Morningside Flyers Swim Club

Handbook Season 2026 - 2027

information@morningsideflyers.org.au

67 Pashen Street, Morningside, Queensland 4170

Table of Contents

Table of Contents **2**
Welcome to the Morningside Flyers **3**
A Bit About Us **4**
Club History 4
Morningside Flyers Committee 4
Sign On Info **5**
Swimming Club Membership Fees 5
Registration 5
Club Calendar **6**
Club Night Events **7**
Club Night Information **8**
Nominations 8
Club Night Schedule 8
Competitive Swimming Members (25m & Over) 8
Noodlers & 12.5m Races 9
Storms & Bad Weather 9
Graduating Times **10**
Photography & Media **11**
Volunteering **12**
Volunteer Roles 13
Blue Cards 13
Senior Swimmers & Club Captains **14**
Club Merchandise **15**
Season Points **16**
Carnivals **17**
Southside Carnival 17
Interclub Meets & Carnivals 17
Club Championships **18**
Season Trophies & Awards **19**
Age Champions 19
Stroke Points Champions 19
Season Points Champions 19
Perpetual Trophies 20
Seniors Certificate 20
Club Pool Rules **21**
Swimming Rules **23**
Flyers War Cry **24**

Welcome to the Morningside Flyers

Morningside Flyers Swim Club is a friendly and supportive club that caters for beginners through to advanced juniors.

Club nights are held on Tuesday nights from 6:00pm (during Terms 1 and 4) and include races for children of all ages and abilities – no racing experience required!

Our club is a fantastic introduction to the world of racing for children as they have fun and make friends along the way.

On club nights the children compete in a carnival-like atmosphere. As a club we celebrate self-improvement of each swimmer rather than the place getting.

Morningside Flyers is a *community* club run by and for its members. We are a sub-committee of the Morningside State School P&C Association. Volunteers are imperative for our club to operate and exist. Our club will only be as strong as its volunteer base.

So that *everyone* gets to enjoy the season and share the highs and lows with their children's achievements, we call on each of our families and carers to volunteer on a rostered basis throughout the season. Whether it is time keeping, flipping a burger or spending some time in the canteen, your services will be called on to help the club function.

Each season we participate as a club in several carnivals. It enables our swimmers to compare their talents and development against other swimmers and also engages a strong club and community spirit.

We look forward to welcoming you and your swimmers to the Flyers family!

Warm Regards,

The Flyers Committee 2026 - 2027

A Bit About Us

Club History

Back in 1958, the Morningside State School P&C Committee had a dream - to build a pool for the school! A Swimming Pool sub-committee was formed to spearhead this project and on 27 March 1963 the Morningside State School Pool was officially opened.

In the years to follow, the Morningside State School Amateur Swimming club was created, now affectionately known as the Morningside Flyers. It is still run as a sub-committee of the school's P&C Association.

Our facility has a six lane, 25m heated outdoor pool, changeroom and shower facilities, a large, covered grandstand and canteen facilities.

Our members are not just families from the school community; we welcome families from other schools and our surrounding community.

Morningside Flyers Committee

The club has an enthusiastic committee for the season. Please feel free to speak to any of the committee members if you have questions or suggestions regarding our club. Committee meetings are held roughly every four weeks during the season. We welcome any new Committee members during the season. Our positions range from General Members who may wish to help with the running of club nights or carnivals, through to the Executive Committee members.

Chair	Jennifer Szeitli
Secretary	Nicky West
Treasurer	Harry Palmer
Race Secretary	Jo Roberts
Canteen Convenor	
Volunteer Coordinator	Jasmine Kelly & Isobel Ward
Comms Coordinator	Nicky West
Trophy & Medals Coordinator	
Seniors Coordinator	Clare Audet
Merchandise Coordinators	
Fundraising & Raffle Coordinator	
General Committee Members	Sarah Reilly and Neil Joubert

Sign On Info

Swimming Club Membership Fees

Club nights are on Tuesday nights during Term 4 and Term 1, typically from Week 2 to Week 9. Club nights run from 6:00pm until about 8:00 pm. Our 12.5m swimmers will typically be finished by 6:30pm. The swim club does not operate during the Christmas holidays.

Competitive Swimmers (12.5m, 25m, 50, & 100m)	
1st family member	$140
2nd family member	$110
3rd family member	$80
4th and subsequent family member	$0
Single term membership (either Term 4 or Term 1)	$70
Noodlers	
With older sibling who is a 12.5m or competitive swimmer	$30
No older sibling who is a 12.5m or competitive swimmer	$45

Play On vouchers are applied to full membership fees and before application of any sibling or other discounts.
A free club swimming cap is included with every membership - we have a strict '**No Cap, No Swim'** policy.

Registration

All registrations are done online via the **Active Swim Portal** (see our communications for the link). For further questions regarding registration please email: information@morningsideflyers.org.au.

