

# 2024 SSACT PRIMARY REGIONAL SWIMMING CHAMPIONSHIPS

## PROGRAM OF EVENTS AND QUALIFYING TIMES

Warm Up from 8.30am, Program commences at 9.15am

### 8-12 Years

Boys	Girls	Age	Event	Qualifying Time
1	2	12	50m Freestyle	50.00
3	4	9	50m Freestyle	1:05.00
5	6	10	50m Freestyle	1:00.00
7	8	11	50m Freestyle	55.00
9	10	8	50m Freestyle	1:15.00
11	12	10-12	50m MC (see below)	
13	14	10-12	100m Freestyle	1:45.00
<b>15-Minute Break</b>				
15	16	10-12	100m Breaststroke	2:10.00
17	18	10, 9 and 8	50m Butterfly	1:10.00 (9s 1.15.00) (8s 1.20.00)
19	20	11	50m Butterfly	1:00.00
21	22	12	50m Butterfly	55.00
23	24	10-12	100m Backstroke	2:00.00
25	26	10, 9 and 8	50m Breaststroke	1:15.00 (9s 1.20.00) (8s 1.25.00)
27	28	11	50m Breaststroke	1:10.00
29	30	12	50m Breaststroke	1:05.00
31	32	10-12	100m Butterfly	2:00.00
33	34	10, 9 and 8	50m Backstroke	1:05.00 (9s 1.10.00) (8s 1.15.00)
35	36	11	50m Backstroke	1:00.00
37	38	12	50m Backstroke	55.00

#### Notes:

- Each swimmer may compete in a maximum of seven (7) events.
- Events listed for 10, 9 and 8 Year olds (17, 18, 25, 26, 33 and 34) will be combined due to low participant numbers, but separate times and places will be maintained for each age group.
- 200m IM and 200m Freestyle – Not conducted at Regional level. Up to four (4) competitors in each age group (10, 11, 12 years) will be entered from direct entries received to the 12&U ACT Championship – Entry Form must be submitted by the school no later than 27 April, found in Teacher Resources section of the website.
- 100m Freestyle and Form Strokes: Each School is permitted to nominate two (2) competitors in each age group, 10, 11, 12 years, i.e. a maximum of 6 swimmers from combined 10-12 years events providing qualifying times are met.
- Two (2) swimmers can be nominated for all 50m events providing qualifying times are met.
- Nominated swimmers must have achieved the qualifying time in order to swim at the ACT Regional School Swimming Championships.

**13 year old students:** Each school may nominate up to two (2) competitors aged 13 years for the 50m and 100m Freestyle and Form Strokes providing the swimmer has met the 12 years qualifying time. These swimmers will compete in the 12 years events however their swims will be separated in the results.

**Events 11 and 12:** Any student with a disability aged 10 or over can enter these events provided they are able to swim 50m using any stroke or combination thereof. They may rest against the lane ropes if required. They may start the race in the water, from the pool deck or from the starting blocks. The only restriction is that they cannot pull themselves along the lane ropes.

**Unable to compete at the Regional Carnival:** If a swimmer was unable to compete at the Regional Carnival and has an official long course personal best time faster than the **ACT Championships Qualifying Time** they may apply for consideration to compete in the ACT School Swimming Championships. Subject to the availability of vacant lanes and the ranking of the times of other eligible swimmers, these swimmers may be invited to swim at the ACT Championships. The **ACT Championships Qualifying Times** are available on the School Sport ACT website.

**Request for Inclusion in the ACT Swimming Championships 2024 form** is available on the School Sport ACT website and must be submitted to [eo@schoolsportact.org.au](mailto:eo@schoolsportact.org.au) by the **student's school** no later than **COB Friday 12 April 2024**.