

Lawnton Swim Club Inc



Club Handbook

2023-2024

Updated December 2023

Welcome to the Lawnton Swim Club

Welcome to Lawnton Swim Club for the 2023/2024 season. We are delighted to welcome all our new members to the Club and trust you will have a fun and fulfilling swimming season with us and we thank you for supporting us. I would also like to acknowledge our existing members for their continued support for our club. We are genuinely excited for this coming season.

Lawnton Swim Club enters its 15th year of operation and we continue to be committed to growing our club and offering a fun, inclusive and family friendly environment for all swimmers and parents. Our mandate is to continue developing swimming skills for swimmers of all ages from Learn to Swim right through to National grade swimmers. We acknowledge the parents of our swimming members who continue to involve themselves in our club and we trust that your support will continue this season.

In addition to the ongoing support of parents, our club will continue to be successful with the assistance of our partners. We extend our thanks to Belgravia Leisure and the team at Lawnton Aquatic Centre and the Moreton Bay Regional Council for your continued trust in us to develop our swimmers for future greatness. Our coaches Morgan and Kimberly will continue to work hard to ensure members of The Lawnton Swim Club remain competitive in the Brisbane Swimming arena.

Our Club Nights are held every Wednesday evening and is the perfect occasion to race in a competitive environment whilst trying to beat your own times and having fun with your swimming mates. We encourage all parents to get involved in Club nights by way of assisting with Timekeeping, BBQ, marshalling and much more. Our Club Nights can only be successful if we can have as much participation as possible.

At Lawnton Swim Club, we want to ensure we can communicate with you as best we can. We will be posting information via many channels including Facebook, Team App (downloaded from App Store), the Lawnton Swim Club Website at www.lawntonswimclub.com and by our regular newsletters sent every month. Our volunteer committee members are also ready to answer any questions you have in relation to all aspects of our club and swimming in general.

Again, thank you for being a part of the Lawnton Swim Club Family.....we look forward to a great year of positivity, fun and success!

Lachlan Rentell
President
Lawnton Swim Club

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Club Contacts

President: Lachlan Rentell

Vice President: Nicky McKay

Secretary: Peta McKay

Treasurer: Scott Stanford

Registrar: Nicky McKay

Race Secretary: Morgan Knabe

Liaison Officer: Nicky McKay

General Committee Members:

Alison Stanford, Kimberley Kettles, Josie Bevan, Brenden Berry

Committee Meetings

Committee Meetings are held intermittently throughout the year (Time/Date is organised at our first meeting after yearly AGM). General Meetings may also be held throughout the year. General meetings will be advertised at club nights and on the club website. Six committee members are required to have a quorum at each meeting.

Any club member or associate member is welcome to attend the committee meetings and General Meetings. If you have an issue you would like raised and cannot attend a meeting, please put it in writing and send to our Club Secretary she will raise topic for you.

General Queries or Complaints

If you have any general queries or complaints regarding the LSC, you should contact any member of the LSC committee or put them in writing addressed to:

Secretary: Lawnton Swim Club. Cnr Lawnton Pocket Rd and Gympie Rd Lawnton Qld 4500

Club Membership

If you have any queries regarding membership, transfers into or out of the club,

Please contact the Registrar – Nicky McKay via email - lawntonswimclub@hotmail.com

Swim Meet/Carnival Nominations

If you have any queries regarding carnivals and meets please contact the Race Secretary Morgan Knabe via email – lawntonracesecretary@gmail.com

To keep up to date with all the latest club happenings, information, events and results please check either our website, Team App or Facebook page regularly

www.lawntonswimclub.com

<https://www.facebook.com/groups/268943716534348/>

Head Coach's Message

Welcome to another season with Lawnton Swim Club!

Our club is focused on providing the best swimming experiences for our members through our club nights, inter-club meets, all the way up to State and National level competition.

As a Division 1 Premiership club, we aim to provide an inclusive and enriching environment for our members to enjoy swimming as a sport.

This season has seen amazing growth in membership and I look forward to supporting everyone realise their goals within our swimming club community.

Morgan Knabe
Head Coach

Club Administration

The LSC Committee, in accordance with the LSC Constitution has passed the following by-laws:

1. Membership

- Club membership is for a period of 12 months commencing from the 1st July each year
- Full membership fees must be paid by swimming members regardless of date of joining
- A swimming member must be registered by submitting his or her name on the prescribed application form together with an original birth certificate, and a copy which is to be certified by a Committee Member
- All parents are to become members of the LSC - parent membership is free
- All swimmers must be registered with Brisbane Swimming Association (BSA), Swimming Queensland (SQ) and Swimming Australia (SA).
- All members are eligible to take part in club events for which they have qualified, whether they attend training sessions or not.
- Members do not need to train at Lawnton Aquatic Centre to be a member of the LSC

2. Club Membership Fees

The 2023 – 2024 membership fee schedules are as follows:

Full Membership -Swimmer - \$175.00
Parent - Free
1 Free trial for any prospective member

3. 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 that responsibility. **An adult must supervise swimmers under the age of 18 years.** Should clarification be required regarding this requirement please contact a member of the Executive Committee.

4. Club Facebook Page

The Club endeavours to keep members informed of news, achievements and developments within the Club and within the wider swimming community. The Facebook site is a closed group, you will need to request to join this group. Only the administration can post on the FB page, if you have anything you wish to have posted please see one of the administrators.

(No children under 13 will be accepted in line with Facebook's terms and conditions)

The Link for this site is:

<https://www.facebook.com/groups/268943716534348/>

5. Club Captains

At the beginning of the season, Club Captains will be asked to complete a "nomination for Club Captain" form in order to be eligible for club captaincy. Club Captains are selected by the management committee and announced at the beginning of the season.

