

THE GAP AMATEUR SWIM CLUB INC
(The Gap ASC Inc)

SPLASH BOOKLET

2023/2024 OFFICIAL PROGRAM



Contents

Contents	2
MESSAGE FROM THE CLUB EXECUTIVE	3
MISSION, VALUES, EXPECTATIONS	5
RULES OF SWIMMING	7
CLUB SPECIAL EVENTS & CHAMPIONSHIPS.....	10
THE JACK CHRISTIANSEN MEMORIAL RELAY.....	10
THE COACH'S CUP	10
THE SPEECHLEY SHIELD.....	11
THE REBECCA BROWN SHIELD	11
THE ROB CHANDLER MEMORIAL HANDICAP	12
25M SPRINT CHAMPIONSHIPS.....	12
G25 JUNIOR RELAY	13
CLUB CHAMPIONSHIPS	14
CLUB CARNIVALS.....	16
THE LICKISS CUP.....	16
THE GAP CUP.....	16
CLUB RULES & PROCEDURES	17
CLUB NIGHT SWIMS	17
GRADING OF SWIMMERS	17
QUALIFYING TIMES.....	17
NOMINATIONS	18
MEMBERSHIP POLICY.....	18
PARENTAL SUPERVISION	18
WEATHER POLICY	18
POOL AREA RULES	19
CLUB CAPTAINS ROLE AND ELECTION POLICY	20
CLUB ORGANISATION	20
CLUB TROPHIES, AWARDS & ACKNOWLEDGEMENTS	22
SPECIAL EVENT AWARDS.....	23
LIFE MEMBERS AND HONORARY LIFE MEMBERS	24
CLUB RECORDS	25

MESSAGE FROM THE CLUB EXECUTIVE

The Club Management Committee would like to welcome back our returning families and extend a very warm welcome to all new members for the season.

We also thank committee members who have kindly put their hand up to have a role this year and keep our fantastic club running smoothly. The committee will turn to all our parents to help them out in some capacity for this season. It's such an important part of your membership, and it's great for your kids to see you help as well.

We look forward to your involvement and your support of your children and our club this season.

Visit our [website](#) for up to date information, swim nominations and special event details.

Club Management Committee details can be found on our [website](#).

Committee email contact details:

President: president@thegapasc.org.au

Treasurer: treasurer@thegapasc.org.au

Secretary: secretary@thegapasc.org.au

Carnivals: carnivals@thegapasc.org.au

Our principles

As a group, we pride ourselves on the work we do towards achieving the club principles of:

- Providing development pathway opportunities for children in the sport of swimming
- Facilitating an environment that ensures fairness of competition
- Encouraging and strengthening community interaction
- Having fun and competing as a club.

Our history

Our club has a long and proud history. The club was formed in **1968** at The Gap State School pool and now we've enjoyed over 50 years of active swimming and competition by children from The Gap community. Due to large community membership and wishing to see the club continue long into the future, the club was incorporated as a not-for-profit organisation in 2017 as 'The Gap ASC Inc' however still known as "The Gap Gators". We continue our affiliation with Brisbane Swimming, Swimming Queensland and Swimming Australia. There are not many clubs around with the longevity such as ours.

We encourage all families to join with the spirit that has seen swimmers try hard each week to do a personal best and enjoy the fun of "having a go". Many of our club swimmers over the years have also competed at the District, Regional, State, National and International level including a former breaststroke world record holder who was a Gap Gators junior.

Club nights

During our Friday club nights, we will:

- Encourage our youngest swimmers to swim 25m, with assistance if required
- Have all four strokes and Individual Medley on the program each week if time allows
- Hold 25m, 50m and 100m races in each of the strokes (100m as required and time permitting)
- Record Challenges – swimmers may nominate that they are challenging to break a club record on club night
- Hold various special or memorial races

Your membership

As a member of The Gap ASC Inc you agree to be involved with club night activities. We look forward to your active involvement when you can. You can help in many ways such as:

- Canteen
- Timekeeping
- BBQ duties
- Marshalling
- Pack up

We'd love you to help where you can. Many of the jobs are straightforward and your help will ensure that club nights run smoothly and successfully. Many strong and enduring friendships have been made on pool deck amongst the parent groups over the years.

Your children will enjoy unquestionable friendship, fitness and skill development from their involvement, and hopefully, a lifetime connection with this wonderful sport. We are sure the more you get involved the more you will get out of it.

MISSION, VALUES, EXPECTATIONS

OUR MISSION

- To promote the sport of swimming within our club and community
- To encourage and assist our swimmers to develop their skills, fitness and confidence to the **best of their ability**
- To create and foster a club environment which values, promotes and **acknowledges the achievements** of all our swimmers.

