



HANDBOOK

SEASON 2023-2024



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REDCLIFFE LEAGUES CLUB



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Welcome to our Club!

As we commence a new season, we extend a warm welcome to our new and returning members. Our 2023-2024 Club Committee are looking forward to a wonderful new season filled with fun, excitement and great achievements.

To all our newly joined members, we extend a very warm welcome and hope this is only the beginning of your long association with the sport of swimming and our Club. To understand more about our Swimming Club and how it operates please be sure to thoroughly read our revised Club Handbook.

Like all amateur sporting organisations, our Club is run by a hard-working volunteer committee and parents/carers who selflessly give up time to continue development of our swimmers. In addition to welcoming a new 2023-2024 Committee, I'd also like to encourage any parents/carers wishing to volunteer time or resources to reach out directly us to get more involved. There are so many ways in which you can be involved.

The Redcliffe Leagues Swimming Club has a rich history on the Peninsula, being the longest standing club dating almost 30 years! Throughout that time there have been the 'glory days' and the 'building phases'. After significant renovation works at the pool in 2021, with extended pool closures, we find our Club in a rebuilding phase. Taking the small, but extremely talented swimmers that we have and seeking to build our numbers to once again greater heights.

The Club was founded on a principle that hangs in the atrium as you enter the pool:

"As the young twig is bent, so shall it grow"

This quote encompasses the inclusive and whole framework that we aim to promote within our community and with our swimmers. The quote references taking a person, moulding and shaping them to allow them to grow. This not only applies in swimming but to the entirety of life.

We are fortunate to have our Head Coach, Wanda Drew, spearheading the coaching team of our young swimmers. Wanda has been with the Club for many years, working through the ups and downs, alongside Ken Wood, coaching many of our Clubs Olympic Champions throughout their foundational and developing years. Those swimmers include Geoff Huegill, Leisel Jones, Tarnee White. Wanda has a wealth of swim coaching experience from multiple Australian Olympic and Paralympic teams and continues to achieve truly phenomenal results with our current Club & squad swimmers. More recently Wanda has been awarded an "Emerging Age National Coach" and has also been selected as a Coach for the QLD Talent Identification Program, along with some of her swimmers.

We are an inclusive Club with a focus on ensuring that all swimmers are welcomed. We celebrate the inclusion of our athletes with a disability and endeavour to foster a culture of being the Club for all abilities. We have those just starting out in their love of the sport of swimming, those with additional challenges, those focussed on the fun and fitness of the sport and those swimmers aiming for the next National Championships, Queensland or Australian Team and ultimately the Olympics. Swimming is a sport that all walks and abilities can achieve in and we value the diversity of our members.

As a competitive swimming club, outside race meets are a big focus for those swimmers who love to compete, however our Club Nights are aimed for all varieties of swimming levels, with the focus on a great inclusive atmosphere, having fun, improving on your own personal times and developing a passion for the sport of swimming. The most important thing to remember about our Club Nights are that you are racing YOURSELF! No one else around! How much can you improve from one week to another?

On the racing front, the future is bright for many of our young Club swimmers as we look forward to the 2032 Brisbane Olympics and the development of these youngsters. Last season our Club achieved 13 medals at major Championship meets, including medals at Age Nationals, Open Water Age Nationals, QLD Championships (Short and Long Course), Brisbane Championships. We also have members of our Club selected in the Swimming QLD Talent Identification Program and QLD Development squads, along with many achievements of our Junior Excellence program swimmers.

There are so many ways in which you can interact and be involved in our Club, we wish you every success in the upcoming season to achieve your own personal goals and to “grow” in your own personal development.

Redcliffe Leagues Swimming Club Committee



Club Vision, Mission Statement & Core Values

The Redcliffe Leagues swimming club aims to provide all our members (regardless of age and or ability) with a supportive, inclusive, friendly, competitive, fun and safe atmosphere. We want to foster a love of the sport of swimming within our members and promote excellence in all levels of the sport from beginners to elite athletes.

RLSC Management Committee

The volunteers below have been nominated to undertake management and committee member positions for the 2023-2024 season. All positions will be eligible for re-election at the club Annual General Meeting.

Position	Name	Email	Phone
MANAGEMENT COMMITTEE			
President	Sarah Smith	president.rlsc@gmail.com	0499 994 987
Vice President	Paul Vardon	vicepresident.rlsc@gmail.com	0408 781 568
Secretary	Skye Chapman	secretary.rlsc@gmail.com	0414 695 106
Treasurer	Michelle Williams	treasurer1.rlsc@gmail.com	0418 885 991
Head Coach	Wanda Drew	headcoach.rlsc@gmail.com	0407 750 107
Committee Member	Nicole Hopton	committee1.rlsc@gmail.com	
Committee Member	Chris Smith	committee2.rlsc@gmail.com	0407 643 958
Committee Member	Vacant		
OTHER APPOINTED/ELECTED POSITIONS			
Race Secretary/ Registrar	Sarah Smith	raceseecretary.rlsc@gmail.com	0499 994 987
Assistant Secretary / Race Secretary	Skye Chapman	assistantsecretary.rlsc@gmail.com	0414 695 106
Redcliffe War Memorial Pool	Front Office	redcliffe@belgravialeisure.com.au	07 3283 8556

Facilities

Redcliffe Leagues Swimming Club operates from the Redcliffe War Memorial Pool. The Redcliffe War Memorial pool is owned by the Moreton Bay Regional Council. Belgravia Leisure are the permanent leaseholders. Redcliffe Leagues Swimming Club is fortunate to utilise this fabulous facility which underwent significant renovations during 2020-2021.

The pool facilities comprise of a fully enclosed 50 metre eight lane Olympic size heated pool, an enclosed 18 metre heated transition pool and a toddler's splash pool for the young children. In addition, other facilities include hot and cold showers, BBQ area and canteen.

Club Structure

The Learn to Swim and Squad programs are operated and facilitated by Belgravia Leisure and managed by Andrea Collins, the Pool's Manager. All queries relating to learn to Swim or Squads should be directed to Andrea in the front office. RLSC operates separately from the pool, the staff and the coaching program. Belgravia Leisure and Andrea Collins, work in conjunction with RLSC to provide a pathway for swimmers to compete locally, throughout the Region, State and Nation.

Andrea Collins, Pool Manager can be contacted on: acollins@belgravialeisure.com.au or 07 3283 8556.

Club Website and Social Media

Redcliffe Leagues Swimming Club website can be located on the following link [RLSC Website](#) or by typing the following address into your browser: www.redcliffeleaguesswimmingclub.com.au

The website has information on our Club including links to join our club, to nominate for club night, results, upcoming Events, Club Records, Club Documents, Club Newsletters, Club Merchandise etc. The website has a wealth of information about our club.

RLSC also operates a Facebook & Instagram page. These pages can be found at:

<https://www.facebook.com/redcliffeleaguesswimmingclub/>

<https://www.instagram.com/redcliffeleaguesswimmingclub/>

The Facebook page provides information about upcoming meets and events, links to sponsors. This page also aims to encourage and promote the great achievements by our swimmers.

Club History



Ken Wood – Previous Head Coach until his retirement in December 2017.

RLSC has a rich history, creating world record holders and Olympians including Jessicah Schipper, Leisel Jones, Geoff Huegell, Melissa Gorman, Tarnee White – to name a few. Three-time Olympic coach, Ken Wood, was the Head Coach and founder of the Club who was actively in every area of the club until his retirement in December 2017. Ken’s coaching ability, determination and results speak for themselves. He has left an amazing legacy on our club and the entire world of swimming.

Legendary Australian Olympic Coach Don Talbot stated that Ken Wood's club programme over a 20-year period was arguably the most prolific producer of Australian representatives. He attributed this success to Wood's coaching philosophy of discipline and constantly challenging his swimmers to take that extra step. This history and program basis continues in the club today with our current coaching team.

*Current Club Records can be located at the end of this handbook.



Head Coach – Wanda Drew



RLSC is privileged to have the expertise and experience of our Head Coach, Wanda Drew at the helm. Wanda has a significant swimming background, as a former swimmer and coach for over 40 years (many of those years with RLSC) to all levels of swimmers. She has coached on the Australian Paralympic Team, Open Water World Championship Team to name a few. She was instrumental in the development of former RLSC swimmers such as Leisel Jones, Geoff Huegill and Tarnee White. Wanda coached alongside Ken Wood for many years. Wanda has exceptional experience with Swimmers with Disabilities, coaching 3-time world record holder Alastair Smales.

Wanda's achievements include:

- Head Coach at Redcliffe Leagues Swimming Club – 2018-Current
- Emerging Age National Coach - 2022
- National Accreditation Silver Award – mainstream and swimmers with disabilities (SWD)
- Rookie Coach of the Year – 1999/2000
- Junior Development Head Coach at Redcliffe High Performance Centre
- Assistant coach to Redcliffe High Performance Centre Squad with Ken Wood – 1985-2013
- Australian Coach Paralympic Team – 2000
- Australian Head Coach 5km and 10km Open Water World Championship Team – 1999
- Australian Coach World Short Course Championship Team – 1999
- Australian Coach Paralympic Development Teams
- Coached Swimmers with disabilities (SWD) to 4 World Records and to 3 Paralympic Game and World Championships – Alastair Smales – 50m and 100m Butterfly
- Disability Coach Australian World Disability Team – 1995-1999
- Australian Disability Coach – 1995-1999
- Coached Ethan Chan – Intellectual disability swimmer to Australian Representative and National Champion.
- Australian Representative Swimmer & National Title holder 200m Butterfly
- As a swimmer, Wanda was part of many Australian Age teams 1978-1982; was a member of the world ranked and 7-time national 4x100m Freestyle Gold Medal relay team along with Julie Pugh, Karin Van Wirdum and Jackie Grant.

Squad Programs

All Squad training and coaching is conducted by Belgravia Leisure. All enquires are to be directed to the Coach or the pool office. While RLSC has a close relationship with our coaches, it does not set coaching policies or select Coaches. Progression through the squad levels is at the discretion of the Head Coach. All squad swimmers are encouraged to join the RLSC.

Gold Squad Program

The Gold Squad Program offered to members, via Belgravia Leisure, is for swimmers continuing to develop their knowledge and stroke technique in all four strokes, while undertaking more rigorous training for competition and advancement. Swimmers develop on existing drills, training skills, race craft and etiquette. Gold squad is focused on improving technique, developing race craft and fostering a passion for the sport. Swimmers in Gold square are eligible to swim at Queensland State Championships and are working towards (or have achieved) qualifying for National Age Championships.

