

GLADSTONE SOUTH SWIMMING CLUB

JOHN DAHL SPRING SPRINT

Presented by

Waterson Deisel & Gladstone Yeppoon Cinemas

10th of October 2026

Nominations close 11:59pm Friday 2nd of October 2026 (Via Swim Central)

Venue: John Dahl Pool Complex Glenlyon Rd, Gladstone

Gates open: 7.00am – First event 8.30am

General Conditions & General Information

GENERAL CONDITIONS

Competition will be conducted under the General Rules and By-Laws of Swimming Queensland. The meet is open to all CQ registered swimmers and other swimmers who meet the clearance criteria.

Age group of competitors for the meet is the age as at the day of the competition (i.e. 10th of October 2026).

Swimming 'up' is not permitted.

GENERAL INFORMATION

This event contains "Timed Finals" type events. Heats/ events may be amalgamated at the discretion of the Chief Referee and Meet Director.

Multi Class swimmers may compete in both able-body and multi-class events, however each swimmer can only accumulate points in (1) discipline of their choice.

Events will be seeded fastest to slowest.

Nominations

Online nominations only through Swim Central.

Nominations close 11:59pm Friday 2nd of October 2026

NO LATE NOMINATIONS WILL BE ACCEPTED

Nominations \$6.00 per event Enquiries: Ryan Chinner - 0431582908

Medals

Medals will be awarded as follows;

4 x 25m & 100m IM 8 & Over events will be multi-aged as follows 8yrs, 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs & 15 & over & Multi Class.

4 x 50m combined events will be as per placings 1st, 2nd & 3rd. (Medals will not be awarded for speed machine events)

All 7 & under swimmers will receive a participation award.

Age Aggregate Champion & Runner up

Prizes will be awarded to the following age groups;

8yrs, 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs & over & Multi Class.

Age Aggregate points will be awarded in 4 x 25m events & 100m IM (excluding Speed Machine)

To be eligible for Age champion and runner up, swimmers must compete in all Age events (4 x 25m events & 100m IM).

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 who has the fastest combined time will be the winner

Speed Machine

Speed Machine prizes will be awarded as; 1st - \$30, 2nd - \$25, 3rd - \$20, 4th - \$15, 5th - \$10, 6th - \$5

Speed machine Final top 6 will be determined from Speed Machine heats.

**** Please Note: To be able to qualify for the speed machine final, the swimmer must have swum in all 4 x 25m individual events****

Club Highest Points Trophy

High Point Club Award -Points will be awarded in all events excluding Speed Machine and 7&U 25m events.

Points as follows - 1st to 16th: 35, 30, 26, 23, 20, 17, 14, 11, 8, 7, 6, 5, 4, 3, 2, 1

Entry

Swimmers, children & Coaches entry to the facility will be free. Gate fee of \$5 will apply to all other persons.

Programs

The Meet program will be distributed to Clubs prior to the Meet. No programs will be available for purchase on the day.

**Time Keeping & Self
Marshalling**

Clubs will be allocated time keeping duties based on swimmer numbers from each club. Self marshalling will be in place as per Swimming QLD requirements and a self marshalling area will be located between the starting end of the main pool and the small pool.

Breaks

Breaks during the course of the day will be determined once all nominations have been received. This will be at the discretion of the Chief Referee and Meet Director

Food & Drinks

Food and Drinks – The canteen will be operating, serving a variety of items.

Club Tents

There will be limited shaded areas, so attending Clubs are advised to provide sufficient shade structures for their team. There are certain areas where pegs are not able to be used, predominantly those areas South of the Starting block end.

THANK YOU TO OUR MAJOR SPONSORS OF THE MEET



PROGRAM OF EVENTS

Boys	Girls	Age	Event
1	2	8-9yrs	25m SPEED MACHINE HEATS
3	4	10-11yrs	25m SPEED MACHINE HEATS
5	6	12-13yrs	25m SPEED MACHINE HEATS
7	8	14 & over	25m SPEED MACHINE HEATS
9	10	7 & Under	100m IM
11	12	8 & Over	100m IM
13	14	7yrs/under	25m Fly
15	16	8yrs & Over	25m Fly
17	18	MCS	25m Fly
19	20	10yrs/under	50m Back
21	22	11-12yrs	50m Back
23	24	13-14yrs	50m Back
25	26	15yrs/over	50m Back
27	28	MCS	50m Back
29	30	7yrs/under	25m Breast
31	32	8yrs & Over	25m Breast
33	34	MCS	25m Breast
35	36	10yrs/under	50m Fly
37	38	11-12yrs	50m Fly
39	40	13-14yrs	50m Fly
41	42	15yrs/over	50m Fly
43	44	MCS	50m Fly
45	46	7yrs/under	25m Free
47	48	8yrs & Over	25m Free
49	50	MCS	25m Free
51	52	10yrs/under	50m Free
53	54	11-12yrs	50m Free
55	56	13-14yrs	50m Free
57	58	15yrs/over	50m Free
59	60	MCS	50m Free
61	62	7yrs/under	25m Back
63	64	8yrs & Over	25m Back
65	66	MCS	25m Back
67	68	10yrs/under	50m Breast
69	70	11-12yrs	50m Breast
71	72	13-14yrs	50m Breast
73	74	15yrs/over	50m Breast
75	76	MCS	50m Breast
FINAL	FINAL	8 – 9yrs	25m SPEED MACHINE FINAL
FINAL	FINAL	10-11yrs	25m SPEED MACHINE FINAL
FINAL	FINAL	12-13yrs	25m SPEED MACHINE FINAL
FINAL	FINAL	14yrs/over	25m SPEED MACHINE FINAL