



CLUB HANDBOOK

2026 2027 SEASON

CANNONVALE CANNONS SWIMMING CLUB INC.

Handbook Valid To 30.06.2027



PRESIDENT'S MESSAGE

WELCOME TO THE CANNONVALE CANNONS SWIMMING CLUB FOR THE 2026/2027 SEASON

It is a privilege to welcome our swimmers and families to another season with the Cannonvale Cannons.

Stepping into the role of President this year has given me an even greater appreciation for how much happens behind the scenes to make our Club what it is. The Cannons are much more than club nights, race times and results. We are a community of swimmers, families, coaches, volunteers and supporters who all contribute in different ways, and I am incredibly grateful to everyone who gives their time and energy.

Our Committee works tirelessly throughout the year, often well beyond what is seen on pool deck. From organising club nights and competitions to fundraising, sponsorship, grants and administration, there are many hands working quietly in the background. Thank you to each Committee member for contributing your time, skills and ideas.

The same appreciation extends to every parent, caregiver and volunteer who helps throughout the season. Whether you are timekeeping, assisting at a carnival, cooking a barbecue, helping with fundraising or simply stepping in when something needs to be done, it all matters. Clubs like ours simply cannot operate without volunteers.

I would also like to acknowledge our coaching team and the enormous role they play in the development of our swimmers. While we celebrate personal bests, records, qualifying times and medals, some of the most important achievements happen long before race day. They are found in the early mornings, the difficult training sessions, learning to respond to disappointment, supporting a teammate and having the courage to keep trying.

Swimming gives our children something much bigger than results. It teaches resilience, commitment, independence, teamwork and how to handle both success and disappointment. Those lessons will stay with them long after their competitive swimming years are over.

As we move into the season ahead, I hope we continue to build a Club where our swimmers feel supported, our families feel welcome and everyone understands the part they play in creating a positive environment. Respect, communication and sportsmanship must sit at the heart of that.

To our returning families, thank you for continuing the journey with us. To those joining the Cannons for the first time, welcome. Please get involved, meet the families around you and become part of our community.

And finally, to our swimmers: enjoy it. Work hard, set goals, celebrate your teammates, be proud of your progress and remember that one race never defines you. Every experience is part of the journey.

Jade Korosec
President



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	Jade Korosec	0405 229 892	president@cannonvalecannons.com
Vice President	Sarah Smith	0430 443 706	vicepresident@cannonvalecannons.com
Secretary	Giselle Burton	0418 196 846	secretary@cannonvalecannons.com
Treasurer	Kate Woolston	0415 322 508	treasurer@cannonvalecannons.com
Executive Officers	Melissa Mulliss Haylee Eaves Shannon Doherty	- - -	executiveofficer@cannonvalecannons.com executiveofficer2@cannonvalecannons.com executiveofficer3@cannonvalecannons.com

ADDITIONAL CLUB POSITIONS

Position	Name	Phone	Email
Carnival Director	Theresa Manning	0402776299	cannonsnominationsl@gmail.com
Race Secretary	Theresa Manning	0402776299	cannonsnominationsl@gmail.com
Club Recorder	Amy Chegwiddden	-	c/o secretary@cannonvalecannons.com
Website Manager	Jade Korosec	0405229892	c/o president@cannonvalecannons.com
Publicity Officer	Vacant		
Social Media	Vacant		
NQ Delegate (1)	Haylee Eaves	-	executiveofficer2@cannonvalecannons.com
NQ Delegate (2)	Shannon Doherty	-	executiveofficer3@cannonvalecannons.com

LIFE MEMBERS

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

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.