The Gold Squad is designed not only to ensure that all team members have the right preparation to compete successfully at the highest level, but to also provide, when possible, assistance through our sponsors for all members who are chosen to travel with our team to major competitions.

Silver Squad Program

The Silver Squad Program offered to members, via Belgravia Leisure, is for swimmers who are building upon their foundation skills, focusing on developing their knowledge and technique in all four strokes. These swimmers learn drills, teamwork, training skills, race skills and etiquette. Silver squad is focused on developing technique and a passion for the sport.

Bronze Squad Program

The foundation of any elite swim program is the juniors. RLSC has a strong focus on junior development and we place the importance on developing correct technique to achieve in the sport long term.

The policy of the Bronze Squad is for young swimmers focused on learning basic swimming technique and skills development, along with learning how to train in a group environment. This includes learning basic swimming drills and skills to put correct technique before training laps.

As the sport becomes more competitive each year, so it becomes more and more specific. The Squad program tries to ensure that all swimmers are given the best possible chance to succeed, should they so desire later in their development. The Squad premise is that if you want success then you need to plan for it. Each squad program level targets different goals.

For more information on the squad programs and differing levels, please contact Andrea at the pool.

Andrea Collins – acollins@belgravialeisure.com.au



Club Registration & Membership

Registration to RLSC is to be completed **annually** and can be completed via our website [RLSC](#) or via Swim Central. Registration fees are inclusive of all region, state and club fees. These fees cover Insurances and other required components.

All competitive swimming members holding 'primary membership' with RLSC are to be actively training with our Head Coach or must be involved in the squad program facilitated by Belgravia Leisure.

RLSC Club Fee is \$90 for the first individual and \$110 for 2 or more (plus transaction fees) and are in **INCLUDED IN** the fees noted below. See the breakdown for further information. E.g. you purchase one 8 & Under swimmer, and one 9+ Competitive swimmer in the same transaction – a discount is applied to the RLSC fee component listed below. Likewise, Swimming QLD offers discounts on their membership component for 3 or more swimmers, these are applied via Swim Central when purchasing at the same time.

***Note – this discount will ONLY automatically apply if you purchase your memberships in one transaction.**

Registration Categories & Fees 2023/2024 Season (1st July 2023 – 30th June 2024)

*NOTE – registrations are based upon the **age of the swimmer at the time of registration.***

**Learn to Swim members wishing to take part in club night and club activities must also be registered members for insurance purposes.

Registration Type	Description	Total Fees for 1 swimmer (inc. fees)
Come and Try Member	A new member can Trial for 30 days. After 30 days, the member will need to join using one of the categories below.	Free Trial for 30 days
Swimmer 8 & Under	Swimmer aged 8 & under contains all the registration benefits of a Competitive Swimmer.	Swim Aust \$22.00 Swim QLD \$40.16 Bris Swim \$5.16 <u>RLSC \$92.70</u> TOTAL \$160.02
Competitive Swimmer 9 years +	Swimmer aged 9 and above, is eligible to compete in meets against other clubs, including relay meets, either at our home pool or at other pools. This also includes attending Club nights and club functions. *Must be participating in Squad program under our Head Coach and Belgravia leisure.	Swim Aust \$33.00 Swim QLD \$57.68 Bris Swim \$10.30 <u>RLSC \$92.70</u> TOTAL \$193.68
Recreational Swimmer 9 years +	Swimmer aged 9 and above, is eligible to compete ONLY at Club Nights and Club functions. This swimmer is NOT eligible to enter meets against other clubs.	Swim Aust \$22.00 Swim QLD \$40.16 Bris Swim \$8.24 <u>RLSC \$92.70</u> TOTAL \$163.10
Parent Member	All parents/guardians should join to be covered by the Swimming QLD insurances.	Free
Non-Swimmer	Membership for a non-swimming member	Total \$21.63

Once membership has been paid it is non-refundable. Swimming QLD fees component of the registration is transferable if a swimmer transfers to another club. Likewise, if a registered swimmer transfers to RLSC, only the RLSC Family Fee component is payable.

Club Uniforms

The 2023-2024 season includes an updated branding and logo for our Club. As such, Redcliffe Leagues Swimming Club members will be provided with a **FREE** welcome pack upon joining for the Season. This pack includes:

- Club Swimming Cap
- Club Water Bottle
- Club Bag
- Club Bumper sticker

Club Uniforms are required for **competitive members** representing the Club at outside meets. This includes the following Competitive Swimmer uniform pack to be purchased when registering as a competitive member:

- Team Polo shirt
- Team Summer Uniform – jacket and shorts
- Cap or Bucket Hat.

Recreational members, juniors who choose not to compete, or parents/supporters are welcome to purchase any uniform items as a way of promotion for our Club. Recreational and non-competing junior members are recommended to purchase a Club Shirt – either the Team Polo or Supporters Tee.

All members are strongly encouraged to wear their Club swimming cap and Club shirt in the following situations:

- At all training sessions
- At Club Nights
- At ALL Swim meets including inter-club, regional, State or National events (Competitive only)
- When receiving any medals or awards at swim meets (Competitive only)
- At club functions, excluding presentation evening.

Additional merchandise for Redcliffe Leagues Swimming Club can be viewed on our website.

<https://www.redcliffeleaguesswimmingclub.com.au/merchandise>

Orders can be made by downloading the order form from the website and emailing to secretary.rlsc@gmail.com

Additional and new merchandise may be made available throughout the season, at the discretion of the club committee.

Any merchandise queries should be directed to the Secretary. secretary.rlsc@gmail.com

Volunteering

Racing is an important aspect of club swimming and all swimming members will participate in club events and carnivals from time to time. These carnivals are not able to take place without time keeping volunteers.

External Meet Volunteering

It is a requirement of your membership that parents/guardians must volunteer for time keeping duties at any outside Meets where RLSC is required to do so, if your swimmer is in attendance. We may ask for volunteers on the day, via email, or provide a roster to parents in advance of the meet according to their swimmers' schedule. The more volunteers we have, the shorter the allocated time slots will be.

Club Night Volunteering

It takes the efforts of several people to run club night each week. Your committee members are dedicated to assisting; however every parent/guardian is required to volunteer to ensure we can consistently run club night events. **All swimmers must have one parent in attendance at all club nights, due to safety requirements.**

All parents/guardians are required to volunteer in various positions to enable the efficient running of Club Night events. Each week there is a volunteer sign-up sheet emailed to all members. We encourage you to sign up on this sheet prior to club night so that we know we have enough volunteers and can commence club night on time.

There is no experience required for most volunteer positions, we will provide training and information on the night. Club Night **cannot commence** until these positions are filled. If you wish to learn a particular role, please contact the Race Secretary to arrange training.

Club Night Positions include:

Position	Description	Number Required
Referee	The Club will appoint a Referee. The referee controls the races	1
Starter	The Starter is often a member of the committee. Starts will be as per QSA rules	1
Race Recorder	The Race Secretary fills this roll. They monitor and process the results while the meet is in progress.	1
Assistant Race Recorder	Assists the Race Secretary.	1
Self-Marshal	The Self-Marshal assistant is required to assist the swimmers into their heats and lanes as per the club program for the evening.	1
Timekeepers	Timekeepers are required per lane to ensure swimmers times are accurately recorded.	8
BBQ	Setup, cooking & serving for the BBQ at 4.30pm, so that the food is ready for the swimmers from 5.30pm. Food will be provided by the Club.	1-2
Setup/Pack Up	Assistance to setup and pack up any equipment required for the evening	2

Our club operates entirely from volunteers. Please be mindful of this in your communications and expectations. Polite and courteous behaviour is expected at all times. Abusive behaviour, swearing or disrespectful language to any member will not be tolerated.

Club Captains

At the beginning of each season, Club Captains (Senior & Junior) may be nominated by the Club Committee, Coaches and/or peers.

Requirements of Club Captains

Club Captains are there to support and promote the club by:

- Being friendly & approachable to all swimmers and parents.
- Encouraging participation and fostering team spirit in club members.
- Being an active and positive role model to other club members.
- Participating regularly at club nights and assisting with club night duties
- Participating in club fundraising activities.
- Representing the club at carnivals and regional meets.
- A club captain must be registered as a competitive swimmer with SQ.
- Assisting new and junior swimmers at regional meets with marshalling and procedures, warmups.
- Communicating swimmers issues, concerns or needs to the committee.



External Competition & Major Meets

RLSC encourages our swimmers to attend major swim meets during the year as part of the Brisbane Swimming Association (BSA), Swimming Queensland (SQ) or other Regional associations such as Wide Bay. There are some meets where our club accumulates seasonal premiership points, where our club gains recognition and other rewards for having swimmers place. These premiership point meets are the Brisbane Short Course Championships, the Brisbane Open Water Championships, the Brisbane Sprint Championships, the Junior Metropolitan Championships, the Senior Metropolitan Championships and the Brisbane Relay Championships.

To be eligible to swim external meets, you must be registered as a “Competitive Swimmer”.

Our Head Coach will prepare in advance a Target Competition Calendar that will be distributed to each member at the beginning of the Short Course and the Long Course Season. Advice of Upcoming Meets can be located on our website under Events and may be emailed to Club Members by our Race Secretary. You can also view other optional events under “Upcoming Meets” at the following websites:

[Brisbane Swimming Association](https://swimmingbrisbane.org.au/) - <https://swimmingbrisbane.org.au/>

[Wide Bay Swimming Association](https://widebayswimming.org.au/) - <https://widebayswimming.org.au/>

[Swimming Queensland](https://qld.swimming.org.au/) - <https://qld.swimming.org.au/>

Conversely a list of all meets available to your swimmer can be found in Swim Central on the calendar under Events Tab, or on our website at <https://www.redcliffeleaguesswimmingclub.com.au/external-events>

Some external meets have qualifying times that need to be met to be eligible to swim at the event. Club night times **cannot** be used for these external meets. It is important to note that swimmers competing in swimming meets with qualifying times, may have fines imposed on the swimmer if they do not meet that time and cannot prove the time that they submitted. It is the parent’s responsibility to pay the fine if one is imposed.

External Competition/Meet Nominations

Prior to entering an external Competition/Meet, you must discuss the desire to compete with your Coach. This needs to be discussed in terms of your ability to compete at the meet based on your level and your particular races that should be swum. Coaches need to give the approval for you to enter external meets online.

