUST be emailed to Alice Foote race-sec@fnqswimming.com.au BEFORE Saturday 21st February 2026 11.59PM.**
10. **RELAY TEAMS:** Limit of 2 teams per club per event. Mixed relays will consist of 2 male and 2 female and swim in any order.
11. Swimmers are allowed to compete in any number of relays as long as they are competing within the correct age criteria of the relay.
12. **LATE NOMINATIONS - will be accepted up to 30 minutes before the commencement of the FIRST SESSION of the Championships. NO LATE NOMINATIONS WILL BE ACCEPTED AFTER THIS TIME.** NO RESEEDING of events will occur because of late nominations. The late nomination swimmer will be entered into the last heat of the event. If there is no space available in the last heat, an additional heat will be created and the swimmers in the last heat may be reseeded according to their seed times. **Late nominations will incur a fee of \$20.00 per event and must be emailed or delivered to Alice Foote race-sec@fnqswimming.com.au.**
13. **Change/Substitution of relay swimmers will be accepted up to 30 minutes prior to the commencement of the relay events on each day. (ie 30 minutes prior to event 21 and 30 minutes prior to event 49)**
14. Programmes available on the FNQ website prior to the commencement of the Championships. Limited number of programmes available at the meet.
15. In the event of a protest, a fee of \$100 is to be deposited with a written protest not later than 30 minutes following the conclusion of the event (SAL CBL 12).
16. This is an FNQ Swimming run event and **all clubs will be allocated tasks for the weekend.**
17. It is a condition of entering this event that your club understands that timekeeping is required by all clubs and is allocated by the number of swimmers your club enters.

Photo Policy

18. In nominating for this Meet, swimmers agree that they may be photographed and that the images may be used in publications, FNQ Website or social media sites.



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Awards

19. Swimmers aged 8, 9 & 10 will be awarded a **Complete Swimmer** medal upon **completion** of all four 50m events. (Event numbers: Boys 13, 17, 39, 45; Girls 14, 18, 40, 46)
20. Swimmers aged 11 will be awarded a **Complete Swimmer** medal upon **completion** of all four 100m events. (Event numbers: Boys 9, 11, 35, 37; Girls 10, 12, 36, 38)
21. Medals will be awarded to the first three place getters in each age group for 8, 9 and 10 years 50m events (Event numbers: Boys 13, 17, 39, 45; Girls 14, 18, 40, 46)
22. Medals will be awarded to the first three place getters aged 11 years in the 100m events (Event numbers: Boys 9, 11, 35, 37; Girls 10, 12, 36, 38)
23. 10 year old swimmers competing in the 100m events will be swimming for times only.
10 year old swimmers competing in 200m IM will compete for points towards the age champion for 10 yrs.
24. 11 year old swimmers competing in the 200m individual stroke events will be swimming for times only.
11 year old swimmers competing in 200m IM will compete for points towards the age champion for 11 yrs.
25. 12&O swimmers will be multi aged for award medals (12, 13, 14, 15, 16, 17&O) in the individual event numbers 1, 2, 9, 10, 11, 12, 35, 36, 37, 38 (ie all 100m events and the 200IM). All other individual events - awards will be presented to the first three place-getters only.
26. Multi-class (SWD) swimmers will be awarded medals in all 50m events. There is no separate multi-class event, these swimmers will enter the relevant events to promote and encourage inclusivity and competitiveness.
27. Awards will be presented for all first three place getters in all relay events.

28. Awards for age champion winners, runners up and third place getters in the following age groups:

8yrs, 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16, 17&Over and Multi-class (SWD)

Points allocated are:

FIRST 10points, SECOND 7points, THIRD 5points, FOURTH 3points, FIFTH 2 points, SIXTH 1 point.

29. Visitors do not score points but will receive a medal for placing.
30. Age Champions will be determined by points accrued in the following (you do not have to do all events to be eligible for the award):
 - i. 8 and 9 years - 50m of each stroke
(Event Nos: 13, 14, 17, 18, 39, 40, 45, 46)
 - ii. 10 years - 50m of each stroke and 200IM
(Event Nos: 1, 2, 13, 14, 17, 18, 39, 40, 45, 46)
 - iii. 11, 12, 13, 14, 15, 16 years and 17&O - 100m of each stroke plus 200IM
(Event Nos: 1, 2, 9, 10, 11, 12, 35, 36, 37, 38)
 - iv. Multi-class – 50m of each stroke
(Event Nos: 5, 6, 13, 14, 17, 18, 19, 20, 31, 32, 39, 40, 43, 44, 45, 46) Enter into the relevant 50m age race.

Presentation of Age Champion, multi-class winners and overall club shields will be presented approximately 30 minutes after the conclusion of the meet.