

Capricornia School Sport  
Department of Education  
PO Box 138  
ROCKHAMPTON QLD 4700

PH: (07) 4932 4045  
ABN: 76 337 613 647  
Email: [capSPORT@qed.qld.gov.au](mailto:capSPORT@qed.qld.gov.au)  
Website: [www.capSPORT.eq.edu.au](http://www.capSPORT.eq.edu.au)

## 10-12yrs SWIMMING NOMINATION FORM

### Instructions

- (1) If you wish to be considered for 50 / 100 / 200 / 400 metre events, tick the applicable box and enter your best time.

If you are a Multi Class competitor, please indicate MC and your classification in your nomination.

These events must have been swum at a QSA sanctioned long course meet in the current season (Sept. 2024 - current 2025), in a 50m pool **ONLY**.

- (2) **ALL nomination forms must have attached a printout copy from either Swimming Australia's 'Results Central' or 'Swim Central' ONLY, highlighting the child's name, Long Course verified event and the nominated event/s times from 1st Sept. 2024.**
- (3) All students must be enrolled in an affiliated School, College, Special School or School of Distance Education
- (4) **Complete Online Registration & Cap Trial \$13.00 Levy Payment by Wednesday 12<sup>th</sup> February 2025.**

**ALL** students wishing to nominate will be required to register and pay the Capricornia Trial (\$13.00 Inc GST) non-refundable Levy ONLINE prior to being considered for selection. Capricornia Trial levies can be paid online at <https://rssshop.education.qld.gov.au/> Please select the Capricornia Region and Regional (10-12yrs Swimming) Trials to register and make payment.

- (5) Each nomination **MUST** have the **"Principal Approval Form"** attached filled out and submitted along with the Nomination Form to be considered for selection.

Please note:

- Each swimmer is allowed to nominate in all Individual Events at the State Championships.  
Please discuss with your coach the events you wish to nominate for.
- **ONLY** nominate in events you wish to swim.
- Please indicate your availability for Capricornia Relay teams by ticking the box below.  
By ticking the box, you have given an undertaking to team management of your willingness to participate.
- Confirmation of receiving your nomination will be emailed to the address indicated above.
- Updated time/s will **ONLY** be accepted before COB Wednesday 12<sup>th</sup> February 2025.

|                            |  |                           |  |
|----------------------------|--|---------------------------|--|
| Student's Name:            |  | Student's School:         |  |
| Students D.O.B.            |  | Male / Female             |  |
| Student's Mailing Address: |  |                           |  |
| Contact Phone No:          |  | Parent's Mobile Phone No: |  |
| Parent's Name:             |  | Parent's Email Address:   |  |

| EVENT TYPE             | Times MUST be faster than the below listed Standards |         | I wish to be considered for this event (Place tick in box if applicable) | BEST TIME (Current Season Sept. 2024 - current 2025) |
|------------------------|--|---------|--|--|
|                        | 10 yrs.  | 11 yrs. |  |  |
| 50m Freestyle          | 10 yrs.  | 41.00   |  |  |
|                        | 11 yrs.  | 39.00   |  |  |
|                        | 12 yrs.  | 36.00   |  |  |
| 50m Backstroke         | 10 yrs.  | 49.00   |  |  |
|                        | 11 yrs.  | 46.00   |  |  |
|                        | 12 yrs.  | 43.00   |  |  |
| 50m Breaststroke       | 10 yrs.  | 52.00   |  |  |
|                        | 11 yrs.  | 49.00   |  |  |
|                        | 12 yrs.  | 46.00   |  |  |
| 50m Butterfly          | 10 yrs.  | 46.00   |  |  |
|                        | 11 yrs.  | 43.00   |  |  |
|                        | 12 yrs.  | 41.00   |  |  |
| 100m Freestyle         | 10 yrs.  | 1:26.00 |  |  |
|                        | 11 yrs.  | 1:21.00 |  |  |
|                        | 12 yrs.  | 1:17.00 |  |  |
| 100m Backstroke        | 10 yrs.  | 1:38.00 |  |  |
|                        | 11 yrs.  | 1:34.00 |  |  |
|                        | 12 yrs.  | 1:30.00 |  |  |
| 100m Breaststroke      | 10 yrs.  | 1:53.00 |  |  |
|                        | 11 yrs.  | 1:47.00 |  |  |
|                        | 12 yrs.  | 1:38.00 |  |  |
| 100m Butterfly         | 10 yrs.  | 1:42.00 |  |  |
|                        | 11 yrs.  | 1:35.00 |  |  |
|                        | 12 yrs.  | 1:28.00 |  |  |
| 200m Freestyle         | 10-12 yrs.   | 2:40.00 |  |  |
| 200m Backstroke        | 10-12 yrs.   | 3:01.00 |  |  |
| 200m Breaststroke      | 10-12 yrs.   | 3:25.00 |  |  |
| 200m Butterfly         | 10-12 yrs.   | 3:01.00 |  |  |
| 400m Individual Medley | 10-12 yrs.   | 6:40.00 |  |  |
| 400m Freestyle         | 10-12 yrs.   | 5:32.00 |  |  |
| 200m Individual Medley | 10 yrs.  | 3:32.00 |  |  |
|                        | 11 yrs.  | 3:18.00 |  |  |
|                        | 12 yrs.  | 3:05.00 |  |  |
| Available for Relay    | Yes  |         | No   |  |

Please note that these are NOT the standards used to attend the Queensland School Sport 10-12yrs Swimming Championship.



**PRINCIPAL APPROVAL - 2025**

|                  |                      |
|------------------|----------------------|
| Surname :        | First Name :         |
| Date of Birth :  | Gender :             |
| Sport : Swimming | Age Level : 10-12yrs |

| <b>PRINCIPAL APPROVAL</b>                         |  |
|---|--|
| As Principal, I can confirm:                      | <input type="checkbox"/> that the above listed student, is currently enrolled as a student at this school.<br><br><input type="checkbox"/> Enrolment records at our school confirm the student's date of birth is as indicated above.<br><br><input type="checkbox"/> I am satisfied that the student can abide by the Queensland Representative School Sport Code of Conduct. |
| I approve the student's participation in the team | <input type="checkbox"/> Yes<br><input type="checkbox"/> No  |

**PRINCIPAL**

*I **approve** of the above named student trialling for Representative School Sport.*

**Principal Name: (please type)**

---

Principal Signature: \_\_\_\_\_ Date: \_\_\_\_\_

SIGN HERE

*Capricornia School Sport and its affiliated body, as an operational unit of the Department of Education., is collecting the information on this form in accordance with the Information Privacy Act 2009 for the purpose of contacting you in regard to your child's participation in a Queensland School Sport Event. The information will only be accessed by persons authorised by Queensland School Sport, including appointed team officials. The information provided will not be used or disclosed to any other person or agency unless either you have given permission, it is required by law or in the interests of student health and welfare.*

All nominations are due to the Regional School Sport Office by COB on

**WEDNESDAY 12<sup>th</sup> FEBRUARY 2025**

**Return via email to: [capsport@qed.qld.gov.au](mailto:capsport@qed.qld.gov.au)**

**ALL nomination forms must have attached the "Principal Approval Form" and a printout copy from either Swimming Australia's 'Results Central' or 'Swim Central' ONLY, highlighting the child's name, Long Course verified event and the nominated event/s times from 1st Sept. 2024.**