All external meet nominations are conducted online via Swim Central by accessing the Events tab. Assistance to enter any Race Meets can be provided by contacting our Race Secretary.

Nomination fees are payable for all external meets at the time of nominating. Payment is completed via Swim Central via credit card only.

While RLSC is not directly involved with the running or nomination process of these meets, we are here to assist and facilitate in helping you to enter and compete within our region.

External Meet Ticketing/Seating

When race meets require tickets to be purchased, the Race Secretary will liaise with attending members to purchase spectator tickets in bulk. This will allow all members to sit together to encourage and build our club culture. All tickets where there is a fee required will be required to be paid for PRIOR to the purchase of spectator tickets. The Race Secretary will notify you of events where this ticketing process applies.

Where tickets do not apply, all club members, families and spectators are expected to sit together in a group to encourage the team building and club culture.



Racing Processes & Etiquette

The following racing process and etiquette should be applied to **ALL racing situations**, not applicable to club night.

Race Attendance

When competing at an outside race meet all swimmers should be in attendance at the event **at least 1 hour prior** to their event start time. Timelines for events are always provided to swimmers in advance. This will allow you time to undertake the following racing processes.

It is recommended due to the self-marshalling requirements, that all swimmers have written on their hand/foot/arm (with Nikko pen) their Event number, Heat Number and Lane number. See the photo below for an example.

If you are swimming an event of 400m or over, please see the “intention to swim” note listed under “Presenting to Marshalling” below. It is imperative that this is completed **at least 1 hour prior** to the event time.

You should attend race meets with a spare RLSC Cap, swimsuit and goggles.

Warm-Up Procedure

Upon arrival at a race meet you should in the first instance locate your coach and check-in with the coach on pool deck. Your Coach will advise of your warm-up time and warm up drills/plan. If there is no Coach in attendance at a particular meet, please ensure you have contacted the Coach prior to the event to obtain your warm-up plan.

Complete your warm-up as advised by the Coach.

Pre-Race Procedure

After your warm-up and **immediately prior to presenting to the Marshalling area**, consult your Coach for your Race Plan. This should be undertaken prior to EVERY EVENT you are swimming and should also be incorporated into your Club Night process. This way, you will receive instruction from the Coach as to ‘how to swim’ your race.

Presenting to Marshalling

All race meets now involve Self-Marshalling. The process surrounding self-marshalling is always provided in the event program and meet details. Self-Marshalling generally follows the structure listed below:

- Swimmers will self-marshall in the area indicated in the pool map.
- Swimmers will be required to self-marshall with the following number of races PRIOR to their heat:
 - 50m, 100m, 200m events: **3 heats** prior to the heat in the water.
 - 400m events: **2 heats** prior to the heat in the water.
 - 800m and 1500m events: **1 heat** prior to the heat in the water.

- It is recommended that swimmers arrive with their Event number/s, Heat number/s and Lane number/s written on their hand/foot/arm. See the example image.



- Events of 400m and over require swimmers or their Coach/Team Manager to confirm their “**intention to swim**”. This **must be** completed at the Help Desk a minimum of **one hour** prior to the published start time of the event. Failure to confirm your intention to swim will be seen as a withdrawal from that event.

****Note** - Self-marshalling is in place at Club Night, however with some assistance.

Post-Race Procedure

At the completion of your Race, consult the Coach on deck to obtain race feedback, times and suggestions for improvement. This feedback should also be sought on Club Nights.

Your Coach will advise your warm-down plan if one is required.

Warm-down Procedure

If your Coach requires you to complete a warm-down, proceed to the warm-down pool and complete the given warm-down in accordance with the Coach instructions. If no Coach is in attendance at the meet, follow the directions of senior swimmers or Team Manager. *Warm-down is generally not required at Club Nights.



Club Night Competition

Club Night Competitions are held every **Tuesday** evening during Term 4 (October - Start of December) and Term 1 (End of January - March). Competition commences at **6.00pm sharp**. All swimmers are required to be seated in the **BLUE** chairs of the grandstand by **5.50pm** so that we can commence the evening with a welcome and begin marshalling.

An adult must accompany and be responsible for their children for the entire time the club function is running. The committee and coaching staff will not accept responsibility for the supervision of swimmers before, during or after these meets.

Often on club nights, the Club will provide a FREE family BBQ or similar. This is available to all club members and their families and runs between 5.30pm and 5.50pm.

The purpose of Club Night is to give swimmers an opportunity to practise their racing skills and improve on their personal best times, as well as for any external meets that they may enter. We aim to run Club Nights as close to external race meets as possible to give swimmers familiarity with this experience. Club Nights are also designed to be a night of fun, team building and friendly competition.

All 50m events on Club Night will be run on the “one start rule” and 25 metre events will have the “two start rule”. Swimmers will not be disqualified on club nights for failing to adhere to QSA stroke rules, however the Referee may clarify the rule and discuss this with your swimmer.

All swimmers competing at Club Nights should wear their Club Cap and Club Shirt (polo or tee).

Club Night Nominations

All swimmers must nominate for the events in which they wish to swim prior to the night. Nominations for Club Nights are to be lodged via [Swim Central](#).

Nominations **open each week on Tuesday** morning for the following week and nominations **close each week on the Monday evening at 6.00pm sharp**. The entry list will be emailed to each member on the Monday evening before club night for review. Any discrepancies are to be emailed to the Race Secretary **by 5.00pm Tuesday**.

Swimmers are allowed a maximum of **five** swims per night selecting a “choice event” and **one distance per stroke** (e.g. 25, 50 or 100m, not 25 and 50 for the same stroke) for all routine events. The only exception to this rule is during Distance Championships events, when a swimmer may compete in normal swims plus the Championships events (for a total of 6 events on the night). A swimmer may swim one club Championships with a School Club provided it is affiliated with SQ.

Once a swimmer has nominated, they are unable to change their nomination unless they email the Race Secretary prior to the event. Swimmers who fail to nominate on time, will only be allowed to swim if there is a spare lane available. Swimmers nominating late will have times recorded but will not accrue points for presentation night. Late nominations or new trial members can be accepted on the night; however, changes or new entries **will not be accepted after 5.40pm** to allow time for the Race Secretary to prepare for that evening’s racing. All late nominations will not accrue points.

Only registered and financial RLSC members are eligible to compete at Club Night. All swimmers must be registered with Swimming QLD to be covered by insurance. The only exception is trial swimmers, where they are covered for the first 4weeks only.

Nominations for ‘end of evening relay events’ will not be taken online. These events are to build team spirit and encourage all swimmers to have fun in a relay atmosphere. Teams for these relay events will be determined on the evening with the assistance of the Head Coach, Club Captains and Committee

members. Club Night Relay events are not included on the Club Night schedule and will be notified to member each week with the information provided for the week's race schedule.

Progression According to Ability in Each Stroke

We like to encourage swimmers to extend themselves in the club night setting. And as such, have qualifying standards to move from 25m to 50m races.

A swimmer breaking 25 seconds in Freestyle or 30 seconds in Backstroke for 25 metre events **may** progress to 50 metre events if they wish. However, if the swimmer breaks these times 3 times, they **MUST** progress to the 50 metre races otherwise no points will be awarded for their swims. The Race Secretary will encourage individual swimmers who achieve these qualifying times to move to 50m races when these times have been achieved 3 times in a row.

Breaststroke and Butterfly have no times set as swimmers can only progress to 50 metres in these strokes when a Coach or the Referee decide they are proficient enough to do so. Long distance events are also at the Coach's discretion.

Club Night Results

Results from Club Nights are available to be viewed from Meet Mobile. Meet Mobile can be downloaded from the App store and Android stores, and is free to download, however you may need to purchase a subscription to have live results. This App is also used for most outside club meets and is a valuable tool in viewing your swimmers' results. The results are also emailed to each member on the Tuesday evening after club night.

Club Records

All swimmers are eligible to break Club records every club night. The current records can be found on the website and at the back of this handbook. Records are updated at the end of the club night season and after Club Championships (March). To claim a Club Record the time **must** be swum at a club night event.

If a record is broken by a swimmer in an "Age Category" who swims a faster time than the current "Open Record", the swimmer will be awarded BOTH the Age and the Open Record.

Club Night Swimmer Rules

- Swimmers must not walk in front of timekeepers at any stage when an event is in progress.
- Silence is required on the Referee's whistle at the start of each event.
- The Marshall will not delay any event for any swimmer who does not report when called. Any such swimmer will forfeit his/her swim in the event.
- On completion of a race, competitors must leave the water from the side of the pool when instructed by the Referee.
- Please leave the pool area clean and tidy after all Club Activities. A few minutes spent by everyone makes all the difference.

Club Night Interim Awards

We like to foster an environment of fun and encouragement to our swimmers during the Club night season. From time to time we will present Club Night awards and achievement certificates, prizes, lucky lanes and PB achievements to swimmers.

If you have any suggestions or links with sponsors that may be able to assist with these types of interim awards, please contact the Vice President vicepresident.rlsc@gmail.com with your suggestions.

Club Night Aggregate Points System

Points are awarded for each swim by a swimmer, provided they nominate **on time**. Points are calculated to monitor the improvement of times to decide the winners of the 'Aggregate Trophy' at Presentation Evening. This points system encourages swimmers to develop their own swimming ability and is in comparison to their own times, not on 'winning' races or 'touching the wall first'.

Points are awarded as follows:

Times in Seconds	Points Awarded
2.5 seconds or more slower than Best Club Time	1 point
1.5 to 2.5 seconds slower than Best Club Time / First time swimming event	2 points
0.5 to 1.5 seconds slower than Best Club Time	3 points
0.5 seconds either side (slower or faster) than Best Club Time	4 points
0.5 to 1.5 seconds faster than Best Club Time	5 points
1.5 to 2.5 seconds faster than Best Club Time	6 points
More than 2.5 seconds faster than Best Club Time	7 points

These points will be the same for all distances so that every swimmer will have equal chances to amass points. No aggregate points are awarded for Club Championships, nor are the times swum in these events recorded as Best Club Times for points.

If a faster than Best Club Time is recorded, this time will become the swimmer's Best Club Time for future points. When a swimmer competes in an event/distance for the first time, this swim is regarded as their base time and 2 points will be awarded.



