



Samford Amateur Swimming Association Club Handbook

2025-2026

Table of contents

I.	Executive summary	4
II.	About Samford Stingrays	5
	Location.....	5
	Parking	5
III.	Club Committee	6
	Roles and Responsibilities.....	6
	Executive Committee Members	7
	Management Committee Members	7
	General Committee Members	8
	Life Members	8
IV.	Club Constitution and By-Laws	9
V.	Membership	10
	Membership Information	11
	Member Communication.....	11
	Play On Vouchers	11
	Transfer of Membership.....	11
VI.	Uniform	13
VII.	The National Integrity Framework	14
	Code of Conduct.....	14
	Social Networking Code of Conduct.....	15
	Member Expectations	16
VIII.	Club Nights	17
	Club Night Officials	17
	Club Night Program	17
	Club Night Cancellations.....	18
	Wet Weather.....	18
	Club Night Nominations	18
	Club Night Swimming Rules	19
	Referees	19
	Time Trials	19
	Qualification Times	20
	Pup Progression Criteria for Advancement to Senior Program	20

Senior Progression 25 m to 50 m	21
Senior Progression 50 m to 100 m.....	21
100 m & 200 m Individual Medley Progression	21
Pups Program	21
Senior Program	21
Marshalling.....	22
Stingray of the Week.....	22
Club and Pool Records	22
Volunteering.....	23
BBQ Duty	23
Timekeeping Duty	23
IX. Championships	24
Points Championships	24
Points Championship Points	24
Points Championships Rules	24
Distance Championships	25
Distance Championship Points	25
Distance Championship Eligibility	25
Distance Championship Nominations	26
Club Championships	26
Club Championship Eligibility	26
Club Championship Events	27
Club Championship Nominations	27
X. Presentation Night	28
Awards and Trophies.....	28
Club Excellence Award – Male & Female	28
Overall Club Champion – Male & Female.....	28
Age-Points Champions.....	28
Overall Distance Champion – Male & Female	28
Kylie Carrett 100m Excellence Award	29
Age Champions.....	29
Pups Trophies.....	29
Perpetual Plaques.....	29
Jackie Phillips Cup	30
Carol Bizzell Award of Excellence	30
Junior Swimmer of the Year (12 & under)	30

Senior Swimmer of the Year (13 & over).....	31
Most Improved Pup Award.....	31
Club and Pool Record Holders	31
10 Year Membership Plaques	31

Executive summary.

Welcome to the 2025-26 season for all new and returning members of Samford Stingrays.

At Samford Stingrays, we're all about creating a fun, friendly, and safe space for our swimmers to grow their skills and enjoy the sport of swimming. While some of our swimmers go on to compete at local and state levels, the true spirit of the Stingrays lives in our club nights, especially through our Pups and Senior Racing Programs.

These nights are all about fun, friendship, and fostering a lifelong love of swimming. Whether it's the excitement of a 12.5m race or the determination seen in a 25m swim, sprinting a 50m or stretching yourself in a longer distance, we're always proud of our swimmers as they give it their best. And we cheer just as loudly for every swimmer as they reach new personal milestones throughout the season.

Behind the scenes, our dedicated committee, made up of passionate parent volunteers, works hard to make each club night a success. They're here to support swimmers and families alike, helping you find your way through the world of swimming with ease.

To learn more about the Samford Amateur Swimming Club, head to **www.samfordswimclub.com.au**.

About Samford Stingrays

Since its inception in 1992, the Samford Amateur Swimming Club (SASC) has offered local children of Samford and the surrounding districts the opportunity to swim for fun and fitness. The Association's vision, mission, and values seek to inspire and support swimmers in reaching their full potential. The club aims to instill a life-long love of swimming. It aims to achieve this by providing a safe, fun, and supportive environment where every member is valued and encouraged to work together as a team to achieve their goals.

The club operates from the Samford Swimming Pool during Term 4 and Term 1 each year, with club nights held on Friday nights from 5:30 p.m., with a break over the Christmas holidays. The club welcomes swimmers of all abilities, starting with our youngest members, the Stingray Pups, in 12.5m events, and offering progression to longer distances. All swimmers are seeded based on personal best times, regardless of age or gender, ensuring a fair and inclusive competition environment that supports our swimmers in exceeding their past performances and redefine their best.

Our club supports both recreational and competitive swimmers, providing opportunities to participate in club nights, inter-club carnivals, and regional meets. We aim to foster confidence, sportsmanship, and a sense of team belonging.

As a non-profit organisation, all funds raised are reinvested into the club to benefit our members. All members are encouraged to contribute their time, expertise and knowledge to the effective running of the club. The club operates under a constitution which can be found via our website.

The Samford Stingrays Amateur Swim Club is affiliated with Brisbane Swimming, Swimming Queensland, and Swimming Australia.

Location

Our Club Nights and Bronte Barratt Shield operate out of the Samford Swimming Pool located at School Rd, Samford.

Parking

There's plenty of parking available onsite for your convenience. If you need a little extra space, additional parking can be found just next door at Samford State School, perfect for use outside of school hours.

Club Committee

The Samford Stingrays committee is made up of dedicated volunteers, mostly parents connected to the club, who work together to ensure the club runs smoothly. Committee members are elected in accordance with the club's constitution and focus on achieving the strategic goals and objectives that support the success and growth of the Stingrays.

We aim for the committee to be inclusive and diverse so it can best reflect and meet the needs of all our members.

