



# CLUB HANDBOOK

## 2024/2025

CANNONVALE CANNONS SWIMMING CLUB INC.

Handbook Valid To 30.06.2025



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## PRESIDENTS MESSAGE

# WELCOME TO THE CANNONVALE CANNONS SWIMMING CLUB FOR THE 2024/2025 SEASON

Since 1997, the “Cannons” have been dedicated to teaching our members the importance of fitness, teamwork, respect, and enjoyment in swimming. Our club’s goal is to provide a safe environment where swimmers of all levels can learn and excel through our successful coaching programs.

The “Cannons” relies heavily on volunteers to fill various roles within the club, ensuring that our club nights and competitions run efficiently and smoothly. The involvement of our members and their families has allowed us to build long-lasting relationships within our community. We encourage everyone to contribute where they can, whether it be for competitions, club nights, recording results, cooking a barbecue, writing grant applications, or fundraising activities.

I want to extend my gratitude and congratulations to our outgoing executives and committee members for an outstanding year. The extra effort required to organize and conduct meetings, coaching clinics, fundraising, sponsorship, club nights, promotion, and competitions, all while maintaining professionalism, has been truly remarkable. I would also like to thank Theresa Manning for continuing to be the Cannons’ Race Secretary and Club Night Race Secretary while continuing in her numerous roles for Swimming North Queensland (SNQ). I would also like to thank SNQ for all the support they provide for clubs and swimmers. A special thank you to our incredible coaching team led by Mark Erickson, Ken Crittenden, and Giselle Burton. Your dedication and passion for teaching our children to swim are why we continue to have the high membership and participation. One the highlights of 2023-24 season was the Cannonvale Cannons winning top points and the March Past at NQ Championships.

To our parents, thank you for your constant sacrifice of time, travel, and volunteering, and for your patience and support. Lastly, to our swimmers—you are the reason we do this. From my first day at this club, I have been consistently amazed by the level of excellence each swimmer strives for. It’s not just about the accolades; it’s about the way you conduct yourselves in achieving success. I wish all our swimmers the best for the season ahead and hope that you continue to thrive and enjoy swimming.

I would like to thank all the parents and volunteers who put their hand up to be on the Committee for 2024–2025! The incoming Committee and Executives are very excited about 2024–2025 season and look forward to steering the Cannons through another successful season of swimming.

Raylene Rasmussen



# **NO LIMITS**

# **NO BOUNDARIES**

The club's goals are to;

- Build self-esteem and confidence
- Provide opportunities for members to be involved in swimming activities
- Encourage members to participate or be involved in aquatic activities
- Respect other people and their property
- Build healthy competitive relationships
- Help one another achieve their goals
- Build good team work
- Educate all members in all elements of swimming including strokes, fitness, safety, technical and regulations

*The purpose of the Cannonvale Cannons Swimming Club Inc. is to provide opportunities for all members of any ability to be involved in swimming in this area. The Club encourages athletes to achieve their best, make friends and have fun.*



## EXECUTIVE COMMITTEE

Position	Name	Phone	Email
President	Raylene Rasmussen	0417 605 078	president@cannonvalecannons.com
Vice President	Jade Korosec	0405 229 892	vicepresident@cannonvalecannons.com
Secretary	Giselle Burton	0418 196 846	secretary@cannonvalecannons.com
Treasurer	Melissa Mulliss	0412 709 044	treasurer@cannonvalecannons.com
Executive Officers	Jane Delac Kate Thomson Sarah Smith	0416 061 375 0438 506 408 0430 443 706	executiveofficer@cannonvalecannons.com executiveofficer1@cannonvalecannons.com executiveofficer2@cannonvalecannons.com

## ADDITIONAL CLUB POSITIONS

Position	Name	Phone	Email
Carnival Director	Theresa Manning	0402776299	cannonsnominations1@gmail.com
Race Secretary / Club Night	Theresa Manning	0402776299	cannonsnominations1@gmail.com
Club Recorder	Raylene Rasmussen	0417605078	president@cannonvalecannons.com
Publicity Officer Social Media	Jane Delac Giselle Burton	0416061375 0418196846	executiveofficer@cannonvalecannons.com secretary@cannonvalecannons.com
NQ Delegate (1)	Andrew Bell	0407568778	giselle.andrew@bigpond.com
NQ Delegate (2)	Jane Delac	0416061375	executiveofficer@cannonvalecannons.com

## LIFE MEMBERS

Mrs. Lola Mudie ( <i>deceased</i> )	Mr. Mel Mudie
Mr. Mark Erickson	Mr. Hank (Donald) Hankins
Mrs. Theresa Manning	Mr. Ken Crittenden

# ACCREDITED OFFICIALS

We will be looking at filling these positions during the season:

- Timekeepers
- Starter
- Judge of strokes
- Referee
- Marshall
- Check Starter
- Touch & Turn Judge

# CLUB FACILITIES

Cannonvale Cannons Swimming Club is situated at the back of Cannonvale State School. The Club's pool is a 25m outdoor pool with six lanes.

Cars are not permitted on school grounds. Access is via Bicentennial Park from Coral Esplanade, Schnapper Street or Whitsunday Shopping Centre.

# MEETINGS

General Meetings will be held three times per season, with Special Meetings scheduled as necessary to communicate important updates.