OUR VALUES

- To encourage all members to participate in swimming activities in an atmosphere of **fun and excitement**. Swimming with The Gap Gators is first and foremost to be an **enjoyable and rewarding** experience.
- To develop a strong team spirit with individuals being encouraged to set and achieve **personal goals and targets**
- **Competition is only one element of The Gap Gators activities**
- Swimmers, officials and parents representing The Gap Gators will display sportsmanship, honesty and respect to all participants.

OUR EXPECTATIONS FOR MEMBERS

- Swimmers will attempt to participate in club nights and associated activities throughout the season
- Swimmers representing the club will do their best to attend, conduct themselves proudly, fairly and in support of the team. Attendees to all carnivals are to wear The Gap Gators club clothing (swimming cap and polo shirt which are provided as part of your membership. Gap Gators togs are optional).
- Parents of swimmers who have nominated for Brisbane meets or Queensland meets, and other friendly club carnivals will happily help with time keeping and other associated activities as required
- Parents and guardians will actively participate and volunteer in club night activities and help in the running of club nights wherever possible.

POLICIES

- Information on the Rules of Swimming, Safe Sport Framework can be found on [Swimming Queensland's website](#).

YOUR MEMBERSHIP

- Our register of club members is kept on the [Swim Central](#) online portal. The club committee has access to maintain this information.

- Membership fees include Swimming Queensland and Brisbane Swimming registration fees and insurance. Club members are registered to participate at Swimming Queensland and Brisbane Swimming events.
- Memberships are payable at the start of Term 4 school term and cover the swim season club nights which run in Terms 4 and 1. The Swimming Queensland and Brisbane Swimming portion of the registration fees cover swimmers from 1 July to 30 June annually, which allows off-season participation if desired.
- Half season memberships (from 1 January onwards) can be arranged with the help of the club treasurer. Please contact the treasurer for more information.
- Swimmers who transfer out of the club during the season to other clubs may continue to swim with the club as a social member for a small fee.

Membership Categories

Membership can be taken out via [Swim Central](#).

Recreational swimmer

- All club swimmers are automatically listed as Recreational Swimmers upon payment of membership fees
- This membership allows swimmers to participate in all club nights, friendly intra-club carnivals, Brisbane Relay Championships and end of season club championships.

Competitive swimmer

- Swimmers who wish to participate in competitive level Brisbane Swimming qualifying meets and regional championships and Swimming Queensland state level championships can register as a Competitive Swimmer
- This membership allows swimmers to participate in all club nights, friendly intra-club carnivals, Brisbane Swimming and Swimming Qld competitive meets and championships and end of season club championships.

Social swimmer

- We offer a social swimmer membership option for 2nd claim swimmers
- Full membership must be held with another club to take this membership option.

RULES OF SWIMMING

The Gap ASC Inc will generally follow BSA/SQ Swimming Rules, but we don't want to disqualify swimmers where possible, and they won't be disqualified on club nights.

However, for special events, club championships and carnivals, we do need to strictly follow the swimming rules.

Whilst not all the rules of swimming, here are the basic rules that should be followed by swimmers at Gap Gators.

Blocks Start

- When the race is called the swimmers stand just behind the block
- On the long whistle, the swimmers mount the blocks and may place their feet anywhere on the blocks
- On the call "Take Your Marks", at least one foot must be at the front of the block as the swimmer goes down into the starting position. The position of the hands isn't relevant.
- The swimmer must be stationary once the "Take Your Marks" call has been given. Any forward movement will be a false start.

Turns

- With all turns (tumble or other) you must touch the wall with some part of your body. Breaststroke and butterfly require both hands to touch at the same time.
- Your feet must not touch the bottom of the pool at any stage, including turns.

Freestyle

- See block start
- The head must break the surface of the water within 15m from the start
- You may do a normal kick or dolphin kick while underwater only
- Turn: Tumble turn; or touch the wall and then turn. The head must break the surface of the water not more than 15m from the wall.
- Finish: Touch the wall.

Backstroke

- Start: When told to enter the water, jump in feet first and take up position at the end. Swimmers are not permitted to dive in and return to the block.
- On the long whistle, hold the bar and place your feet on the flat part of the wall below the water level
- On the call "Take your Marks" pull yourself closer to the bar. You may do normal kick or dolphin kick while underwater only. Side kick is not allowed. The head must break the surface of the water within 15m from the start.
- Turns: Tumble Turn – Once the upper shoulder rotates beyond the vertical, a continuous single arm pull may be used to initiate the turn. Once the body has left the position on the back, there is to be no kick or arm pull independent of the turning action. push off on your back again.
- Turns: Other Turn – Touch the wall while still on your back and then turn to push off on your back again. Feet may never touch the bottom of the pool and you cannot push off on your front and then roll over.
- Finish: Finish on your back (body must be at less than 90 degrees from horizontal) and touch the wall.