Roles and Responsibilities

While many committee members aim to leave the club in a better position than when they joined, a noble and valuable goal, the responsibilities of the committee go much deeper. The committee plays a vital role in ensuring the ongoing success, sustainability, and integrity of the club. Responsibilities include:

- Complying with all relevant legislation, including:
 - Association incorporation laws
 - All applicable laws (State and Federal)
 - Policies, procedures and requirements of Swimming Australia and Swimming Queensland
 - Member protection, welfare, and safety requirements
 - Fundraising regulations
 - Food handling and liquor licensing laws (where applicable)
- Ensuring the club is managed in accordance with its constitution, purpose and club policies
 - Committee members should be familiar with the club's rules and apply them consistently in decision making
- Overseeing the financial affairs of the club and ensuring it remains in compliance with applicable laws, solvent and financially responsible
- Supporting the overall sustainability of the club, which includes:
 - Maintaining health member and volunteer numbers
 - Securing access to appropriate facilities
 - Managing insurance requirements
 - Building and maintaining strong community support
- Creating and managing a risk management plan that addresses all aspects of club activity, including but not limited to sporting risk
- Defining and seeking to deliver the club's strategic goals and objectives
- Shaping and upholding a positive club culture by modelling expected behaviour and values
- Meeting the competitive, sporting and social needs, including encouraging active participation of members across all age groups and abilities
- Recruiting, supporting, recognizing, and retaining club volunteers
- Developing a clear succession plan for all committee and volunteer roles
 - This includes identifying and preparing future leaders through mentoring and training

- Maintaining clear, regular, communication with all club members
- Protecting, maintaining, and passing on essential club knowledge and records from season to season

Executive Committee Members

The Executive Committee is the core decision making body of SASC, responsible for overseeing key strategic, urgent and high impact decisions including but not limited to those decisions that cannot wait for a full committee meeting. It acts on behalf of the full committee between meetings within the guidelines of the club's constitution.

The Executive Committee holds the authority to act swiftly in the best interests of the club in circumstances that require prompt or confidential decision making. The Executive Committee may also approve financial commitments within agreed limits and ensures all decisions align with the club's constitution, legal obligations, and strategic objectives.

Key responsibilities of the Executive Committee include, but are not limited to:

- Making urgent or time-sensitive decisions that cannot wait for full committee review.
- Approving or responding to critical incidents, risks, or emergencies.
- Ensuring compliance with legal, financial, and regulatory obligations.
- Approving major changes to club structure, policy, or high-value expenditure.
- Representing the club in external matters requiring senior leadership involvement.

President:	Katharine Toomey	president@samfordswimclub.com.au
Vice President:	Darren Hodgetts	vicepresident@samfordswimclub.com.au
Secretary:	Michelle Thompson	secretary@samfordswimclub.com.au
Treasurer:	Ben Poppy	treasurer@samfordswimclub.com.au
Race Secretary:	Jodi Belling	racesecretary@samfordswimclub.com.au

Management Committee Members

The Management Committee is responsible for overseeing the day-to-day operational and administration functions of the club. The Management Committee ensures that regular activities, events, programs and SASC functions are delivered well and in line with club policies and goals. This includes planning and coordinating club nights, events, communications, and general club administration.

The Management Committee meets at least five times per calendar year in accordance with the SASC Constitution. Decisions (which are not decisions of the Executive Committee) are made collaboratively through a majority vote of Management Committee members present at the meeting. Committee members who are unable to attend may submit their vote in writing to the Secretary prior to the meeting for any agenda items requiring a decision.

President:	Katharine Toomey	president@samfordswimclub.com.au
Vice President:	Darren Hodgetts	vicepresident@samfordswimclub.com.au
Secretary:	Michelle Thompson	secretary@samfordswimclub.com.au
Treasurer:	Ben Poppy	treasurer@samfordswimclub.com.au
Registrar:	Tara Taylor	registrar@samfordswimclub.com.au
Race Secretary:	Jodi Belling	racesecretary@samfordswimclub.com.au
Marketing Manager:	Tahnee Ross	marketing@samfordswimclub.com.au
Operations Manager:	Kylie Horton & Jane Shea	volunteer@samfordswimclub.com.au
Grants Officer:	VACANT	grants@samfordswimclub.com.au

General Committee Members

A general committee member is a supportive volunteer who may take on a specific role that assists or complements the work of a Management Committee member, such as digital marketing, event coordination, or specific roles required to ensure club nights run efficiently. While they usually do not have formal voting rights unless specified in the constitution or delegated by the Management Committee, their contribution is still highly valued. This role is ideal for individuals who want to be involved in the club but are unable to commit to regular planning meetings.

2025-2026:

- Kelleigh Bizzell
- Phoebe Ferguson
- Sean Ferguson
- Tanya Allan
- Drew Adams
- Kate Maher

Life Members

A life member is an individual who has been awarded lifelong membership in recognition of outstanding and dedicated service to the club. Their ongoing involvement is highly valued, and they are considered an important part of the club's legacy.

- Kylie Carrett
- Carol Bizzell
- Anna Wilson

Club Constitution and By-Laws

The club's constitution is a document displaying the rules by which the club is managed and run. To obtain a copy of the constitution please contact the club's secretary at **secretary@samfordswimclub.com.au**.

By-laws can be added, changed, or removed during any Committee meeting. You'll find the current by-laws throughout this handbook under the sections for Club Nights, Championships, and Code of Behaviour.

Special by-laws are handled a little differently. These can only be introduced, changed, or removed at the Annual General Meeting (AGM) or at a special general meeting called specifically for that purpose.

One example of a special by-law is:

- The annual membership fee is set at the AGM, based on a recommendation from the committee.

Membership

Annual club membership fees are set by the Club Committee at the AGM each year and where relevant include Brisbane Swimming, Swimming Queensland, and Swimming Australia memberships and insurances. Membership fees align with the swim season which runs from 1st July to 30th June. Age for membership is on the 1st of June each year.

