

FNQ SHORT COURSE CHAMPIONSHIPS
25th & 26th July 2026
TOBRUK MEMORIAL POOL



NOMINATION DETAILS
MINIMUM AGE IS 8 YEARS

Nominations close on Wednesday 15th July 2026 @ 11:59pm

Late nominations will be accepted – refer to conditions of entry

Queries: info@fnqswimming.com.au and/or race-sec@fnqswimming.com.au

SESSION 1				
SATURDAY 25th July 2026				
Gates Open 7:30 am for 9:00am Start				
M	F	Age	Distance	Stroke
1	2	10&O	200	IM
3	4	12&O	800	Freestyle (QT)
5	6	11&O	50	Freestyle
7	8	10&O	200	Breaststroke
9	10	10&O	100	Butterfly
Presentation of FNQ Individual Performance Awards 2025/26				
SESSION 2				
SATURDAY 25th July 2026				
AFTER BREAK				
M	F	Age	Distance	Stroke
11	12	10&O	100	Backstroke
13	14	8-10	50	Freestyle
15	16	12&O	400	Freestyle
17	18	8-10	50	Breaststroke
19	20	11&O	50	Breaststroke
21	MIX	OPEN	4 x 50	Freestyle Relay
22	MIX	10&U	4 x 25	Freestyle Relay
23	24	13&U	4 x 50	Freestyle Relay
25	26	OPEN	4 x 50	Freestyle Relay

Qualifying Times for Distance Events					
Male QT's	12	13	14	15	16&O
1500	N/a	20:20	20:00	19:40	19:00
800	11:40	11:20	11:00	10:40	10:20
Female QT's	12	13	14	15	16&O
1500	N/a	21:20	21:00	20:40	20:00
800	12:40	12:20	12:00	11:40	11:20

FNQRSA AGM 8:00 am				
ALL WELCOME				
SESSION 3				
SUNDAY 26th July 2026				
Gates Open 7:30 am for 9:00am Start				
M	F	Age	Distance	Stroke
27	28	10&O	200	Freestyle
29	30	12&O	400	IM
31	32	11&O	50	Backstroke
33	34	10&O	200	Butterfly
35	36	10&O	100	Breaststroke
Break for Warm Up				
SESSION 4				
SUNDAY 26th July 2026				
Warm Up available – racing will start 30 min after completion of Session 3				
M	F	Age	Distance	Stroke
37	38	10&O	100	Freestyle
39	40	8-10	50	Butterfly
41	42	10&O	200	Backstroke
43	44	11&O	50	Butterfly
45	46	8-10	50	Backstroke
47	48	11&O	100	IM
49	50	8-10	100	IM
51	52	13&O	1500	Freestyle (QT)
53	MIX	OPEN	4 x 50	Medley Relay
54	MIX	10&U	4 X 25	Medley Relay
55	56	13&U	4 x 50	Medley Relay
57	58	OPEN	4 x 50	Medley Relay
59	MIX	OPEN	12 x 25	Freestyle Relay **See Rules
PRESENTATION OF COMPLETE SWIMMER MEDALS AND SHORT COURSE AWARDS AND TROPHIES				

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AGE CHAMPION AND DISTANCE CHAMPION

**Important to note that you do not have to swim all the events to be eligible for the age champion.
 The age champion is awarded to the swimmer who has accrued the most points in the events.**

POINTS are awarded:

First 10, Second 7, Third 5, Fourth 3, Fifth 2 and Sixth 1

JUNIOR AGE CHAMPION EVENTS Awarded to 8, 9 and 10 ages	Points will be accrued across the 5 age champion events for 8-10 years. Event Numbers:	
	13/14 50 Freestyle 17/18 50 Breaststroke 39/40 50 Butterfly	45-46 50 Backstroke 49/50 100 IM
SENIOR AGE CHAMPION EVENTS Award to 11, 12, 13, 14, 15, 16 and 17&O ages	Points will be accrued across the 5 age champion events as detailed.	
	1/2 200 IM 9/10 100 Butterfly 11/12 100 Backstroke	35/36 100 Breaststroke 37/38 100 Freestyle
MULTI-CLASS CHAMPION EVENTS	Point will be accrued across the 4 x 50m events	
	13/14 50 Freestyle 17/18 50 Breaststroke 39/40 50 Butterfly 45/46 50 Backstroke	5/6 50 Freestyle 19/20 50 Breaststroke 31/32 50 Backstroke 43/44 50 Butterfly
DISTANCE CHAMPION EVENTS (14&U & 15&O)	Swimmers must swim a minimum of three events to qualify for this award.	
	3/4 800 Freestyle 7/8 200 Breaststroke 15/16 400 Freestyle 27/28 200 Freestyle	29/30 400 IM 33/34 200 Butterfly 41/42 200 Backstroke 51/52 1500 Freestyle

