



2025 McDONALD'S

DARLING DOWNS REGIONAL LONG COURSE CHAMPIONSHIPS

MILNE BAY AQUATIC CENTRE

SATURDAY 22nd February – SUNDAY 23rd February 2025

Saturday Warm up 7.30am – 8.30am

March Past 8.45am

Start 9.00am

Session 1					Session 2				
Event		Age	Stroke	QT	Event		Age	Stroke	QT
Girls	1	11yrs & over	800 FR	12 MIN	Boys	Girls	8yrs - 10yrs	SPRINT FINAL	
Boys	2	11yrs & over	800 FR	12 MIN	Boys	Girls	11yrs - 12yrs	SPRINT FINAL	
Girls	3	8yrs – 10yrs	50 FR		Boys	Girls	13yrs - 14yrs	SPRINT FINAL	
Boys	4	8yrs – 10yrs	50 FR		Boys	Girls	15yrs & over	SPRINT FINAL	
Girls	5	11yrs – 12yrs	50 FR		Girls	43	11yrs - 12yrs	200 IM	3:40.00
Boys	6	11yrs – 12yrs	50 FR		Boys	44	11yrs - 12yrs	200 IM	3:34.00
Girls	7	13yrs – 14yrs	50 FR		Girls	45	13yrs & Over	200 IM	3:36.00
Boys	8	13yrs – 14yrs	50 FR		Boys	46	13yrs & Over	200 IM	3:29.00
Girls	9	15yrs & over	50 FR		Girls	47	8yrs - 9yrs	50 BR	
Boys	10	15yrs & over	50 FR		Boys	48	8yrs - 9yrs	50 BR	
Girls	11	10yrs - 11yrs	100 BR		Girls	49	10yrs - 11yrs	50 BR	
Boys	12	10yrs - 11yrs	100 BR		Boys	50	10yrs - 11yrs	50 BR	
Girls	13	12yrs - 13yrs	100 BR		Girls	51	12yrs - 13yrs	100 FR	
Boys	14	12yrs - 13yrs	100 BR		Boys	52	12yrs - 13yrs	100 FR	
Girls	15	14yrs - 15yrs	100 BR		Girls	53	14yrs - 15yrs	100 FR	
Boys	16	14yrs - 15yrs	100 BR		Boys	54	14yrs - 15yrs	100 FR	
Girls	17	16yrs & over	100 BR		Girls	55	16yrs & over	100 FR	
Boys	18	16yrs & over	100 BR		Boys	56	16yrs & over	100 FR	
Girls	19	8yrs – 9yrs	50 BK		Girls	57	Multiclass	50 FLY	
Boys	20	8yrs – 9yrs	50 BK		Boys	58	Multiclass	50 FLY	
Girls	21	11yrs & Over	400 IM	6:30.00	Girls	59	11yrs - 12yrs	200 BK	
Boys	22	11yrs & Over	400 IM	6:30.00	Boys	60	11yrs - 12yrs	200 BK	
Girls	23	Multiclass	50 FR		Girls	61	13yrs & over	200 BK	3:30.00
Boys	24	Multiclass	50 FR		Boys	62	13yrs & over	200 BK	3:30.00
Girls	25	10yrs - 11yrs	100 BK		Girls	63	8yrs - 9yrs	50 FLY	
Boys	26	10yrs - 11yrs	100 BK		Boys	64	8yrs - 9yrs	50 FLY	
Girls	27	12yrs - 13yrs	100 BK		Girls	65	10yrs - 11yrs	50 FLY	
Boys	28	12yrs - 13yrs	100 BK		Boys	66	10yrs - 11yrs	50 FLY	
Girls	29	14yrs - 15yrs	100 FLY		Girls	67	Multiclass	50 BK	
Boys	30	14yrs - 15yrs	100 FLY		Boys	68	Multiclass	50 BK	
Girls	31	16yrs & Over	100 FLY		Girls	69	11yrs - 12yrs	200 FR	3:22.00
Boys	32	16yrs & Over	100 FLY		Boys	70	11yrs - 12yrs	200 FR	3:22.00
Girls	33	10yrs - 11yrs	100 FLY		Girls	71	13yrs & over	200 FR	3:18.00
Boys	34	10yrs - 11yrs	100 FLY		Boys	72	13yrs & over	200 FR	3:13.00
Girls	35	Multiclass	50 BR		Girls	73	Mixed Age Relay		4 x 50m
Boys	36	Multiclass	50 BR		Boys	74	Mixed Age Relay		4 x 50m
Girls	37	12yrs – 13yrs	50 BR		RELAY PRESENTATIONS				
Boys	38	12yrs – 13yrs	50 BR						
Girls	39	14yrs - 15yrs	50 BK						
Boys	40	14yrs - 15yrs	50 BK						
Girls	41	16yrs & Over	50 BK						
Boys	42	16yrs & Over	50 BK						

SHORT BREAK

CLUB AWARDS TO BE HANDED OUT AT THE DDRSA FUNCTION - 10TH MAY AT CLIFFORD PARK RACECOURSE

- **Grade Club Trophy:** The final round of these Grade trophies will be held at the Regional Championships and all swimmers competing will earn points for their club.
- **The Regional Aggregate Club Trophy:** The Club who gains the most points over the weekend based on the number of competitive swimmers in their club. All swimmers competing will earn points for their club
- **Relay Trophies:** Merv Lancaster (Women's), David Broadfoot (Men's) to the winners and medals will be awarded to all place getters.