Samford Stingrays offers the following membership types for swimmers:

Competitive Swimmer aged 8&O	A competitive membership for swimmers aged 8&O, encompassing all competition tiers from club meets through to National Championships, including Regional, State and Interstate events. \$ 239.00
Junior Swimmer 9&U	A junior competitive membership for swimmers aged 9 and under to begin their competitive journey through participation in club and regional events within Queensland \$ 129.00
Second Claim Swimmer	A secondary membership allowing current competitive swimmers to join an additional club, with participation limited to the club environment (training and club nights). <i>Valid only if a 2025/26 Competitive membership has been purchased.</i> \$ 124.00
Come 'n Try Swimmer*	A 30-day trial membership for new swimmers to experience club activities (training or club nights). Automatically expires after 30 days. \$ 0
Parent/Supporter	A free membership for parents/supporters. <i>Mandatory for Committee members.</i> Must be renewed every season. \$ 0
Late Season Swimmer	A 6-month competitive membership beginning January 1 st , for swimmers aged 8&O encompassing competition tiers from club meets through to State Championships, including Regional, State, and Interstate events \$ 159.00

* Those who have been paid and registered members of other swim clubs or prior trial membership are not eligible.

Membership Information

These membership fees include registration and affiliation fees for Brisbane Swimming, Swimming Queensland and Swimming Australia. In addition, they go a long way in supporting a great experience for all our swimmers. They cover the cost of hiring the pool for our club nights and help provide trophies and medals for our club championships and presentation night, as well as annual club merchandise, including our custom Stingrays swim cap. On top of that, your fees contribute to the day-to-day running of the club and allow us to offer extra benefits throughout the season to support and celebrate our swimmers.

**Samford Stingrays offers a 15% volume discount where 3 or more memberships are purchased in the one transaction.*

Member Communication

We stay in touch with our members primarily through email, so it's important that each family has at least one parent registered as a member in Swim Central. This helps us keep our distribution list up to date and ensures you don't miss any important updates.

We also share news and details about upcoming swim meets in our private Facebook group, Samford Stingrays Current Members. If you haven't joined yet, be sure to jump in so you're always in the loop with the latest club happenings.

Play On Vouchers

Samford Stingrays is registered with the Queensland Government as part of its 'Play On!' program. The Play On! program supports grassroots sport and recreation by providing financial assistance to eligible children and young people to assist them in joining a sport or recreation club.

Parents, carers or guardians can apply for a voucher for their child, which can be used towards sport and active recreation membership, registration or participation fees with registered activity providers. There is a limit of 1 voucher per child per season membership. Further information is available from the **Play On! Sports Vouchers website**.

Transfer of Membership

Swimming Queensland makes it easy for swimmers to transfer their membership between clubs through a simple, formal process. To start a transfer, swimmers just need to purchase the relevant membership products and submit a transfer request through Swim Central and Swimming QLD.

Common examples include:

- A swimmer joining Samford Stingrays and moving their primary membership to us
- A swimmer who already has a second-claim membership with Samford choosing to make Samford their primary club instead
- A swimmer switching their existing primary club to second-claim status while making Samford their main membership

For our championships, here's how membership transfers are handled to keep things fair and consistent:

- If a swimmer transfers their primary membership to Samford without having previously held a second-claim membership, their official start date with the club is the first club night they swim as a primary member.
- If a swimmer already has second-claim membership with Samford and then upgrades to a primary membership, the swimmer must complete 20 events as a primary member prior to Club Championships to be eligible for any of the championships.

Uniform

All swimmers are expected to follow our uniform guidelines to ensure consistency and professionalism in the pool. Female swimmers must wear a one-piece swimsuit, while male swimmers are required to wear either racer briefs or jammer-style skins. Swim caps must be always worn when in the water and should only be removed once the swimmer is out of the pool.

We also love seeing our swimmers and their families getting behind the club by wearing the season's official Samford Stingrays merchandise. It's a great way to show your team spirit, whether you're competing, training, or cheering from the sidelines. Swimmers representing the club at external meets are strongly encouraged to wear their Stingrays swim cap as part of their race gear.

Club merchandise is available to purchase throughout the season via Swim Central or on club nights.

The National Integrity Framework

As an affiliated club, Samford Stingrays proudly follows Swimming Australia's National Integrity Framework, which helps create a safe, fair, and inclusive environment for everyone involved. This framework is built on five key policies: Child Safeguarding, Member Protection, Complaints, Disputes and Discipline, Competition Manipulation and Sport Wagering, and the Improper Use of Drugs and Medicine.

You can learn more about these policies and the full Integrity Framework by visiting Swimming Australia's website.

To ensure we maintain the highest standards, all Samford Stingrays committee members are required to hold a current Blue Card. All club members must also follow our child safety policies, procedures, and codes of conduct always. Creating a safe space for our swimmers is a shared responsibility and one we take seriously.

To support and align with the National Integrity Framework, Samford Stingrays has several additional club policies in place. These help us maintain a safe, fair, and respectful environment for all members. You can find these supplementary policies on our website at

samfordswimclub.com.au:

- SASC Social Media Policy
- SASC Safety and Wellbeing of Children Policy
- SASC Refund Policy
- SASC Photography Use Policy
- SASC Behaviour Expectations Policy

Code of Conduct

At Samford Stingrays, we've embraced Swimming Australia's Code of Conduct & Discipline Policy as our standard for how we treat one another, both in and around the pool. This code sets out the expectations for respectful, fair, and positive behaviour within our swimming community. The full policy is available on our website under the Policies tab.

If any issues or concerns arise, the process for raising and resolving complaints is outlined in both the Code of Conduct & Discipline Policy and the Complaints, Disputes and Discipline Policy.

Should you need to report a concern, please do so in writing by contacting the Samford Stingrays Secretary at **secretary@samfordswimclub.com.au**. We're committed to maintaining a safe and supportive environment for all.

The code of conduct outlined below must be followed by swimmers, parents, coaches and volunteers at Samford Stingrays:

- Treat everyone involved in swimming in a considerate, objective and courteous manner with proper regard for their rights, dignity and worth.