2026/2027 FEE STRUCTURE

Junior Swimmer	\$183.04
Competitive Swimmer 8 years & over	\$231.08
2nd Claim Swimmer	\$52.00
Parent / Carer	FREE

Ages are taken from 1st June 2026

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 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

Additional Club Shirt (Mandatory)	\$50
Club Swim Cap	\$15
Club Shorts	\$20 Females \$30 Males
Club Hat (Baseball Caps / Visor)	\$25





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

Cannonvale Cannons is a junior swimming club that simply couldn't run without the support and involvement of adults. We rely on parents and carers to help with essential roles such as Timekeeping, Recording, Refereeing, Marshalling, dinner duties, and general support at club nights and carnivals. We also encourage adults to take part in decision-making through attendance at General Meetings. Your participation not only helps the club run smoothly but also supports a positive and inclusive experience for all swimmers. We strongly encourage all adult volunteers to hold a current Blue Card. For assistance in applying for your volunteer Blue Card, please see Giselle.

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 Group and Website.

The Cannons also have a club noticeboard on the amenities wall at the Cannonvale pool, which displays all meet flyers and other important notices.

SQUAD TRAINING AND CLUB COACHING

Cannonvale Swim Centre

Mark Erickson 0420 237 759 | swimboy62@hotmail.com

Raylene Rasmussen 0417 605 078



Squad training is arranged directly with Cannonvale Swim Centre, a privately owned business operating independently of Cannonvale Cannons Swimming Club. The Club has appointed Centre owner Mark Erickson as Head Coach and Ken Crittenden as Assistant Coach.

Lessons and squad training take place at Cannonvale State School pool, with access and parking via Coral Esplanade.

All swim teachers and coaches hold current Swim Australia qualifications and extensive experience. Mark Erickson leads the team with over 30 years' coaching experience. Mark and Ken Crittenden are qualified Advanced Coaches (formerly Silver Licence), while Raylene Rasmussen is a Development Coach (formerly Bronze Licence). Kate Thomson and Giselle Burton hold multiple swimming teaching qualifications. Mark and Raylene also hold current Pool Lifeguard qualifications. Ellie Palmero from 4 Elements Fitness delivers Athletic Development sessions for senior swimmers twice weekly.

Swimmers must be assessed by Cannonvale Swim Centre before starting training to determine their suitable squad. To qualify, swimmers must complete four 25-metre repetitions using two recognisable strokes on a one-minute cycle.

Three squad levels are available:

Junior, Development and Advanced

All swimmers need goggles, a swimming cap, towel and water bottle for every session. Development and Advanced swimmers must also bring their own swimming equipment in a clearly named gear bag.

Training fees are payable directly to Cannonvale Swim Centre upon entry. Learn-to-Swim fees are charged by school term; squad fees may be paid per session or week.

Pay by cash or credit card at the kiosk, or by direct deposit:

Cannonvale Swim Centre

BSB: 014 691

Account number: 181 174 519

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.

NOMINATION AND ENTRANCE

\$10 per family Casual

\$210 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 at 10.00 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.

Distance Night

On Distance Night, swimmers may only swim up one distance from the event they have been officially upgraded for. For example, a swimmer upgraded for 200m Freestyle may swim up to 400m Freestyle only. Swimming longer distances beyond this is not permitted.

Time Trials

Time trials may be arranged for swimmers requiring qualifying times for meet nominations. Swimmers and families must confirm that the intended meet accepts time trial results prior to nomination. Prior notice is required to allow the Club to arrange three accredited timekeepers for official timing, particularly for distance events not offered during weekly club nights (generally events over 200m).

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.

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
- 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 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	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 coaches 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:

AGE	EVENTS
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.

AGE	EVENTS
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

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

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

SWIM OF THE YEAR – The Swim of the Year is awarded to the most outstanding competitive swim by a club member during the year. This award is determined based on a hierarchy of achievements in sanctioned club, regional, state, and national events. School swimming results are not considered. To be eligible, swimmers must have reached at least one of the following milestones, listed in order of priority:

- Achieved a National Record
- Won a National Medal (Gold, Silver, or Bronze)
- Achieved a Queensland Record
- Reached a National Final
- Won a Queensland Medal (Gold, Silver, or Bronze)
- Achieved a North Queensland Record
- Qualified for National Championships
- Reached a Queensland Final

When multiple swimmers are eligible, the award is given to the athlete with the highest-ranking achievement on the above list. In the event of comparable achievements, the selection panel may consider additional factors such as personal best times and degree of competition.