Breaststroke

- Start: See Block Start
- You may take one full stroke under water, but the head must break the surface of the water before completion of the second stroke, within 15m from the start
- Turn: Both hands must touch the wall at the same time. You may take one full stroke under water, but the head must break the surface of the water before the completion of the second stroke and within 15m from the start.
- A tumble turn is NOT permitted
- Finish: Both hands must touch the wall at the same time.

Butterfly

- Start: See block start
- You may do a dolphin kick while under water, but your head must break the surface of the water within 15m from the start
- Remember that the legs must move together at all times, alternating kicks are not permitted
- Turn: Both hands must touch the wall at the same time. Same as in breaststroke
- A tumble turn is not permitted
- Finish: Both hands must touch the wall at the same time.

Individual Medley

- Order: Butterfly, Backstroke, Breaststroke, Freestyle
- Turns: Each stroke must be completed in accordance with the finish rule for that stroke.
 - Butterfly must finish with two hands touching and push off on their back for the backstroke
 - Backstroke to breaststroke must touch the wall while still on your back.
 - Breaststroke must touch the wall with two hands before pushing off for freestyle.

False Starts

- All events aged 10 years and over there will be only one start. If you break you will be disqualified.
- For ages under 10, and 25m events, a second start may be allowed.

Code of Conduct

For swimmers

- Be a good sport
- Compete for the enjoyment
- Work hard for your team as well as yourself
- Treat all team mates and opponents in a courteous and sportsmanship manner
- Compete by the rules
- Co-operate with coaches, team officials, swimming officials and pool officials
- Control your behaviour in and out of the pool
- Learn to value honest effort, skilled performance and improvement

For parents and spectators

- Encourage participation by your children
- Provide a model of good sports behaviour for your children
- Be courteous in your communication with coaches, officials, swimmers and members of any club. Do not interfere with the conduct of any event and let the officials conduct events without interference
- Encourage honest effort, skilled performance and team loyalty
- Make new parents welcome on all occasions
- Remember children compete for enjoyment – don't let your behaviour detract from this
- Demonstrate appropriate social behaviour
- Support skilled performances and team play
- Remember, they are CHILDREN.

CLUB SPECIAL EVENTS & CHAMPIONSHIPS

THE JACK CHRISTIANSEN MEMORIAL RELAY

History

This trophy was donated to the Club by Jack Christiansen, a former principal of The Gap State School, on his retirement in 1981. Jack was made a life member in recognition of his tremendous support for the Club since its formation in 1968. Jack passed away in 1993 and it was decided by the Club that in future the event would be a memorial trophy.

Terms of the Relay

- This relay is a handicap event for teams of four swimmers who have qualified for the 50m freestyle and have an official recorded time. Teams may be male, female or mixed.
- Medallions are presented to the winners of a handicap 4x50 metre freestyle relay.

Handicapping System

- The best time (PB) for each swimmer for 50m freestyle (as recorded in the club computer by the data input official) will be used
- Race sheets will be generated, with all teams shown in the order of slowest to fastest with the handicapping time indicated
- Based on the race sheets, the slowest team will start on "GO" with other teams starting on their handicap team as called by the race official
- Teams false starting (ie., starting earlier than their handicap time will be disqualified).

Heats/Final

- Subject to the above, and the number of heats being contested, the team or teams qualifying fastest in each heat will be selected for the final or if six or fewer teams nominated will be a straight final
- The team finishing first from a handicapped start or having the fastest adjusted handicapped time will be declared the winner
- Depending on allowable timeframe on the evening, the club may decide to have a timed final (ie. use the heat times for the purpose of declaring a winner).

THE COACH'S CUP

History

This event was initiated by former long - term club coach, Mr Cameron Speechley, and originally donated by the Aqualine Swim School, who had an association over many years with The Gap Gators.

Terms of the Cup

- The Coach's Cup is a 100m freestyle trophy event for junior and senior swimmers who have qualified to swim 50m freestyle
- Medallions are awarded for 1st, 2nd and 3rd place getters for junior girls and boys (9-11 years - year of birth, not age on block) and senior girls and boys (12+ years - year of birth not age on block).
- NOTE: Coach's Cup times do not earn improvement points.

Handicapping System

- This is not a handicapped event, ie the fastest swimmers win.

Heats & The Final

- If there is 6 or fewer swimmers nominated, this event will be conducted as a straight final otherwise we will run heats and finals
- The heats will be conducted after the 50m Freestyle and the finals (if required) will be conducted at the end of the program.