- Be ethical, considerate, fair, courteous and honest.
- Be professional in, and accept responsibility for, your actions.
- Avoid any real or perceived conflicts of interest.
- Give all people equal opportunity to participate.
- Follow and encourage others to follow Swimming Australia's standards, rules, policies and procedures always.
- Operate within the rules and spirit of swimming, including the national and international guidelines that govern Swimming Australia.
- Report any concerns or breaches of this Code of Conduct & Discipline Policy or the National Integrity Framework through the appropriate channels and in a timely manner.
- Provide a safe environment for the conduct of activities in accordance with Swimming Australia's policy.
- Show concern, empathy, and caution toward others.
- Be a positive role model to all and do not shame, humiliate, oppress, belittle, harass or degrade any person.
- Always respect and protect confidential information, particularly personal information of any member or child or young person or other sensitive issues or matters, whether regarding individuals or organisations.
- Maintain the required standard of accreditation and/or licensing of professional competencies, as applicable to your role(s).
- Ensure that any physical contact with others is appropriate to the situation, such as being necessary for the person's skill development.
- Ensure your actions or inaction do not bring or are not reasonably likely to bring the sport of swimming into disrepute.
- Provide a safe, welcoming and inclusive environment that places the health, welfare, and wellbeing of participants above all else.
- Conduct yourself appropriately when using social networking.

Social Networking Code of Conduct

All members must conduct themselves appropriately when using social networking in relation to sharing information or content. This includes but is not limited to using social networking as an electronic means of engaging with others through private messaging (e.g., WhatsApp, Facebook, and other electronic messaging forums).

When using social networking sites (or others) to share information or content related to swimming, any postings, blogs, status updates (or similar) must not contain material which, in the reasonable opinion of Swimming Australia or Samford Stingrays:

- Is or has the potential to be offensive, aggressive, defamatory, threatening, discriminatory, obscene, profane, harassing, embarrassing, intimidating, sexually explicit, bullying, hateful, racist, sexist or otherwise inappropriate.
- Is inaccurate, misleading or fraudulent.
- Is in breach of the National Integrity Framework
- Is in breach of laws, court orders, undertakings or contracts.
- Breaches the privacy or confidentiality of others.
- Brings or is likely to bring SASC, Swimming Australia, a member association, a club, a member, themselves or swimming into disrepute.

- Has the potential to, or does, derogate from or negatively affect the image, goodwill, name or reputation of Swimming Australia, its member associations, clubs and members of swimming.

Member Expectations

In addition to the general Code of Conduct, there are a few important expectations that apply to all Samford Stingrays members to help keep our club nights safe, respectful, and enjoyable for everyone:

- Please always follow the directions of the Management Committee and pool officials.
- Running or pushing around the pool and concrete areas is not allowed.
- The equipment shed, dressing sheds, clubroom, and toilets are only to be used for their intended purpose.
- Children under 14 must be supervised by an adult when entering or leaving the pool area.
- No glass is permitted inside the pool complex at any time.
- An adult must remain on-site for all children under the age of 14.
- The Management Committee is not responsible for supervising children before, during, or after club nights.
- The committee has the authority to refuse entry or ask anyone to leave the pool area if needed.
- Parents and guardians are responsible for the supervision and safety of their children at all times during club events.
- The small round wading pool is off-limits to anyone during club events.
- During marshalling at club nights or other meets, swimmers must listen to and follow the instructions of the Marshall. If a swimmer fails to do so, they may be removed from their events and won't be allowed to swim.

These expectations are in place to keep everyone safe and ensure our events run smoothly. Thank you for helping us make that happen.

Club Nights

The objective of club nights is to provide swimmers with the opportunity to experience carnival style races in a relaxed environment with a friendly and fun atmosphere.

Club Nights run on Friday nights during Term 4 and Term 1. Each club night consists of a Pups Racing Program, a Senior Racing Program, and a Distance Championship event as scheduled on the Season Club Calendar.

Club Night Officials

To help our club nights run like clockwork, the Management Committee may appoint members to take on official roles at each meet. All officials work under the guidance of the Management Committee to ensure everything runs smoothly and fairly.

Here's a quick look at the key roles we need on a typical club night:

- Referee/s: is an official responsible for overseeing the conduct of a swim meet. Their duties include opening the pool, monitoring swimmer safety, ensuring compliance with all relevant Australian and international swimming rules, and authorising when swimmers may enter and exit the pool before and after races.
- Marshall – Organises swimmers into their assigned lanes and sends them to the blocks.
- Check Starter – Ensures swimmers are correctly positioned and ready at the blocks.
- Race Starter – Runs the Swim Club Connect timing system and starts each race once given the go-ahead from the Referee.
- Timekeepers – Two per lane, responsible for operating the timing system, stopping the clock at the swimmer's final touch, and alerting the Race Secretary if there has been an error or something doesn't look right.

Each of these roles plays an important part in making our race nights fun, fair, and efficient.

Club Night Program

Here's a quick overview of what you can expect from a typical club night program:

- Gates open at 5.30 pm to all swimmers and families
- Warm up commences at 5.30 pm (pending lifeguard is on site and formal opening of the pool by a club night Referee)
- Warm up concludes 5.50 pm to allow marshalling to commence
- All scheduled distance events will begin right at 6.00 pm. When those races are finished, the Pups racing program will start.
- On club nights without a distance event, the Pups racing program will start at 6.00 pm

At the start of each season, we share a club calendar that maps out the full program of events for every club night, so you'll always know what's coming up. While we aim to stick to the schedule, the Executive Committee may make changes if needed to keep things running smoothly. The club calendar can be accessed via our club website.

The Executive Committee reserves the right to alter the start time and day of a standard Club Night in its absolute discretion but will provide reasonable notice (but not less than 7 days) to members of any such change.

Club Night Cancellations

The Executive Committee will jointly or separately decide whether club night or other associated meets should be abandoned or cancelled. The decision to cancel will be made by 5.00 pm on the evening of the event or at any time convenient to the Executive Committee. This includes the ability of the Executive Committee to cancel a club night any time after 5:00pm should it be necessary to do in the best interests of members.

