

Capricornia School Sport
Department of Education
PO Box 138
ROCKHAMPTON QLD 4700

PH: (07) 4932 4045
ABN: 76 337 613 647
Email: capsport@qed.qld.gov.au
Website: www.capsport.eq.edu.au

MEMO TO: DISTRICT SECRETARIES / PRINCIPALS / SPORT COORDINATORS and TEACHERS

FROM: Regional School Sport Officer

TOPIC: Capricornia 10-12yrs Swimming Team NOMINATION / SELECTION PROCEDURES 2025

In 2025, the procedures for the selection of the Capricornia 10-12yrs Swimming Team to participate in the State Championships are as follows.

- The regional team will be selected from times submitted.
- Regional selections will be based on times recorded at a QSA sanctioned long course meet in a 50m pool during the current season (as of Sept. 2024 - Current 2025) **ONLY**.
- Districts will be providing an opportunity for swimmers who are not affiliated to a club or can't access the above-mentioned sanctioned meets to record a time. Information pertaining to this opportunity will be announced by your District Secretary.
- There will be regional qualifying standards applied for nominations.
- Individuals will be requested to send ALL NOMINATIONS to the Capricornia School Sport Office for purposes of regional selection.
- To avoid confusion and misplacing of nomination forms, Regional Nomination Forms will be available through SCHOOLS, CAPRICORNIA SCHOOL SPORT OFFICE and WEBSITE www.capsport.eq.edu.au
- Swimmers may nominate their best times for selection in the following events from a QSA sanctioned event **ONLY** (this does not include Club Night participation):
 - 50-metre events (all strokes / all age groups – i.e. 10, 11 & 12 years – born 2015, 2014, 2013)
 - 100 metre events (all strokes / all age groups)
 - 200 metre Individual Medley (all age groups)
 - 200 metre events (all strokes / 10-12yrs age group)
 - 400 metre Individual Medley (10-12yrs age group)
 - 400 metre Freestyle (10-12yrs age group)
- **ALL nomination forms must have attached a printout copy from either Swimming Australia's 'Results Central' or 'Swim Central' ONLY, highlighting the child's name, Long Course verified event and the nominated event/s times from 1st Sept. 2024.**
- Each nomination **MUST** have the **"Principal Approval Form"** attached filled out and submitted along with the Nomination Form to be considered for selection.
- Ages are calculated on Year of Birth - Maximum age is 12 years (Born 2013)
- Confirmation of receiving your nomination will be emailed to the address indicated.
- **NOMINATIONS ARE DUE TO CAPRICORNIA SCHOOL SPORT BY- Wednesday 12th FEBRUARY 2025.**
- **Complete Online Registration & Cap Trial \$13.00 Levy Payment by Wednesday 23th February 2025.**

ALL students wishing to nominate will be required to register and pay the Capricornia Trial (\$13.00 Inc GST) non-refundable Levy ONLINE prior to being considered for selection. Capricornia Trial levies can be paid online at <https://rssshop.education.qld.gov.au/> Please select the Capricornia Region and Regional (10-12yrs Swimming) Trials to register and make payment.

Please inform all competitive swimmers of this procedure.

Anthony Spyve
Regional School Sport Officer
11 November 2024

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10-12yrs SWIMMING NOMINATION FORM

Instructions

- (1) If you wish to be considered for 50 / 100 / 200 / 400 metre events, tick the applicable box and enter your best time.

If you are a Multi Class competitor, please indicate MC and your classification in your nomination.

These events must have been swum at a QSA sanctioned long course meet in the current season (Sept. 2024 - current 2025), in a 50m pool **ONLY**.

- (2) **ALL nomination forms must have attached a printout copy from either Swimming Australia's 'Results Central' or 'Swim Central' ONLY, highlighting the child's name, Long Course verified event and the nominated event/s times from 1st Sept. 2024.**

- (3) All students must be enrolled in an affiliated School, College, Special School or School of Distance Education

- (4) **Complete Online Registration & Cap Trial \$13.00 Levy Payment by Wednesday 12th February 2025.**

ALL students wishing to nominate will be required to register and pay the Capricornia Trial (\$13.00 Inc GST) non-refundable Levy ONLINE prior to being considered for selection. Capricornia Trial levies can be paid online at <https://rssshop.education.qld.gov.au/> Please select the Capricornia Region and Regional (10-12yrs Swimming) Trials to register and make payment.

