



TIME & TECHNIQUE MEET 2024

Sunday 27 October 2024

1:00pm

FAST Aquatic Centre, Fairholme College

Wirra Wirra St, Toowoomba, QLD 4350

NOMINATIONS PACK INCLUDES:

Invitation Letter

Overview of Event

Program of Events

Judges Marking Scheme for Technique Component

Nomination Instructions

****nominations due by Monday 21 October 2024**





Time & Technique Meet

INVITATION

Dear Swimmer and Families,

We invite you to nominate for the Time and Technique Meet 2024, hosted by Fairholme Aquatics Swim Club on Sunday 27 October 2024, after the DDRSA JX Clinic.

The Time and Technique Meet will see two winners in each event:

- 1) The swimmer who wins by the traditional time method, and
- 2) A winner judged to have competed in the race with the best swimming technique.

Offering swim events for 8 to 12 year olds, this meet is open to both registered Swimming Queensland and non-registered swimmers alike, allowing all the opportunity to 'come and try'.

A recognised JX meet, this is also the perfect meet for experienced swimmers to strive for qualifying times.

Races will commence at 1pm. Swimmers will swim in their own age groups and will be given the opportunity to swim in 50m of Freestyle, Backstroke, Butterfly and Breaststroke. Each swimmer who nominates in a Freestyle race will also be placed into a 'generic' relay team consisting of members from all clubs.

We look forward to welcoming you to Fairholme Aquatic Centre, and we hope that you enjoy your afternoon of swimming. For more information please contact the Aquatic Centre during school term time between 9am and 11am or 2.30pm to 5.30pm, on ext. 4688 4658, [or email: fast@fairholme.qld.edu.au](mailto:fast@fairholme.qld.edu.au).

Yours in swimming,

The team at FAST Aquatic Centre



Time & Technique Meet

EVENT OVERVIEW

This meet is open to swimmers aged 8 to 12 years old.

TIME

Normal format with prizes being awarded for 1st, 2nd and 3rd place, based on times swum.

All times swum will be official and will be submitted to Swimming Queensland.

TECHNIQUE

For each race, points will also be awarded based on technique, very similar to a gymnastic or diving competition. These points will accrue throughout the meet and prizes will be awarded to the top three, male and female, in each age group. In the case of a tie, the result will be decided based on all four event finishing places added together, i.e. lowest number wins. Where a swimmer has not swum a stroke he or she will be automatically awarded 8th place for that event.

In addition, Gold, Silver and Bronze Certificates will be awarded to every swimmer in the meet.

Gold: To receive a Gold certificate a swimmer will need to score 54 or more points.

Silver: To receive a Silver certificate, swimmers need to score between 36 to 53 points.

Bronze: All swimmers who score 35 or less points will receive a Bronze certificate.

Technique judging criteria:

This was set by some of Australia's leading coaches (please see the following pages for more detail on the set Marking schemes). Many of the judges on the day are coaches from our local region, trained to look for these attributes. Specific 'Judges Training' for this meet has also taken place.

Technique scoring:

Each swimmer will be assessed according to 6 key swimming skills per stroke. In each skill, points will be awarded on the following basis:

Excellent execution	3 points
Acceptable execution	2 points
Poor execution	1 point

Each swimmer will receive an individual score card which will be available for the swimmer to take home on completion of the meet. These will be a useful tool for the swimmer and their coach to identify areas for the swimmer to improve.



Time & Technique Meet

PROGRAM

Gates Open: 11.45 am
Warm Up: 12 to 12.45pm
Parent Meeting: 12.30 pm
First Event: 1 pm

Event Number		Age Group	Event
Girls	Boys		
2	1	8 & 9 Years	50m Freestyle
4	3	10 Years	50m Freestyle
6	5	11 Years	50m Freestyle
8	7	12 Years	50m Freestyle
10	9	8 & 9 Years	50m Breaststroke
12	11	10 Years	50m Breaststroke
14	13	11 Years	50m Breaststroke
16	15	12 Years	50m Breaststroke
18	17	8 & 9 Years	50m Backstroke
20	19	10 Years	50m Backstroke
22	21	11 Years	50m Backstroke
24	23	12 Years	50m Backstroke
26	25	8 & 9 Years	50m Butterfly
28	27	10 Years	50m Butterfly
30	29	11 Years	50m Butterfly
32	31	12 Years	50m Butterfly



Time & Technique Meet

50m Freestyle Evaluation Criteria	3	2	1
The Start → Breakout <ul style="list-style-type: none"> - Clean entry through the same hole in a streamlined position. - A minimum of 3 Dolphin Kicks. - Breakout in a streamlined position with the face down. 			
Breathing Control/Coordination – throughout the race <ul style="list-style-type: none"> - Control the breathing to the first 10m – 12.5m. - Face out as the opposite hand enters - Face in as the breathing arm enters 			
Arm Recovery: <ul style="list-style-type: none"> - Recovery, high elbow. - Entry in line with shoulder, (fingers, wrist and elbow). 			
Turn: <ul style="list-style-type: none"> - Feet over together, sharp off the wall. - A minimum of 3 Dolphin kicks in a streamlined position to breakout. - No breathing on the 1st stroke at the breakout. 			
Arm Stroke <ul style="list-style-type: none"> - High elbow catch, - Hand doesn't cross centre line under body 			
Finish: <ul style="list-style-type: none"> - No breaths inside the flags - Finish at full extension, head down. 			
SUB TOTAL POINTS:			