Roles and responsibilities of club captains

To support and promote the club by:

- Encouraging and fostering team spirit in club members
- Being an active and positive role model to other club members
- Representing the club at local meets (as a swimmer or non-swimmer)
- Participation in club meet activities
- Wearing the club uniform at all times whilst representing the club
- Representing and communicating the needs, ideas and views of the swimmers to the Management Committee
- Promoting club policies to the swimmers and the general community
- Organise equipment for 12.5m events and get in the water with 12.5m swimmers
- Help keep junior swimmers quiet at marshalling
- Collect any trophies awarded to the club inter-club carnivals

6. Learn to Swim and Squad Training

We continue our successful partnership with Lawnton Aquatic Centre who provide Learn to Swim lessons and Squad training program with head coach Morgan Knabe. LSC does not set coaching/teaching policies or select coaches. If parents wish to speak with a swim coach they should not do so during the squad lesson. Please make an appointment at a mutually agreeable time. Any queries regarding coaching should be directed to the Head Coach. The centre is contactable on 32851770.

7. Club Sponsors

Our sponsors are a very integral Club. Their generosity help to minimise club membership fees and other member costs and allow the presentation of a large range of trophies and prizes at the end of the season. If you or someone you know is interested in becoming a sponsor of the club, please contact one of the committee members.

8. Club Fundraising

To help finance LSC activities and programmes (e.g. end of season trophies), the Club will conduct fundraising events, like raffles and BBQs. We ask that all club members support the weekly BBQ at club night. And also volunteer their time to assist with duties at our club meets. The money from these is used directly to pay for pool hire costs on a club night, end of year presentation night and the clubs nomination fees for members at a friendly swim meet during the season . For our fundraising to be successful, club member support before and during these activities and is greatly appreciated and will be requested via Facebook, Team App and at club nights.

Club Nights

1. General Information

- The LSC conducts club nights for its members on Wednesday evening throughout October- March. The purpose of these nights is to introduce a swimmer to a competitive environment while enjoying the social aspect with family and friends.
- Club Nights commence at 5.45pm with a BBQ/notices/awards. Events start 6pm sharp and usually conclude by 8pm. Swimmers are not required to swim all strokes.
- Events are conducted in each of the four strokes for 12.5 metres, 25 metres, 50 or 100 metres throughout the club season. "Distance Events" are also held on each club night throughout the season. The committee sets qualifying times which can be found in this handbook. No child can swim an event they have not gained a qualifying time for.
- Members must nominate by 6:00pm Monday night prior for results and points to be recorded.
- **Please note** - if you do not nominate, you can still swim however no points or times will be recorded for that night.
- LSC hires the pool for club nights and pool entry for club nights has been incorporated into the club fees

2. Rules and Regulations

- The one start rule will apply to all swimmers with the exception of 12.5m/25m swimmers, which will be at the starter's discretion.
- Help by parents is essential for the smooth running of club nights. Timekeepers (16) are needed each Club Night. Each family will be expected to assist with timekeeping. Club nights cannot commence until each lane has timekeepers. A roster will be provided to each family to ensure these positions are filled each week.
- Swimmers are responsible for reporting to the race Marshall when their races or names are called. Officials will not delay an event for a swimmer who does not report when called
- Complete silence must be observed prior to the starting of every event
- The referee's decision is final
- Heats or events will be arranged according to swimmers' times regardless of age or gender
- All members are expected to assist where possible with equipment before and after the race program
- Any swimmer who is found to be misbehaving or making excessive noise may be disqualified from the evening's events by the referee. Should further misbehaviour occur, a member may be disciplined at the discretion of the LSC Committee
- Children under the age of 18 will **NOT** be allowed to swim on a club night unless they are accompanied by an adult who has accepted responsibility for their conduct and safety for the entire evening
- Smoking is **NOT** allowed within the Lawnton Aquatic Centre complex at any time

- All 50m/100m/200m and 400m events will be conducted under SQ Rules
- Swimmers that swim in 12.5m/25m Breaststroke and Butterfly are required to touch finishing rope with two hands. 12.5m/25m Backstroke swimmers are required to finish on their backs. Failure to do this will result in swimmer being disqualified. Rule tolerance will apply to the actual stroke.
- In order to score points for trophies or championship events, swimmers must be financial members of LSC

3. Pool Deck Officials

The following positions need to be filled each Club Night to enable the efficient and effective running of all events. You need not be experienced - all that is required is to be willing to assist: The LSC committee will do up a roster that covers these jobs plus BBQ and pack up duties. All members who attend club night will be placed on this roster throughout the season. Entering your child into club nights means you agree to take part in this roster system.

The club night cannot commence until all positions are filled.

- Timekeepers x16 (parents will be rostered weekly)
- Starter Marshall x 4
- Announcer Check Starter

4. Qualifying Times

STROKE	DISTANCE (metres)	TIME (seconds)	NEW DISTANCE
FREESTYLE	12.5m	20	25m
	25m	25	50m
	50m	40	100m
BREASTSTROKE	12.5m	25	25m
	25m	30	50m
	50m	52	100m
BACKSTROKE	12.5m	20	25m
	25m	30	50m
	50m	50	100m
BUTTERFLY	12.5m	20	25m
	25m	27	50m
	50m	45	100m
INDIVIDUAL MEDLEY	4x25m		4x50m

- All kids 7years and under will do 12.5m events until they have gained qualifying times to move to next distance. Any 8 years and over child that starts on a 12.5m event must gain qualifying time also before moving to 25m event. Swimmers swimming Butterfly and Breaststroke must be making a reasonable attempt at performing these strokes correctly. Once a child has achieved the qualifying time below for 12.5m they then move onto 25m events.
- To be able to do a 100m IM a swimmer must have qualified for 50m Freestyle and Backstroke. They must also have qualified for 25m Breaststroke and Butterfly. (This is to promote correct technique in this event.) Once achieving 25m qualifying times you can progress to 50m events. **NO CHILD CAN MOVE ONTO 50M EVENT IF**

THEY CAN NOT SWIM USING CORRECT TECHNIQUE. Qualified coaches/swim instructors will deem if the technique is correct.