- (5) Each nomination **MUST** have the **"Principal Approval Form"** attached filled out and submitted along with the Nomination Form to be considered for selection.

Please note:

- Each swimmer is allowed to nominate in all Individual Events at the State Championships.
Please discuss with your coach the events you wish to nominate for.
- **ONLY** nominate in events you wish to swim.
- Please indicate your availability for Capricornia Relay teams by ticking the box below.
By ticking the box, you have given an undertaking to team management of your willingness to participate.
- Confirmation of receiving your nomination will be emailed to the address indicated above.
- Updated time/s will **ONLY** be accepted before COB Wednesday 12th February 2025.

Student's Name:		Student's School:	
Students D.O.B.		Male / Female	
Student's Mailing Address:			
Contact Phone No:		Parent's Mobile Phone No:	
Parent's Name:		Parent's Email Address:	

EVENT TYPE	Times MUST be faster than the below listed Standards		I wish to be considered for this event (Place tick in box if applicable)	BEST TIME (Current Season Sept. 2024 - current 2025)
	10 yrs.	11 yrs.		
50m Freestyle	10 yrs.	41.00		
	11 yrs.	39.00		
	12 yrs.	36.00		
50m Backstroke	10 yrs.	49.00		
	11 yrs.	46.00		
	12 yrs.	43.00		
50m Breaststroke	10 yrs.	52.00		
	11 yrs.	49.00		
	12 yrs.	46.00		
50m Butterfly	10 yrs.	46.00		
	11 yrs.	43.00		
	12 yrs.	41.00		
100m Freestyle	10 yrs.	1:26.00		
	11 yrs.	1:21.00		
	12 yrs.	1:17.00		
100m Backstroke	10 yrs.	1:38.00		
	11 yrs.	1:34.00		
	12 yrs.	1:30.00		
100m Breaststroke	10 yrs.	1:53.00		
	11 yrs.	1:47.00		
	12 yrs.	1:38.00		
100m Butterfly	10 yrs.	1:42.00		
	11 yrs.	1:35.00		
	12 yrs.	1:28.00		
200m Freestyle	10-12 yrs.	2:40.00		
200m Backstroke	10-12 yrs.	3:01.00		
200m Breaststroke	10-12 yrs.	3:25.00		
200m Butterfly	10-12 yrs.	3:01.00		
400m Individual Medley	10-12 yrs.	6:40.00		
400m Freestyle	10-12 yrs.	5:32.00		
200m Individual Medley	10 yrs.	3:32.00		
	11 yrs.	3:18.00		
	12 yrs.	3:05.00		
Available for Relay	Yes		No	

Please note that these are NOT the standards used to attend the Queensland School Sport 10-12yrs Swimming Championship.



PRINCIPAL APPROVAL - 2025

Surname :	First Name :
Date of Birth :	Gender :
Sport : Swimming	Age Level : 10-12yrs

PRINCIPAL APPROVAL	
As Principal, I can confirm:	<input type="checkbox"/> that the above listed student, is currently enrolled as a student at this school. <input type="checkbox"/> Enrolment records at our school confirm the student's date of birth is as indicated above. <input type="checkbox"/> I am satisfied that the student can abide by the Queensland Representative School Sport Code of Conduct.
I approve the student's participation in the team	<input type="checkbox"/> Yes <input type="checkbox"/> No

PRINCIPAL

*I **approve** of the above named student trialling for Representative School Sport.*

Principal Name: (please type)

Principal Signature: _____ Date: _____

SIGN HERE

Capricornia School Sport and its affiliated body, as an operational unit of the Department of Education., is collecting the information on this form in accordance with the Information Privacy Act 2009 for the purpose of contacting you in regard to your child's participation in a Queensland School Sport Event. The information will only be accessed by persons authorised by Queensland School Sport, including appointed team officials. The information provided will not be used or disclosed to any other person or agency unless either you have given permission, it is required by law or in the interests of student health and welfare.

All nominations are due to the Regional School Sport Office by COB on

WEDNESDAY 12th FEBRUARY 2025

Return via email to: capsport@qed.qld.gov.au

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