THE SPEECHLEY SHIELD

History

The Speechley family originally donated this trophy in 1981 for senior boys and girls. The event was a 100 metre freestyle swim. In 1991 the family decided that the trophy should be awarded to boys and girls aged between 9 and 11 inclusive. In 2015, the Club Committee in consultation with the Speechley family changed the event to an Individual Medley format. Pat and Richard Speechley have been associated with the Club since its beginning and are all Life Members.

Terms of the Shield

- This event is a handicap 100m and 200m Individual Medley for swimmers who have an official recorded time in the respective distance
- Medallions are presented to the winners of the 100m and 200m Individual Medley.

Handicapping System

- The best time (PB) for each swimmer (as recorded in the Club computer by the data input official) will be used
- Race sheets will be generated, with all swimmers shown in the order of slowest to fastest with the handicapping time indicated
- All swimmers will start on "GO"/starters buzzer with race times adjusted for handicap after all swimmers have swum
- Swimmers false starting (ie. starting earlier than their handicap time) will be disqualified.

Heats/final

- There will be no heats/finals, rather all swimmers will swim their race once and handicap time adjustment will be made to their recorded race time to determine the winner.

THE REBECCA BROWN SHIELD

History

This shield is contested in honour of Gap Gator swimmer Rebecca Brown, the former 200 metre breaststroke world record holder (WR time of 2:24:76 recorded in Brisbane, March 1994), representative Australian National swimmer and past club member who still holds breaststroke records at the club.

Terms of the shield

- This relay is a handicap event for teams of four swimmers who have qualified for the 50m breaststroke and have an official individual recorded time. Teams may be male, female or mixed.
- Medallions, and the perpetual trophy are presented to the winning team

Handicapping system

- The best time (PB) for each swimmer for 50m breaststroke (as recorded in the club computer by the data input official) will be used
- Race sheets will be generated, with all teams shown in the order of slowest to fastest with the handicapping time indicated

- Based on the race sheets, the slowest team will start on “GO” with other teams starting on their handicap team as called by the race official
- Teams false starting (ie., starting earlier than their handicap time) will be disqualified.

Heats/final

- Subject to the above, and the number of heats being contested, the team or teams qualifying fastest in each heat will be selected for the final or if six or fewer teams nominated will be a straight final
- The team finishing first from a handicapped start or having the fastest adjusted handicapped time will be declared the winner
- Depending on allowable timeframe on the evening, the club may decide to have a timed final (ie. use the heat times for the purpose of declaring a winner).

THE ROB CHANDLER MEMORIAL HANDICAP

History

This event is contested in honour of past club member Rob Chandler who tragically died in November 2013. Rob was an integral member of the club for many years and was always known by his self-appointed title of the “Gap Gators Chief Timekeeper”. Rob was always on pool deck not only timekeeping but encouraging all to do their best.

Terms of the event

- This is a handicap freestyle event swum over 25m, with separate events for boys and girls with heats and finals
- To be eligible, a swimmer must still be competing in the 25m freestyle event on club nights and **must not have** qualified to swim 50m freestyle.
- A medallion is presented to the winning boy and girl.

Handicap system

- The best time (PB) for each swimmer as recorded on the database will be used as the time to calculate the handicap
- Race Sheets will be generated with the swimmer’s handicap time indicated
- Based on the race sheets, all swimmers will start on “GO”/starters buzzer with recorded race times adjusted for handicap at completion.

Heats and The Final

- If there are fewer than six swimmers nominated the event will be a straight final, otherwise there will be heats as required
- The winning swimmer will be the one with the fastest adjusted handicapped time, who has not been disqualified for an infringement of the rules of swimming.

25M SPRINT CHAMPIONSHIPS

History

Sprint championships shall not commence earlier than Week 6 of the Club Night program.

Terms of the 25M sprint championships

- All events will be 25 metre’s and be swum against swimmers of their own age in each of the four (4) strokes. Separate events for boys and girls.

- Swimmers will be grouped as per their age on the Sprint Championships Club Night, known as 'Age of Block'.
- Placing ribbons (1st, 2nd, 3rd + Competitor) will be presented on the night for each race held based on times recorded.

G25 JUNIOR RELAY

As part of the 25M Sprint Championships a G25 Junior Freestyle Relay will be run.

Terms of the Event

- This is a 4x25m handicap freestyle relay event. Teams may be male, female or mixed.
- To be eligible a swimmer must still be competing in the 25m freestyle event on club nights and **must not have** qualified to swim 50m freestyle.