If the Club Night has commenced, the decision will be made by those Executive Committee members in attendance at the Club Night and available to make such a decision. The Executive Committee reserves the right to alter the start time of a club night. Cancellation notifications will occur via email or the Facebook page. If a club night needs to be cancelled, the Executive Committee will look at whether it's possible to reschedule. When a cancelled night included a distance event, that event will take top priority in any rescheduling plans.

In the event of lightning due to thunderstorms, the Club night must be suspended and will not resume until 30 minutes after the last lightning flash as per Swimming Queensland's Lightning Protection Policy, which can be accessed via the Swimming Queensland Website (**SQ Lightning Protection Policy**). Within their absolute discretion, the Executive Committee may cancel a whole club night or the remainder of a club night if they consider there remains a risk to any member or person attending the pool grounds for any reason.

Wet Weather

Club night will still run if it is raining. It is recommended that timekeepers bring a raincoat for timekeeping. Parents and Guardians remain responsible for the safety of the children in their care while at the pool.

Club Night Nominations

To take part in club night races, swimmers need to submit their nominations each week by 4 p.m. on the Friday of the Club night through the Swim Club Connect App. Don't forget nominations don't carry over from week to week, so make sure to register every time you plan to swim!

If a swimmer misses the nomination deadline but still wants to race, the Race Secretary in their discretion at the request of the swimmer, can add their nominations into the meet before the meet is opened. However, if the meet has been opened, nominations cannot be added. A swimmer may request to swim in an event if there is space, however this will be at the discretion of the Race Secretary and Head Marshaller and these swims won't be officially timed or earn club points, so it's best to get those nominations in on time!

Swimmers (excluding Pups swimmers) can only nominate to swim one distance of a stroke, either 25m, 50m, 100m, or 200m where it is offered. When possible, the Race Secretary will try to

contact members about any incorrect nominations. However, if no response is received by 5 p.m. on the night of the meet, the Race Secretary will use their discretion to correct nominations as needed to ensure the event runs smoothly. For example, if a swimmer is nominated for both the 50m and 100m in the same stroke, the 100m nomination will be removed.

Club Night Swimming Rules

The club abides by Swimming Australia's swimming rules, which are accessible by visiting Swimming Australia's website (**[SWIMMING-AUSTRALIA-SWIMMING-RULES-DEC-2024.pdf](#)**). The club will adhere to these rules and guidelines during club nights.

Rule tolerances will be applied to younger swimmers to facilitate stroke correction and technique improvement. The application of tolerances means the following:

- Referees will not disqualify swimmers aged 8 years and under at any club night unless there is a fundamental error in the stroke being swum, giving the swimmer a distinct and unfair advantage. For example, if freestyle was swum instead of breaststroke.

Times recorded at club nights cannot be used to qualify for Swimming Queensland meets, Championship events run by Regional Associations, or the Australian Junior Excellence Program.

Referees

The Management Committee is responsible for appointing a Referee to oversee each meet. From the moment a swimmer steps up to the blocks until they leave the pool, the Referee has full authority over participation in and conduct of the race. The Referee is also responsible for opening the meet (and pool) for warm up and closing the pool after the meet is finished.

All events are run in accordance with Swimming Australia's official rules, along with any additional guidelines the Management Committee may introduce. The Referee has the final say when it comes to disqualifications if any of these rules are breached. Their role is essential to keeping races fair, consistent, and well-managed and maintaining the integrity of all Club meets.

If there are any concerns or protests about a race, these must be brought directly to the Referee within 20 minutes of the event. It's also important to respect the Referee's whistle at the start of every race—silence is expected from everyone around the pool. Anyone who fails to follow this may be asked to leave the pool deck.

Time Trials

When a swimmer joins the Club for the first time (excluding Pups swimmers) they must swim a 25-metre time trial. This gives us a clear idea of their technique and helps the Race Secretary (in consultation with the Referee) place them in the right events moving forward.

Swimmers can only move up to 50-metre races in any stroke once they've met the required qualification times and are consistently showing correct technique. This must be confirmed by Referee and the Race Secretary during a Club Night.

A 25-metre time trial may not be required for members who transfer from other swim clubs and can provide evidence that qualifying times have been achieved. Times are to be submitted to the Race Secretary for review prior to their first Club Night.

Whenever a swimmer takes on a new event for the very first time, whether it's a 50m, 100m, or a longer distance, it's classed as a time trial. These first-time swims are a big step in each swimmer's journey and, yes, they do count towards the points championship!

Points are awarded for time trials based on the following criteria:

Completion of time trial	4
Disqualification	0

Qualification Times

For swimmers returning from last season, their best club night times will carry over as their starting benchmarks for the new season. These times are called their seed times and are used by Swim Club Connect to seed them into heats for an event.

These personal bests set the standard, and the challenge for the season! Each time a swimmer beats their PB, the new time becomes their updated goal for future events and how points are awarded in the Points Championship.

Pup Progression Criteria for Advancement to Senior Program

At Samford Stingrays, we support a smooth and supportive transition from the Pups program to the Senior program. This progression is carefully considered, based on each swimmer's ability to confidently handle longer distances, ensuring they move up when they're ready, both in skill and stamina. It's all about building strong, capable swimmers at the right pace.

To help our young swimmers make a confident and successful move from the Pups program into the Senior Racing program, a few key milestones need to be reached:

1. Progression Times Achieved: Swimmers must hit the required progression time for a stroke at least three times in a row. This shows they're ready for the next challenge.
2. Technique Check: Swimmers need to show consistent, age-appropriate technique in each stroke. A referee will review and give the green light during Club Nights in line with what is set out above.

The following table shows qualification times from 12.5 m to 25 m.

Stroke	12.5 m > 25 m
Freestyle	20 sec
Backstroke	22 sec
Breaststroke	26 sec
Butterfly	24 sec

These steps ensure our swimmers are not only ready but set up to enjoy and succeed as they move up to the Senior program.