- To compete in the 200m/400m events, swimmers must have achieved the following times:
 100m FREESTYLE.....1min 30 sec
 200m Freestyle.....3min 00 sec
 400m Freestyle
 100m BREASTROKE.....2min 00 sec
 100m BACKSTROKE.....1min 45 sec
 100m BUTTERFLY.....1min 40 sec
 100m Individual Medley.....1min 45sec
 200m Individual Medley.....3min 15 sec
 400m Individual Medley
- Points from the 200m/400m events go towards the “Distance Champion” trophy and are not included in the normal club night points.
- Heats of events will be arranged according to a swimmer’s time regardless of their age or gender. Once a swimmer has nominated, he/she is unable to change that nomination. If a swimmer nominates for a distance they are not eligible to swim, they will be entered in a shorter distance.

5. Awarding Swimmers Points

- Points awarded will go towards totals for age champion trophies. Age Champion trophies will be awarded in the following age groups:
- 5years and under, 6years, 7 years, 8 years, 9 years, 10 years, 11 years, 12 years, 13 years 14 years, 15 years and Multi-Class. Multi-Class swimmers need to elect at the start of the season whether they will be swimming for their age trophy or Multi-Class trophy this will also include Club Championships.
- End of season trophies are awarded to swimmers who have accumulated the highest points throughout the season. Points are earned from the 4 form strokes throughout the season at Club Nights. Separate trophies are awarded for points earned from the Distance Events. A new trophy will be awarded starting in the 2017/2018 season. This will be for points accumulated for the 100m/200m Individual Medley.
- Swimmers may nominate for one or more events and must swim the distance to qualify for club points.
- LSC club night trophies are awarded at the end of the season. Trophies are awarded based on regular attendance and through improving/maintaining your personal best times. This is scored using the following points table:

Slow Range	High Range	Points	Completed Points
-99.00	-5.01	0	1
-5.00	-1.01	1	1
-1.00	0.00	2	1
0.01	1.00	3	1

1.01	2.00	4	1
2.01	9.99	5	1

6. Records

Pool Record:

This is the fastest recorded time of a swimmer from any Club at the Lawnton Aquatic Centre.

Club Night Record:

This is the fastest recorded time of a Lawnton Swim Club member at a club night.

Club Championship Record

This is the fastest recorded time achieved by any Lawnton Swim Club member at the Club Championships competition.

Record Attempts

Age - For records purposes, the age of the swimmer is defined as the age of the swimmer at the date the record is attempted.

Open - An open record may be held by a swimmer of any age.

Club Calendar will be displayed on the club website – The committee reserves the right to change this at short notice.

Club Championships

The Club Championships are held at the end of the season. If the club championships are held over more than one day, the swimmers age will be taken to be their age on the first day of the championships. Swimmers who wish to compete in club championships must complete the club championship nomination form by the due date. This will be advised to all members well in advance of the championships.

To be eligible to complete in club championships, a member:

- Must not intend to nominate for another club's championship. This is in accordance with SQ Rules. Swimmers found to have competed in another club's championship will forfeit their right to an award
- If a number of club nights are cancelled (e.g. because of inclement weather), the number of swims required to qualify for the club championships will be calculated on a pro-rata basis and will be advised to all members. Swimmers must attend 80% of club nights from commencement of membership for that season
- A swimmer, who believes he or she would be unfairly or unreasonably excluded from the club championship by the qualifying criteria, may apply in writing to the LSC Committee for the criteria to be waived.

Points for club championships are taken off the Meet Manager program as follows:

1 st - 20 points	2 nd – 17 points	3 rd – 16 points	4 th – 15 points
5 th – 14 points	6 th – 13 points	7 th – 12 points	8 th – 11 points
9 th – 9 points	10 th – 7 points	11 th – 6 points	12 th – 5 points
13 th – 4 points	14 th – 3 points	15 th – 2 points	16 th – 1 points

If a tie occurs in an age group, the winner of the breaststroke will be deemed age champion.

Swim Meets

(NO CHILD UNDER 18 CAN BE LEFT AT A SWIM MEET WITHOUT ADULT SUPERVISION) — If this is found to have happened a committee member will contact the responsible adult registered to the child. The child will not be able to swim until the adult has arrived at the carnival.

Throughout the season, the Club attends or hosts swimming meets. These meets help to foster Club spirit and members are encouraged to participate. Participation is not restricted to the fastest swimmers and the Club will actively promote attendance by all members. These meets will be notified during the season on our website and Facebook page. Members should monitor these forums, and also check the Event Calendar on the QLD swimming website. If you find a carnival and the information is not on our website. Please contact the Race Secretary and they will endeavour to get the information.

The club will give financial support to a coach attending a swim meet when there are more than 6 swimmers representing the club. When meet is over more than 1 day it requires 6 swimmers per day.

Entries and payments can only be made using the online portal for each event. This can be found on the event page on the LSC website.

Anyone entering these carnivals will be required to take part in the timekeeping rosters allocated to the club. And all LSC members will be seated together.

Relay teams are selected by all nominated swimmers names being entered into the Team Manager program and this will automatically select teams. No other method will be used.

All swimmers attending swim meets will wear LSC swimming caps, if a member does not bring their cap they will be given one with a charge of \$10.

Any LSC members that compete at National/States/Junior Mets and Senior Mets events will be supplied with a LSC t-shirt at the clubs expense. It is a requirement that members that receive these shirts will wear them at the event and also for ANY medal presentations.