Handicapping System

- The best time (PB) for each swimmer as recorded on the database will be used as the time to calculate the team handicap.
- Race Sheets will be generated with each team's handicap time indicated.
- Based on the race sheets, the slowest team will start on "GO" with other teams starting on their handicap team as called by the race official.
- Teams false starting (ie. starting earlier than their handicap time will be disqualified).

Heats/Final

- If there are fewer than six teams nominated the event will be a straight final
- The winning team will be deemed to be the one that finishes first by touching the wall, which have not been disqualified for an infringement of the rules of swimming.
- In the event of more than six teams competing, times recorded from all heats swum will be reviewed with the quickest time swum from all teams awarded the winner.
- The team finishing first from a handicapped start or having the fastest adjusted handicapped time will be declared the winner
- Depending on allowable timeframe on the evening, the club may decide to have a timed final (ie., use the heat times for the purpose of declaring a winner)

CLUB CHAMPIONSHIPS

Club Championships shall not commence earlier than the second week in March.

Age shall be determined as "Year of Birth".

ELIGIBILITY

Club members

- Club members who commenced membership of the club for the first time in the second part of the swimming season are required to complete three recorded club swims in connection with each of the style strokes.
- Other club members are required to complete five recorded club swims in connection with each of the style strokes.

You can get credits for swimming for the club at a Brisbane Swimming Association (BSA) or Swimming Queensland (SQ) sponsored carnival.

For the purposes of paragraphs above: -

- A club member is entitled to receive a credit equivalent to one recorded Club swim in connection with each of the style strokes if that member swims for the club at a carnival sponsored by the Brisbane Swimming Association or the Queensland Swimming Association, or selected to swim for the club at an Inter Club Carnival.
- A club member may receive a maximum of three credits in terms of the above paragraph during a swimming season.

The Individual Medley

- To swim in this event at the Club Championships, a club member must have completed four recorded club Individual Medley swims during the season
- A club member who commenced membership of the club for the first time in the second half of the swimming season are required to complete two recorded club Individual Medley swims.

NOMINATIONS FOR CHAMPIONSHIPS

Swimmers will be automatically entered into the Club Championships provided they have met the minimum number of swims during the season. Any withdrawals or unavailable swimmers should be emailed to clubnight@thegapasc.org.au by the Thursday before the Club Championships.

DISTANCES

- Individual style strokes:
 - 8 yrs. and under – events swum over 25m
 - 9, 10, 11 yrs. – events swum over 50m
 - 12 yrs. and older – events swum over 50m

- Individual medley:
 - 12 yrs. and under - events swum over 100 metres
 - 13 yrs. and over – events swum over 200 metres

DEAD HEAT BY TWO OR MORE SWIMMERS

In the event of two or more swimmers dead heating for a particular place in an event, the points allocated to that placing shall be added together with the points allocated to the next place or placings involved and then divided equally among the swimmers concerned.

The judges' decision is official and final in multiple placing irrespective of times recorded.

EQUAL SCORE BY TWO OR MORE SWIMMERS

Should there be a tie for first place by two Club members, then the two first placings are awarded. No second place will be awarded but third place award is given to the swimmer with the next highest score.

Should there be a tie for second place by two or more swimmers then a first placing is awarded, second placing is awarded to those club members tied for second place and no third place is awarded.

Should there be a tie for third place by two or more swimmers then awards are given for first second and third placing. However, there is no limit to the number of third placings.

CHAMPIONSHIP POINTS

Points are awarded as follows:

Place	Points
1 st	6
2 nd	5
3 rd	4
4 th	3
5 th	2
6 th	1

Points achieved are added together for each swimmer and used to determine Club Age Champions.

CLUB CARNIVALS

THE LICKISS CUP

History

This trophy was donated to the club in 1970 by Mr. Bill Lickiss, our local State Member of Parliament at that time. Mr. Lickiss officially opened our pool in 1968 and was prominent in the Club from the early days. From past experiences, some very exciting swimming takes place with the final result usually being decided by a few points only.

Terms of the Cup

- The Lickiss Cup carnival is a swim meet of up to six swimming clubs including The Gap Gators, with the Lickiss Cup being awarded to the club gaining the most accumulated points
- The winning club is given a separate trophy with that club's name being engraved on the perpetual trophy, which is retained by the Club. Other participating clubs will receive a memento in recognition of their efforts.

Points

- Points are awarded as follows in the event of 6 clubs participating if lesser number of club's points will be adjusted to the number of clubs (ie. 4 clubs – points will be 1-4):

Place	Points
1 st	6
2 nd	5
3 rd	4
4 th	3
5 th	2
6 th	1

- Points achieved are added together for each race and added to determine club with the most points which will be declared the winner.