To propose an agenda item, please submit it to an executive member at least five days before the meeting to ensure a productive and efficient session. Agenda details will be distributed via newsletter prior to each General Meeting. For submissions, email: [secretary@cannonvalecannons.com](mailto:secretary@cannonvalecannons.com).

Executive Meetings will take place monthly at a time agreed upon by the Executive Members.

Suggestions or complaints must be submitted in writing to a committee member for discussion at the next meeting. If further correspondence or discussion is needed, a follow-up meeting will be scheduled.

We value your participation and input.





# CLUB MEMBERSHIP

Membership Fees cover affiliation with Swimming North Queensland (SNQ), Swimming Queensland (SQ), Swimming Australia (SA) and Insurance Cover whilst on pool deck. These are all necessary to be a member of a registered Swimming Club.

## 2024/2025 FEE STRUCTURE

Junior Swimmer - 9 years & under	<b>\$150.23</b>
State - Youth Swimmer - 10 years & over	<b>\$200.18</b>
National - Youth Swimmer - 10 years & over	<b>\$211.96</b>
Parents	<b>FREE</b>

Ages are taken from 1st June 2024

If a swimming member is under 18 years a parent/guardian must join the club.

There are discounts for families with more than 2 swimmers. The discount will automatically be applied when you purchase in the one transaction in Swim Central.

### Carnival Coaching Fees

Coaching fees are charged per event when a Cannons coach attends a carnival.

Regional: \$1/event | State & National: \$5/event

Refunds: Request by emailing [treasurer@cannonvalecannons.com](mailto:treasurer@cannonvalecannons.com) before the meet starts. No refunds for late notifications. Refunds will be processed via Swim Central.

### Club Uniform

Our club colours are White, Royal Blue and Red

Our full uniform consists of:

Club Shirt with collar, Black Club Shorts, Club Hat

Club Uniform should be worn at Club Nights.

Club Uniform must be worn to Meets.

Club State / National shirt must be worn to any State / National Meets and when presented awards.

Swimmers are encouraged to wear the club swimming cap at Club Nights and all Meets.

## UNIFORM

Club Shirt (Mandatory)	<b>\$45</b>
Club Swim Cap	<b>\$15</b>
Club Shorts	<b>\$20 Females \$30 Males</b>
Club Hat (Baseball Caps / Visor)	<b>\$25</b>





### **Families**

New members and their families are extended a warm welcome and we look forward to seeing you at club nights and on the pool deck. If you have any questions at all please seek out one of our friendly committee members listed on the earlier pages of this handbook. We also have our general meetings where we all get together and this is also a great way to meet everyone.

### **Volunteering and Support**

All clubs find it necessary to have adults join the club to facilitate various meets or club nights as Timekeepers, Recorders, Referees, Marshalls, Supporters, Dinner Duties. We also encourage their participation with decision making at General Meetings. A junior club cannot run without adult involvement.

Adults are encouraged to have a blue card. Please see Giselle for details in obtaining your volunteer Blue Card.

### **Fundraising**

We rely heavily on fundraising to generate income for the club. The Club will advertise the up and coming fundraising activities via our Cannons Club News Newsletter, Club Nights and Facebook posts. Your input and contributions are welcome to these activities.

### **Club Communications**

The main means of communication is via the Club's Newsletter, Facebook page and website.

The Cannons also have a "club noticeboard," which is on the amenities wall at the Cannonvale pool, which displays all meet flyers and other important notices. It is important for parents and swimmers to get into a daily habit of checking our Facebook page, website and noticeboard for the latest information.

# SQUAD TRAINING

Cannonvale Swim Centre

Mark Erickson 0420 237 759 | [swimboy62@hotmail.com](mailto:swimboy62@hotmail.com)

Raylene Rasmussen 0417 605 078



Squad training is personally arranged through Cannonvale Swim Centre. Cannonvale Swim Centre is a privately-owned business and not part of Cannonvale Cannons Swimming Club. Cannonvale Cannons Swimming Club has appointed Cannonvale Swim Centre's owner, Mark Erickson, as the Club's Head Coach and Kenny Crittenden as Assistant Coach. Squad training and Club are completely separate.

Cannonvale Swim Centre provide swim training at the Cannonvale State School pool. Access to the pool is via Coral Esplanade. Parking is available on Coral Esplanade.

All of the swim teachers and coaches have current Swim Australia qualifications and many years of experience. The coaching team is headed by Mark Erickson who has been coaching for over 30 years. Ken Crittenden and Mark Erickson are Advanced Coaches (previously silver license). Raylene Rasmussen has a Development Coach qualification (previous bronze license). Shay Wilmot and Giselle Burton have several Swim Australia teaching qualifications. Mark and Raylene also have current ASCTA lifesaving qualifications. Please Note: that coaches are only responsible for swimmers during their designated training times. Parents are encouraged to supervise children before and after training sessions.

The swim coaching is provided by the Cannonvale Swim Centre. All swimmers will need to be assessed before training, so coaches can place them in a suitable squad or group. To be able to train in a squad, athletes must be able to swim 4 x 25m of 2 recognisable strokes on a minute cycle.

All training fees must be paid to the Cannonvale Swim Centre ( not the Cannonvale Cannons Swimming Club). All training fees must be paid upon entry to the pool. Learn to Swim fees are based on a school term. Squad training fees can be paid per session or per week. Training fees can be paid by cash, direct debit or credit card at the kiosk.