CLUB NIGHT PROGRAM 2023 / 2024 SEASON

	<u>FREESTYLE</u>							<u>BREASTSTROKE</u>				<u>BACKSTROKE</u>				<u>BUTTERFLY</u>				<u>CHOICE</u>	
2023	25	50	100	200	400	800	1500	25	50	100	200	25	50	100	200	25	50	100	200	200	400
03 October	11	12	13					8	9	10		5	6	7		2	3	4		1	
10 October	2	3	4					5	6	7		8	9	10		11	12	13			1
17 October	11	12	13					2	3	4		5	6	7		8	9	10			1
24 October	8	9	10					11	12	13		2	3	4		5	6	7			1
31 October	5	6	7					8	9	10		11	12	13		2	3	4		1DC (IM)	
07 November	2	3	4		1DC			5	6	7		8	9	10		11	12	13			
14 November	11	12	13			1DC		2	3	4		5	6	7		8	9	10			
21 November	8	9	10				1DC	11	12	13		2	3	4		5	6	7			
28 November	5	6	7					8	9	10		11	12	13		2	3	4			1DC (IM)
05 December	Season End Fun Evening																				
	<u>FREESTYLE</u>							<u>BREASTSTROKE</u>				<u>BACKSTROKE</u>				<u>BUTTERFLY</u>				<u>CHOICE</u>	
2024	25	50	100	200	400	800	1500	25	50	100	200	25	50	100	200	25	50	100	200	200	400
23 January	2	3	4					5	6	7		8	9	10		11	12	13			1
30 January	11	12	13					2	3	4		5	6	7		8	9	10	1DC		
06 February	8	9	10					11	12	13	1DC	2	3	4		5	6	7			
13 February	5	6	7					8	9	10		11	12	13	1DC	2	3	4			
20 February	2	3	4	1DC				5	6	7		8	9	10		11	12	13			
27 February	11	12	13					2	3	4		5	6	7		8	9	10			1
05 March	8	9	10					11	12	13		2	3	4		5	6	7			1
12 March	Club Championships Night 1																				
19 March	Club Championships Night 2																				
26 March	Season End Fun Night																				

*DC = Distance Championship Event. Choice events are set distances where the swimmer has the option of which stroke they will complete the distance in.

Club Championships

Club Championships are held annually in March, after the conclusion of the Club Night Season. Club Championships are open to all registered swimmers provided they meet the eligibility requirements listed below.

Nominations are not required for Club Championship events. Events swum are based on the age group of the swimmer. Club Championships results determine the trophy recipients for 'Age Champion' at Presentation Evening.

Eligibility to Swim Club Championships

As per the club by-laws, a swimmer **must swim 75% of the club nights available to them**. If a swimmer joins the club at the beginning of the season they have 16 club nights and must swim at least 12 nights. If a swimmer joins during the season, i.e. and has 12 club nights available, they must swim 9 nights.

Swimmers who must attend school events on club night will be counted as having attended club night **only** if they advise the Race Secretary via email prior to club night.

All swimmers must swim each stroke at least once during the season to be eligible for Club Championship. It does not matter which distance they swim. The Individual Medley (IM) is not included as part of this requirement.

If a swimmer misses a club night due to illness or an injury, please advise the Race Secretary prior to commencement of the evening, so that this can be taken into consideration at the end of the season. Exemption may be given at the discretion of the committee.

Club Championship Events

The age of a swimmer **as at the date of Club Championships** determines the events they compete in. Events are run according to age and gender and will be spread across **two weeks**. Events may be combined to ensure no one is swimming by themselves and to save time. Combined events will still be scored separately. You must attend both weeks of Club Championships.

Distances are chosen by the committee for the swimmers according to their ages, and all swimmers of that age will have the choice of whether they would like to swim in the event or not. Swimmers are strongly encouraged to participate in all races for their age. Some of your swimmers may be pushed out of their comfort zones to compete in a further distance. This is a chance to challenge swimmers and encourage growth amongst club members.

Results for Club Championships will not be posted to Meet Mobile. Neither will results be emailed out. Time information will not be given out to swimmers on these nights, so please do not ask for them. Results will be presented at Presentation Evening (trophy night). The Age Champions is a surprise for the Presentation Evening that everyone looks forward to.

In the event of a tie, joint Age Champions will be presented. In cases where there is only one swimmer in an age group, no award will be given unless the swimmer enters at least 75% of the available events and completes the competition in the spirit it was intended.

Events for Club Championships

These events may be changed at the discretion of the Committee based on the experience of the swimming cohort in each age group.

Age Group	Sprint Freestyle	Backstroke	Breaststroke	Butterfly	Distance Freestyle	Individual Medley
6 years & Under	25m	25m	25m	25m	50m	N/A
7 years	25m	25m	25m	25m	50m	N/A
8 years	50m	50m	25m	25m	100m	N/A
9 years	50m	50m	50m	50m	100m	200m
10 years	50m	50m	50m	50m	100m	200m
11 years	50m	50m	50m	50m	100m	200m
12, 13, 14, 15 years & Over	100m	100m	100m	100m	200m	200m
Multi-Class	50m	50m	50m	50m	100m	N/A

Presentation Evening

RLSC Annual Presentation Evening is held at the end of the swimming season, and after the completion of the Brisbane Swimming Association Premiership season. The Presentation Evening is a dinner with formal presentations, fun and dancing. Members are encouraged to 'dress in semi-formal attire'. The evening is full of fun and celebrating the swimmers' achievements throughout the season.

Trophies

Aggregate Trophies are awarded to 1st, 2nd and 3rd place in each age group. Perpetual Trophies are awarded to the highest aggregate point swimmers for the season. These trophies are decided by the aggregate points system mentioned previously in this handbook.

Club Age Champion Trophies are awarded to the 1st, 2nd and 3rd place finishers in each age group as determined by the aggregate of the swims at the Club Championships at the end of the season.

Best Outside Club Performance Trophies are awarded on a system of points from meets selected during the season by the Committee.



Trophy Name	Comments	Awarded to
Club Age Champions	Awarded based on the results from the club's annual Club Championship meets	Each age group from 6 years old to 15 years old and then Open.
Club Open Distance Champion	Awarded based on results for the events at club nights marked as "Distance Championship" events	One male and one female Open swimmer
Special Encouragement Awards for Participation on Club Nights	Awarded to swimmers who have attended club nights and are encouraged to continue with their swimming pursuits.	As decided by the Committee
Management Trophy (Perpetual)	Awarded to the highest aggregate point scorers from club night for the season.	Boys 8 years & Under Girls 8 years & Under
Belgravia Leisure Trophy (Perpetual)	Awarded to the highest aggregate point scorers from club night for the season.	Boys 9-12 years Girls 9-12 years
Kirby Grimason Memorial (Perpetual)	Awarded to the highest aggregate point scorers from club night for the season.	Boys 13 years & Over Girls 13 years & Over
Best Outside Club Performance Scarborough Hotel Perpetual	Awarded based on a system of points earned from selected External meets held during the season.	Boys 8 years & Under Girls 8 years & Under
Best Outside Club Performance Scott McGinley Perpetual Tracey McGinley Perpetual	Awarded based on a system of points earned from selected External meets held during the season.	Boys 9-12 years Girls 9-12 years
Best Outside Club Performance Management Perpetual Trophy	Awarded based on a system of points earned from selected External meets held during the season.	Boys 13-15 years Girls 13-15 years
Best Outside Club Performance President Perpetual Trophy	Awarded based on a points system for swimmers who compete in selected outside meets.	Boys 16 years & Over Girls 16 years & Over
Towel Awards Open Nationals	Awarded to Pool or Open Water Medallists achieved at Nationals.	All swimmers who achieve this
Towel Awards Age Nationals	Awarded to Pool or Open Water Medallists achieved at Age Nationals.	All swimmers who achieve this
Towel Awards QLD State	Awarded to QLD State Pool or Open Water Medallists.	All swimmers who achieve this
Redcliffe Insurance Services Distance Swimmer Showing Potential Perpetual Trophy	Awarded to the Distance swimmer showing improvement and potential, as selected by the Committee.	One swimmer selected
Komred Solutions Swimmer Showing the Most Potential	Awarded to the swimmer who has shown considerable improvement and potential, as selected by the Committee.	One swimmer
Keryn McGinley Best Open Water Performance Perpetual	Awarded to the best performance by an Open Water swimmer, as selected by the Committee.	One swimmer selected
Redcliffe Leagues Coaches Award	Awarded to the swimmer, selected by Head Coach, who illustrates application to training, applies instruction and role model for others.	One swimmer
Ken Wood Memorial Senior Swimmer of the Year	Awarded to the best senior swimmer over the course of the season, as selected by the Committee.	One swimmer 12 & Over
Mary Wood Memorial Junior Swimmer of the Year	Awarded to the best Junior swimmer over the course of the season, as selected by the Committee.	One swimmer 11 & Under
The Floorsmith Sportsmanship Trophy	Awarded to the swimmer who has shown the highest standard of sportsmanship, by encouraging fellow swimmers, shows enthusiasm in and out of the water by always competing to the best of their ability, as selected by the Committee.	One swimmer
Apogee Club Spirit Perpetual	Awarded to the Club Member who works tirelessly for the Club and its Members	As decided by the Committee
Marshalling Award	Awarded to the swimmer who is always listening and ready to Marshall, as selected by the Committee.	As decided by the Committee

Code of Conduct

General Code of Conduct

RLSC adheres to the general Code of Conduct and Safe Sport Framework promoted by Swimming Australia. Swimming Australia promotes the following General Code of Conduct and the Code of Conduct for dealing with Children or Young People. This should be followed at all times and by all people involved in any way with the Sport of swimming:

- (a) Respect the rights, dignity and worth of others – treat others as you would like to be treated yourself.
- (b) Be ethical, considerate, fair, courteous and honest in all dealings with other people and organisations.
- (c) Be professional in, and accept responsibility, for your actions.
- (d) Be aware of and follow - at all times - Swimming Australia's standards, rules, policies and procedures and promote those standards, rules, policies and procedures to others. This includes the Code of Conduct for dealing with Children or Young People.
- (e) Operate within the rules and spirit of the Sport, including the national and international guidelines that govern Swimming Australia.
- (f) Understand the possible consequences of breaching the Safe Sport Framework.
- (g) Report any breaches of the Swimming Australia Safe Sport Framework to the appropriate Person(s) in a Position of Authority, as appropriate.
- (h) Refrain from any form of Abuse, Harassment, Discrimination and Victimization towards others.
- (i) Raise concerns regarding decisions or conduct of Persons in Positions of Authority through the appropriate channels and in a timely manner.
- (j) Provide a safe environment for the conduct of activities in accordance with any relevant Swimming Australia policy.
- (k) Show concern, empathy and caution toward others that may be sick or injured.
- (l) Be a positive role model to all – particularly to your team.
- (m) Respect and protect confidential information obtained through Swimming Australia activities or services – whether regarding individuals or organisational information.
- (n) Maintain the required standard of accreditation and/or licensing of professional competencies, as applicable to your role(s).
- (o) Ensure that any physical contact with others is appropriate to the situation, such as being necessary for the person's skill development.
- (p) Subject to lawful exceptions, refrain from intimate relations with persons over whom you have authority.