Senior Progression 25 m to 50 m

Swimmers will continue to compete in 25m events until they've recorded three swims under the minimum qualifying times listed below.

Stroke	25 m > 50 m
Freestyle	25 sec
Backstroke	28 sec
Breaststroke	30 sec
Butterfly	27 sec

Senior Progression 50 m to 100 m

Once a swimmer has completed 50 meters in a stroke a minimum of two times, they've earned the green light to step it up to 100 meters in that stroke.

100 m & 200 m Individual Medley Progression

At Samford Stingrays, there are no age limits for individual medleys.

- To swim the 100m IM, swimmers must have completed 25m in all four strokes.
- To qualify for the 200m IM, they must have swum the 100m IM in under 1.45:00 seconds.

Pups Program

The Pups racing program aims to foster enthusiasm for swimming while providing a supportive environment for stroke correction and an introduction to racing principles. To ensure a positive experience, we do not disqualify Pups during races. Instead, we have established criteria for advancement to the Senior Racing program to facilitate a smooth transition to higher racing standards.

The Pups racing program includes the following events:

- 12.5 Meter Races: Butterfly, Backstroke, Breaststroke, and Freestyle.
- 25 Meter Races: Freestyle (every week) and Backstroke and Breaststroke (alternate weeks).

Swimmers in the Pups program are only eligible to nominate for the Senior program once they have met the established progression criteria for advancement and been notified by the Race Secretary. The Race Secretary has the authority to remove any pups who have incorrectly nominated for the Senior program.

Senior Program

The Senior program offers the following strokes at club night:

- Freestyle
- Backstroke
- Breaststroke
- Butterfly
- Individual Medley

Heats are arranged according to a swimmer's personal best time (known as seed time). Races are mixed gender and mixed ages. No handicap is applied to any swimmer.

The following distances may be swum for each stroke on a club night:

- Freestyle – 25m, 50m, and 100m, 200m
- Backstroke – 25m, 50m, and 100m
- Breaststroke – 25m, 50m and 100m
- Butterfly – 25m, 50m, and 100m
- Individual Medley – 100m and 200m

To check if you're eligible for races, please refer to the Qualification Times section of this document. A swimmer can only swim one distance per stroke if multiple distances of a stroke are offered on club night.

Marshalling

Marshalling happens in the small undercover area near the street side of the pool. It's a busy and important role, and we can all help make it run smoothly.

Parents and swimmers can support our marshaller by keeping an ear out for announcements and knowing what event is coming up. When your event is called, head straight to marshalling and keep noise to a minimum so everyone can hear their names and instructions clearly.

If a swimmer misses their heat, they can speak with the marshaller and race secretary to see if there's space in another race. If placed, they won't receive a time or points.

Stingray of the Week

In conjunction with our sponsors, the Stingray of the Week Award is presented to a swimmer who demonstrates consistent effort, a positive attitude, consistently displaying the club values, and a strong commitment to the club. This award encourages swimmers who display unwavering dedication, regardless of their competitive results. It recognises individuals who have shown notable improvement in their technique or times over the season, overcome injuries or challenges, and actively participate in club nights, embracing every opportunity to contribute and grow. The final decision of who should receive the Stingray of the Week award is the Race Secretary, in their absolute discretion.

Club and Pool Records

The club maintains a comprehensive list of all club and pool records achieved. Club records indicate the fastest recorded times swum at the pool by registered competitive Stingray swimmers. Pool records indicate the fastest recorded times swum at the pool by members of any swimming club, whether Samford or otherwise.

Every club night is a chance for swimmers to make history by breaking a club or pool record. Each swim counts — and you never know when that personal best might become a club best!

Swimmers can also go after a record more directly by requesting a club record swim through the Race Secretary. This special event is set up just for them during club night, giving them a focused shot at a specific record.

To organise a club record swim, the request must be submitted to the Race Secretary at least three days before the scheduled club night.

Volunteering

To keep our club nights running smoothly, we rely on support from all families throughout the season. In addition to key roles on the night, we need help with timekeeping and BBQ duty.

BBQ Duty

Each family is rostered for BBQ duty at least once per season, with the roster released by Club Night 3. If your assigned week doesn't work, please contact our Volunteer Coordinator at volunteer@samfordswimclub.com.au to swap.

Timekeeping Duty

We also need 18 timekeepers each club night (2 per lane). Timekeeping is done via the Swim Club Connect app — guides are available on our website.

Championships

Throughout the season, Samford Stingrays hosts a series of exciting championships, including our Points Championship, Distance Championship, and the highlight of the year, our Club Championships. Each one offers swimmers a chance to challenge themselves, earn recognition, and celebrate their progress in the pool!

While this section outlines how our championships are run, we know that sometimes unexpected situations can arise. In these cases, the Executive Committee reserves the right to use their discretion, guided by our club's code of conduct, to make fair and well considered decisions.

Points Championships

All season every swim counts in our Points Championship. A fun and motivating way to reward consistency and personal progress. Swimmers earn points each time they race, based on how their time compares to their previous personal best in that event. The more you improve, the more points you score! At the end of the season, points are tallied to award our Age-Point Champions.

Please note: Pups do not participate in the Points Championship, and swimmers with second-claim swimmer memberships are not eligible to earn points.

Points Championship Points

Time Difference from Time Swam to PB	Points
More than 2.5 secs slower	1
Between 1.5 and 2.5 secs slower	2
Between 0.5 and 1.5 secs slower	3
Between 0.5 secs slower or faster	4
Between 0.5 and 1.5 secs faster	5
Between 1.5 and 2.5 secs faster	6
More than 2.5 secs faster	7

Points Championships Rules

- Age-Point Champions are calculated based on the age of the swimmer on the day of the Club Championships.
- If a swimmer is disqualified, they receive 0 points
- If a swimmer misses their heat, they receive 0 points
- The first time you swim a distance for an event it is considered a time trial, and 4 points will be allocated, if not disqualified
- If you accidentally swim in an event you have not met qualification times for, no points will be awarded for that race.
- The Points Championship is only calculated on races swum during club nights.
- If a 200m event is offered as a club night event it is considered separate to the Distance Championships, therefore points will be accrued.

