

Capricornia School Sport
PO Box 138
ROCKHAMPTON QLD 4700
Email: capsport@det.qld.gov.au

Ph: (07) 4932 4045

Website: www.capsport.eq.edu.au

10-12yrs SWIMMING NOMINATION FORM

Student's Name:		Student's School:	
Students D.O.B.		Male / Female	
Student's Mailing Address:			
Contact Phone No:		Parent's Mobile Phone No:	
Parent's Name:		Parent's Email Address:	

Instructions

- (1) If you wish to be considered for 50 / 100 / 200 / 400 metre events, tick the applicable box and enter your best time.

If you are a Multi Class competitor, please indicate MC and your classification in your nomination.

These events must have been swum at a QSA sanctioned long course meet in the current season (Sept. 2020 - current 2021), in a 50m pool **ONLY**.

- (2) **ALL nomination forms must have a printout copy attached from Swimming Australia's 'Results Central' ONLY highlighting nominated events to verify times from 1st Sept. 2020.**
- (3) All students must be enrolled in an affiliated School, College, Special School or School of Distance Education

Please note:

- Each swimmer is allowed to nominate in all Individual Events at the State Championships.

Please discuss with your coach the events you wish to nominate for.

- ONLY** nominate in events you wish to swim.
- Please indicate your availability for Capricornia Relay teams by ticking the box below.

By ticking the box you have given an undertaking to team management of your willingness to participate.

- Confirmation of receiving your nomination will be emailed to the address indicated above.

YES- I am available for Relays

NO – I am unavailable for relays

EVENT TYPE	I wish to be considered for this event (Place tick in box if applicable)	BEST TIME (Current Season)
50 m Freestyle		
50 m Backstroke		
50 m Breaststroke		
50 m Butterfly		
100 m Freestyle		
100 m Backstroke		
100 m Breaststroke		
100 m Butterfly		
200 m Freestyle		
200m Backstroke		
200m Breaststroke		
200m Butterfly		
400m Individual Medley		
400m Freestyle		
200 m Indiv. Medley		

All nominations are due to the Regional School Sport Office by COB on

TUESDAY 16th FEBRUARY 2021

Return via email to: capsport@qed.qld.gov.au

ALL nomination forms must have a printout copy attached from Swimming Australia's 'Results Central' ONLY highlighting nominated events to verify times from 1st Sept. 2020.

Capricornia School Sport Swimming 10-12yrs

2021 Time Standards Boys and Girls

Event	Age	Time standards
200m Individual Medley	10 yrs	3.32.00
200m Individual Medley	11 yrs	3.18.00
200m Individual Medley	12 yrs	3.05.00
200m Freestyle	10-12 yrs	2:40.00
200m Breaststroke	10-12 yrs	3:25.00 #
200m Backstroke	10-12 yrs	3:01.00 #
200m Butterfly	10-12 yrs	3:01.00 #
400m Individual Medley	10-12 yrs	6:40.00 #
400m Freestyle	10-12 yrs	5:32.00 #
100m Freestyle	10 yrs	1.26.00
100m Freestyle	11 yrs	1.21.00
100m Freestyle	12 yrs	1.17.00
100m Breaststroke	10 yrs	1.53.00
100m Breaststroke	11 yrs	1.47.00
100m Breaststroke	12 yrs	1.38.00
100m Backstroke	10 yrs	1.38.00
100m Backstroke	11 yrs	1.34.00
100m Backstroke	12 yrs	1.30.00
100m Butterfly	10 yrs	1.42.00
100m Butterfly	11 yrs	1.35.00
100m Butterfly	12 yrs	1.28.00
50m Freestyle	10 yrs	41.00
50m Freestyle	11 yrs	39.00
50m Freestyle	12 yrs	36.00
50m Breaststroke	10 yrs	52.00
50m Breaststroke	11 yrs	49.00
50m Breaststroke	12 yrs	46.00
50m Backstroke	10 yrs	49.00
50m Backstroke	11 yrs	46.00
50m Backstroke	12 yrs	43.00
50m Butterfly	10 yrs	46.00
50m Butterfly	11 yrs	43.00
50m Butterfly	12 yrs	41.00

These events are not eligible for selection to the Queensland team.

Please note that these are not the standards used to attend the Queensland School Sport 10-12yrs Swimming Championship.