



2026 Rocky City Winter Short Course

Saturday 18th and Sunday 19th July 2026
 2nd World War Memorial Aquatic Centre,
 2 Graeme Acton Way, Rockhampton

**\$1,000
 prize pool**

Qualifying Meet for the Hancock Prospecting Queensland Short Course Championships
 Automatic (touchpad) timing

Nomination Fee: \$6 per event, via Swim Central
 Meet Levy: \$5.00 per swimmer. Includes venue entry for swimmers and all spectators.
 Nominations close: Monday 13th July at 23:55

Enquiries: Michelle Kuss presidentrockycityswimming@gmail.com

Saturday Program: Warm up from 12:00pm. First event 1:30pm

Male	Female	Age	Distance	Stroke
1	2	Open	200m	Breaststroke
3	4	Open	1500m	Freestyle
5	6	Open	800m	Freestyle
7	8	8 – 12 yrs	400m	Freestyle
9	10	Open	400m	IM

Sunday Program: Warm up from 07:00am. First event 08:15am

Male	Female	Age	Dist	Stroke	Male	Female	Age	Dist	Stroke
11	12	11&O	100m	IM	53	54	10-12 yrs	100m	Breaststroke
13	14	8 yrs	50m	Freestyle	55	56	13&O	200m	IM
15	16	7&U	25m	Freestyle	57	58	11&O	50m	Backstroke
17	18	MC	50m	Freestyle	20 minute swim down				
19	20	8-12 yrs	200m	Freestyle	59	60	Open	200m	Backstroke
21	22	13&O	100m	Butterfly	61	62	7&U	25m	Backstroke
23	24	9 yrs	50m	Freestyle	63	64	11&O	50m	Breaststroke
25	26	10 yrs	50m	Freestyle	65	66	8-10 yrs	100m	IM
27	28	10-12 yrs	100m	Freestyle	67	68	11-12 yrs	200m	IM
29	30	Open	400m	Freestyle	69	70	13&O	200m	Freestyle
20 minute swim down					71	72	9 yrs	50m	Breaststroke
31	32	13&O	100m	Breaststroke	73	74	8 yrs	50m	Breaststroke
33	34	10 yrs	50m	Breaststroke	75	76	MC	50m	Backstroke
35	36	7&U	25m	Breaststroke	20 minute swim down				
37	38	MC	50m	Breaststroke	77	78	11&O	50m	Butterfly
39	40	Open	200m	Butterfly	79	80	7&U	25m	Butterfly
41	42	10-12 yrs	100m	Backstroke	81	82	8 yrs	50m	Backstroke
43	44	13&O	100m	Backstroke	83	84	9 yrs	50m	Backstroke
45	46	8 yrs	50m	Butterfly	85	86	13&O	100m	Freestyle
47	48	9 yrs	50m	Butterfly	87	88	10-12 yrs	100m	Butterfly
49	50	10 yrs	50m	Butterfly	89	90	10 yrs	50m	Backstroke
51	52	MC	50m	Butterfly	91	92	11&O	50m	Freestyle

General Conditions

- All competitors must be registered with SQ or meet clearance criteria.
- The age of the competitor is as at the first day of the carnival. Swimmers cannot swim up an age in individual events.
- Events will be conducted under SQ rules and by-laws. Rule tolerance applies to 7yrs & under events only. Swimmers in the 7 & under events will not be disqualified or receive points. Standard rules apply to all 8yrs & over swimmers.
- Open events will be open for competitors 10yrs & over.
- No pool deck entries will be accepted.
- The program will be emailed to all competitors prior to the meet for printing. The program and results will be available on Meet Mobile.
- Events will be conducted as timed finals.
- Automatic timing (touch pads) will be used for this event. Each lane requires two timekeepers to operate the backup plungers and one manual backup timer.
- To comply with Section 369 of the Working with Children Act 2000 and Swimming Queensland requirements, all timekeepers must sign in when commencing timekeeping using the sheet provided in their lane.
- Heats or events may be amalgamated at the discretion of the Meet Director & Chief Referee.
- All backstroke competitors must enter the water feet first.
- Over the top starting will be implemented at the meet.
- This is a self-marshalling event.
- Placegetters, 1st, 2nd, and 3rd, competing in any of the 8yrs to 12yrs age group events will receive medals.
- Prize money will be presented to the first 3 placegetters in the 11 & over and 13 & over events, regardless of their age.
- All 7 and under competitors will be awarded a participation prize.
- **Only team managers are to approach officials and event organisers in case of a discrepancy or query.**

Age, Sprint and Distance Champion Awards

- Age Champion points will be awarded for the following age groups: 8yrs, 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs & over and MC, for both males and females.
- Competitors in any of the designated age champion events who place 1st score 6 points, 2nd score 3 points and 3rd score 1 point.
- Age Champion points for 11 & over age groups will be awarded in the 4 x 100m individual strokes (butterfly, backstroke, breaststroke and freestyle) and 200IM.
- Age Champion points for the MC, 8, 9 and 10yrs Age Champs will be determined by 4 x 50m individual strokes (butterfly, backstroke, breaststroke and freestyle) and 100IM.
- Sprint Champion points will be awarded in the 4 x 50m individual strokes (butterfly, backstroke, breaststroke and freestyle) for 11yrs and over swimmers.
- Distance Champion points will be awarded in the Open events (1500m Freestyle, 800m Freestyle, 400m Freestyle, 400m Individual Medley, 200m Breaststroke, 200m Backstroke and 200m Butterfly).
- You do not need to compete in all championship events to be eligible for age, sprint or distance champion.
- In the event of a tie for Age Champion, Sprint Champion or Distance Champion, the swimmer with the greatest number of first placings in the relevant championship events will be declared the winner. If still tied, the swimmer with the greatest number of second placings, then third placings, will be considered. If a tie still exists, joint champions will be declared.

Multi-Class Awards

- MC swimmers may nominate in both MC and Age Group/Open events, however, can only score points in one category.
- MC events will be scored using the Swimming Australia MC Points Calculator.