- National swimmers are given a black t-shirt.
- State swimmers are given a white t-shirt
- Junior Mets/Senior Mets are given a green t-shirt with Junior/Senior Mets printed on it

Trophy Winners 2020-2021

Top 10	
1	Kaden Millard
2	Emma Kelsey
3	Natalie McMullen
4	Addison Kelsey
5	Bronte Berry
6	Monroe Rentell
7	Georgia Dowling
8	Grace Broom
8	Hayden Broom
8	Stirling Rentell
9	Cooper Haslam-Hoogstraten
10	Jordyn Lowe-Barnsdale
Age Group Winners	
5	Libby Suhr
6	Addison Kelsey
6	Brodie Jones-Willcocks
7	Emma Day
7	Carter Humphreys
8	Bronte Berry
8	Hayden Broom
9	Natalie McMullen
9	Kaden Millard
10	Charli Armstrong
10	Harrison Dowling
11	Grace Broom
11	Cooper Ladley
12	Jessa Lowe-Barnsdale
12	Stirling Rentell
13	Emma Kelsey
14	Jordyn Lowe-Barnsdale
15	Catlynn Gale
Multi-Class	Jessica Woolsey
Presidents Award	Community Spirit Award
Kate Jones	Maddy Murphy

Belgravia Encouragement Award	Thomas Family Participation Award
Fletcher Rentell	Mia Macklin
Olive Jones-Wilcocks	Eddie Suhr

Towel Awards	
Freestyle	Natalie McMullen

Backstroke	Fletcher Rentell
Breaststroke	Georgia Dowling
ButterFly	Monroe Rentell
IM Trophy	
Chloe Barnsdale	
Jordyn Lowe-Barnsdale	
Fletcher Rentell	

Club Records

12.5m FREESTYLE			
0	Time	Year	Name
Girls 5 12 Free	15.05	2018	Bronte Berry
Girls 6 12 Free	12.11	2013	Holly Oates
Girls 7 12 Free	11.33	2014	Holly Oates
Girls 8 12 Free	12.80	2014	Eliza Piasecki
Girls 9 12 Free	20.55	2015	Nicola Armitage
Girls 10 12 Free	16.01	2016	Nicola Armitage
Boys 5&U 12 Free	24.59	2016	Hunter Thomas
Boys 6 12 Free	13.52	2013	Zach Ecker
Boys 7 12 Free	10.20	2014	Zach Ecker
Boys 8 12 Free	12.38	2015	Harrison Bell
Boys 9 12 Free	16.96	2014	Jayden Armitage
Boys 11 12 Free	22.91	2015	Jack Barron

25m FREESTYLE			
Event	Time	Year	Name
Girls 5&U 25 Free	44.68	2017	Ella Hassett
Girls 6 25 Free	25.76	2018	Bronte Berry
Girls 7 25 Free	21.39	2010	Jess Oates
Girls 8 25 Free	17.70	2011	Jess Oates
Girls 9 25 Free	16.55	2012	Hayley Seltenrych
Girls 10 25 Free	15.74	2015	Zoe Mascarenhas
Girls 11 25 Free	14.77	2014	Kathleen Clarke
Girls 12 25 Free	14.77	2014	Jamie Cotter
Girls 13 25 Free	13.94	2015	Jamie Cotter
Girls 14 25 Free	14.50	2010	Taylor Lupton
Girls 15&O 25 Free	12.72	2010	Mahalia Cassidy
Boys 5&U 25 Free	32.23	2017	Josh McDonald
Boys 6&U 25 Free	25.31	2014	Will Talbot
Boys 7 25 Free	21.10	2018	Heath Watson
Boys 8 25 Free	17.53	2016	Ryan McDonald
Boys 9 25 Free	16.42	2014	Luke Talbot

Boys 10 25 Free	14.63	2011	Hayden Cotter
Boys 11 25 Free	14.65	2012	Hayden Cotter
Boys 12 25 Free	14.11	2020	Jordan Eberhardt
Boys 13 25 Free	13.35	2014	Hayden Cotter
Boys 14 25 Free	12.65	2013	Hayden Cottor
Boys 15&O 25 Free	12.04	2018	Hayden Cotter

50m FREESTYLE			
Event	Time	Year	Name
Girls 7 50 Free	45.83	2010	Jess Oates
Girls 8 50 Free	39.06	2011	Jess Oates
Girls 9 50 Free	34.31	2012	Hayley Seltenrych
Girls 10 50 Free	34.22	2015	Zoe Macarenhas
Girls 11 50 Free	32.53	2014	jamie Cotter
Girls 12 50 Free	31.07	2020	Sam Conias
Girls 13 50 Free	29.95	2015	Jamie Cotter
Girls 14 50 Free	30.21	2012	Nicky Mckay
Girls 15&O 50 Free	29.38	2010	Mahalia Cassidy
Boys 7 50 Free	47.90	2014	Luke McDonald
Boys 8 50 Free	37.70	2017	Luke McDonald
Boys 9 50 Free	35.11	2017	Ryan McDonald
Boys 10 50 Free	32.00	2011	Hayden Cotter
Boys 11 50 Free	31.38	2012	Hayden Cotter
Boys 12 50 Free	31.18	2013	Hayden Cotter
Boys 13 50 Free	29.84	2014	Hayden Cotter
Boys 14 50 Free	26.06	2015	Hayden Cotter
Boys 15&O 50 Free	25.88	2018	Hayden Cotter

100m FREESTYLE			
Event	Time	Year	Name
Girls 8 100 Free	01:25.8	2010	Jess Oates
Girls 9 100 Free	01:20.3	2012	Jess Oates
Girls 10 100 Free	01:15.1	2013	Jess Oates
Girls 11 100 Free	1.12.20	2013	Jamie Cotter
Girls 12 100 Free	01:11.1	2015	Jamie cotter
Girls 13 100 Free	01:10.3	2014	Ashleigh Olive
Girls 14 100 Free	01:08.2	2010	Courtney Lupton
Girls 15&O 100 Free	01:11.3	2015	Nicky Mckay
Boys 8 100 Free	01:42.5	2012	Jacob Adam
Boys 9 100 Free	1.26.00	2014	Patrick Clarke
Boys 10 100 Free	01:09.4	2011	Hayden Cotter
Boys 11 100 Free	01:08.9	2012	Hayden Cotter
Boys 12 100 Free	01:07.7	2013	Hayden Cotter
Boys 13 100 Free	01:05.9	2014	Hayden Cotter