The team must be made up of swimmers as entered in Swim Central. No nominations for relays will be accepted on the day - they must be through Swim Central. Clubs will be invoiced after the meet.

Sunday Warm-Up 7.30am Start 8.30am				
Session 3				
Event		Age	Stroke	QT
Girls	75	12yrs & Over	1500 FR	20 MIN
Boys	76	12yrs & Over	1500 FR	20 MIN
WARM UP FOR COMPETITORS				
Girls	77	12yrs - 13yrs	100 FLY	
Boys	78	12yrs - 13yrs	100 FLY	
Girls	79	14yrs - 15yrs	100 BK	
Boys	80	14yrs - 15yrs	100 BK	
Girls	81	16yrs & over	100 BK	
Boys	82	16yrs & over	100 BK	
Girls	83	10yrs - 11yrs	50 BK	
Boys	84	10yrs - 11yrs	50 BK	
Girls	85	12yrs - 13yrs	50 BK	
Boys	86	12yrs - 13yrs	50 BK	
Girls	87	14yrs - 15yrs	50 BR	
Boys	88	14yrs - 15yrs	50 BR	
Girls	89	16yrs & over	50 BR	
Boys	90	16yrs & over	50 BR	
Girls	91	11yrs - 12yrs	200 FLY	
Boys	92	11yrs - 12yrs	200 FLY	
Girls	93	13yrs & over	200 FLY	
Boys	94	13yrs & over	200 FLY	
Girls	95	10yrs - 11yrs	100 FR	
Boys	96	10yrs - 11yrs	100 FR	
Girls	97	13yrs & over	200 BR	
Boys	98	13yrs & over	200 BR	
Girls	99	11yrs - 12yrs	200 BR	
Boys	100	11yrs - 12yrs	200 BR	
Girls	101	16yrs & over	50 FLY	
Boys	102	16yrs & over	50 FLY	
Girls	103	14yrs - 15yrs	50 FLY	
Boys	104	14yrs - 15yrs	50 FLY	
Girls	105	12yrs - 13yrs	50 FLY	
Boys	106	12yrs - 13yrs	50 FLY	
Girls	107	12yrs & over	400 FREE	5:50.00
Boys	108	12yrs & over	400 FREE	5:30.00

CONDITIONS:

- Swimmers must be actively registered as competitive members of SQ and DDRSA.
- The nominating athlete/club must be registered and affiliated with DDRSA to be eligible to compete
- Swimmers may nominate in their own Age Group and eligible combined Age events
- World Aquatics rules will apply
- NOMINATION FEES:
 - \$7.50 per event. This includes free entry for swimmers and spectators
 - RELAY EVENTS \$7.50
 - **Clubs are asked to NOMINATE RELAYS IN SWIM CENTRAL**
 - **NOMINATIONS CLOSE VIA SWIM CENTRAL Monday 17th February 2025**

Nominations: If having problems with Swim Central. Please email ddrsasecretary@gmail.com

IMPORTANT NOTES

- The Meet Program will be available on the website events page from Thursday 20th February 2025.
Link: <https://www.ddrsaswimming.org/ddrsa-regional-championships>
- The meet program will not be for general sale at this meet

CONTACT:

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Country Championships events not included at Stanthorpe

- The Country Championship medals will be handed out to the eligible swimmers for the 400m, 800m and 1500m events as well as the 200m FLY at the Regional Championships
- The Country Open Distance Champion will be finalised following these events

INDIVIDUAL AWARDS

Medals will be awarded for 1st, 2nd & 3rd place getters in each championship event based on times in the swimmer's age groups in the following events:

- 50m events – 8yrs, 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs, 17yrs & Over
- 100m events – 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs, 17yrs & Over

Medals will be awarded for 1st, 2nd, 3rd place getters in each 200m, 400m, 800m & 1500m combined age event based on times.

INDIVIDUAL AWARDS TO BE HANDED OUT AT THE DDRSA AWARDS NIGHT ON THE 10TH MAY, 2025 AT CLIFFORD PARK RACECOURSE.

Swimmer of the Year:

The swimmer who has gained most points this season up to the end of the Regional Championships.

Points will be awarded up to tenth place in Swimming Queensland Championships, to the first three place getters in the Regional Championships, State and Regional records and for selection in SQ State teams.

Swimmer of the Meet:

Points will be awarded for the breaking of established Regional Records.

Senior Girl and Boy 13years & Over:

The swimmer who gains the most points through placing's in their age group (50m & 100m events). Swimmers must nominate for a minimum of three age group events to be eligible.

Junior Girl and Boy 12 years & Under:

The swimmer who gains the most points through placing's in their age group (50m & 100m events). Swimmers must nominate for a minimum of three age group events to be eligible.

Sprint Champion:

The male and female winner of the 8yrs - 10yrs, 11yrs - 12yrs, 13yrs - 14yrs and the 15yrs & Over 50m Freestyle Final events

Distance swimmer Girl and Boy - 11yrs – 12yrs and Open:

The swimmer who gains the most points through placing's in 200m Breast, 200 Back, 200 Fly, 200 Free, 200 IM, 400 IM, 400 Free, 800 Free, 1500 Free. Swimmers must nominate for a minimum of three distance events to be eligible.