RLSC has a risk management policy available to anyone by request. This can also be found on our website.

RLSC has a Covid-safe plan in place and adheres to the recommendations made by Swimming QLD and associated entities in relation to Covid-safe practices.

Competitor Code of Conduct

In addition to the General Code of Conduct, RLSC swimmers should also:

- (a) Give your best at all times.
- (b) Never argue with an official. Use the appropriate rules and guidelines to resolve a dispute.
- (c) Work equally hard for yourself and/or your team.
- (d) Be a good sport. Applaud the good performances whether they are made by your team or the opposition.
- (e) Co-operate with your coaches, teammates, opponents, management, event staff and officials.
- (f) Participate for your own enjoyment and benefit, not to satisfy the expectations of others.
- (g) Represent your club proudly by wearing the official club merchandise at all swimming carnivals and official functions, unless otherwise directed.

Parental/Guardian/Volunteer Code of Conduct

RLSC requests that parents, guardians and volunteers adhere to the following points, in addition to the general code of conduct previously outlined.

- (a) Encourage your child to participate in the sport for their individual enjoyment, personal satisfaction and improvement.
- (b) Focus on your child's efforts and performance, rather than winning and losing.
- (c) Encourage your child to abide by the rules and accept the judgements made by officials.
- (d) Be an example to your child and others. Appreciate good performances by all participants.
- (e) Show appreciation and respect for all people involved in your child's swimming.
- (f) Parents are not to be on pool deck during squad training or enter the coach's room, except at the discretion of and permission by the coaches.

All members of RLSC must abide by the rules, regulations and policies of Swimming Queensland, Brisbane Regional Swimming Association, Swimming Australia and Redcliffe Leagues Swimming Club.

A complete list of the policies, procedures and guidelines we adhere to can be located on the below links:

[Swimming Australia Policies & Procedures](#)

[Swimming QLD Policies & Procedures](#)

Social Media

RLSC operates a social media page and website for the express purpose of promoting our club, celebrating our swimmers' achievements and notifying members of important dates and upcoming events. Permission is requested from all children and adults, upon registration renewal, confirming the use of videos, photos and names being posted online. If consent is not given or consent is removed during the season, please notify the club Secretary. secretary.rlsc@gmail.com

RLSC adheres to Swimming QLD social media policy which can be located on our website.

Statement of Commitment from Swimming Queensland

Swimming Queensland is committed to the health, safety and general well-being of all its members. The organisation is dedicated to providing a safe environment for our members and of service providers participating in our activities. Sport in Australia is held as a positive influence that enriches the lives of all who are involved. As Australians, we greatly value this essence of sport in our culture and our community, and we all have the right to enjoy our sport, at whichever level we participate. As a sport, we are proud to lead the way in ensuring safe and harassment-free sport for all our competitors, coaches, officials, administrators, volunteers and supporters.

Swimming Queensland believes that the welfare and protection of children is the responsibility of each individual and organisation within the swimming community. Swimming Queensland recognises that everyone has a part to play in looking after children with whom they are working, or come into contact, and we are committed to the following principles:

- The child's welfare is the first and foremost consideration
- All children have the right to be protected from abuse
- It is our commitment to ensure that everyone associated with Swimming Queensland complies with the Child Welfare Policy and the guiding principles of child welfare.

General Queries and Complaints

The following process should be followed if a member has an unresolved grievance or complaint in relation to the club:

- All matters relating to coaching or swimming must be taken up with the coach of the member in the first instance. Discussions should not be held on pool deck, but an appropriate time arranged to discuss this with the coach.
- If a matter pertaining to coaching or swimming remains unresolved, this matter should be taken to the Head Coach, then to Pool manager if unresolved.
- A matter relating to the administration or management of the Club should be taken up with the President of the club, via email president.rlsc@gmail.com.
- Each member who has a grievance or complaint is entitled to a fair and unbiased opportunity to be heard and all reasonable attempts will be made to satisfactorily resolve the matter, in accordance with the guidelines of the Club.

If you are unsure of the best way to proceed or require guidance on your options, please contact Secretary on secretary.rlsc@gmail.com

Club By-Laws

The following club by-laws, which supplement the Club Constitution, are provided for the information and adherence by Club Members.

Membership & Club Rules

- (a) A swimmer is permitted to swim three Club Nights as a trial before they join the Club. The trial period (3 nights) will then count for Club points upon joining.
- (b) A swimmer **must swim 75% of club nights available to them**, and at least one in each stroke to be eligible for Club Championships. Swimming any Championships events does not count as a club night swim. This is at the discretion of the Management Committee.
Amended 28/7/1998
- (c) Any new members joining the Club after the State Titles but on or before the 31st January must swim 75% of club nights available to be eligible to swim Club Championships. Anyone joining on or after 1st February is not eligible to swim Club Championships. If an A grade swimmer joins the Club, they will not take the club championship from the swimmers who have competed most of the season.
Amended 07/05/1992
- (d) All club swimmers must have swum that stroke prior to the event to be eligible for Distance Championships. A new member joining under by-law (C) must complete requirements of that by-law.
Amended 03/03/1994
- (e) Swimmers who nominate for an event on club night will be penalised 4 points for each event that they do not swim if they withdraw without a good reason.
Amended 06/05/1993
- (f) All competitive swimming members holding “primary membership” with RLSC are to be actively training with our Head Coach or must be involved in the squad program facilitated by Belgravia Leisure, unless otherwise approved by the Committee.
Amended 08/09/2021

Club Subsidy

The Club will offer a subsidy to eligible swimmers for their airfare to and from all National events conducted by Swimming Australia, in accordance with the following guidelines:

- (a) Swimmers placing 1st to 3rd in Finals are eligible for their whole airfare refunded. If a swimmer does not have to pay their airfare, they will be eligible to receive the cost of an economy airfare with it to be used towards their accommodation. In either instance, half of the airfare to be paid on return from competition, and the other half to be held in credit towards next swimming season trip.
- (b) Swimmers placing 4th to 8th in Finals where there are eight finalists or swimmers placing 4th to 10th in Finals where there are ten finalists are eligible for a half of airfare refund. If a swimmer does not have to pay their airfare, they will be eligible to receive half the cost of an economy airfare with it to be used towards their accommodation. In either instance, half of the half airfare (i.e. one quarter of the full airfare) to be paid on return from the competition and the other half of the half airfare (i.e. the other one quarter of the full airfare) to be held in credit towards next swimming season trip.

The above does not apply to swimmers in a Relay Team that Final and swimmers who are subsidised by other means.

Swimmers in Open Water Nationals must have at least ten competitors in their Age Group.

The Management Committee may also offer swimmers other subsidies during the season; this will depend on the financial status of the Club at the relevant times.

Amended 01/06/2013

Use of Electronic Facilities/Means

- (a) The Management Committee utilises various electronic communication channels, including electronic mail distribution lists ('email' or 'email lists') and website, to communicate and distribute information to its members.
- (b) These channels are not to be used by the members for the communication of topics to include religion, politics or commercial activities not directly related to the club (e.g. activities for personal gain).
- (c) Members are not to circumvent or otherwise bypass the intended use of these electronic communication channels.

Amended 05/03/2012

- (d) All committee members are bound by the Email Policy & Guidelines and Records Policy & Guidelines documents.
- (e) Committee meetings may take place via electronic formats (such as Teams, Zoom).

Amended 05/09/2021

Parent/Carer Volunteer Expectations

- (a) It is expected that any parent(s) or carer(s) attending club events, to include but not limited to club night and club championships, with their swimmer(s) are to assist with timekeeping duties and provide other assistance in the running of the event as requested by the club.
- (b) It is expected that any parent(s) or carer(s) attending a meet with their swimmer(s) are to assist with timekeeping duties as requested to the club from the host club or organisation.

Amended 21/04/2012.

Other Club Expectations

- (a) At the commencement of each new season, a Memorandum of Understanding (MOU) is to be established with all external parties working in collaboration with RLSC. This includes pool management, Head Coach, Sponsors etc.

Amended 05/09/2021



Current Trophy Holders from the 2022-2023 Club Season

Age Champions

Age	Girls	Boys
6 year old	1 st – Isobel Chapman 2 nd – Phoebe Bird 3 rd – Estelle Townend	-
7 year old	1 st – Willow Crane	-
8 year old	1 st – Mckenzie Cleary 2 nd – Millicent Townend	1 st – Caden Smith 2 nd – William James
9 year old	1 st – Elissa Chapman 2 nd – Erin Anthony 3 rd – Charlie van Driel	1 st – Boston Silver 2 nd – Curtis Bird
10 year old	1 st – Charlotte Leeming	1 st – Louis Townend
11 year old	1 st – Peyton Larsen	-
12 year old	1 st – Rose Williams	-
13 year old	-	1 st – Odin Guthrie-Richards 2 nd – Brogan Gargaro
14 year old	1 st – Rylee Smith	-
15 year old	1 st – Deja' Guthrie- Richards	1 st – Zaine Vardon
16 year old	1 st – Isobel Williams	-
Open	-	-
Multi-Class	1 st – Rhiannon Shepherd	1 st – Wroxton King 2 nd - Kyle Richardson

Club Open Distance Champions

Girls	Boys
1 st Place – Rylee Smith	1 st Place – Zaine Vardon
2 nd Place – Elissa Chapman	2 nd Place – Boston Silver
3 rd Place – Charlotte Leeming	-