Boys 14 100 Free	01:05.7	2015	Hayden Cotter
Boys 15&O 100 Free	01:08.8	2015	Ryan Dexter

200m - 400m - 800m FREESTYLE

Event	Time	Year	Name
Girls 8 200 Free	03:12.1	2011	Jess Oates
Girls 9 200 Free	02:49.8	2012	Jess Oates
Girls 10 200 Free	02:40.5	2013	Jess Oates
Girls 11 200 Free	02:31.2	2014	Jess Oates
Girls 12 200 Free	02:31.0	2014	Jamie Cotter
Girls 13 200 Free	02:28.4	2014	Ashleigh Olive
Girls 14 200 Free	02:30.8	2012	Nicky McKay
Girls 15&O 200 Free	02:27.2	2013	Nicky McKay
Boys 10 200 Free	02:27.8	2011	Hayden Cotter
Boys 11 200 Free	02:20.7	2012	Hayden Cotter
Boys 12 200 Free	02:17.4	2013	Hayden Cotter
Boys 13 200 Free	02:12.4	2014	Hayden Cotter
Boys 14 200 Free	02:07.7	2015	Hayden Cotter
Boys 15&O 200 Free	2:00:51	2018	Hayden Cotter
Girls Open 800 Free	4.50.84	2016	Nicky McKay
Boys Open 400 Free	4.10.32	2015	Hayden Cotter
Girls Open 800 Free	9.54.56	2016	Nicky McKay
Boys Open 800 Free	8.49.78	2015	Hayden Cotter

12.5m Backstroke

Event	Time	Year	Name
5&U 12 Back	18.78	2015	Ella Hassett
Girls 6 12 Back	14.89	2016	Mali Simpson
Girls 7 12 Back	13.38	2014	Holly Oates
Girls 8 12 Back	12.83	2013	Mackenzie Lay
Girls 9 12 Back	24.10	2015	Nicola Armitage
Girls 10 12 Back	19.39	2016	Nicola Armitage
Boys 5&U Back	20.09	2020	Brodie Jones- Wilcocks
Boys 6 12 Back	14.54	2014	Samuel Piasecki
Boys 7 12 Back	12.03	2014	Luke Talbot
Boys 8 12 Back	15.66	2015	Harrison Bell
Boys 9 12 Back	21.81	2016	Aaron Dixon

25m Backstroke

Event	Time	Year	Name
Girls 5&U 25 Back	46.73	2017	Pippa McBride
Girls 6 25 Back	30.89	2012	Chloe Enever
Girls 7 25 Back	25.65	2020	Bronte Berry
Girls 8 25 Back	22.12	2011	Jess Oates

Girls 9 25 Back	19.68	2012	Hayley Seltenrych
Girls 10 25 Back	19.26	2015	Zoe Mascarenhas
Girls 11 25 Back	18.88	2014	Kathleen Clarke
Girls 12 25 Back	17.32	2010	Eden Cassidy
Girls 13 25 Back	17.56	2015	Jamie Cotter
Girls 14 25 Back	16.74	2010	Taylor Lupton
Girls 15&O 25 Back	15.68	2010	Mahalia Cassidy
Boys 5&U 25 Back	35.59	2020	Brodie Jones-Willcocks
Boys 6 25 Back	30.75	2021	Brodie Jones-Willcocks
Boys 7 25 Back	26.85	2013	Harrison Milford
Boys 8 25 Back	23.63	2016	Ryan McDonald
Boys 9 25 Back	20.39	2014	Luke Talbot
Boys 10 25 Back	17.93	2011	Hayden Cotter
Boys 11 25 Back	17.63	2012	Hayden Cotter
Boys 12 25 Back	17.07	2013	Hayden Cotter
Boys 13 25 Back	16.31	2014	Hayden Cotter
Boys 14 25 Back	15.49	2015	Hayden Cottor
Boys 15&O 25 Back	14.54	2018	Hayden Cotter

50m Backstroke

Event	Time	Year	Name
Girls 7 50 Back	56.96	2010	Jess Oates
Girls 8 50 Back	48.11	2011	Jess Oates
Girls 9 50 Back	41.34	2012	Hayley Seltenrych
Girls 10 50 Back	41.88	2013	Jess Oates
Girls 11 50 Back	40.08	2014	Isabelle Matthews
Girls 12 50 Back	38.98	2010	Eden Cassidy
Girls 13 50 Back	36.86	2015	Ashleigh Olive
Girls 14 50 Back	37.17	2010	Courtney Lupton
Girls 15&O 50 Back	36.19	2012	Zannetta Lovi
Boys 6 50 Back	1.03.58	2021	Brodie Jones-Willcocks
Boys 7 50 Back	57.58	2016	Will Talbot
Boys 8 50 Back	51.84	2017	Luke McDonald
Boys 9 50 Back	45.10	2014	Partick Clarke
Boys 10 50 Back	39.78	2011	Hayden Cotter
Boys 11 50 Back	36.90	2012	Hayden Cotter
Boys 12 50 Back	37.33	2013	Hayden Cotter
Boys 13 50 Back	37.50	2014	Hayden Cotter
Boys 14 50 Back	34.76	2015	Hayden Cottor
Boys 15&O 50 Back	30.72	2015	Hayden Cotter

