

GJ LALOR EMERALD SEALS CHALLENGE



Saturday 31st January 2026

Gates open 6.30am – Racing starts 8.00am

Pool Entry: **\$5 per Adult. Swimmers free**

Nominations: \$5.50 per event or \$3.50 for 7yrs and Under & 8yrs 25m events only

Nominations Close Midnight Sunday 25th January - NO LATE OR POOL DECK ENTRIES ACCEPTED

Nominations are On Line through Swim Central only

Other enquiries to Amy Skinner – 0418 419 291

MARCH PAST 7.45 AM on SATURDAY

SATURDAY – SESSION 1:

Gates Open 6.30am - Start 8.00am

F	M	AGE	DISTANCE	STROKE
1	2	10 & OVER	400M	FREESTYLE
3	4	7 & UNDER	50M	FREESTYLE
5	6	8 YEARS	50M	FREESTYLE
7	8	9 YEARS	50M	FREESTYLE
9	10	10 YEARS	50M	FREESTYLE
11	12	11 & OVER	50M	FREESTYLE
13	14	MULTI-CLASS	50M	FREESTYLE
15	16	8 & UNDER	25M	FREESTYLE
17	18	10 & OVER	200M	BUTTERFLY
19	20	10 & UNDER	100M	FREESTYLE
21	22	11 & 12 YEARS	100M	FREESTYLE
23	24	13 & OVER	100M	FREESTYLE
25	26	7 & UNDER	50M	BUTTERFLY
27	28	8 YEARS	50M	BUTTERFLY
29	30	9 YEARS	50M	BUTTERFLY
31	32	10 YEARS	50M	BUTTERFLY
33	34	11 & OVER	50M	BUTTERFLY
35	36	MULTI-CLASS	50M	BUTTERFLY
37	38	8 & UNDER	25M	BUTTERFLY
39	40	10 & OVER	200M	BREASTSTROKE
41	42	10 & UNDER	100M	BUTTERFLY
43	44	11 & 12 YEARS	100M	BUTTERFLY
45	46	13 & OVER	100M	BUTTERFLY

SATURDAY – SESSION 2:

F	M	AGE	DISTANCE	STROKE
47	48	7 & UNDER	50M	BACKSTROKE
49	50	8 YEARS	50M	BACKSTROKE
51	52	9 YEARS	50M	BACKSTROKE
53	54	10 YEARS	50M	BACKSTROKE
55	56	11 & OVER	50M	BACKSTROKE
57	58	MULTI-CLASS	50M	BACKSTROKE
59	60	8 & UNDER	25M	BACKSTROKE
61	62	10 & OVER	200M	FREESTYLE
63	64	10 & UNDER	100M	BACKSTROKE
65	66	11 & 12 YEARS	100M	BACKSTROKE
67	68	13 & OVER	100M	BACKSTROKE
69	70	7 & UNDER	50M	BREASTSTROKE
71	72	8 YEARS	50M	BREASTSTROKE
73	74	9 YEARS	50M	BREASTSTROKE
75	76	10 YEARS	50M	BREASTSTROKE
77	78	11 & OVER	50M	BREASTSTROKE
79	80	MULTI-CLASS	50M	BREASTSTROKE
81	82	8 & UNDER	25M	BREASTSTROKE
83	84	10 & OVER	200M	BACKSTROKE
85	86	10 & UNDER	100M	BREASTSTROKE
87	88	11 & 12 YEARS	100M	BREASTSTROKE
89	90	13 & OVER	100M	BREASTSTROKE
91	92	OPEN	200M	IM

SATURDAY SESSION 3: SEAL SPRINTS

QUALIFYING TIMES

Qualifying times apply for the following event:
Open 200m IM – 3.45 mins

SEAL SPRINTS

1st Place \$50, 2nd Place \$35, 3rd Place \$25, 4th Place \$15, 5th Place \$10

TROPHIES

Izaak Slatyer Memorial Shield – Club with highest aggregate points

Emerald Seals Average Shield – Club with highest average points (Minimum 5 swimmers)

GJ Lalor – Emerald Seals Challenge – Swimmer of the Meet & Runner-Up

Please ensure you read the following page for information on

AGE CHAMPION events and SEAL SPRINTS

Information

2026 GJ LALOR EMERALD SEALS CHALLENGE



AWARDS:

AGE CHAMPION & RUNNER UP AWARDS– will be awarded to the following age groups: 8yrs, 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs & Over and Multi-Class

AGE CHAMPION QUALIFYING EVENTS - THE FOLLOWING EVENTS ONLY will qualify for points towards Age Champion & Runner Up Age Champion –

For 8, 9, 10 years & Multi- Class - Age Champion events are 50m events in all four strokes.

For 11, 12, 13, 14, 15 & Over - Age Champion events are 100m events in all four strokes.

***** Competitors MUST enter, compete and legally complete all four strokes of the distance relevant to their age group to be eligible for Age Champion or Runner Up Age Champion awards.***

25M EVENTS – will be seeded from fastest to slowest to accommodate swimmers also competing in 50m events. There are no medals awarded in the 8 & Under 25m events.

THE POINTS SYSTEM - Points system used will be as follows: 1st to 16th:

35,30,26,23,20,17,14,11,8,7,6,5,4,3,2,1. In the event of a tie, the swimmer with the fastest combined overall time in the age champion events will be the winner.

MEDALS, TROPHIES or CASH will be awarded to 1st, 2nd and 3rd place in each age group from 8 years up in events 50m or longer only.

*****Please Note: There are no medals for 8 & Under 25m events.***

In 11 & Over 50m events & 10 & Under 100m events medals will be awarded to 1st 2nd and 3rd place only and not per age group

SEAL SPRINTS:

Seal Sprint events are a 50m freestyle sprint for CASH PRIZES. The eight fastest swimmers 11 years & under and the eight fastest swimmers 12 years and over from the 50m freestyle events held earlier in the day will be invited to participate.

Swimmers MUST have competed in a 50m freestyle event (Events 3 to 12) to be eligible for Seal Sprint selection.

GENERAL CONDITIONS:

- All competitors must be registered with Swimming QLD or meet clearance criteria.
- Competition will be conducted under the General Rules & By Laws of Swimming QLD.
- Over the top starting may be used at referee's discretion.
- Events will be conducted as Timed Finals. Heats or Events may be amalgamated at the discretion of the Meet Director & referee.
- Swimmer's age is calculated as at the first day of the meet. Swimmers cannot swim up an age in individual events.
- In the interest of the safety of all competitors FEET FIRST entry is required for all backstroke events. Failure to comply may result in disqualification.
- Multi-Class swimmer's classification code should be provided with entries.
- Online entries through Swim Central only.