Special Encouragement Awards for Participation on Club Nights

Girls	Boys
-	-

Aggregate Points Champions

Age	Girls	Boys
6 year old	1 st – Isobel Chapman 112 points 2 nd – Phoebe Bird 55 points 3 rd – Estelle Townend 50 points	-
7 year old	1 st – Willow Crane 83 points	1 st – Mason Jago 68 points
8 year old	1 st – Millicent Townend 71 points 2 nd – Mckenzie Cleary 43 points 3 rd – Rosie Hammond 40 points	1 st – Caden Smith 130 points 2 nd – William James 94 points
9 year old	1 st – Elissa Chapman 146 points 2 nd – Emilie Scholz 136 points 3 rd – Charlie van Driel 85 points	1 st – Boston Silver 179 points 2 nd – Curtis Bird 86 points
10 year old	1 st – Charlotte Leeming 148 points 2 nd – Madeleine Spriveri 62 points 3 rd – Ella Jago 60 points	1 st – Louis Townend 133 points 2 nd – Finlay Hammond 57 points
11 year old	1 st – Peyton Larsen 158 points	-
12 year old	1 st – Rose William 87 points	1 st – Keahn Silao 61 points 2 nd – Archer Jago 57 points
13 year old	-	1 st – Brogan Gargaro 2 nd – Odin Guthrie-Richards
14 year old	1 st – Rylee Smith 190 points	-
15 year old	1 st – Deja' Guthrie-Richards 93 points	1 st – Zaine Vardon 120 points
16 year old	1 st – Isobel Williams 57 points	-
Open	-	-
Multi-Class	1 st – Rhiannon Shepherd 120 points 2 nd – Keira Smith 78 points	1 st – Kyle Richardson 93 points 2 nd – Wroxton King 57 points

Perpetual Trophy Winners

Trophy Name	Awarded to
Management Trophy Boys 8 & Under	Caden Smith 130 points
Management Trophy Girls 8 & Under	Isobel Chapman 112 points
Belgravia Leisure Trophy Boys 9-12 years	Boston Silver 179 points
Belgravia Leisure Trophy Girls 9-12 years	Peyton Larsen 158 points
Kirby Grimason Memorial Boys 13 years & Over	Brogan Gargaro 152 points
Kirby Grimason Memorial Girls 13 years & Over	Rylee Smith 190 points

Best Outside Club Performance Trophy Winners

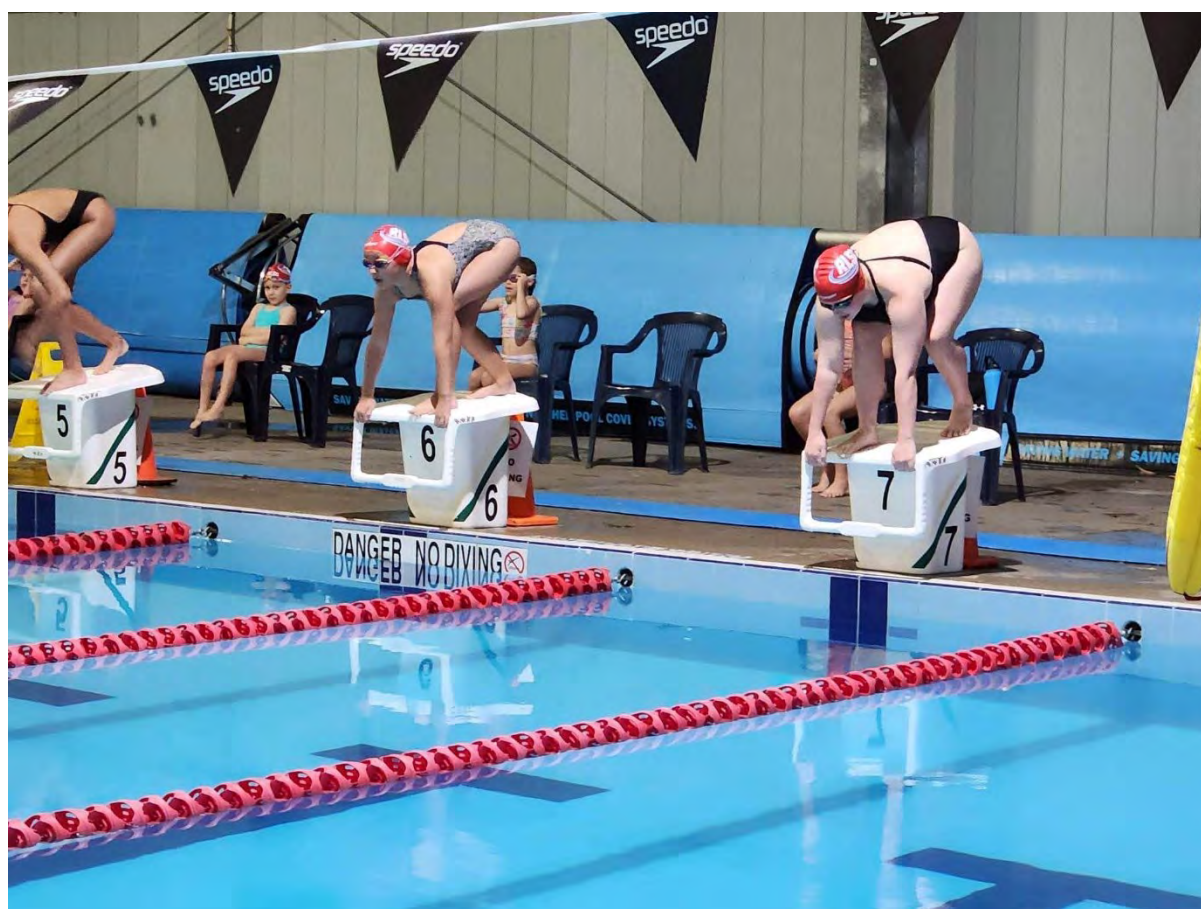
Trophy Name	Awarded to
Scarborough Hotel Boys 8 & Under	-
Scarborough Hotel Girls 8 & Under	Isobel Chapman
Scott McGinley Trophy Boys 9-12 years	Boston Silver
Tracey McGinley Trophy Girls 9-12 years	Charlotte Leeming
Management Trophy Boys 13-15 years	Zaine Vardon
Management Trophy Girls 13-15 years	Rylee Smith
President Trophy Boys 16 years & Over	Kyle Richardson
President Trophy Girls 16 years & Over	-

Towel Awards

Trophy Name	Awarded to
Open Nationals Pool or Open Water Medallists	Rylee Smith
Age Nationals Pool or Open Water Medallists	Rylee Smith
QLD State Pool or Open Water Gold Medallists	Rylee Smith

Other Trophies

Trophy Name	Awarded to
Redcliffe Insurance Services Trophy Distance Swimmer Showing Potential	-
Komred Solutions Swimmer Showing the Most Potential	Elissa Chapman
The Floorsmith Sportsmanship Trophy	Isobel Chapman
Keryn McGinley Trophy Best Performance by an Open Water Swimmer	Rylee Smith
Apogee Trophy Club Spirit	Michelle Williams
Marshalling Award	Mckenzie Cleary
Redcliffe Leagues Coaches Award	Keahn Silao
Best Performance by a Swimmer at Age Nationals	Rylee Smith
Ken Wood Memorial Senior Swimmer of the Year	Rylee Smith
Mary Wood Memorial Junior Swimmer of the Year	Charlotte Leeming



Current Club Records (as at end of 2022-2023 Club Season)

50 Meter Back

Time	Record Date	Athlete	Age	Time	Record Date	Athlete
1:00.29	01-02-22	Aurora Jansma	5	1:06.24	12-Mar-96	Jake Limov
53.14	27-Oct-92	Sarah Bowd	6	55.62	04-Mar-97	Jake Limov
48.28	05-Oct-93	Sarah Bowd	7	48.82	04-Oct-11	Luke Seymour
43.84	19-Nov-91	Tanya Weingarh	8	44.46	09-Oct-12	Luke Seymour
40.56	29-Mar-11	Chelsea Seymour	9	40.25	26-Oct-99	Luke Whitewick
38.09	31-Jan-12	Chelsea Seymour	10	38.01	11-Mar-97	Jason Cooke
35.40	12-Mar-13	Chelsea Seymour	11	35.07	22-Feb-00	Luke Palmer
35.47	8-Jun-21	Rylee Smith	12	32.71	03-Dec-91	Geoff Huegill
34.09	29-Sep-92	Rebecca Rolfe	13	32.67	09-Oct-86	Phillip Taylor
33.92	27-Feb-86	Nicole Hoogwaerts	14	30.11	22-Nov-11	Reece Brennan
32.83	29-Jan-87	Nicole Hoogwaerts	15	30.34	14-Feb-12	Reece Brennan
32.78	03-Oct-00	Tanya Henderson	16	31.94	10-Dec-90	Kelvin Howsan
32.78	03-Oct-00	Tanya Henderson	Open	29.72	07-Oct-14	Reece Brennan

100 Meter Back

Time	Record Date	Athlete	Age	Time	Record Date	Athlete
			6	2:10.71	03-Dec-96	Jake Limov
1:52.30	13-Nov-01	Shannon Austin	7	1:46.08	22-Nov-11	Luke Seymour
1:36.51	03-Dec-91	Tanya Weingarh	8	1:39.69	19-Feb-87	Jason Caruso
1:29.27	29-Nov-11	Simone McKenzie	9	1:27.12	19-Oct-99	Luke Whitewick
1:21.96	29-Nov-11	Chelsea Seymour	10	1:20.82	11-Feb-97	Jason Cooke
1:16.59	24-Jul-07	Vanessa Puhmann	11	1:18.06	02-Dec-97	Jason Cooke
1:15.42	28-Jan-92	Rebecca Rolfe	12	1:14.16	17-Mar-01	Luke Palmer
1:13.43	14-Oct-97	Linda Mackenzie	13	1:10.99	03-Apr-05	Doug Richards
1:11.91	22-Mar-94	Leonie Alfredson	14	1:06.74	05-Oct-04	Matthew Terry
1:13.68	24-Mar-96	Jody Brogan	15	1:06.31	07-Feb-12	Reece Brennan
1:13.06	05-Mar-81	Suzanne Landells	16	1:06.52	12-Mar-13	Reece Brennan
1:10.35	12-Dec-89	Denise Weerd	Open	58.69	11-Nov-03	Hayden Stockel