Direct debit details are: Cannonvale Swim Centre BSB: 014 691 ACC: 181 174 519.

## Squads

There are seven squads and four levels of learn to swim/stroke correction groups. All swimmers are required to bring their own goggles, towels, caps and water bottles. All Lasers, Bullets, Torpedoes, Missiles, Cannons and Guns must bring their own fins. Swimmers must have their name on all their swim gear.



## GOVERNING BODIES



Swimming Australia, Swimming Queensland and Swimming North Queensland are key governing bodies that support and guide our swimming club.

Swimming Australia, the national peak body, sets policies, guidelines, and regulations for the sport. They develop programs promoting swimming at all levels and provide funding and resources to state bodies and local clubs. They also organise national competitions, offering opportunities for local swimmers to compete at higher levels.

Swimming Queensland tailors these national frameworks to the state's needs, offering resources, competitions, and developmental programs. They support clubs with governance, insurance, and membership services, and run state championships and selection trials.

Swimming North Queensland, under Swimming Queensland, focuses on the specific needs of North Queensland clubs. They organise regional competitions and events, provide governance support, and create pathways for talented swimmers to advance to state and national levels.

## SNQ ACHIEVERS SQUADS

Swimming Australia's Phoenix Junior Excellence (JX) program recognises the performances of swimmers aged 9 – 13 to encourage and inspire the next generation of competitive swimmers. Within the Phoenix JX program, junior swimmers strive to achieve gold, silver, bronze or blue standard times when they compete throughout the year, with swimming clinics offered throughout the year in Mackay and Townsville.

Swimming North Queensland delivers the Achievers Squad for swimmers aged 9 to 13 who achieve a JX Standard to qualify for the Achievers Squad, while those 14 and over need at least one 'A' Division Time.

Swimming North Queensland also delivers a State Performance Squad for swimmers aged 12 and over who achieve at least one qualifying time from the previous Queensland Long Course Championships.

The National Performance Squad represents the highest SNQ achievement and requires qualifying times from the Australian Age Championships for females aged 13 and over and males aged 14 and over.

Applicable qualifying times are available on our website.

# CLUB NIGHTS

Club Nights are held Wednesday night during our season. They start in August and finish in March. Club Night is a great opportunity for swimmers to test themselves in a fun, low stress environment. It operates like a real swimming meet to allow swimmers to become familiar with the meet environment and see how all their training is benefiting them with improved personal bests (PBs). On Club Nights parents and friends are required to act as officials. We require timekeepers, judges, starters and marshalling officials before we can commence racing - so please volunteer your services so we can commence on time. With correct officials in place we can record the swimmers' achievements with upgrade certificates and club records

<b>NOMINATION AND ENTRANCE</b>	\$10 per family Casual
	\$225 Season Pass per family (non refundable)

Warm Ups start at 5.00pm followed by Awards/Information address to swimmers and members. Racing commences promptly at 6.00pm.

## Nominations

Nominations for Club Night close 8.00 pm on the Monday before Club Night

- Log into Swim Central <https://swimcentral.swimming.org.au/>
- Select Events
- From the calendar select the dates/swim meet you wish to enter to access Race Nominations
- Ensure that the Nominee in the drop down is the family member you wish to nominate
- Select the Details tab to view more detailed event information
- Add events to the Shopping Cart using the "+" button
- Only nominate for races you have been upgraded to for Club Nights
- Select the "Make Payment" button to finalise the nomination
- You will receive an email with confirmation of your nominations

## Late nominations

If you miss nomination cut off we will still offer an opportunity for our club members to swim in either a 12.5m or 25m event if there is lane space available, however no times will be recorded.

## Evening Procedures

It is vital that we start Club Night at 6.00pm to ensure we finish by 8.00pm. We will start calling swimmers for the first events straight after the Awards/Information address. It is also critical we have volunteers for timekeeping. If we do not have enough timekeepers club night will not go ahead.

As a good swim meet practice, swimmers should be in the Marshalling area before the event and remain

in the marshalling area until their race. Any swimmers who miss their heat will not be permitted to swim in another heat of that event.

Complete silence must be observed prior to the starting of every event.

### **Time Trials**

Time trials can be arranged for those needing qualifying times to nominate for certain meets. Please ensure the meet you are wanting to nominate in, will accept a time trial. Prior notice must be given to the Club so that 3 accredited time keepers are available to conduct the timing.

### **Dinner duties**

Families will be expected to take part in some way through the season. Please talk with a Committee member and pick a date or dates where you will be able to help. We thank you in advance for your assistance.

### **Parent Supervision**

Drop and go is not permitted. We must adhere to Water Safety Guidelines and it is therefore imperative that each child is under the supervision of an adult. If you are unable to accompany your child to swim club you must appoint an adult to supervise your child in your absence. Whilst everyone involved in swim club will endeavour to ensure the safety of every child, it is ultimately your responsibility. This is not a paid supervised event.

