

10 – 19 years Swimming Regional Trials

Trial Date	Wednesday 25 February 2026
Venue	Sleeman Sports Complex (Please see Appendix N for venue rules) Corner Old Cleveland & Tilley Roads Chandler
Convenor	Metropolitan West School Sport Office – Mt Gravatt Regional Office Phone: 3034 4966 Email: met.west@qed.qld.gov.au
Times	Warm-ups can commence at 7.00am in the main pool only. Scheduled events starting at 8.00am District managers must be at the venue by 7.00am and wear a District shirt. A district banner will be set up in your area by the convenor. Please ensure you set up and sit in the allocated areas as per the event map– (Appendix M). There will be a compulsory officials and volunteers meeting at 7.30am in the room under the stairs on pool deck. The meet is expected to be finished by approximately 3.30pm.
Eligibility	Students need to be 10-19 years by 31 December 2026 and be enrolled at an affiliated Metropolitan West School Sport school. Students may compete in their own age group only. Prior to trialling, students must submit the following forms to their District manager. (District managers must collect & store all forms at their school) <ul style="list-style-type: none"> ▪ Student Details/Medical History form ▪ Principal Approval form No Forms = No Participation
Format	Please note that some of the events will be swum in a multi-age format. It is important that each competitor nominates their accurate qualifying times, as all events will be seeded based on submitted times. Places for each age group will be determined by times across the heats as no finals will be swum.
Order of Events	Order of Events (Appendix A). Printed programs will not be available. The Order of Events will only be available on the Metropolitan West School Sport website. The Meet Convenor will not be held strictly to the below times. <u>The below times are a guide only. It is expected that competitors will be at the pool for the whole day and at least an hour prior to their events.</u> The organising committee reserves the right to alter the program as required. Event 1 - Start <u>approximately</u> 8.00am Event 44 - Start <u>approximately</u> 10.30am Event 55 - Start <u>approximately</u> 11.30am Event 70 - Start <u>approximately</u> 1.15pm Due to the number of events it is unlikely there will be a lunch break.

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Parents & Spectators	No admission fee will be charged. This year the venue has instructed that an entry ticket is required for all parents/spectators to enable them to enter the Western Grandstand with their student. Please include a ticket image (Appendix I) & entry requirement information into your District team letter & ask parents/spectators to bring their team letter with them for entry. We will have tickets available in case parents/spectators forget their letter.
Parking	Ample free parking is available at the venue.
Lunch	Canteen will be operating.
Warm Ups	From 7.00am lanes will be hired in the main pool for SUPERVISED WARM-UPS. WARM-UPS AND SWIM-DOWNS in the dive pool can commence at 8.30am providing this does not detract from the running of the meet. All swimmers in the warm-up pool <u>MUST</u> be under the direction of a Manager. If this doesn't occur at the meet, the dive pool will be closed. No bags are allowed on pool deck due to Workplace Health and Safety.
Withdrawals	Nominated swimmers who wish to withdraw from an event on the day of the trial must do so at least one (1) hour before the event. Any swimmer who does not swim a nominated event without completing the withdrawal in time may be denied a start in his/her next nominated event.
Marshalling for Events	Marshalling shall be conducted in the Marshall room which is located below the main grandstand on pool deck. <ul style="list-style-type: none"> • All competitors must report, when notified to the Marshall room. • Students who fail to register by the appropriate time will be withdrawn from the event and will be ineligible for selection in that event. • Events being marshalled will be announced & event numbers will be displayed on the pool deck display board.
First Aid	First Aid personnel from the venue will be in attendance for the duration of the trial.
Disputes	Any protest must be lodged with the Meet Convenor by a District Manager in writing within twenty (20) minute of the completion of the event concerned. A hearing of the Disputes Committee will be convened. The Disputes Committee will be made up of the Metropolitan West Regional School Sport Officer, the Meet Convenor and the Chief Referee.
Rules	All competitors should be aware that this meet is governed by FINA Rules, including the " <u>one start rule</u> ", although the Meet Convenor reserves the right to make adjustments as required. All swimwear worn by competitors shall be commercially available products. Swimwear worn by competitors in age group events shall conform to the following design (As per QRSS Competition Procedures): <ul style="list-style-type: none"> • Men's swimwear is limited to one swimsuit that covers at most the body surface from hips to knee. Swimwear must not extend above the waist or below the knees. • Women's swimwear is limited to one swimsuit that is of "open back"