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CONDITIONS OF ENTRY

1. The meet will be conducted under rules of FINA and By-laws of Swimming Australia (SAL) and Swimming Queensland (SQ).
2. All competitors must be currently registered members of an affiliated SAL club.
3. SWD must present themselves to the referee of the day before commencement of swimming.
4. **Minimum age for the meet is 8 years.**
5. Age shall be as of 25th July 2026.
6. All swimmers must have a time to enter, **NT WILL NOT BE ACCEPTED**. Long Course converted times will be acceptable.
7. FNQRSA reserves the right, on the day, to combine heats and events. Times on the flyer are an indication only, a time-line will be published at the time of preparing the program.
8. **Nomination Fee:** Individual events AGE 8-10 \$5.00 (50m events ONLY), all other Individual events \$7.50. Relays \$10. This fee does not include any surcharges. All individual nominations will be done through the Swim Central.
9. **Relay Nominations:** Will be accepted as either through swim central or manual entries. The Swim Central nominations will close the same time as Individual events. **The manual relay nominations MUST be emailed to Alice Foote race-sec@fnqswimming.com.au BEFORE Thursday 16 July 2026 11.59pm.**
10. **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.
11. Entrance fee for any spectators will be \$3.00 per day.
12. **RELAY TEAMS** - limit of two teams per club per event. Mixed relays will consist of 2 boys and 2 girls.
13. **** RELAY - EVENT 59** - this relay WILL NOT be awarded any points and will be run so we can get everyone involved and competing in a relay situation. We will even combine clubs. This relay will be nominated on the day and coaches will be responsible for this relay. 12x25m Freestyle mixed - 6 boys, 6 girls of which 4 swimmers 12&U, 4 swimmers 15&O and 4 swimmers Open (to all ages).
14. Programmes will be available on the FNQ website along with a DRAFT timeline.
15. In the event of a protest, \$100 fee 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, accordingly 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.

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PHOTO POLICY

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.

AWARDS

1. Individual events will be multi aged events for awards except 11&O 50m events. The 11&O 50m events, the awards will be presented to the first three place-getters only. The events for the distance champions will be awarded to the first three place-getters in the age range 14&U and 15&O age groups.
2. Swimmers aged 8, 9 and 10 years will be awarded 1st, 2nd, 3rd place medals.
3. Complete Swimmer medal will be awarded to 8, 9 and 10 years upon **completion** of all four 50m events (event numbers: Boys 13, 17, 39 and 45; Girls 14, 18, 40 and 46). You must swim the event to be eligible for the Complete Swimmer Medal.
4. 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.
5. Awards will be presented for all first three place getters in all relay events except event 59.
6. Awards for age champion winners, runners up and third place getters in the following age groups: 8yrs, 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs, 17&Over & Multi-class.
7. Points for the club and individual awards will be given to the first 6 place getters as follows:
First 10, Second 7, Third 5, Fourth 3, Fifth 2 and Sixth 1.
8. Distance events will be multi aged for award medals (14&U and 15&O) for all 200m form stroke events, 400IM and the 200, 400, 800 and 1500 freestyle events.
9. Championship Points: 50m events, as well as age, form and freestyle aggregate events contribute to overall club championship points.
10. Visitors do not score points but will receive a medal for placing.
11. 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, 9 and 10 years - 50m of each stroke and 100IM
 - ii. 11, 12, 13, 14, 15, 16 and 17&O - 100m of each stroke and 200IM
 - iii. Multi-class - 50m of each stroke