## **CLUB NIGHT RULES**

- Club Night will commence at 6pm sharp! Warm up from 5pm
- All swimmers in the first event of the night will be expected to be at the marshalling area located at the deep end of the pool nearest lane 1
- Swimmers who swim 12.5 metre races will swim to a rope across the pool
- 12.5m, 25m, 50m, 100m & 200m events will be offered every week
- There should be quiet after the whistle (the start of a race)
- Cheering while swimmers are racing is encouraged!
- The usual pool rules apply – no running, etc.
- Show respect for all members especially to parents helping with club night
- Please listen to what they have to say
- We are here for fun and to encourage all swimmers to perform well
- No small children are allowed around officials & pool surrounding concrete
- Please ensure your area is tidy before you leave for at the end of the night

# UPGRADE TIMES FOR CLUB NIGHT

Swimmers are permitted to enter a maximum of four events ( 1 only of each stroke ) per night.

A swimmer can choose whatever event they want as long as they have qualified for that stroke/event.

Swimmers should refer to their Upgrade Certificates when nominating for an event.

4 - 8 year olds start with 12.5m events.

8+ year olds start with 25m events in consultation with the coaches.

Distance	Qualifying Times	To Upgrade To
12.5m	Less than 14 sec Freestyle Less than 16 sec all other strokes	25m in that stroke
25m	Less than 25 sec Freestyle Less than 28 sec all other strokes When a swimmer has upgraded to 25m in all strokes they can swim 100IM	50m
50m	Less than 45 sec Freestyle Less than 50 sec Backstroke and Fly Less than 53 sec Breaststroke	100m
100m	Less than 1:30 Freestyle Less than 1:40 all other strokes including IM	200m
200m	Less than 3:00 Freestyle Less than 3:30 IM <i>Note that 200m is the maximum distance swam for Backstroke, Butterfly and Breaststroke</i>	400m
400m	Less than 6:00 Freestyle <i>Note that 400m is the maximum distance swam for IM</i>	800m
800m Freestyle	Less than 12:00 Freestyle	1500m
1500m Freestyle	<i>Note that 1500m is the maximum distance swam for Freestyle</i>	

Upgrade certificates will be issued to swimmers in recognition of achieving these times.

**All of the above is strictly at the coach's discretion.**

Once a swimmer achieves the upgrade time and receives their upgrade certificate, they are not obligated to swim that distance at the next club night. For example, if you are awarded an upgrade certificate for 200m Freestyle, you are still free to swim a shorter distance, like 50m Freestyle. Swimmers can select any event they qualify for, regardless of their upgrade status. The Upgrade Certificate serves to recognise and reward the swimmer for meeting the time requirement for each distance.

## CLUB RECORDS

Club Records can only be obtained on club nights, carnivals at Cannonvale Pool and the Club Championships. Club Records will start at standard SNQ A Grade Times and the Coach has made equivalent times for the 25m events and the 100m IM for this Club. Certificates will be awarded.

The following age groups can receive records for the following events only:

<b>AGE</b>	<b>EVENTS</b>
5, 6, 7 years	4 x 25m, 4 x 50m, 4 x 100m, 100m IM
8 years	4 x 25m, 4 x 50m, 4 x 100m, 4 x 200m, 100/200m IM
9 years	4 x 25m, 4 x 50m, 4 x 100m, 4 x 200m, 400 Free, 100/200/400m IM
10 years	4 x 25m, 4 x 50m, 4 x 100m, 4 x 200m, 400 / 800 Free, 100/200/400m IM
11 years & Over	4 x 25m, 4 x 50m, 4 x 100m, 4 x 200m, 400/800/1500 Free, 100/200/400m IM

## CLUB CHAMPIONSHIPS

The Club Championships are held at the end of each season.

The date is decided by the executive committee.

The Closing Date for Nominations - date to be finalised.

<b>AGE</b>	<b>EVENTS</b>
5, 6, 7, 8 years	4 x 25m, 100m IM
9 years	4 x 50m, 100m IM
10, 11 & 12 years	4 x 50m, 200m IM
13, 14, 15, 16, 17 years & over	4 x 100m, 200m IM

These events will be held in individual age groups.

To be eligible to compete at Club Championships swimmers must be a registered member for at least 2 months prior to the Championships and have competed at a minimum of 5 club nights or swam 20 events at club nights. Swimmers that have not met this criteria are entitled to compete as a non-competitor. There will be no Qualifying Times for Club Championships - it is strictly ages only.

There will be ribbons for place getters - 1st, 2nd, and 3rd.

There will be awards for Age Champions presented at the end of season presentation.

Age Champions will be decided by points allocated for place getters.



# CLUB AWARDS

Trophies and Certificates are awarded to club members who reach certain standards in our pool. Times must be achieved in the Cannonvale Cannons Swimming Pool. There are 3 Levels of Trophies and a Club Medal that can be obtained. One award will be awarded to represent your highest level of achievement. Please see the tables on the following pages for club awards criteria;

**THE CLUB MEDAL** – Awarded to swimmers who achieve up to 4 times from the Level 1 Table

**LEVEL 1 TROPHY** - Awarded to swimmers who obtain five (5) times from the Level 1 Table

**LEVEL 2 TROPHY** - Awarded to swimmers who obtain three (3) times from the Level 2 Table

**LEVEL 3 TROPHY** - Awarded to swimmers who obtain two (2) times from the Level 3 Table

In addition to these we also offer swimmers the opportunity to win the following awards:

**BEST TRAINER** - Male & Female / Junior & Senior. Chosen by Coaches.

**SPORTS PERSON** - Person who helps all team members. Chosen by Committee.

**SWIM OF THE YEAR** – Swimmer is selected by Head Coach.

**CLUB HELPERS** - Chosen by Committee

**55's CLUB** – 100m of any stroke in under 55 seconds – Sponsored by Mark Erickson

Once you have obtained the 55 Club award for a particular stroke you can't get it for the same stroke again. You will only receive it once in a lifetime (maximum you can get is 5, one for each stroke).