Distance Championships

For swimmers ready to go the distance, we run a dedicated Distance Championship series alongside our regular club nights. These longer events, all 200m and 400m races, are scheduled on club nights as a separate event to give swimmers the chance to push their endurance and race strategy.

Events include:

- 200m Freestyle
- 200m Backstroke
- 200m Breaststroke
- 200m Butterfly
- 400m Freestyle

Distance Championship Points

Points earned in distance events don't count toward the regular Points Championship, as the Distance Championship is run as its own separate series.

In these events, swimmers earn points based on their placing within their age group. At the end of the season, points from all five distance events are added together to determine the overall Male and Female Distance Champions.

1st, 2nd, and 3rd place medals are awarded in each distance, age group, and gender category.

Age groupings for males and females are:

- 10 & Under
- 11 & 12 Years
- 13 & 14 Years
- 15 & Over

Points awarded are as follows:

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

** No points are awarded for finishing 17th or after.*

Distance Championship Eligibility

- The age of swimmer is same age on the block on the day of the Club Championships
- To swim 200m the swimmer must have swum 100m in the appropriate stroke in that season or a previous season.
- To swim 400m Freestyle, the swimmer must have swum 200m in Freestyle in that season or a previous season.
- Second-Claim Swimmers can compete in the distance championships; however, they will not accrue points or be eligible for medals.

Distance Championship Nominations

Distance events are run as a separate meet from the regular club night, even if they take place on the same evening. In Swim Club Connect, swimmers need to nominate for both the distance event meet and the club night meet to take part in each. Members will be notified through regular channels when nominations are open.

Club Championships

Club Championships is the grand finale of our swimming season. The moment where all the hard work, training, and dedication come together. It's a celebration of our swimmers' progress and passion, and it's also where we crown our age champions for the year. It's the perfect way to finish the season on a high!

To be eligible for Age Champion, the swimmer must swim all four competitive strokes in the distance applicable for their age. The Pups program does not compete for age champion but as set out below can participate in the Club Championships event.

Club Championship Eligibility

- Age for club championship events shall be determined as the age of the swimmer on the day of the championships.
- To be eligible to compete at club championships, a swimmer must have competed in at least 20* events (excluding 100 m races) at club night during the current season.
- If a swimmer is ineligible for club championships due to not meeting the minimum number of club night events, but believes there were genuine, extenuating circumstances, they may apply in writing to the Race Secretary for special consideration. This may include providing evidence of participation in Brisbane Swimming, Swimming Queensland or mandatory event which has had a direct and significant impact on their ability to complete the eligibility requirements.
- The Executive Committee may, acting reasonably and after careful consideration, waive the requirements to complete the full minimum number of events. The Executive Committee, when considering such a request will take into account all relevant circumstances including but not limited to, whether any other members could or will be impacted by the decision and if so, how, why the swimmer was not able to meet the minimum number of events prior to club championships, what is the reason and intent behind for their request, could the decision impact the integrity and fairness of the event or season.
- Second-Claim swimmers are not eligible to compete in Club Championships.
- A swimmer must either meet the qualification time for the event or previously competed in the same stroke and distance at club night.

**Number of events may change with Executive Management Committee approval if club nights are rained out or cancelled.*

Club Championship Events

Pups Club Championships

Our Pups program offers a fun and supportive introduction to championships, with a great range of events tailored just for them. While Pups don't compete for age champion titles, they still get their moment to shine, with medals awarded for 1st, 2nd, and 3rd place in each event, by age and gender.

Events include:

- 12.5 m Freestyle
- 12.5 m Backstroke
- 12.5 m Breaststroke
- 12.5 m Butterfly
- 25 m Freestyle

Senior Club Championships

Medals are awarded for 1st, 2nd, 3rd place in each event, by age and gender.

Freestyle	Backstroke	Breaststroke	Butterfly
25 m – 9 & under	25 m – 9 & under	25 m – 9 & under	25 m – 9 & under
50 m – 10 & over	50 m – 10 & over	50 m – 10 & over	50 m – 10 & over

Points are awarded at Club Championships for the 25 m and 50 m distances in the four strokes.

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

* No points are awarded for finishing 17th or after.

Club Championship Nominations

Club Championships is set up as a separate meet in Swim Club Connect, so be sure to nominate specifically for it. Nominations close at 5 pm the day before the event — no late entries. Members will be notified through regular channels when nominations are open.

Presentation Night

Presentation Night is our end-of-season celebration — a fun, family-friendly evening where we recognise our swimmers' achievements, award championship trophies and medals, and celebrate another fantastic year with the Stingrays.

Awards and Trophies

Club Excellence Award – Male & Female

This award recognises the male and female swimmer who has demonstrated outstanding performance across all championships throughout the season, distinguishing themselves as the club's top performer in Points, Distance, and Club championships.

- The Male Club Excellence Award is awarded to the male swimmer with the highest accumulated points for the season from the Points, Distance and Club Championships. Should a tie occur, both swimmers will be awarded the trophy.
- The Female Club Excellence Award is awarded to the female swimmer with the highest accumulated points for the season from the Points, Distance and Club Championships. Should a tie occur, both swimmers will be awarded the trophy.

Overall Club Champion – Male & Female

This award recognises the male and female swimmers who have accumulated the highest total of points in the Points championship.

- The Male Overall Club Champion trophy is awarded to the male swimmer with the highest accumulated points for the season from the Points championship, irrespective of age. Should a tie occur, the swimmer with the fastest 50m Freestyle at Club championships will be awarded the trophy.
- The Female Overall Club Champion trophy is awarded to the female swimmer with the highest accumulated points for the season from the points championship, irrespective of age. Should a tie occur, the swimmer with the fastest 50m Freestyle at Club championships will be awarded the trophy.

