



QUEENSLAND GIRLS
Secondary Schools
Sports Association

WORKBOOK

Swimming

Updated 23 January 2026

Queensland Girls Secondary Schools Sports Association Inc
PO Box 586 Cannon Hill QLD 4170 | admin@qgsssa.com.au | www.qgsssa.com.au

Established 1908 - Performance, Participation, Tradition & Innovation

SWIMMING

1 ELIGIBILITY

1.1 Each school shall be represented by one entry in any one event.

Exception: Open Multiclass events whereby one nominated student can compete for competition points, with additional students nominated as exhibition athletes and ineligible for competition points.

1.2 In individual events where divisions occur, the school must enter the fastest swimmer out of its chosen competitors in the A division. Subsequent ranking in descending order for the following divisions must apply.

1.3 Ranking of relay teams, where divisions occur, must be done on the same principle.

1.4 Re-ranking down between divisions can be made up to 5pm, two school days before the competition.

1.5 Where divisions occur in an event, a competitor shall not be permitted to enter more than one division.

1.6 Open Multiclass events

Students with a sport classifiable disability (i.e. meets the minimum eligibility criteria for classification) are eligible to participate and be awarded competition points. Students without a sports eligible classification are welcome to participate.

To compete in multiclass events and be eligible for competition points, students are required to undergo a classification assessment and hold a sport class in swimming.

1.7 Age groups:

1.7.1 Ages shall be:

12 years and under

13 years

14 years

15 years

16 years

17 years and over

Open Multiclass

Open - from any age group

Junior - 15 years and under

1.7.2 A competitor may only compete in her own age group.

1.8 A competitor may compete in:

2 Individual age events

1 Open event

1 Age relay

1 Brockway Cup relay

Open Multiclass – maximum of 4 individual open multiclass events or 3 individual multiclass events and one age group relay.

2 EVENTS

- 2.1 Events per age:
- | | |
|---------------|--|
| 50 metres | Freestyle, Divisions A, B, C and D and Open Multiclass |
| 100 metres | Freestyle, Division A and Open Multiclass |
| 50 metres | Butterfly, Division A and Open Multiclass |
| 50 metres | Backstroke, Division A and Open Multiclass |
| 50 metres | Breaststroke, Division A and Open Multiclass |
| 4 x 50 metres | Medley relay |
| 4 x 50 metres | Freestyle relay, Divisions A and B |
- 2.2 Open events:
- | | |
|------------|-------------------|
| 100 metres | Butterfly |
| 100 metres | Breaststroke |
| 100 metres | Backstroke |
| 200 metres | Freestyle |
| 200 metres | Individual Medley |
- 2.3 Open Brockway Relay
Junior Brockway Relay (15yrs & Under)

3 PLACES AND POINTS

- 3.1 A place shall be awarded to every competitor.
- 3.2 Points shall be:
- Individual: 10, 9, 8, 7, 6, 5, 4, 3, 2, 1
 - Relays: 12, 10, 8, 7, 6, 5, 4, 3, 2, 1
 - Open Multiclass: Awards points based on the number of schools represented in the event. If there were three (3) athletes/schools there would be a maximum of three (3) points for 1st place, two (2) points for 2nd place, and one (1) point for 3rd place.
- 3.3 In the event of a tie, the points for that place and the next will be added and the total divided equally.
- 3.4 When swimmer(s) are disqualified for a false start, in individual or relay events, the swimmer(s) shall be allowed to swim and receive 0 competition points.
- 3.5 For the 12 Years & Under B Relay event, the points awarded reflects the number of schools competing in the event (i.e. Same points application as multiclass). For example, if there are seven schools in the event, first place will receive 7 points, second place will receive 6 points etc.

4 TROPHIES

- 4.1 **Mollie Gould Cup:** Aggregate Points.
- 4.2 **Sheena Dyason Cup:** Calculated on a percentage points basis where the total amount of points scored in the seven age divisions is divided by the total female

secondary enrolment. Where a school's total population is less than 550 students, a value of 550 students will be used for the title calculation. The winner of the aggregate trophy is not eligible.

- 4.3 **Open Brockway Cup:** 4 x 50 metres Freestyle relay.
No points will be awarded for this event towards the aggregate score.
- 4.4 **Junior Brockway Cup:** 4 x 50 metres Freestyle relay (15 years and under).
No points will be awarded for this event towards the aggregate score.
- 4.5 A pennant shall be awarded to each winning age group.
- 4.6 A pennant shall be awarded to the winner of the Mollie Gould Cup.

5 CAPS

Swimmers must wear caps of their school colours. Refer to General Rule 2.

6 OFFICIALS

- 6.1 QSA officials shall be used when possible.
- 6.2 Each school shall supply three officials when requested.
- 6.3 All schools must supply a responsible adult to supervise the relay teams in the marshalling area.

7 TEAM ENTRIES / CHANGES

Refer to By-Laws 5.19 and 5.20

- 7.1 On the day of competition, a sick or injured competitor who is officially replaced in earlier events must take no further part in the competition.
- 7.2 **Late Changes:** Late changes on the day must be signed by the Director of Sport or Girls Sports Coordinator, and submitted via the yellow Changes Form no later than 20 minutes prior to event.

8 DISPUTES

Refer to By-Law 8.

9 BARRACKING

- 9.1 Cheer squads will not obstruct any school's view of the competition.
- 9.2 No mechanical devices or musical instruments.

- 9.3 Non-electric megaphones are permitted.
- 9.4 No stamping of feet will be permitted in the stands.
- 9.5 No crepe paper streamers will be permitted.
- 9.6 A mascot will be permitted on to the concourse at the beginning and at the conclusion of the Carnival for the presentations.

10 BANNERS AND FLAGS

- 10.1 Banners and flags may be placed in appropriate areas prior to the commencement of the competition.
- 10.2 No signs are to hung from the dive pool stand or from the walkway above the scoreboard.

11 WARM-UP AND WARM DOWN

- 11.1 A supervised team warm-up will be permitted. The lane used for the warm-up will be the same as for the competition.
- 11.2 Swimmers are permitted to cool down in the supervised diving pool immediately after their race.

12 LANE ORDER

Lane order is determined on a rotational basis of two lanes forward each year.
e.g. Lane 1 becomes Lane 3.

13 SEATING AND ENTRANCE

- 13.1 Each school is to be allocated a seating block, none of which are to be beyond the competition pool area.
- 13.2 Schools are to be seated on the side of the pool aligned with their lane draw
- 13.3 If required, each school will be allocated entrance tickets. The number of tickets is to be the same as the seating block. These tickets can be distributed at each school's discretion.

14 PHOTOGRAPHER

- 14.1 One official photographer from each school wearing an official QGSSSA bib will be permitted to take photographs on the concourse. The Carnival Director has the discretion to ask the photographer to leave the concourse if the rule is infringed.

- 14.2 One official video crew from each school can film from the concourse upon application to the QGSSSSA.

15 PROHIBITED ITEMS & STRAPPING

Prohibited Items – Watches

Students are not permitted to wear watches or wrist-worn devices of any kind while competing in QGSSSA swimming events.

Strapping – Medical Clearance Requirement

Students requiring strapping or taping must obtain prior approval from Swimming Queensland officials. A medical certificate must be provided to support the use of significant strapping. Students should present to the Executive Officer and Chief Referee/Technical Manager prior to the start of the Championships or as soon as practical prior to their first swim.