**THE MINUTE CLUB** - 100m of any stroke in under 60 seconds.

Once you have obtained the 60 Club award for a particular stroke you can't get it for the same stroke again. You will only receive it once in a lifetime (maximum you can get is 5, one for each stroke).

**MUDIE FAMILY 70 CLUB** - 100m of any stroke in under 70 seconds.

Once you have obtained the 70 Club award for a particular stroke you can't get it for the same stroke again. You will only receive it once in a lifetime (maximum you can get is 5, one for each stroke).

**BK CONSTRUCTIONS PTY LTD MOST IMPROVED by PB'S AWARD**

Most improved by number of PB's over a season.

4 Categories: Male & Female / 7 & Under, 8-10, 11-13, 14yrs and Over.

Chosen by Committee.

**G.J. GARDNER ENCOURAGEMENT AWARD**

3 Categories: Under 8, 8 - 12 and 13 & Over.

Chosen by Committee.

Awards may be varied as per the executive committee.

# LEVEL 1 TROPHY TIMES

Swimmers need to obtain five (5) of the below times.

<b>FEMALE</b>	<b>7yrs &amp; Under</b>	<b>8yrs</b>	<b>9yrs</b>	<b>10yrs</b>	<b>11yrs</b>	<b>12yrs</b>	<b>13yrs</b>	<b>14yrs</b>	<b>15yrs &amp; Over</b>
25m Free	23	22	21	19	17				
50m Free		44.20	42.20	40.20	38.20	35.70	34.70	32.70	32.20
100m Free			1:35.40	1:32.40	1:22.40	1:17.40	1:14.40	1:13.40	1:12.40
200m Free				2:56.80	2:55.80	2:47.80	2:39.80	2:35.80	2:34.80
400m Free					6:13.60	5:55.60	5:37.60	5:30.60	5:27.60
800m Free					12:39.20	12:02.20	11:26.20	11:12.20	11:05.20
1500m Free					24:12.00	23:02.00	21:55.00	21:28.00	21:15.00
25m Back	27	26	25	23	22				
50m Back		55.40	51.40	49.40	47.40	43.90	42.90	40.40	39.90
100m Back			1:49.80	1:43.80	1:35.80	1:30.80	1:26.80	1:24.80	1:23.80
200m Back					3:23.60	3:14.60	3:05.60	3:01.60	2:59.60
25m Breast	27	26	25	23	22				
50m Breast		59.00	56.00	54.00	52.00	49.00	47.00	45.50	43.50
100m Breast			2:04.00	1:56.00	1:50.00	1:43.00	1:38.00	1:36.00	1:35.00
200m Breast					3:51.00	3:41.00	3:30.00	3:26.00	3:24.00
25m Fly	27	26	25	23	22				
50m Fly		54.30	50.30	47.30	43.80	41.30	37.30	36.80	35.80
100m Fly			1:51.60	1:47.60	1:41.60	1:28.60	1:24.60	1:22.60	1:21.60
200m Fly					3:24.20	3:15.20	3:05.20	3:01.20	2:59.20
100m IM	2:00.00	1:55.00	1:50.00	1:48.00	1:44.00	1:39.00	1:34.00	1:33.00	1:32.00
200m IM			3:46.80	3:36.80	3:28.80	3:18.80	3:08.80	3:05.80	3:04.80
400m IM					7:25.60	7:04.60	6:43.60	6:35.60	6:31.60

<b>MALE</b>	<b>7yrs &amp; Under</b>	<b>8yrs</b>	<b>9yrs</b>	<b>10yrs</b>	<b>11yrs</b>	<b>12yrs</b>	<b>13yrs</b>	<b>14yrs</b>	<b>15yrs &amp; Over</b>
25m Free	23	22	21	19	17				
50m Free		44.20	42.20	40.20	38.20	35.70	32.70	31.70	30.70
100m Free			1:35.40	1:32.40	1:22.40	1:15.40	1:11.40	1:09.40	1:07.40
200m Free				2:56.80	2:50.80	2:42.80	2:32.80	2:29.80	2:23.80
400m Free					6:04.60	5:47.60	5:27.60	5:20.60	5:07.60
800m Free					12:21.20	11:45.20	11:18.20	11:04.20	10:38.20
1500m Free					23:41.00	22:32.00	21:27.00	21:05.00	20:14.00
25m Back	27	26	25	23	22				
50m Back		55.40	51.40	49.40	47.40	43.90	41.90	39.40	36.40
100m Back			1:49.80	1:43.80	1:35.80	1:30.80	1:25.80	1:22.80	1:19.80
200m Back					3:20.60	3:10.60	3:04.60	2:56.60	2:51.60
25m Breast	27	26	25	23	22				
50m Breast		59.00	56.00	54.00	52.00	49.00	45.50	43.00	40.00
100m Breast			2:04.00	1:56.00	1:50.00	1:40.00	1:35.00	1:30.00	1:28.00
200m Breast					3:43.00	3:33.00	3:21.00	3:12.00	3:06.00
25m Fly	27	26	25	23	22				
50m Fly		54.30	50.30	47.30	43.80	41.30	37.30	35.80	32.80
100m Fly			1:51.60	1:47.60	1:41.60	1:26.60	1:22.60	1:18.60	1:16.60
200m Fly					3:22.20	3:12.20	3:02.20	2:54.20	2:49.20
100m IM	2:00.00	1:55.00	1:50.00	1:48.00	1:43.00	1:38.00	1:33.00	1:29.00	1:26.00
200m IM			3:46.80	3:36.80	3:26.80	3:16.80	3:05.80	2:57.80	2:52.80
400m IM					7:22.60	7:01.60	6:39.60	6:21.60	6:09.60