100m Backstroke

Event	Time	Year	Name
Girls 8 100 Back	01:43.1	2011	Jess Oates
Girls 9 100 Back	01:22.5	2012	Hayley Seltenrych
Girls 10 100 Back	01:28.4	2013	Jess Oates
Girls 11 100 Back	01:28.7	2013	Jess Oates
Girls 12 100 Back	01:22.7	2014	Jamie Cotter
Girls 13 100 Back	01:24.3	2014	Ashleigh Olive
Girls 14 100 Back	01:22.53	2021	Jordyn Lowe-Barnsdale
Girls 15&O 100 Back	01:21.8	2010	Mahalia Cassidy
Boys 8 100 Back	02:00.9	2012	Jacob Adams
Boys 9 100 Back	01:44.2	2013	Jacob Adams
Boys 10 100 Back	01:28.7	2011	Hayden Cotter
Boys 11 100 Back	01:21.5	2012	Hayden Cotter
Boys 12 100 Back	01:19.9	2013	Hayden Cotter
Boys 13 100 Back	01:19.8	2014	Hayden Cotter
Boys 14 100 Back	01:20.3	2015	Hayden Cotter
Boys 15&O 100 Back	01:34.3	2015	Ryan Dexter

200m Backstroke

Event	Time	Year	Name
Girls 11 200 Back	3.08.50	2016	Zoe Mascaranhas
Boys 11 200 Back	3.06.95	2016	Luke Talbot
Girls 12 200 Back	3.01.90	2014	Isabelle Matthews
Boys 12 200 Back	2.48.20	2013	Hayden Cotter
Girls 13 200 Back	3.11.80	2016	Jamie Cotter
Boys 13 200 Back	2.41.10	2014	Hayden Cotter
Girls 14 200 Back	3.03.18	2016	Ashleigh Olive
Boys 14 200 Back	3.11.80	2014	Ryan Dexter
Girls 15&O 200 Back	3.02.90	2013	Rachel Peters
Boys 15 200 Back	3.00.60	2016	Hayden Cotter

12.5m Breaststroke

Event	Time	Year	Name
Girls 5&Under 12 Breast	22.26	2017	Ella Hassett
Girls 6 12 Breast	18.12	2018`	Ella Hassett
Girls 7 12 Breast	16.60	2019	Hayley Breasley
Girls 8 12 Breast	14.71	2013	Mackenzie Lay
Girls 9 12 Breast	21.55	2015	Nicola Armitage
Girls 10 12 Breast	18.60	2016	Nicola Armitage
Boys 5years and Under	17.30	2017	Josh McDonald
Boys 6 12 Breast	16.76	2019	Hayden Broom
Boys 7 12 Breast	15.16	2013	Dillon Gommers

Boys 8 12 Breast	15.12	2015	Riley Thomas
Boys 9 12 Breast	22.52	2016	Aaron Dixon

25m Breaststroke			
Event	Time	Year	Name
Girls 6 25 Breast	35.18	2012	Chloe Enever
Girls 7 25 Breast	26.89	2010	Jess Oates
Girls 8 25 Breast	24.74	2011	Jess Oates
Girls 9 25 Breast	23.30	2010	Grace McKay
Girls 10 25 Breast	20.19	2020	Evie Grant
Girls 11 25 Breast	20.70	2012	Grace McKay
Girls 12 25 Breast	19.6	2020	Sami Conias
Girls 13 25 Breast	18.38	2014	Grace McKay
Girls 14 25 Breast	19.08	2015	Grace McKay
Girls 15&O 25 Breast	17.72	2010	Megan Cassidy
Boys 5 25 Breast	49.82	2020	Brodie Jones-Willcocks
Boys 6 25 Breast	34.64	2014	Clayton Teed
Boys 7 25 Breast	21.58	2016	Lachlan Sweeney
Boys 8 25 Breast	26.90	2015	Zach Ecker
Boys 9 25 Breast	25.73	2014	Jack Matthews
Boys 10 25 Breast	22.19	2011	Hayden Cotter
Boys 11 25 Breast	20.47	2012	Hayden Cotter
Boys 12 25 Breast	19.39	2021	Stirling Rentell
Boys 13 25 Breast	19.15	2014	Hayden Cotter
Boys 14 25 Breast	17.73	2015	Hayden Cotter
Boys 15&O 25 Breast	16:47	2018	Hayden Cotter

50m Breaststroke			
Event	Time	Year	Name
Girls 7 50 Breast	01:04.0	2020	Bronte Berry
Girls 8 50 Breast	55.69	2017	Milly Watson
Girls 9 50 Breast	51.61	2014	Maddy Jones
Girls 10 50 Breast	49.26	2010	Bree thistlethwait
Girls 11 50 Breast	45.98	2015	Maddy Jones
Girls 12 50 Breast	39.72	2020	Sami Conias
Girls 13 50 Breast	41.02	2015	Grace McKay
Girls 14 50 Breast	39.48	2016	Grace McKay
Girls 15&O 50 Breast	39.21	2017	Grace Mckay
Boys 7 50 Breast	1.04.40	2013	Dominic Lendvay
Boys 8 50 Breast	52.67	2017	Luke McDonald
Boys 9 50 Breast	52.77	2014	Patrick Clarke
Boys 10 50 Breast	49.40	2011	Hayden Cotter
Boys 11 50 Breast	46.35	2012	Hayden Cotter

Boys 12 50 Breast	40.61	2021	Hayden Burke
Boys 13 50 Breast	41.13	2014	Hayden Cotter
Boys 14 50 Breast	40.05	2014	Hayden Cotter
Boys 15&O 50 Breast	35.44	2021	Andrew Stanford

100m Breaststroke			
Event	Time	Year	Name
Girls 9 100 Breast	01:57.0	2012	Jess Oates
Girls 10 100 Breast	1.46.00	2013	Jamie Cotter
Girls 11 100 Breast	1.40.50	2014	Jamie Cotter
Girls 12 100 Breast	01:36.7	2012	Grace McKay
Girls 13 100 Breast	01:30.4	2015	Grace McKay
Girls 14 100 Breast	01:27.0	2015	Grace McKay
Girls 15&O 100 Breast	01:26.5	2016	Grace McKay
Boys 9 100 Breast	01:59.2	2014	Luke Talbot
Boys 10 100 Breast	01:43.6	2011	Hayden Cotter
Boys 11 100 Breast	01:38.6	2012	Hayden Cotter
Boys 12 100 Breast	01:39.1	2013	Hayden Cotter
Boys 13 100 Breast	01:33.4	2014	Hayden Cotter
Boys 14 100 Breast	01:32.8	2015	Hayden Cottor
Boys 15&O 100 Breast	01:38.2	2014	Cai Butlin