50m Breaststroke Evaluation Criteria	3	2	1
The Start → Breakout <ul style="list-style-type: none"> - Clean entry through the same hole in a streamlined position. - One under water stroke (including a dolphin kick) and kick to the breakout in a streamlined position with the face down. 			
Breathing Coordination – throughout the race <ul style="list-style-type: none"> - Head lifts to breath at the start of the in sweep - Face in the water as the arms extend to a streamlined position/eyes down. 			
Arm Recovery <ul style="list-style-type: none"> - Thumbs up just beneath the surface. - Hand accelerate to a streamlined position 			
Turn: <ul style="list-style-type: none"> - Stay low and tight into the turn. - Snap of arm off the wall with one arm (underwater) and salute with the other, sharp push off the wall. - Streamlined glide with under water stroke (including the dolphin kick) and kick to the breakout in a streamlined position with the face down. 			
Swimming Technique: <ul style="list-style-type: none"> - Press palms/fingers outside of the wrist, wrist outside of the elbows and the elbows outside of the shoulder. <i>(2 & 10 before they Bend)</i> - Good water connection with the palms and arms throughout the stroke. <i>(Fingers down Elbows up)</i> - Good water connection with the feet and drive from the legs. <i>(Knees inside Feet – Feet touch before hands begin)</i> 			
Finish <ul style="list-style-type: none"> - Finish at full extension (on a full stroke) with the face down - Two hands 			
SUB TOTAL POINTS:			
TOTAL POINTS:			



Time & Technique Meet

50m Backstroke Evaluation Criteria	3	2	1
The Start → Breakout <ul style="list-style-type: none"> - Clean entry through the same hole in a streamlined position. - A minimum of 3 dolphin kicks to the breakout in a streamlined position with the head back. 			
Body Position: <ul style="list-style-type: none"> - Eyes on Roof - Chest Up - Toes break surface (No knees breaking surface) 			
Arm Recovery: <ul style="list-style-type: none"> - Continual motion with natural coordination. - Shoulder out on the recovery followed by the thumb or back of the hand with a straight arm. - Clean entry, in line with shoulder. 			
Turn & Finish: <ul style="list-style-type: none"> - Tight turn - Feet over together, sharp off the wall. - A minimum of 3 dolphin kicks in a streamlined position to the breakout with the head back. 			
Arm Stroke <ul style="list-style-type: none"> - Good water connection/propulsion (arm wrestle press). - Hand remains beneath surface - Alternate Arms (no catch up) 			
Finish <ul style="list-style-type: none"> - Maintain speed in final 5 metres and finish at full extension. - No looking around - Above surface 			
SUB TOTAL POINTS:			

50m Butterfly Evaluation Criteria	3	2	1
The Start → Breakout <ul style="list-style-type: none"> - Clean entry through the same hole in a streamlined position. - A minimum of 3 Dolphin Kicks in a streamlined position to the - Breakout in a streamlined position with the face down. 			
Breathing Control – throughout the race <ul style="list-style-type: none"> - No Breaths for the first 10m. - Control the breathing to 2 strokes or more throughout the race. 			
Arm Recovery <ul style="list-style-type: none"> - Continual motion with natural coordination. - Both arms should recover low & just above the water surface. - Enter the water shoulder width or just a little wider. 			
Turn: <ul style="list-style-type: none"> - Stay low and tight into the turn. - Snap arm off the wall with one arm (underwater) and salute with the other, sharp push off wall. - A minimum of 3 dolphin kicks in a streamlined position to breakout. - No breathing on the 1 stroke at the breakout. 			
Swimming Technique: <ul style="list-style-type: none"> - Head in Before hands - Hands together under belly button - Good water connection/propulsion. - 2 dolphin kicks to one arm stroke/cycle. 			
Finish: <ul style="list-style-type: none"> - Maintain coordination and control the breathing for the final 2 strokes or more and finish with two hands at full extension. 			
SUB TOTAL POINTS:			
TOTAL POINTS:			



Time & Technique Meet

NOMINATION INSTRUCTIONS

For swimmers registered with Swimming Queensland:

Entry is via Swim Central

For swimmers not registered with Swimming Queensland:

Come and try! This meet is perfect for swimmers who are not quite sure what happens at these meets, or who would like to try being part of a Swim Club for a day. If this is you, please nominate directly with us by completing and forwarding the form below with payment by the due date.

You can email fast@fairholme.qld.edu.au, or mail to: FAST, PO Box 688, Toowoomba, QLD 4350.

'COME AND TRY' NOMINATION FORM

For swimmers not registered with Swimming Queensland

Name of Swimmer: _____

Date of Birth: _____ Gender: _____

Parent's Name: _____

Address: _____

Phone: _____

Email: _____

Please tick (optional): We are interested in finding out more about Fairholme Aquatics Swim Club

COST: \$24 for one or, all four events

(Note: Whilst swimmers not registered with Swimming Queensland will be eligible for ribbons, times swum will be unofficial)

EVENT	Tick to enter	D.O.B.
50m Freestyle		
50m Backstroke		
50m Butterfly		
50m Breaststroke		

Nominations including \$24 fee per swimmer must be received no later than Monday 21 October, 2024