# LEVEL 2 TROPHY

Swimmers need to obtain three (3) of the below times.

FEMALE	7yrs & Under	8yrs	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs	17yrs & Over
25m Free	21	19									
50m Free		44.20	42.20	40.20	33.66	31.22	30.29	29.85	29.41	29.12	28.83
100m Free			1:35.40	1:32.40	1:12.97	1:07.03	1:05.06	1:03.77	1:03.14	1:02.51	1:01.89
200m Free				2:56.80	2:41.42	2:25.59	2:21.30	2:18.51	2:17.13	2:15.77	2:13.11
400m Free					5:42.28	5:08.22	4:58.69	4:47.43	4:44.58	4:43.17	4:36.33
800m Free						10:27.93	9:57.25	9:45.58	9:31.16	9:22.68	9:12.86
1500m Free							19:11.60	18:41.11	18:13.50	17:57.26	17:42.05
25m Back	25	23									
50m Back		55.40	51.40	49.40	41.82	37.50	35.70	34.97	34.62	34.27	33.94
100m Back			1:49.80	1:43.80	1:23.64	1:19.57	1:15.70	1:14.21	1:13.47	1:12.75	1:12.02
200m Back							2:43.86	2:40.63	2:39.04	2:37.46	2:35.90
25m Breast	25	23									
50m Breast		59.00	56.00	54.00	47.43	41.97	39.78	38.97	38.59	38.21	37.82
100m Breast			2:04.00	1:56.00	1:36.90	1:29.74	1:25.37	1:23.69	1:22.86	1:22.04	1:21.22
200m Breast							3:05.36	3:01.70	2:59.90	2:58.11	2:56.35
25m Fly	25	23									
50m Fly		54.30	50.30	47.30	39.27	35.01	33.30	32.64	32.31	32.00	31.69
100m Fly			1:51.60	1:47.60	1:24.66	1:17.97	1:13.80	1:12.34	1:11.61	1:10.91	1:10.21
200m Fly							2:43.57	2:40.34	2:38.75	2:37.17	2:36.63
100m IM	2:00.00	1:55.00	1:50.00	1:46.00							
200m IM			3:46.80	3:36.80	3:05.94	2:55.03	2:44.04	2:40.80	2:39.21	2:37.63	2:35.27
400m IM						6:11.84	5:48.50	5:41.61	5:38.22	5:34.87	5:29.87

MALE	7yrs & Under	8yrs	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs	17yrs & Over
25m Free	21	19									
50m Free		44.20	42.20	40.20	33.66	31.22	28.62	27.77	26.69	26.42	25.39
100m Free			1:35.40	1:32.40	1:12.97	1:07.03	1:02.83	1:00.98	58.88	58.02	55.74
200m Free				2:56.80	2:41.42	2:25.59	2:17.61	2:13.55	2:08.97	2:07.06	2:02.70
400m Free					5:42.28	5:08.22	4:54.72	4:40.38	4:29.41	4:26.74	4:17.35
800m Free						10:27.93	9:55.25	9:22.55	9:14.20	8:55.19	8:53.30
1500m Free							19:01.60	17:55.28	17:39.31	17:02.97	16:58.34
25m Back	25	23									
50m Back		55.40	51.40	49.40	41.82	37.50	34.95	33.24	32.26	31.62	30.40
100m Back			1:49.80	1:43.80	1:23.64	1:19.57	1:14.48	1:10.86	1:08.77	1:07.41	1:04.77
200m Back							2:40.10	2:35.99	2:31.39	2:28.40	2:22.60
25m Breast	25	23									
50m Breast		59.00	56.00	54.00	47.43	41.97	38.55	36.68	35.60	34.88	33.53
100m Breast			2:04.00	1:56.00	1:36.90	1:29.74	1:23.58	1:19.52	1:17.17	1:15.64	1:12.69
200m Breast							3:02.48	2:53.60	2:48.48	2:45.16	2:38.69
25m Fly	25	23									
50m Fly		54.30	50.30	47.30	39.27	35.01	32.86	31.27	30.35	29.74	28.59
100m Fly			1:51.60	1:47.60	1:24.66	1:17.97	1:12.38	1:08.86	1:06.83	1:05.50	1:02.94
200m Fly							2:42.35	2:34.45	2:29.90	2:26.94	2:21.19
100m IM	2:00.00	1:55.00	1:50.00	1:46.00							
200m IM			3:46.80	3:36.80	3:05.94	2:55.03	2:40.52	2:34.24	2:29.69	2:26.74	2:21.00
400m IM						6:11.84	5:47.07	5:33.49	5:23.66	5:17.27	5:04.86

# LEVEL 3 TROPHY

Swimmers need to obtain three (2) of the below times.