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	<p>and “open shoulder” designs that may extend down to the knee. Swimwear must not extend below the knees.</p> <ul style="list-style-type: none"> • Swimwear must not have a zipper or any type of fastening system. • Suits must be of textile material and must not contain any non-textile material such as polyurethane or neoprene.
<p>Events <u>not</u> Conducted at the Trial (Paper Nominations)</p>	<p>Please be advised that there will be no competition for the following distance events due to the welfare of the swimmers and time constraints. These events will require swimmers to submit a paper nomination – (Appendix K or L). Swimmers who aren’t swimming at the trial & only submitting a paper nomination must also complete the QRSS Project Consent Form to enable names to be advertised on results/team lists etc.</p> <p>10-12 Years: 200m Backstroke, 200m Breaststroke, 200m Butterfly, 400m Freestyle & 400m Individual Medley (Appendix K)</p> <p>13-19 Years: 200m Backstroke, 200m Breaststroke, 200m Butterfly, 400m Freestyle, 400m Individual Medley, 800m Freestyle & 1500m Freestyle (Appendix L)</p> <p>Students must complete the 10-12 Yrs/13-19 Yrs Distance Events Nomination Form – (Appendix K or L) and email to ann-louise.edwards@qed.qld.gov.au no later than 4pm on Wednesday 11 February 2026.</p> <p>Students who are successful in gaining an invitation to compete for MWSS in distance events will be highlighted and displayed at the Metropolitan West School Sport Regional Swimming Trial at the Sleeman Sports Complex/Brisbane Aquatic Centre on Wednesday 25 February 2026. If your name is highlighted, please report to the Metropolitan West School Sport table on pool deck to receive your paperwork. Schools will also be emailed a list of selected students through their district secretary after the meet.</p>
<p>Athletes Competing in a Multi Class Event (AWD)</p>	<p>Multi-Class athletes who wish to compete at the Metropolitan West School Sport Swimming trial must obtain an official classification or provisional classification and must be selected and nominated by their District. Students who do not have an official or provisional classification will not be permitted to compete at the Metropolitan West School Sport Swimming Trial.</p> <p>Districts must use the Multi-Class Athlete nomination form – (Appendix O) for ALL Multi-Class nominations and also include nominations in the Meet Manager file. When nominating a Multi-Class athlete in your Meet Manager file please list classification in brackets after their surname i.e. <u>Pike (SB9)</u>. Please refer to the QRSS 10-12 Years Multi-Class Qualifying Times (Appendix P) & the QRSS 13-19 Years Multi-Class Qualifying Times - (Appendix Q) when considering an athlete for selection. To compete at the State Championships athletes must participate at our Met West School Sport Swimming Trial.</p> <p>The following events will be available for 10-19 Years athletes competing in a multi class event: 50m Freestyle, 50m Breaststroke, 50m Backstroke, 50m Butterfly, 100m Freestyle, 100m Backstroke, 100m Breaststroke, 100m Butterfly, 200m Freestyle & 200m IM.– (Appendix O).</p> <p>An athlete competing in a multi-class event can now choose to also compete as both an able-bodied athlete in the same event type if they are selected in</p>