200m Breaststroke			
Event	Time	Year	Name
Girls 11 200 Breast	3.35.20	2016	Madeline Jones
Boys 11 200 Breast	3.30.90	2016	Luke Talbot
Girls 12 200 Breast	3.19.14	2014	Grace McKay
Boys 12 200 Breast	3.26.50	2013	Hayden Cotter
Girls 13 200 Breast	3.07.07	2015	Grace McKay
Boys 13 200 Breast	3.16.80	2014	Hayden Cotter
Girls 14 200 Breast	3.06.07	2016	Grace McKay
Boys 14 200 Breast	3.25.20	2014	Cai Butlin
Girls 15&O 200 Breast	3.06.20	2016	Grace McKay
Boys 15 200 Breast	3.23.60	2016	Hayden Cotter

12.5m Butterfly			
Event	Time	Year	Name
Girls 6 12 Fly	14.13	2014	Eliza Piasecki
Girls 7 12 Fly	13.68	2016	Jemima Given
Girls 8 12 Fly	12.66	2016	Grace McBryde
Girls 9 12 Fly	14.77	2014	Chloe Janes
Girls 10 12 Fly	15.40	2015	Annelise Downes
Boys 5 yrs and Under	15.49	2017	Josh McDonald
Boys 6 12 Fly	17.44	2014	Will Talbot

Boys 7 12 Fly	12:53	2016	Will Gillies
Boys 8 12 Fly	14.56	2013	Dominic Lendvay
Boys 9 12 Fly	16.2	2021	Kaden Millard
Boys 10 12 Fly	14.37	2021	Harrison Dowling

25m Butterfly

Event	Time	Year	Name
Girls 6 25 Fly	29.70	2015	Mali Simpson
Girls 7 25 Fly	25.01	2020	Bronte Berry
Girls 8 25 Fly	19.72	2021	Bronte Berry
Girls 9 25 Fly	19.63	2014	Madeline Jones
Girls 10 25 Fly	18.09	2020	Evie Grant
Girls 11 25 Fly	16.97	2014	Kathleen Clarke
Girls 12 25 Fly	15.95	2014	Jamie Cotter
Girls 13 25 Fly	15.67	2015	Jamie Cotter
Girls 14 25 Fly	15.32	2010	Courtney Lupton
Girls 15&O 25 Fly	14.55	2010	Mahalia Cassidy
Boys 6&U 25 Fly	38.82	2014	Luka Lendvay
Boys 7 25 Fly	26.84	2015	Riley Thomas
Boys 8 25 Fly	20.16	2016	Ryan McDonald
Boys 9 25 Fly	17.51	2014	Luke Talbot
Boys 10 25 Fly	16.32	2011	Hayden Cotter
Boys 11 25 Fly	16.45	2012	Hayden Cotter
Boys 12 25 Fly	15.84	2013	Hayden Cotter
Boys 13 25 Fly	15.07	2014	Hayden Cotter
Boys 14 25 Fly	13.43	2015	Hayden Cottor
Boys 15&O 25 Fly	18.61	2014	Cai Butlin

50m Butterfly

Event	Time	Year	Name
Girls 7 50 Fly	55.44	2020	Bronte Berry
Girls 8 50 Fly	43.49	2012	Jess Oates
Girls 9 50 Fly	42.36	2012	Jess Oates
Girls 10 50 Fly	40.57	2016	Jasmin Simpson
Girls 11 50 Fly	39.30	2014	Jamie Cotter
Girls 12 50 Fly	34.02	2020	Sami Conias
Girls 13 50 Fly	35.92	2015	Jamie Cotter
Girls 14 50 Fly	34.14	2010	Courtney Lupton
Girls 15&O 50 Fly	31.93	2010	Megan Cassidy
Boys 7 50 Fly	1.14.04	2014	Zach Ecker
Boys 8 50 Fly	49.12	2012	Isacc Hartland
Boys 9 50 Fly	41.67	2013	Patrick Clarke
Boys 10 50 Fly	35.48	2012	Hayden Cotter
Boys 11 50 Fly	33.75	2012	Hayden Cotter

Boys 12 50 Fly	34.82	2013	Hayden Cotter
Boys 13 50 Fly	33.52	2014	Hayden Cotter
Boys 14 50 Fly	29.96	2015	Hayden Cottor
Boys 15&O 50 Fly	47.05	2014	Cai Butlin

100m Butterfly

Event	Time	Year	Name
Girls 9 100 Fly	01:44.7	2012	Jess Oates
Girls 10 100 Fly	01:33.7	2013	Jess Oates
Girls 11 100 Fly	01:21.9	2014	Jamie Cotter
Girls 12 100 Fly	01:28.5	2014	Ashleigh Olive
Girls 13 100 Fly	01:22.7	2011	Emily Clooney
Girls 14 100 Fly	01:16.2	2011	Courtney Lupton
Girls 15&O 100 Fly	01:11.7	2011	Mahalia Cassidy
Boys 9 100 Fly	01:38.5	2014	Luke Talbot
Boys 10 100 Fly	01:20.0	2011	Hayden Cotter
Boys 11 100 Fly	01:14.5	2012	Hayden Cotter
Boys 12 100 Fly	01:13.2	2013	Hayden Cotter
Boys 13 100 Fly	01:13.2	2014	Hayden Cotter
Boys 14 100 Fly	01:19.7	2015	Hayden Cottor