<b>FEMALE</b>	<b>13yrs &amp; Under</b>	<b>14yrs</b>	<b>15yrs</b>	<b>16yrs</b>	<b>17yrs &amp; Over</b>
50m Free	29.09	28.58	28.07	27.82	27
100m Free	1:01.86	1:01.76	1:00.65	1:00.10	58
200m Free	2:17.85	2:15.43	2:13.01	2:11.80	2:08.00
400m Free	4:50.85	4:45.75	4:40.64	4:38.09	4:32.00
800m Free	9:50.46	9:40.46	9:30.10	9:24.91	9:20.00
1500m Free	18:51.62	18:31.77	18:11.92	18:01.99	17:52.00
50m Back	33.42	32.71	32.00	31.89	31.00
100m Back	1:10.42	1:09.21	1:08.00	1:07.39	1:06.00
200m Back	2:33.83	2:31.18	2:28.52	2:27.10	2:26.00
50m Breast	39.03	38.64	37.75	37.56	36.50
100m Breast	1:22.03	1:20.64	1:19.25	1:18.56	1:17.00
200m Breast	2:58.60	2:55.58	2:52.55	2:51.04	2:50.00
50m Fly	32.86	32.17	31.48	31.39	30.00
100m Fly	1:08.86	1:07.67	1:06.48	1:05.89	1:04.00
200m Fly	2:34.08	2:31.43	2:28.77	2:27.44	2:26.00
200m IM	2:37.67	2:34.95	2:32.23	2:30.87	2:28.00
400m IM	5:35.74	5:29.95	5:24.16	5:21.27	5:18.00

<b>MALE</b>	<b>13yrs &amp; Under</b>	<b>14yrs</b>	<b>15yrs</b>	<b>16yrs</b>	<b>17yrs &amp; Over</b>
50m Free	27.5	26.58	25.90	25.22	24.76
100m Free	1:00.50	58.32	56.83	55.33	54.34
200m Free	2:10.00	2:07.86	2:04.60	2:01.32	1:59.14
400m Free	4:40.00	4:32.82	4:25.83	4:18.83	4:14.17
800m Free	9:44.00	9:24.84	9:10.36	8:55.87	8:46.22
1500m Free	18:27.00	17:54.57	17:27.02	16:59.47	16:41.10
50m Back	32.00	31.02	30.36	29.69	28.53
100m Back	1:08.00	1:06.02	1:04.36	1:02.69	1:01.03
200m Back	2:28.00	2:24.66	2:21.01	2:17.36	2:13.72
50m Breast	36.50	35.40	34.56	33.71	32.87
100m Breast	1:17.00	1:14.40	1:12.56	1:10.71	1:08.87
200m Breast	2:46.00	2:41.34	2:37.34	2:33.34	2:29.34
50m Fly	31.00	29.67	29.07	28.00	27.39
100m Fly	1:06.00	1:03.17	1:01.57	59.98	58.39
200m Fly	2:27.00	2:22.92	2:19.32	2:15.71	2:12.11
200m IM	2:30.00	2:26.16	2:22.47	2:18.79	2:15.10
400m IM	5:20.00	5:12.98	5:05.09	4:57.20	4:49.31

# REGIONAL SWIMMING CARNIVALS

Regional swimming carnivals are held throughout the season and bring together swimmers from across North Queensland to showcase their talent and passion for the sport. These carnivals offer a unique opportunity for athletes of all ages and skill levels to compete in a spirited and supportive environment. Beyond just competition, these events foster a strong sense of community, encouraging sportsmanship among participants. With a focus on inclusivity, regional carnivals provide a platform for both emerging and seasoned swimmers to experience competition while advancing through the ranks toward state and national championships.

## **What to do at your first swimming competition;**

- On arrival, look for the Cannons club shirts. Club members sit together and support each other by cheering on Cannon swimmers and helping each other with marshalling for swims
- Swimmers must check in with their coach for warm up instructions immediately on arrival
- Swimmers also check in with coaches before their event is marshalled and immediately after every race they've completed
- Just like club nights, swim meets rely on volunteer parents/supporters to share the timekeeping duties. It's a chance to see the swimmers close-up on pool deck and get splashed in the Butterfly events! The job is easy with electronic timing, no writing - just press the red button when swimmers touch the wall
- Swimmers need to take responsibility for their own swims and check the marshalling board regularly. New swim parents and swimmers should keep an eye out on the marshalling board for marshalling. If you are unsure of the marshalling process please ask a coach or another parent and they will happily explain to you how to marshal for an event
- Ask someone to point out where the board is and make sure swimmers don't run off to the toilets, or head off without letting you know where they're going
- Please supervise young children at all times
- Don't forget a highlighter and a black sharpie pen
- Please avoid parent coaching on technique or race tactics. A parent's role is to support and encourage

## **Carnival Nominations**

Please ensure you discuss your nominations with your Coach. They can help you to decide on which swims to nominate in. They also need to know who's going. If you cancel, even at late notice, please notify.