THE GAP CUP

History

The Club held the inaugural carnival on 11 September 2010 with over 160 swimmers from various schools competing for a perpetual inter-school trophy. The event was created to engage the local community and encourage participation in the sport of swimming.

Terms of the Cup

- The carnival is a swim meet for all primary schools within the local area with The Gap Cup being awarded to the school with the highest percentage of participants relative to their school's student numbers
- Nominated swimmers from each school participate in all four strokes over 25 metres including and may include the Individual Medley
- The winning school has their name engraved on the perpetual trophy which takes pride of place at that school until the following season.

CLUB RULES & PROCEDURES

CLUB NIGHT SWIMS

- To be eligible to swim at swimming club the swimmer must be enrolled as a **financial member** of The Gap ASC Inc. Swimmers with a Come and Try free membership will be welcome for the duration of that membership, before converting to a financial membership.
- **Club swims are held on Friday evenings starting at 6:15pm sharp. Nominations for club nights are to be made via the “Swim Club” App before or during club nights.**
- At club nights children have the opportunity to swim all four strokes, the Individual Medley or other events as scheduled. These events are rotated from week to week as noted in the season schedule.
- Swimmers are entered for each stroke in 25m, 50m or 100m distances if they have reached the required qualifying time. Individual Medley is offered over 100m or 200m. A swimmer must have swum 25m of each stroke to be eligible to nominate for the 100m Individual Medley.
- 100m stroke swims are offered for two strokes alternating each club night due to time constraints. A swimmer qualified for 100m in a stroke that is not raced over 100m that club night is able to swim in the 50m stroke event.
- Swimmers must wear swim caps when swimming.

GRADING OF SWIMMERS

- Club swims are based on a system of swimmers competing against other club members with similar times, irrespective of age and gender
- All new club members must be able to swim at least 25m freestyle non-stop. Regardless of age, all new club members are encouraged to swim 25m at their first club swim for each stroke with in-pool assistance for our younger swimmers. Swimmers will automatically progress to the next distance on achieving the qualifying time.
- Swimmers must swim 50 or 100 metres once they have achieved the qualifying time for that stroke (exception is if 100m event is not swum on club night then 50m may be swum)
- Current members' best times will be calculated from the previous season
- When a faster time is recorded, this time becomes the new personal best time.

QUALIFYING TIMES

- Swimmers qualify to progress from 25m to 50m to 100m, or in the case of the Individual Medley from 100m to 200m by attaining the following qualifying times at a club night.

	50m	100m	200m
Freestyle	24 sec	40 sec	
Butterfly	29 sec	50 sec	
Backstroke	28 sec	50 sec	
Breaststroke	29 sec	55 sec	
Individual Medley			1.35:00

NOMINATIONS

- For the Club Nights, all swimmers must nominate for the races they'd like to swim via the "Swim Club" app. Nominations can be made on the night.
- Nomination/entry to the Individual Medley event will only be made upon the member swimming all four strokes (ie. you cannot enter the individual medley event if you have only swum 1, 2 or 3 strokes).
- Please ensure your email address that was supplied on your Swim Central registration form is up to date. This ensures good communication for general notices, nominations and feedback. The club is not responsible for any missed communication due to your email address not being updated.

MEMBERSHIP POLICY

- Only financial members are eligible to represent the Club at carnivals
- To be eligible to compete in BSA/SQ swim meets a swimmer must be registered with the SQ/BSA. Contact the [Club Treasurer](#) if you're not sure if Swimming Qld registration has been made.
- Club membership refunds will not be given, unless in exceptional circumstances.

PARENTAL SUPERVISION

As your children's safety is of paramount importance, parents of children involved in any activity conducted by the club, **MUST** either be present throughout the entire activity, or **arrange for another adult to accept responsibility**. An adult must supervise swimmers under the age of 18 years. The Gap ASC Inc and its Club Executive accept no responsibility for any person's safety in or around the pool enclosure.

WEATHER POLICY

Reference will be made to The Gap State School weather policy and further assessment will be made by The Gap ASC Inc Committee and either advised prior the event via email, Facebook, or announced during the event.

