



2026 Central Queensland Swimming Championships

6 March – 8 March 2026

Venue: 2nd World War Memorial Aquatic Centre,
South Rockhampton

Nominations Close: Sunday, 1 March 2025 @ 11.59pm

Entries via Swim Central

Enquiries to: Sarah Emery PH: 0417 191 621 E: sarah.emery2@bigpond.com

Nomination fees

Individual Events: \$8.00 / 7&U \$4.00

Relay Team: \$20.00

**Nominations will not be accepted if QT's are not met and verified.
Late nominations will not be accepted.**

CQ All-Comers Record – Total Prize Pool \$2,500

Swimmers (plus club & coach) will receive a share of this prize pool for each CQ All-Comers record broken (not established) at the 2026 CQ Championships. Records must be verified and uploaded before 13 February 2026.

FRIDAY

Gates open at 5.00pm.

First Event commences at 6.30pm.

SESSION 1 – Friday Evening

F	M	Age	Dist	Stroke
1	2	12 & Over	1500m	Free
3	4	11 & Over	800m	Free

GENERAL CONDITIONS

This meet will be conducted under World Aquatics, Swimming Australia and Swimming Queensland Rules, SQ by-laws and the general rules of CQSA.

The Meet is only open to CQ registered competitive swimmers.

Age of competitors for the Meet is the age as at the first day of competition (6 March 2026)
Only qualifying times used after 1/12/2023 may be used to nominate.

Swimming 'up' is not permitted.

Patrons of the facility are reminded that no chairs or stools are permitted in or on the grandstand steps and are advised to bring a pillow or something comfortable to sit on as space will be limited on the front ground level due to officiating requirements.

GENERAL INFORMATION

All events will be swum as timed finals.

Age Champion events will be run as Super Seed timed finals.

All individual events will be seeded fastest to slowest. Relay events will be seeded slowest to fastest.

Mixed Relays must consist of two Female & two Male competitors and may be swum in any gender order.

No award, team points or individual points will be given if qualifying time is not met.

Events Marked with an asterisk do not have a qualifying time and are open to all financial registered CQ swimmers.

Events may be amalgamated at the discretion of the Chief Referee and the Meet Director.

Session break duration will be at the discretion of the Chief Referee and the Meet Director.

SATURDAY

Gates open at 6.30am.

First Event commences at 8.00am.

SESSION 2 – Saturday Morning 1

F	M	Age	Dist	Stroke
5	6	11 & Over	400m	IM
7	8	7 & Under*	50m	Free
9	10	8-10 Yrs*	50m	Free
11	12	11 & Over	50m	Free
13	14	MCS*	50m	Free
15	16	9-10 Yrs	100m	Breast
17	18	11 & Over*	100m	Breast
19	20	MCS*	100m	Breast
21	22	11 & Over	200m	Fly

Session Break

SESSION 3 – Saturday Morning 2

F	M	Age	Dist	Stroke
23	24	11 & Over	200m	Back
25	26	7 & Under*	50m	Breast
27	28	8-10Yrs *	50m	Breast
29	30	11 & Over	50m	Breast
31	32	MCS*	50m	Breast
33	34	9-10 Yrs	100m	Fly
35	36	11 & Over*	100m	Fly
37	38	MCS*	100m	Fly
39	40	7 & Under*	50m	Back
41	42	8 & Over*	200m	IM

Lunch Break

SESSION 4 – Saturday Afternoon

F	M	Age	Dist	Stroke
43		8-12 Yrs*	4 x 50m	Mixed Free Relay
44		Open*	4 x 50m	Mixed Free Relay
45	46	7 & Under*	50m	Fly
47	48	8-10 Yrs*	50m	Fly
49	50	11 & Over	50m	Fly
51	52	MCS*	50m	Fly
53	54	9-10 Yrs	100m	Back
55	56	11 & Over*	100m	Back
57	58	MCS*	100m	Back
59	60	7 & Under*	100m	Free
61	62	10 & Over	200m	Free
63	64	Open*	4 x 50m	Medley Relay
65	66	8-12Yrs*	4 x 50m	Medley Relay

SUNDAY

Gates open at 7.30am.

First Event commences at 9.00am.

SESSION 5 – Sunday Morning

F	M	Age	Dist	Stroke
67	68	11 & Over	400m	Free
69	70	MCS*	200m	Free
71	72	8-10 Yrs*	50m	Back
73	74	11 & Over	50m	Back
75	76	MCS*	50m	Back
77	78	8-10 Yrs	100m	Free
79	80	11 & Over*	100m	Free
81	82	MCS*	100m	Free
83	84	11 & Over	200m	Breast
85	86	8-12Yrs*	4 x 50m	Free Relay
87	88	Open*	4 x 50m	Free Relay

MULTI CLASS SWIMMING

Multi Class swimmers cannot nominate in an event twice (i.e. MC and age group events of the same distance and stroke)

Multi Class swimmers wishing to nominate and earn Club points for events not offered as Multi Class events, must meet their age group qualifying time to enter.

Multi Class swimmers without a classification will be allowed to swim as an exhibition swimmer only.

PLEASE NOTE:

All refund requests submitted through swim central will be reviewed, giving consideration to the timing of the request, and the written reasons provided. The decision of the Meet Director in this respect will be final.