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	<p>an able-bodied event by their District. Before competition, Multi-Class Athletes are required to show proof of their classification by emailing a copy of their classification card. This card is sent to students, by Swimming Qld, once they have been formally classified. More information about classification can be accessed from the Swimming Qld website or the MWSS website at www.metwestschoolsport.eq.edu.au</p>
<p>Met West Team Invitation</p>	<p>Forms, levy payments and apparel orders are due by <u>4.00 pm Monday 9 March 2026 – met.west@qed.qld.gov</u>.</p> <p>Due to the strict nomination timelines, competitors who fail to finalise their place in the team by <u>4.00pm Monday 9 March 2026 may be withdrawn & replaced by another competitor.</u></p> <p style="text-align: center;">***APPAREL/UNIFORM ORDERING PROCESS***</p> <p>Apparel orders will be made directly through an external supplier and the ordered apparel/uniform items will be delivered directly to the customer. Further details will be provided to the MWSS 10-19 Years Swimming Team Members after the MWSS 10-19 Years Swimming Trial.</p> <p>Please note that the Team Levies will still need to be paid via the Metropolitan West School Sport online shop portal & that there will not be a MWSS 10-12 Years Swimming team photograph. This change was made after consulting parent/caregivers as there is no longer required to attend a uniform collection session.</p>
<p>Absent Application for Exemption</p>	<p>Students wishing to be considered for an invitation into the Metropolitan West School Sport Swimming Team, but are unable to compete at the Metropolitan West Regional Trials due to injury or illness, participation in a sport at a higher level of competition or bereavement or compassionate reasons <u>MUST SUBMIT</u> a written request on the Absent Application for Exemption Form – (Appendix G).</p> <p>These students must initially be a member of their respective 2026 District team to warrant consideration for selection in the Metropolitan West School Sport Swimming team. The Absent Application for Exemption Form & necessary paperwork (medical certificate/2026 district results/Principal & parent signatures) must be received by the Regional Convenor by <u>8.00am on the day of the event.</u> Student submitting a request for an Absentee Application for Exemption form cannot compete at the trial. The student must place all events they wish to be considered for on the Absentee Application for Exemption Form.</p> <p>Metropolitan West School Sport will consider such applications and advise in due course if the student is to be invited to be a part of the Metropolitan West School Sport Swimming Team. The decision by Metropolitan West School Sport is final and is not subject to appeal.</p>

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<p>Nomination Fee</p>	<p>Each competitor nominating for the trial <u>WILL NOT</u> be required to pay a nomination fee this year, including students who only submit a paper nomination for events not being conducted at the trial.</p>
<p>Private Coaches</p>	<p>Private coaches wanting to gain access to pool deck will need to complete the Metropolitan West School Sport Blue Card and Coaching Qualification Register. Please find the survey via the below link/QR Code:</p> <p>https://survey.qed.qld.gov.au/n/avghZGG</p>  <p>by Friday 20 February 2026. Private coaches will be required to show their photo ID and coaching accreditation when they sign for a Coach's pass & wrist band at the Metropolitan West School Sport table on pool deck at the trial. This information should be placed in your District Team information pack & made available to all students invited into a District Team.</p>
<p>State Championships</p>	<p>10–12 years: Wednesday 25 – Friday 27 March 2026 at the Sleeman Sports Complex in Chandler hosted by Darling Downs School Sport. Metropolitan West School Sport may nominate the following:</p> <ul style="list-style-type: none"> • (2) automatic swimmers who have met the MWSS Qualifying time in all 50m, 100m, 200m events. A further 3 nominations (max. 5) per event who must all equal or be faster than the QRSS Qualifying Time. • In all 400m events, a maximum of (2) swimmers who must both equal or be faster than the QRSS Qualifying Time. • A region will be allowed to exceed the number of automatic & extra nominations in any 50m, 100m & 200m events if they have equalled or swum faster than the QRSS EXTRA Qualifying Time. <p>13–19 years: Sunday 22 – Tuesday 24 March 2026 at the Sleeman Sports Complex in Chandler hosted by Darling Downs School Sport. Metropolitan West School Sport may nominate the following:</p> <ul style="list-style-type: none"> • In all 50m Freestyle events, a maximum of four (4) swimmers. • In all 800m and 1500m Freestyle events, a maximum of one (1) swimmer. • In all other individual events a maximum of two (2) swimmers in EACH INDIVIDUAL AGE GROUP. • In all relay events a maximum of one (1) team. • Students are to compete in no more than nine (9) individual events. • A region will be allowed to exceed the number of automatic nominations in any event if they have equalled or swum faster than the QRSS Qualifying Time.