

TIME + TECHNIQUE MEET 2025

Sunday 14 September, 1pm

Fairholme Aquatic Centre, Fairholme College
Wirra Wirra Street, Toowoomba

We invite you to nominate for the Time and Technique Meet 2025, hosted by Fairholme Aquatics Swim Club on Sunday 14 September 2025, 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.

The nominations pack enclosed includes:

- Overview of Event
- Program of Events
- Judges Marking Scheme for Technique Component
- Nomination Instructions

> Nominations are due by midnight, Sunday 7 September 2025.

We look forward to welcoming you to Fairholme Aquatic Centre, and we hope that you enjoy your afternoon of swimming.

Yours in swimming,

The team at FAST Aquatic Centre

For more information, please contact the Fairholme Aquatic Centre during school term-time between 9am and 11am or 2.30pm to 5.30pm.

P 07 4688 4658

E fast@fairholme.qld.edu.au



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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 gymnastics 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

The criteria was set by some of Australia's leading coaches, Please see the following pages for more detail on the set marking schemes for each stroke. 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.

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PROGRAM

GATES OPEN	11.45am
WARM UP	12pm - 12.45pm
PARENT MEETING	12.30pm
FIRST EVENT	1pm

EVENT NUMBER		AGE GROUP	EVENT
GIRLS	BOYS		
2	1	9 Years & Under	50m Freestyle
4	3	10 Years	50m Freestyle
6	5	11 Years	50m Freestyle
8	7	12 Years	50m Freestyle
10	9	9 Years & Under	50m Breaststroke
12	11	10 Years	50m Breaststroke
14	13	11 Years	50m Breaststroke
16	15	12 Years	50m Breaststroke
18	17	9 Years & Under	50m Backstroke
20	19	10 Years	50m Backstroke
22	21	11 Years	50m Backstroke
24	23	12 Years	50m Backstroke
26	25	9 Years & Under	50m Butterfly
28	27	10 Years	50m Butterfly
30	29	11 Years	50m Butterfly
32	31	12 Years	50m Butterfly

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TECHNIQUE EVALUATION

50M FREESTYLE EVALUATION CRITERIA	3	2	1
The Start -> Breakout			
Clean entry through the same hole in a streamlined position			
A minimum of three dolphin kicks			
Breakout in a streamlined position with the face down			
Breathing Control/Coordination - throughout the race			
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			
Recovery, high elbow			
Entry in line with shoulder (fingers, wrist and elbow)			
Turn			
Feet over together, sharp off the wall			
A minimum of three dolphin kicks in a streamlined position to breakout			
No breathing on the first stroke at the breakout			
Arm Stroke			
High elbow catch			
Hand doesn't cross centre line under body			
Finish			
No breaths inside the flags			
Finish at full extension, head down			
SUB TOTAL POINTS			
50M BREASTSTROKE EVALUATION CRITERIA	3	2	1
The Start -> Breakout			
Clean entry through the same hole in a streamlined position			
One underwater stroke (including a dolphin kick) and kick to the breakout in a streamlined position with face down			
Breathing Control/Coordination - throughout the race			
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			
Turn			
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			
Arm Recovery			
Thumbs up just beneath the surface			
Hand accelerate to a streamlined position			
Swimming Technique			
Press palms/fingers outside of the wrist, wrist outside of the elbows and the elbows outside of the shoulder (2 & 10 before they bend)			
Good water connection with the palms and arms throughout the stroke (Fingers down, elbows up)			
Good water connection with the feet and drive from the legs (Knees inside feet – feet touch before hands begin)			
Finish			
Finish at full extension (on a full stroke) with face down			
Two hands			
SUB TOTAL POINTS			

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TECHNIQUE EVALUATION

50M BACKSTROKE EVALUATION CRITERIA	3	2	1
The Start -> Breakout			
Clean entry through the same hole in a streamlined position			
A minimum of three dolphin kicks			
Body Position			
Eyes on roof			
Chest up			
Toes break surface (no knees breaking surface)			
Arm Recovery			
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 and Finish			
Tight turn			
Feet over together, sharp off the wall			
A minimum of three dolphin kicks in a streamlined position to the breakout with the head back			
Arm Stroke			
Good water connection/propulsion (arm wrestle press)			
Alternate arms (no catch up)			
Finish			
Maintain speed in finish 5 metres and finish at full extension			
No looking around			
SUB TOTAL POINTS			
50M BUTTERFLY EVALUATION CRITERIA	3	2	1
The Start -> Breakout			
Clean entry through the same hole in a streamlined position			
A minimum of three dolphin kicks in a streamlined position to the breakout with the face down			
Breathing Control - throughout the race			
No breaths for the first 10m			
Control the breathing to two strokes or more throughout the race			
Arm Recovery			
Continual motion with natural coordination			
Both arms should recover low and just above the water surface			
Enter the water shoulder width or just a little wider			
Turn			
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 three dolphin kicks in a streamlined position to breakout			
No breathing on the first stroke at the breakout			
Swimming Technique			
Head in before hands			
Hands together under belly button			
Good water connection/propulsion			
Two dolphin kicks to one arm stroke/cycle			
Finish			
Maintain coordination and control breathing for the final 2 strokes or more and finish with 2 hands at full extension			
SUB TOTAL POINTS			
TOTAL POINTS			

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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.

Email forms to: 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: _____

Email: _____

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

Cost: **\$32.00 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	DATE OF BIRTH
50m Freestyle		
50 Backstroke		
50m Butterfly		
50m Breaststroke		

> Nominations including \$32.00 fee per swimmer must be received no later than midnight, Sunday 7 September 2025.

FAIRHOLME AQUATIC CENTRE