POOL AREA RULES

Be considerate to others by remembering:

- **Safety is non-negotiable**
- **No running or “skylarking”** within the confines of the pool enclosures. There are wet slippery surfaces with the danger of injury to yourself and others
- **Being silent on the referee’s whistle** at the start of each event so that competitors can hear the starter’s instructions and the starting gun
- **Not entering the pool without permission** unless participating in supervised warm-ups and recorded events or authorised by a member of the Club Executive or an Activity Coordinator
- **Wearing a swimming cap is compulsory at all times whilst in the pool.** Swimming caps are available from the canteen.
- **Parents or a responsible adult must accompany children for the duration of the swim meet.** Parents are reminded that they are responsible for the behaviour of their children throughout the swim meet.
- **Swimmers are not allowed to leave the pool enclosure until completion of their last swim**
- Once in the pool **swimmers are not to sit on the lane ropes**, as this causes undue stretching and premature failure of the wire
- A competitor should listen for marshalling calls and wait quietly in the marshalling area until directed to go to the starting block
- **Swimmers with open wounds or contagious skin conditions are not to enter the pool.** This is a government health regulation, which cannot be waived.
- **To comply with the club rules.** Members found not complying with the club rules will in the first instance be cautioned by the Club Committee and a second instance will result in further disciplinary action. In the case of children, parents will be notified.

OTHER RULES

- **Diving or jumping into the water is not permitted at the shallow end of the pool**
- No responsibility will be accepted by the club for property left within the pool enclosure
- The club accepts no responsibility whatsoever for any club member for any purpose
- As per government policy **smoking is not permitted** within the school confines
- The club encourages all swimmers to swim in club togs and cap.

CLUB CAPTAINS ROLE AND ELECTION POLICY

Each season, the committee and/or members select two club captains. Up to two vice-captains may also be elected to assist the captains.

Responsibilities:

- To promote the sport of swimming within the club and wider community and encourage and assist all club members to develop their skills, fitness and confidence through the sport of swimming
- Assist in developing a **strong team spirit** for The Gap Gators by encouraging individual members to set and achieve personal goals and targets
- Act as a **role model** within the club by always displaying sportsmanship and honesty in all club activities.

Duties:

- Acting as the swimmers' representative by consulting with the committee to provide the swimmers' point of view when required; or attending club functions as swimmers' delegate
- Assist with the running of the club night by acting as an event marshal
- Assist with team management for swim meets attended by the club.

Procedures for election of club captains and vice-captains:

- All swimming club members who are 12 years or older at the completion of the season and were members of the club in the previous season are eligible.
- Written nominations must be lodged with the Committee by the end of week four. A nomination should contain details of the candidate's name and may contain a statement by the candidate of up to 50 words.
- In the event that there are minimal numbers of eligible children for the club captain and/or vice captain roles the Executive Committee may exercise their discretion in the selection of captains and/or vice captains
- If there is only one nomination, that candidate will be deemed elected.
- If there is no nomination, the position of club captain will be left vacant.
- The Club Executive shall confirm the club captains and this decision is final.

CLUB ORGANISATION

The following page lists the names and phone numbers of all members of the Club Executive and the various coordinators. If at any stage you have a question about the club, or would like to nominate for vacant position, please feel free to approach or contact any member of the committee.

Committee meetings are held on a minimum monthly or, as required. These meetings ensure we operate the club smoothly and effectively. The meetings are open to all parents and entities who are directly associated with the club, with meeting minutes posted on the club website.

CLUB NIGHTS

- Normally 12 timekeepers (two per lane) are required for each Club Night from 6:15pm for the night. Parents' assistance for even a short period is always appreciated. At times, only one timekeeper per lane is required.

- Assistance is required for pool set up from approximately 5:00pm to install lane ropes, set up timekeeping, computer, starting system, marshalling, canteen/BBQ, backstroke flags and then dismantling at the end of the meet/night
- Two-three rostered canteen helpers and one BBQ cook each club night from 5:45pm for the duration of the meet/night unless alternate plans are made.
- One check starter is required to help the marshal to organise swimmers into their correct lanes.
- One starter, two scorers and one referee are also required for each club night.

CARNIVALS AND BSA/QSA MEETS

- Team managers
- Timekeepers
- Home carnival judges, canteen volunteers, marshals and officials

CANTEEN

On club nights the canteen will open at approximately 6:00pm offering food and refreshments.

The operation of our canteen requires **at least three people** to help on club nights. Your participation on the canteen roster **is expected and appreciated**.

Providing help is a great way to meet other parents and lighten the burden, and as such make these events more enjoyable for everyone. Many hands make light work!

CARNIVALS

Above-mentioned volunteer roles and assistance will be required for The Gap Cup and Lickiss Cup carnivals.

CLUB TROPHIES, AWARDS & ACKNOWLEDGEMENTS

ANNUAL AWARDS

- **Club Age Champions**

- This is the Club's premier award
- It is made to the best swimmers across all style strokes and the medley for each sex and in each age group
- First, second and third placings are awarded
- Members who receive an award in this category are not considered for awards in the categories of participation
- The awards are decided by the total number of points gained in the finals of the Club Championships in each style stroke and medley.