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.

TASSAL ENCOURAGEMENT AWARD

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

Chosen by Committee.

CLUB HELPERS - 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.

FEMALE	7yrs & Under	8yrs	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs & Over
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

MALE	7yrs & Under	8yrs	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs & Over
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 two (2) of the below times.

FEMALE	13yrs & Under	14yrs	15yrs	16yrs	17yrs & Over
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

MALE	13yrs & Under	14yrs	15yrs	16yrs	17yrs & Over
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.

CODE OF CONDUCT

Cannonvale Cannons Swimming Club is committed to providing a safe, inclusive, respectful and positive environment for everyone involved with our Club.

Our Code of Conduct sets out the standards of behaviour expected of all:

- Swimmers
- Parents, caregivers and family members
- Coaches
- Volunteers and officials
- Committee members
- Supporters representing the Club

The Code applies whenever you are representing or participating with the Cannons, including at training, competitions, club events, travel and accommodation, and in online spaces and social media.

What We Expect

As a member of the Cannons community, we ask you to:

- Treat swimmers, families, coaches, officials, volunteers and competitors with respect.
- Demonstrate good sportsmanship and accept officials' decisions respectfully.
- Encourage and support our swimmers and fellow Club members.
- Communicate concerns calmly, respectfully and through the appropriate Club channels.
- Help us maintain a safe, inclusive and child-focused environment.
- Protect the privacy and wellbeing of our swimmers.
- Use social media responsibly and avoid public criticism, inappropriate commentary or online conflict involving the Club or its members.
- Follow Club policies, competition rules and the directions of coaches and officials.
- Represent the Cannonvale Cannons with pride, integrity and responsibility.

Our full Code of Conduct also explains expectations around child safety, social media, communication and dispute resolution, and how potential breaches of the Code may be managed.

All members and families are expected to familiarise themselves with and abide by the full Cannonvale Cannons Code of Conduct.

READ THE FULL CODE OF CONDUCT

Scan the QR code or visit:

cannonvalecannons.com/code-of-conduct/



Swimmers Name: _____

FREESTYLE	25m	50m	100m	200m	400m	800m	1500m
Upgraded							
Date							
BACKSTROKE	25m	50m	100m	200m			
Upgraded							
Date							
BUTTERFLY	25m	50m	100m	200m			
Upgraded							
Date							
BREASTSTROKE	25m	50m	100m	200m			
Upgraded							
Date							
IM	100m	200m	400m				
Upgraded							
Date							

Swimmers Name: _____

FREESTYLE	25m	50m	100m	200m	400m	800m	1500m
Upgraded							
Date							
BACKSTROKE	25m	50m	100m	200m			
Upgraded							
Date							
BUTTERFLY	25m	50m	100m	200m			
Upgraded							
Date							
BREASTSTROKE	25m	50m	100m	200m			
Upgraded							
Date							
IM	100m	200m	400m				
Upgraded							
Date							

Swimmers Name: _____

FREESTYLE	25m	50m	100m	200m	400m	800m	1500m
Upgraded							
Date							
BACKSTROKE	25m	50m	100m	200m			
Upgraded							
Date							
BUTTERFLY	25m	50m	100m	200m			
Upgraded							
Date							
BREASTSTROKE	25m	50m	100m	200m			
Upgraded							
Date							
IM	100m	200m	400m				
Upgraded							
Date							

Swimmers Name: _____

FREESTYLE	25m	50m	100m	200m	400m	800m	1500m
Upgraded							
Date							
BACKSTROKE	25m	50m	100m	200m			
Upgraded							
Date							
BUTTERFLY	25m	50m	100m	200m			
Upgraded							
Date							
BREASTSTROKE	25m	50m	100m	200m			
Upgraded							
Date							
IM	100m	200m	400m				
Upgraded							
Date							



NO LIMITS NO BOUNDARIES



CONTACT

56 Coral Esplanade
Cannonvale
Airlie Beach 4802

CLUB PRESIDENT

Jade Korosec
0405 229 892
president@cannonvalecannons.com