200 Meter Back

Time	Record Date	Athlete	Age	Time	Record Date	Athlete
3:53.91	26-Oct-93	Sarah Bowd	7	4:09.43	24-Oct-95	Alen Limov
3:44.72	08-Feb-94	Sarah Bowd	8	3:25.29	01-Nov-11	John Redd VIII
3:13.54	24-Oct-95	Sarah Bowd	9	3:06.17	08-Feb-94	Luke Stanton
2:53.40	14-Feb-12	Chelsea Seymour	10	2:50.09	13-Oct-88	Jason Caruso
2:42.24	02-Oct-01	Kylie Palmer	11	2:47.38	08-Nov-84	Nicholas Prass
2:37.20	04-Feb-92	Rebecca Rolfe	12	2:31.39	19-Nov-91	Geoff Huegill
2:37.19	04-Feb-92	Marika Broomfield	13	2:30.66	28-Feb-02	Luke Palmer
2:33.49	25-Jan-94	Leonie Alfredson	14	2:26.54	03-Feb-04	Matthew Terry
2:29.99	07-Nov-95	Leonie Alfredson	15	2:20.10	08-Feb-94	Geoff Huegill
2:21.49	11-Nov-03	Zoe Tonks	16	2:20.50	22-Oct-96	Nathan Foale
2:21.49	11-Nov-03	Zoe Tonks	Open	2:15.49	30-Jan-96	Ben Backhouse

50 Meter Breast

Time	Record Date	Athlete	Age	Time	Record Date	Athlete
1:11.60	01-02-22	Aurora Jansma	5	1:23.52	09-Feb-89	Justin White
1:05.39	03-Nov-92	Sarah Bowd	6	1:07.49	04-Mar-97	Jake Limov
53.20	07-Dec-93	Sarah Bowd	7	56.30	09-Oct-86	Ryan Russell
46.66	09-Oct-07	Simone McKenzie	8	48.00	09-Mar-93	Luke Stanton
43.60	05-Dec-95	Sarah Bowd	9	45.37	17-Jan-85	Iain McKittrick
41.88	03-Nov-09	Simone McKenzie	10	43.28	01-Nov-94	Luke Stanton
38.53	21-Apr-12	Chelsea Scott	11	40.27	10-Mar-92	Chris Pretsel
36.60	04-Oct-94	Tarnee White	12	39.37	01-Feb-92	Chris Pretsel
37.61	07-Mar-95	Tarnee White	13	37.08	01-Feb-94	Shane Ganter
35.63	12-Oct-99	Leisel Jones	14	35.42	17-Sep-94	Hayden Flouch
37.98	09-Oct-86	Kirstine Anderson	15	34.41	16-Feb-93	James Russell
38.04	07-Mar-95	Cheree Parker	16	35.54	06-Oct-98	Ben Tongia
35.63	12-Oct-99	Leisel Jones	Open	30.50	28-Jan-92	Greg Atkin

100 Meter Breast

Time	Record Date	Athlete	Age	Time	Record Date	Athlete
			6	2:34.47	04-Feb-97	Jake Limov
1:56.99	16-Nov-93	Sarah Bowd	7	2:08.00	29-Nov-11	Luke Seymour
1:43.31	23-Oct-07	Simone McKenzie	8	1:46.09	19-Jan-93	Luke Stanton
1:37.99	03-Oct-95	Sarah Bowd	9	1:39.94	03-Mar-88	Jason Caruso
1:30.82	01-Oct-96	Sarah Bowd	10	1:33.43	13-Dec-94	Luke Stanton
1:26.85	18-Nov-97	Sarah Bowd	11	1:31.34	13-Dec-94	Martin Bowd
1:24.36	19-Mar-13	Chelsea Scott	12	1:24.91	15-Sep-92	Chris Pretsel
1:18.20	03-Oct-95	Tarnee White	13	1:17.44	07-Dec-93	Shane Ganter
1:12.80	18-Mar-00	Leisel Jones	14	1:12.20	15-Nov-94	Shane Ganter
1:19.18	29-Oct-96	Tarnee White	15	1:12.49	21-Jan-92	Hayden Flouch
1:18.18	29-Apr-98	Tarnee White	16	1:08.59	09-Mar-93	Hayden Flouch
1:08.19	11-Nov-03	Leisel Jones	Open	1:06.63	11-Nov-03	Luke Stafford

200 Meter Breast

Time	Record Date	Athlete	Age	Time	Record Date	Athlete
4:09.73	12-Oct-93	Sarah Bowd	7	4:38.10	19-Nov-87	Nathan P White
3:50.70	07-Feb-10	Eve Thomas	8	3:54.57	16-Feb-89	Chris Kennedy
3:21.17	10-Oct-95	Sarah Bowd	9	3:29.84	09-Oct-12	John Redd VIII
3:14.06	10-Oct-00	Kylie Palmer	10	3:21.88	05-Nov-13	John Redd VIII
3:04.71	12-Oct-93	Tarnee White	11	3:07.60	20-Feb-90	Jason Caruso
3:00.70	31-Oct-89	Kim Munt	12	3:09.35	19-Feb-91	Jason Caruso
2:49.39	10-Oct-95	Tarnee White	13	2:38.72	08-Feb-94	Shane Ganter
2:48.05	12-Dec-95	Tarnee White	14	2:32.81	06-Oct-15	Joey Simonis
2:49.34	11-Feb-97	Tarnee White	15	2:33.54	01-Nov-16	Joey Simonis
2:57.27	15-Nov-94	Cheree Parker	16	2:36.45	27-Oct-92	Hayden Flouch
2:48.05	12-Dec-95	Tarnee White	Open	2:23.31	11-Nov-03	Aaron Timmins

50 Meter Fly

Time	Record Date	Athlete	Age	Time	Record Date	Athlete
1:01.34	20-Nov-01	Kaelyn Hann	5			
58.90	01-Dec-92	Sarah Bowd	6	53.40	21-Jan-97	Jake Limov
44.39	19-Oct-93	Sarah Bowd	7	49.87	29-Nov-11	Luke Seymour
40.36	29-Nov-94	Sarah Bowd	8	39.52	09-Mar-93	Luke Stanton
38.08	07-Nov-95	Sarah Bowd	9	36.87	15-Feb-94	Luke Stanton
35.08	06-Nov-01	Brooke Kelly	10	35.38	23-Mar-97	Jason Cooke
33.79	22-Jan-02	Kylie Palmer	11	33.69	24-Mar-98	Jason Cooke
31.72	12-Oct-99	Jessicah Schipper	12	29.81	04-Feb-92	Geoff Huegill
30.77	16-Dec-97	Linda Mackenzie	13	30.31	02-Feb-93	Geoff Huegill
30.77	27-Jan-98	Linda Mackenzie	14	28.72	12-Oct-04	Matthew Terry
30.96	20-Nov-01	Jessicah Schipper	15	27.90	16-Oct-12	Reece Brennan
30.37	19-Feb-02	Annette Narcis	16	28.28	21-Jan-92	Kelvin Howsan
30.37	19-Feb-02	Annette Narcis	Open	27.26	25-Sep-90	Matthew Wright

100 Meter Fly

Time	Record Date	Athlete	Age	Time	Record Date	Athlete
2:17.94	23-Oct-86	Jacqui Williams	6	2:22.49	21-Mar-97	Jake Limov
1:53.67	09-Nov-93	Sarah Bowd	7	1:56.12	22-Nov-11	Luke Seymour
1:43.32	09-Feb-89	Jacqui Williams	8	1:39.20	08-Oct-87	Ryan Russell
1:29.50	23-Jan-01	Brooke Kelly	9	1:23.92	27-Feb-96	Jason Cooke
1:15.56	19-Nov-96	Sarah Bowd	10	1:14.17	13-Dec-94	Luke Stanton
1:14.06	24-Jul-07	Vanessa Puhlman	11	1:13.56	14-Oct-97	Jason Cooke
1:10.14	09-Nov-99	Jessicah Schipper	12	1:10.23	24-Mar-96	Martin Bowd
1:06.44	12-Oct-00	Jessicah Schipper	13	1:08.20	09-Mar-93	Geoff Huegill
1:06.44	21-Nov-00	Jessicah Schipper	14	1:06.01	12-Mar-91	Damian Fisher
1:07.56	12-Oct-99	Linda Mackenzie	15	1:02.53	17-Oct-85	Scott Hamlet
1:08.21	18-Mar-14	Olivia Sbaraglia	16	1:02.36	13-Mar-86	Chris Phillips
1:04.44	24-Jul-07	Jessicah Schipper	Open	55.31	11-Nov-03	Geoff Huegill

200 Meter Fly

Time	Record Date	Athlete	Age	Time	Record Date	Athlete
4:24.85	05-Nov-87	Jacqui Williams	7			
3:43.98	24-Nov-88	Jacqui Williams	8			
3:12.44	03-Dec-88	Calli McCool	9	3:02.46	24-Nov-88	Shane Kennedy
2:49.66	29-Oct-96	Sarah Bowd	10	2:50.41	01-Feb-94	Martin Bowd
2:38.46	28-Oct-97	Sarah Bowd	11	2:36.02	02-Nov-99	Luke Palmer
2:32.00	02-Nov-99	Jessicah Schipper	12	2:25.36	28-Nov-00	Luke Palmer
2:24.76	07-Nov-00	Jessicah Schipper	13	2:21.04	05-Feb-02	Luke Palmer
2:23.39	02-Mar-99	Mia Bianchi	14	2:22.13	05-Oct-93	Geoff Huegill
2:25.68	02-Feb-10	Natalie James	15	2:16.33	19-Feb-87	Matthew Madill
2:24.67	11-Nov-03	Astrid Wonka	16	2:18.20	13-Feb-86	Chris Phillips
2:17.81	11-Nov-03	Jessicah Schipper	Open	2:07.76	31-Jan-12	Matthew Briggs

50 Meter Free

Time	Record Date	Athlete	Age	Time	Record Date	Athlete
51.06	25-01-22	Aurora Jansma	5	50.70	24-Mar-96	Jake Limov
44.50	22-Jan-02	Kaelyn Hann	6	45.73		Andrew Breen
39.69	16-Nov-93	Sarah Bowd	7	38.65	18-Oct-11	Luke Seymour
36.54	18-Oct-94	Sarah Bowd	8	35.00	02-Mar-93	Luke Stanton
33.90	05-Dec-95	Sarah Bowd	9	33.58	16-Nov-93	Luke Stanton
32.09	19-Feb-02	Brooke Kelly	10	31.20	02-Nov-99	Ben Schipper
30.87	22-Jan-02	Kylie Palmer	11	30.08	19-Oct-99	Luke Palmer
29.41	10-Nov-98	Sarah Bowd	12	29.09	24-Sep-91	Geoff Huegill
28.92	28-Jan-92	Marika Broomfield	13	27.44	29-Jan-02	Luke Palmer
28.11	06-Nov-01	Astrid Wonka	14	26.51	30-Jan-90	Kelvin Howsan
27.88	20-Nov-86	Karen Van Wirdum	15	25.95	16-Oct-90	Kelvin Howsan
28.04	04-Dec-90	Sally Misso	16	25.49	19-Nov-91	Kelvin Howsan
27.42	20-Feb-90	Karen Van Wirdum	Open	24.48	05-Dec-89	Darren Lange