Age-Points Champions

Age-Points champions (for Senior Program only) are based on the accumulation of total points earned during the Points Championship. Male and Female points champion trophies are awarded to 1st, 2nd, and 3rd placed for ages 7, 8, 9, 10, 11, 12, 13, 14 and 15 & over.

Overall Distance Champion – Male & Female

The overall Male and Female Distance Champions (for the Senior Program only) are based on the accumulation of total points earned during the distance championship for all 5 events.

- The Male Distance Champion trophy is awarded to the male swimmer with the highest accumulated points for the distance championship. If a tie is to occur at the conclusion

of the distance championship, the swimmer with the highest percentage improvement will be awarded Distance Champion.

- The Female Distance Champion trophy is awarded to the female swimmer with the highest accumulated points for the distance championship. If a tie is to occur at the conclusion of the distance championship, the swimmer with the highest percentage improvement will be awarded Distance Champion.

Highest percentage improvement recognises the swimmer who has made the greatest progress compared to their previous best time. The swimmer with the highest result has improved the most, regardless of age or speed.

Kylie Carrett 100m Excellence Award

To recognise swimmers who demonstrate exceptional performance across the 100m distance throughout the season.

The 100m Excellence Award is presented to the swimmer with the highest overall percentage improvement in 100m events swum at club nights during the season.

Age Champions

Age Champions are awarded to the top male and female swimmers (senior program only) in each age category, based on the highest total points earned across all eligible events at Club Championships. It's a celebration of consistent performance, determination, and effort over the course of the meet.

In the event of a tie in total points, the award will go to the swimmer with the fastest freestyle time — either 25m or 50m, depending on the swimmer's age group — recorded during Club Championships.

Pups Trophies

All swimmers that participate in the pup's program for the whole season will receive a pup's trophy.

Perpetual Plaques

Perpetual plaques are awarded to every swimmer in the Senior program who accrues points in events 25 m and longer. A swimmer's initial plaque is presented to them on their first year of swimming with the club. Additional plaque plates are presented each year to show the points achieved for the season. Second-Claim swimmers will be presented with participation plaques without points accrued.

Any pup swimmer that progressed into the Senior program will not receive a pup trophy. Instead, they will receive a perpetual plaque with their total points accrued for the season.

Jackie Phillips Cup

The Jackie Phillips Cup honors the incredible contribution of Jackie Phillips, a long-time coach and referee who helped shape the heart of our club. This special award recognises outstanding commitment and participation across the entire season.

It is presented to the swimmer who competes in the most events from the first club night to the last. Eligible events include:

- Club Nights
- Distance Championships
- Club Championships
- Bronte Barratt Shield
- External carnivals such as preparation meets, Brisbane, Queensland or Australian Championships, and friendly inter-club meets

If there is a tie the Cup will go to the swimmer with the fastest 50m Freestyle sanctioned time from the season. The Jackie Phillips Cup is all about showing up, getting involved, and embracing every opportunity to swim and represent the Stingrays team.

Carol Bizzell Award of Excellence

The Carol Bizzell Award of Excellence celebrates the legacy of Carol Bizzell, a dedicated life member and head referee whose commitment to the club left a lasting impact.

This award honors the swimmer who achieves the highest number of personal bests throughout the season in freestyle, backstroke, breaststroke, and butterfly — based on club night events only. Please note that 12.5m races and individual medleys are not included in the count.

In the case of a tie, the award will go to the swimmer with the highest accumulated points for the points championship.

The Carol Bizzell Award of Excellence is about more than just speed — it's a celebration of consistent progress, dedication, and striving to be better with every swim.

Junior Swimmer of the Year (12 & under)

The Junior Swimmer of the Year award recognises a young swimmer who truly embodies the spirit of the club — both in the pool and beyond.

This award is presented to the swimmer who has achieved the most personal bests across freestyle, backstroke, breaststroke and butterfly during club night events across the season. It also considers consistent participation in key events including club nights, the Bronte Barratt Shield, Distance Championships and Club Championships, along with the highest combined points across all three championship categories.

But it's not just about performance. The recipient is someone who uplifts others, encourages teammates, shows sportsmanship, represents Stingrays, lives the Club's values and treats officials and the sport with respect.

If the top qualifying swimmer is also receiving one of the perpetual trophies, the Junior Swimmer of the Year award will go to the next most deserving swimmer to ensure broader recognition of excellence within the club.

Senior Swimmer of the Year (13 & over)

The Senior Swimmer of the Year award recognises a swimmer who truly embodies the spirit of the club — both in the pool and beyond.

This award is presented to the swimmer who has achieved the most personal bests across freestyle, backstroke, breaststroke and butterfly during club night events across the season. It also considers consistent participation in key events including club nights, the Bronte Barratt Shield, Distance Championships and Club Championships, along with the highest combined points across all three championship categories.

But it's not just about performance. The recipient is someone who uplifts others, encourages teammates, shows sportsmanship, represents Stingrays, lives the Club's values and treats officials and the sport with respect.

If the top qualifying swimmer is also receiving one of the perpetual trophies, the Senior Swimmer of the Year award will go to the next most deserving swimmer to ensure broader recognition of excellence within the club.

Most Improved Pup Award

The most improved pup award is given to the pup swimmer who achieved the most personal best times across the season in the four strokes, during club night events only. Should a tie occur, both swimmers will be awarded.

Club and Pool Record Holders

All swimmers who broke Club or Pool records throughout the season will receive a record plaque outlining their records.

10 Year Membership Plaques

Swimmers who have been part of the club for 10 years are celebrated for their incredible commitment, loyalty, and team spirit.

To honor this milestone, they are awarded a commemorative plaque – a token of appreciation for the dedication they've shown over a decade of swimming, supporting teammates, and growing with the Samford Stingrays family.