## **Carnival Calendar**

Swimming North Queensland issue their events calendar in June and this includes all regional, State and National meets as well as development squad activity for the season. This calendar will be distributed via our Club Newsletter, website and Facebook page. Meet flyers will be individually posted to our Newsletter, Swim Central and Facebook page as they are received. All carnival nominations are via SwimCentral.



# TEAM MEMBERS CODE OF BEHAVIOUR

## **Always;**

- Compete by the competition conditions and rules
- Control your temper; criticism by word or gesture will not be tolerated
- Display good sportsmanship – Remember it is not always in the result but in the manner the result is achieved
- Encourage and support your own team members
- Work equally hard for yourself and your team
- Co-operate with coach and team mates
- Show respect for your opponents and their skills
- Be friendly to all participants
- Be courteous
- Respect the wishes and routine of your supervising adults
- Be responsible - you are representing your family, your Region or your State

A “thank-you” goes a long way. Use it often!

## **Never;**

- Argue with the Judge’s or Referee’s decision
- Use the club logo or name without permission on the management committee
- Enter into fundraising or corporate sponsorship activities for individual swimmers without authorisation from the club
- Take non-prescribed drugs or supplements as this is strictly forbidden
- Approve media releases without prior approval by the management committee

## **ASADA**

ASADA is the Australian Sports Anti-Doping Authority is a government statutory authority tasked to protect Australia’s sporting integrity through the elimination of doping. Ignorance doesn’t work when it comes to ASADA! Please visit <https://www.asada.gov.au/> to learn more about what are banned substances that your swimmer should not be using. You will be very surprised! Take the online course <https://www.asada.gov.au/anti-doping-programmes/education>

# RECORD UPGRADES

Swimmers Name: \_\_\_\_\_

<b>FREESTYLE</b>	<b>25m</b>	<b>50m</b>	<b>100m</b>	<b>200m</b>	<b>400m</b>	<b>800m</b>	<b>1500m</b>
Upgraded							
Date							
<b>BACKSTROKE</b>	<b>25m</b>	<b>50m</b>	<b>100m</b>	<b>200m</b>			
Upgraded							
Date							
<b>BUTTERFLY</b>	<b>25m</b>	<b>50m</b>	<b>100m</b>	<b>200m</b>			
Upgraded							
Date							
<b>BREASTSTROKE</b>	<b>25m</b>	<b>50m</b>	<b>100m</b>	<b>200m</b>			
Upgraded							
Date							
<b>IM</b>	<b>100m</b>	<b>200m</b>	<b>400m</b>				
Upgraded							
Date							

Swimmers Name: \_\_\_\_\_

<b>FREESTYLE</b>	<b>25m</b>	<b>50m</b>	<b>100m</b>	<b>200m</b>	<b>400m</b>	<b>800m</b>	<b>1500m</b>
Upgraded							
Date							
<b>BACKSTROKE</b>	<b>25m</b>	<b>50m</b>	<b>100m</b>	<b>200m</b>			
Upgraded							
Date							
<b>BUTTERFLY</b>	<b>25m</b>	<b>50m</b>	<b>100m</b>	<b>200m</b>			
Upgraded							
Date							
<b>BREASTSTROKE</b>	<b>25m</b>	<b>50m</b>	<b>100m</b>	<b>200m</b>			
Upgraded							
Date							
<b>IM</b>	<b>100m</b>	<b>200m</b>	<b>400m</b>				
Upgraded							
Date							

# RECORD UPGRADES

Swimmers Name: \_\_\_\_\_

<b>FREESTYLE</b>	<b>25m</b>	<b>50m</b>	<b>100m</b>	<b>200m</b>	<b>400m</b>	<b>800m</b>	<b>1500m</b>
Upgraded							
Date							
<b>BACKSTROKE</b>	<b>25m</b>	<b>50m</b>	<b>100m</b>	<b>200m</b>			
Upgraded							
Date							
<b>BUTTERFLY</b>	<b>25m</b>	<b>50m</b>	<b>100m</b>	<b>200m</b>			
Upgraded							
Date							
<b>BREASTSTROKE</b>	<b>25m</b>	<b>50m</b>	<b>100m</b>	<b>200m</b>			
Upgraded							
Date							
<b>IM</b>	<b>100m</b>	<b>200m</b>	<b>400m</b>				
Upgraded							
Date							

Swimmers Name: \_\_\_\_\_

<b>FREESTYLE</b>	<b>25m</b>	<b>50m</b>	<b>100m</b>	<b>200m</b>	<b>400m</b>	<b>800m</b>	<b>1500m</b>
Upgraded							
Date							
<b>BACKSTROKE</b>	<b>25m</b>	<b>50m</b>	<b>100m</b>	<b>200m</b>			
Upgraded							
Date							
<b>BUTTERFLY</b>	<b>25m</b>	<b>50m</b>	<b>100m</b>	<b>200m</b>			
Upgraded							
Date							
<b>BREASTSTROKE</b>	<b>25m</b>	<b>50m</b>	<b>100m</b>	<b>200m</b>			
Upgraded							
Date							
<b>IM</b>	<b>100m</b>	<b>200m</b>	<b>400m</b>				
Upgraded							
Date							



**NO LIMITS NO BOUNDARIES**

Cannonvale  
  
Cannons

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**CLUB PRESIDENT**

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