100m Individual Medley

Event	Time	Year	Name
Girls 6&U 100 IM	2.43.10	2010	Chloe Enever
Girls 7 100 IM	2.05.11	2020	Bronte Berry
Girls 8 100 IM	1.44.70	2011	Jess Oates
Girls 9 100 IM	1.33.58	2012	Jess Oates
Girls 10 100 IM	2.27.97	2013	Jess Oates
Girls 11 100 IM	1.27.44	2014	Jess Oates
Girls 12 100 IM	1.23.00	2015	Jamie Cotter
Girls 13 100 IM	1.17.70	2015	Jamie Cotter
Girls 14 100 IM	1.19.10	2015	Grace McKay
Girls 15&O 100 IM	1.11.70	2010	Mahalia Cassidy
Boys 7 100 IM	2.21.08	2021	Brodie Jones-Willcocks
Boys 8 100 IM	1.52.84	2014	Jack Matthews
Boys 9 100 IM	1.36.50	2017	Ryan McDonald
Boys 10 100 IM	1.23.01	2011	Hayden Cotter
Boys 11 100 IM	1.18.24	2012	Hayden Cotter
Boys 12 100 IM	1.15.73	2013	Hayden Cotter
Boys 13 100 IM	1.14.22	2014	Hayden Cotter
Boys 14 100 IM	1.04.75	2015	Hayden Cottor
Boys 15&O 100 IM	1.04.29	2019	Hayden Cotter

200m Individual Medley			
Event	Time	Year	Name
Girls 8 200 IM	3.45.20	2011	Jess Oates
Girls 9 200 IM	3.19.60	2012	Jess Oates
Girls 10 200 IM	3.09.80	2013	Jess Oates
Girls 11 200 IM	3.04.00	2014	Jamie Cotter
Girls 12 200 IM	2.52.78	2014	Jamie Cotter
Girls 13 200 IM	2.57.00	2014	Ashleigh Olive
Girls 14 200 IM	2.46.90	2015	Grace McKay
Girls 15&O 200 IM	2.56.91	2015	Nicky McKay
Boys 9 200 IM	3.42.10	2013	Jacob Adam
Boys 10 200 IM	2.54.20	2011	Hayden Cotter
Boys 11 200 IM	2.59.90	2012	Hayden Cotter
Boys 12 200 IM	2.42.72	2021	Hayden Burke
Boys 13 200 IM	2.46.00	2014	Hayden Cotter
Boys 14 200 IM	2.53.17	2021	Mitchell Duke
Boys 15&O 200 IM	2.37.79	2021	Andrew Stanford

Lawnton Swim Club Code of Conduct

General Behavioral Guidelines

Swimming Australia promotes the following behavioral guidelines to all people involved in any way with the sport of swimming, particularly those responsible for activities involving members under the age of 18 years. These behavioral guidelines highlight the principles and values of Swimming Australia and are the core principles of the Member Welfare and Child Welfare Policy documents.

As a person involved in any way with the sport of swimming, the following standard of behavior is expected:

- Respect the rights, dignity and worth of others.
- Be ethical, considerate, fair and honest in all dealings with other people and organizations.
- Be professional in and accept responsibility for your actions.
- Make a commitment to providing quality service.
- Be aware of Swimming Australia's standards, rules and policies.
- Operate within the rules and spirit of the sport, including the national and international guidelines that govern Swimming Australia.
- Understand the possible consequences of breaching Swimming Australia Member Welfare and Child Welfare Policies.
- Immediately report any breaches of the Swimming Australia Member Welfare and Child Welfare Policies to the appropriate authority.
- Refrain from any form of abuse towards others.
- Refrain from any form of harassment toward others.
- Refrain from any form of discrimination toward others.
- Refrain from intimate relations with members whom they have a supervisory role or power over.
- Refrain from any form of victimization toward others.
- Provide a safe environment for the conduct of activities in accordance with any relevant Swimming Australia policy.
- Show concern and caution toward others that may be sick or injured.
- Be a positive role model.

Competitor Behavioral Guidelines

- Abide by the General Behavioral Guidelines.
- Follow the rules of Swimming Australia at all times.
- Give your best at all times.
- Never argue with an official. Use the appropriate rules and guidelines to resolve a dispute.
- Control your temper. Verbal or physical abuse is and will not be accepted.
- Work equally hard for yourself and/or your team.
- Be a good sport. Applaud good performances whether they are made by your team or the opposition.
- Treat all swimming participants, as you would like to be treated. Do not bully or take unfair advantage of another competitor.
- Cooperate with your coaches, team mates, opponents, management, event staff and officials.
- Participate for your own enjoyment and benefit, not to satisfy the expectations of others.

- Respect the rights, dignity and worth of all participants regardless of their gender, ability, ethnicity, cultural background or religion.

Spectator Behavioral Guidelines

- Abide by the General Behavioral Guidelines.
- Remember that people participate in sport for their enjoyment and benefit, not yours.
- Applaud good performance and efforts from all individuals and teams. Congratulate all participants on their performance regardless of the outcome.
- Respect the decisions of officials and encourage others to do the same.
- Never ridicule or scold an athlete for making a mistake. Positive comments are motivational.
- Reject the use of violence in any form, whether it is by spectators, coaches, officials or competitors.
- Show respect for all athletes. Without them there would be no competition.
- Encourage competitors to follow the rules and the officials' decisions.
- Do not use foul language, sledge or harass other competitors, coaches or officials.
- Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion.

Parent/ Guardian Behavioral Guidelines

- Abide by the General Behavioral Guidelines.
- Encourage your child to participate in sport for their individual enjoyment, personal satisfaction, and improvement.
- Focus on your child's effort and performance, rather than winning or losing.
- Encourage your child to abide by the rules and accept judgements made by officials.
- Never ridicule or yell at a child for making a mistake or performing below expectation.
- Be an example to your child and others. Appreciate good performances by all participants.
- Support all efforts to remove verbal and physical abuse from the sporting environment.
- Show appreciation and respect for all people involved in your child's swimming.
- Respect the rights, dignity and worth of all participants, regardless of their gender, ability, ethnicity, cultural background or religion.