100 Meter Free

Time	Record Date	Athlete	Age	Time	Record Date	Athlete
1:45.00	17-Nov-92	Sarah Bowd	6	1:47.17	09-Nov-10	Luke Seymour
1:31.99	12-Oct-93	Sarah Bowd	7	1:32.96	08-Nov-11	Luke Seymour
1:20.39	22-Nov-94	Sarah Bowd	8	1:16.38	02-Feb-93	Luke Stanton
1:12.49	03-Oct-95	Sarah Bowd	9	1:12.73	25-Jan-94	Luke Stanton
1:09.01	09-Mar-02	Brooke Kelly	10	1:08.97	23-Feb-99	Luke Palmer
1:04.59	14-Aug-07	Vanessa Puhlmann	11	1:05.20	02-Nov-99	Luke Palmer
1:04.44	03-Dec-91	Calli McCool	12	1:03.98	05-Dec-85	Nicholas Prass
1:03.80	17-Sep-91	Marika Broomfield	13	1:00.88	03-Mar-92	Jade Winter
1:01.73	06-Mar-86	Caryn West	14	57.79	12-Oct-04	Matthew Terry
1:02.20	06-Mar-99	Linds Mackenzie	15	55.49	22-Jan-91	Kelvin Howsan
1:01.92	03-Oct-85	Julie Pugh	16	55.14	03-Dec-13	Reece Brennan
1:00.34	03-Oct-85	Te-Rina Taite	Open	53.55	26-Nov-91	Darren Lange

200 Meter Free

Time	Record Date	Athlete	Age	Time	Record Date	Athlete
3:21.05	30-Nov-93	Sarah Bowd	7	3:22.62	18-Oct-01	Luke Seymour
2:57.15	06-Dec-94	Sarah Bowd	8	2:49.91	16-Oct-86	Luke Stanton
2:45.74	10-Nov-92	Tanya Weingarth	9	2:41.87	12-Nov-87	Jason Caruso
2:29.81	06-Feb-01	Kylie Palmer	10	2:31.97	12-Nov-87	Luke Palmer
2:17.86	28-Oct-97	Sarah Bowd	11	2:22.37	08-Nov-84	Nicholas Prass
2:17.63	05-Mar-91	Calli McCool	12	2:13.50	05-Dec-85	Nicholas Prass
2:13.83	13-Nov-90	Kim Munt	13	2:11.93	27-Mar-03	Matthew Terry
2:14.79	05-Mar-91	Kathryn Huth	14	2:08.25	05-Oct-04	Matthew Terry
2:12.77	14-Nov-89	Keryn McGinley	15	2:01.31	09-Oct-12	Reece Brennan
2:12.11	22-Jan-91	Keryn McGinley	16	2:01.08	05-Nov-13	Reece Brennan
2:08.22	17-Nov-09	Melissa Gorman	Open	1:58.00	07-Mar-17	Reece Brennan

400 Meter Free

Time	Record Date	Athlete	Age	Time	Record Date	Athlete
6:22.44	10-Dec-87	Calli McCool	8	6:12.52	16-Oct-12	Luke Seymour
5:28.81	17-Oct-95	Sarah Bowd	9	5:36.22	10-Dec-87	Jason Caruso
5:00.54	30-Jan-01	Kylie Palmer	10	5:09.48	27-Oct-88	Jason Caruso
4:55.26	06-Nov-01	Kylie Palmer	11	4:58.88	20-Feb-90	Jason Caruso
4:36.15	26-Nov-91	Calli McCool	12	4:37.90	07-Nov-00	Luke Palmer
4:31.26	24-Nov-09	Emily Seymour	13	4:32.68	23-Oct-09	Mitchell Phillips
4:34.56	27-Oct-88	Keryn McGinley	14	4:25.56	16-Feb-93	Jason Caruso
4:27.86	20-Feb-90	Keryn McGinley	15	4:10.56	04-Dec-12	Reece Brennan
4:31.76	23-Oct-90	Keryn McGinley	16	4:11.92	12-Nov-13	Reece Brennan
4:25.00	08-Nov-11	Melissa Gorman	Open	4:04.90	09-Nov-10	Matthew Terry

800 Meter Free

Time	Record Date	Athlete	Age	Time	Record Date	Athlete
14:30.68	05-Nov-87	Calli McCool	8	11:28.36	05-Nov-87	Jason Caruso
10:52.76	28-Nov-95	Sarah Bowd	9	10:39.14	16-Feb-89	Jason Caruso
10:24.54	26-Nov-96	Sarah Bowd	10	10:00.63	30-Nov-99	Luke Palmer
10:02.66	25-Feb-03	Jamie-Leigh Austin	11	9:25.61	10-Oct-00	Luke Palmer
9:32.34	01-Oct-98	Sarah Bowd	12	9:25.61	06-Feb-93	Nicholas Prass
9:21.22	11-Nov-03	Kylie Palmer	13	9:31.50	03-Nov-92	Geoff Huegill
9:15.75	17-Nov-15	Alanah Fowler	14	9:06.32	09-Feb-93	Jade Winter
9:07.66	05-Dec-89	Keryn McGinley	15	8:43.52	20-Nov-12	Reece Brennan
9:07.34	06-Nov-90	Keryn McGinley	16	8:29.68	19-Nov-13	Reece Brennan
8:55.56	15-Nov-11	Melissa Gorman	Open	8:29.68	19-Nov-13	Reece Brennan

1500 Meter Free

Time	Record Date	Athlete	Age	Time	Record Date	Athlete
22:48.00	17-Nov-88	Calli McCool	9	23:07.77	28-Feb-80	John Morrison
19:48.91	01-Oct-96	Sarah Bowd	10	20:08.54	17-Nov-88	Jason Caruso
19:09.31	01-Dec-83	Lisa Cree	11	18:57.59	06-Feb-90	Jason Caruso
18:20.28	29-Sep-98	Sarah Bowd	12	18:27.19	06-Feb-00	Luke Palmer
17:57.17	05-Feb-91	Kathryn Huth	13	17:54.66	15-Oct-91	Jason Caruso
18:02.54	05-Feb-91	Kim Munt	14	17:31.70	02-Feb-93	Jade Winter
17:44.06	17-Oct-89	Keryn McGinley	15	16:50.78	27-Nov-12	Reece Brennan
17:35.34	05-Oct-99	Rhonda Wallace	16	16:16.53	26-Nov-13	Reece Brennan
16:55.14	22-Feb-05	Melissa Gorman	Open	16:16.53	26-Nov-13	Reece Brennan

200 Meter IM

Time	Record Date	Athlete	Age	Time	Record Date	Athlete
			6	4:45.76	18-Feb-97	Jake Limov
3:42.07	19-Oct-93	Sarah Bowd	7	3:53.12	01-Nov-11	Luke Seymour
3:26.67	10-Mar-92	Tanya Weingarth	8	3:16.85	02-Mar-93	Luke Stanton
3:05.26	21-Oct-08	Simone McKenzie	9	2:59.67	02-Mar-93	Martin Bowd
2:48.49	19-Nov-96	Sarah Bowd	10	2:53.30	09-Mar-89	Jason Caruso
2:42.24	20-Oct-01	Kylie Palmer	11	2:43.55	05-Oct-99	Luke Palmer
2:39.36	29-Sep-98	Sarah Bowd	12	2:38.45	05-Oct-99	Geoff Huegill
2:36.41	14-Oct-97	Sarah Bowd	13	2:32.18	20-Oct-01	Luke Palmer
2:35.25	20-Mar-04	Kylie Palmer	14	2:26.13	03-Dec-91	James Russell
2:33.54	15-Oct-96	Jody Brogan	15	2:23.12	19-Mar-87	Matthew Madill
2:34.06	19-Mar-81	Suzanne Landells	16	2:18.74	03-Nov-92	Hayden Flouch
2:33.03	29-Apr-98	Jody Brogan	Open	2:18.74	03-Nov-92	Hayden Flouch

400 Meter IM

Time	Record Date	Athlete	Age	Time	Record Date	Athlete
			8	7:19.26	04-Oct-11	John Redd VIII
6:23.52	14-Nov-95	Sarah Bowd	9	6:25.00	07-Dec-93	Luke Stanton
5:48.35	12-Nov-96	Sarah Bowd	10	6:00.82	09-Feb-89	Jason Caruso
5:48.87	11-Mar-03	Jamie-Leigh Austin	11	5:41.11	07-Dec-99	Luke Palmer
5:29.41	01-Dec-98	Sarah Bowd	12	5:21.02	14-Nov-00	Luke Palmer
5:19.57	24-Oct-00	Jessicah Schipper	13	5:28.91	09-Oct-90	Matthew Geitz
5:18.63	28-Jan-92	Kylie Wright	14	5:12.45	19-Nov-91	James Russell
5:14.84	27-Oct-92	Kylie Wright	15	4:50.66	11-Nov-03	Luke Palmer
5:16.07	12-Feb-81	Suzanne Landells	16	4:56.24	08-Mar-94	James Russell
5:06.18	29-Nov-11	Lorna Tonks	Open	4:50.66	11-Nov-03	Luke Palmer

RLSC Life Members Listing

Name	Name	Name	Name
Mrs K. Stapleton	Mr J. Stapleton	Mons. B. Frawley	Mr P. Bredhauer
Mr I. Chambers	Mr C. Fern	Mrs J. Fern	Mrs V. Stapleton
Mr G. Lalor OAM	Mr E. Wynch	Mrs E. Wynch	Mrs H. Clements
Mrs M. Pugh OAM	Mrs E. Chambers	Br. I. Keating	Mrs J. Russell
Miss J. Pugh	Mrs J. Millard	Mr D. Millard	Mrs M. Wood
Mr K. Wood	Mrs C. McCool	Mrs J. McGinley OAM	Mrs M. White
Mrs L. Caruso	Mrs A. Hutchinson	Mrs B. Brogan	Miss T. White
Miss T. Hutchinson	Mrs G. Wonka	Mr W. Palmer	Mr J. Dempsey
Mr J. King	Mrs S. King	Mr W. Schipper	Mrs J. Schipper
Mrs J. Austin	Mrs L. Terry	Mrs S. Smith	Mrs M. Salvana-Hoefel
Ms. W. Drew			