- **Top 20 Improvement Awards**

- These awards are for the number of occasions on which a member improves their personal best time in a stroke during Club Nights.
- Separate awards are made for stroke improvement in the individual medley and in each of the four (4) style strokes.
- Each swimmer will accumulate points for each swim (excluding Special Events) on club nights depending on their recorded times as follows:
 - more than 5 seconds slower than their PB time 0 pts
 - 1-5 seconds slower than their PB time 1 pt
 - Up to 1 second slower than their PB time 2 pts
 - Up to 1 second faster than their PB time 3 pts
 - 1-2 seconds faster than their PB time 4 pts
 - More than 2 seconds faster than their PB time 5 pts
- Points are accumulated throughout the season for each swimmer with the Top 20 point score earners awarded at the end of season trophy day
- Members who receive an award in this category are not considered for awards in the categories of participation.

- **Carnival Participation Awards**

- Each swimmer that participates at three or more carnivals (External Swimming Queensland or Intra-club carnival meets) during the season will receive a club towel in recognition for their efforts.

- **Participation Awards**

- Awarded at the discretion of the Committee for participation in club activities.

- **Service Awards**

- This award is for all swimmers who have completed eight years continuous loyal service to the Club.
- This award is made only after individual eligibility is ratified by a club meeting.

SPECIAL EVENT AWARDS

- **Jack Christiansen Memorial Relay**
 - The members of the winning team in this event will each receive a medallion.

- **The Speechley Shield**
 - The winners will each receive a medallion

- **Coach's Cup**
 - Each swimmer gaining a first, second or third placing in this event will receive a medallion

- **Rebecca Brown Shield**
 - The members of the winning team in this event will each receive a medallion and have their names placed on the perpetual trophy.
 - This perpetual trophy is retained on the club premises

- **The Rob Chandler Memorial Handicap**
 - The Boy and Girl winner will each receive a medallion on the night.

- **Sprint Championships**
 - Each swimmer gaining a first, second or third placing in this event will receive a coloured ribbon related to that finished position. All other competing swimmers will receive a "Competitor" type ribbon.
 - The winning G25 Jnr Relay team will each receive a medallion on the night

LIFE MEMBERS AND HONORARY LIFE MEMBERS

The club recognises the people listed below and thanks them for their outstanding contributions to make The Gap ASC Inc a success over the years. Our life members are:

YEAR	NAME
1976	Mrs Rhonda Bygraves Mr Richard Speechley
1977	Mrs Marilyn Gumm Mr Ron Mc Donald
1978	Mrs Pat Speechley
1980	Mrs Mary Hukins Mr John Smith
1981	Mr Jack Christensen (Hon)
1982	Mrs Jan Holmes Mrs Pam Smith
1983	Mrs Jan Scriven Mrs Roslyn Williams
1984	Mr Rex Owen Mrs Val Owen
1985	Mr Bruce Scriven
1988	Mr Trevor Crease Mr Lauren Taylor
1989	Mrs Lyn Forster Mrs Lyn Taylor
1990	Mr Robert (Bob) Nolan Mr John Lane
1993	Mr Bob Rowe (Hon)
1996	Mrs Jenny Crawford Mrs Tracey Holloway
1997	Mrs Bev Coppleman
2005	Mrs Ann Horne Mr Cameron Speechley
2009	Mr Don Bletchley Mr Alan Sweetman
2017	Ms Melinda Chandler Mr Michael Foxlee
2018	Mr David Dunn Mrs Trish Dunn Mrs Megan Doolan
2019	Mr. Glen Sanderson Mr. Matthew Abel Mr. David Metzger

CLUB RECORDS

Swimmers may wish to try for club records during the season. We have some criteria for setting club records:

- Swimmer must be a current paid financial member of The Gap ASC Inc
- Swimmers must be competing for The Gap ASC Inc at the event in which the time is swum
- Age is taken from the age at date of setting time. If a club record is broken at a “Year of Birth” carnival, the member must notify the club swimming coordinator in writing
- Records can only be set at BSA/SQ sanctioned events or on nominated The Gap Club Nights (see below), whereby sufficient time keepers/judges are available to meet BSA/SQ guidelines
- If club members have a Personal Best (PB) time within 2% of a club record time, they may self-nominate that they wish to challenge an existing club record on club night, as long as that event is already on the program. Club members who have qualified to swim 50 metre events and wish to challenge 25 metre records, may do so up to three times within a season. The nomination for “Record Challenge” must be made with the nomination for events for that club night.
- Where club records have been set at pools other than The Gap, the member must notify the club swimming coordinator in writing to confirm the event details and time, so that the performance may be ratified by the club.
- Records are kept for events that are swum at the Club Championships, Club Sprint Championships or Coach’s Cup or by special request on club nights.