We use **Stack Team App** as our main mode of communication to club members:

- Download from your App Store
- Search for Morningside Flyers
- Request to join—please state the name of your joining members so we know we are granting permission to a club member
- One of your committee members will approve your request

We use **Swim Club Connect Meet Manager** for you to nominate your swimmers into events each week and you'll see their time recorded in real time. It's also used for timekeeping for every race.

- Download from your App Store (there's currently a $2.99 per month or $10.49 annual fee)
- Nominate the events for your swimmer
- See your swimmer's events, heat and lane assignments
- Get real time race results and times
- Keep track of personal best results

Morningside Flyers Website: https://www.morningsideflyers.org.au/
Morningside Flyers Facebook: https://www.facebook.com/mssasc

Club Calendar

Date	Week	Details
2026, Term 3		
		Sign-On Night
2026, Term 4		
Tuesday October 13th	Week 2	Club Night
Tuesday October 20th	Week 3	Club Night
Tuesday October 27th	Week 4	Club Night
Tuesday November 3rd	Week 5	Club Night
Sunday November 8th		Southside Carnival 2026 * @ *Morningside State School*
Tuesday November 10th	Week 6	Club Night
Saturday November 14th		Lexi Wilmington Carnival * @ *Holland Park State School,*
Tuesday November 17th	Week 7	Club Night
Tuesday November 24th	Week 8	Club Night
Tuesday December 1st	Week 9	Club Night
2027, Term 1		
Tuesday February 2nd	Week 2	Club Night
Tuesday February 9th	Week 3	Club Night
Sunday February 14th		Brisbane Amateur Swimming Club Cup * *Hosted by Cannon Hill Dolphins @ Morningside State School*
Tuesday February 16th	Week 4	Club Night
Tuesday February 23rd	Week 5	Club Night *with Club Champs 100m Back Finals*
Tuesday March 2nd	Week 6	Club Night *with Club Champs 100m Breast Finals*
Tuesday March 9th	Week 7	Club Championships Preparation Night * ** *with Club Champs 100m Fly Finals*
Sunday March 14th		Club Championships 2027 *
Sunday March 21st		SGM; End of Season Presentation & Celebration

* Excluded from season points

** Club Championship Preparation Night – includes 100m distance in IM and Free

Club Night Events

Date			Distance Event	Relay	Stroke 1 25m, 50m	Stroke 2 25m, 50m	Stroke 3 25m, 50m	Stroke 4 25m, 50m
2026, Term 4								
October 13th	Noodlers	12.5m Races Free, Back, Breast, Fly	100m IM		Free	Back	Breast	Fly
October 20th			100m Free	25m Free Relay	Free	Breast	Fly	Back
October 27th			100m Back		Free	Fly	Back	Breast
November 3rd			100m Breast	25m Free Relay	Free	Back	Breast	Fly
November 10th			100m IM		Free	Breast	Fly	Back
November 17th			100m Free	25m Free Relay	Free	Fly	Back	Breast
November 24th			100m Back		Free	Back	Breast	Fly
December 1st			100m Breast	25m Free Relay	Free	Breast	Fly	Back
2027, Term 1								
February 2nd	Noodlers	12.5m Races Free, Back, Breast, Fly	100m IM		Free	Fly	Back	Breast
February 9th			100m Free	25m Free Relay	Free	Back	Breast	Fly
February 16th			100m Back		Free	Breast	Fly	Back
February 23rd			100m Back Finals	25m Free Relay	Free	Fly	Back	Breast
March 2nd			100m Breast Finals		Free	Back	Breast	Fly
March 9th *			100m Fly Finals & 100m IM	25m Free Relay	Free*	Back	Breast	Fly

*Club Championship Preparation Night – includes 100m distance in IM and Free

A few notes about the Club Night races for 2026/2027 season:

- The 25m Free Relay will run on alternate weeks only.
- Freestyle will be the first 25 & 50m event each week.

Club Night Information

Nominations

Ahead of every Club Night or Carnival, parents or carers must nominate swimmers into the events they wish to participate in. For Club Nights, this must be done every week.

The events for each Club Night will be visible from the **Swim Club Connect** app on your phone. You must nominate your swimmer for every race they will take part in. This is a very straightforward process, completed in the **Swim Club Connect** app. Nominations will be open until the start of the next Club Night at **6:00pm**. All nominations must be received prior to the start of Club night so that the App can allocate heats, and the night can run smoothly.

Your swimmer's times are recorded each week, with PBs and graduations to the next distance are celebrated. The app will not allow you to nominate for events your swimmer has not yet graduated to. The App arranges swimmers into heats based on their recorded times. Children are invited to marshalling before each series of heats. Parents are encouraged to check their swimmer's heat number and lane position, to assist them get to marshalling in time for their race. Club nights run efficiently when swimmers are prepared and come to marshalling on time.

Our younger swimmers should nominate for and compete in 12.5m races initially. They can progress to 25m either once they have achieved the qualifying time for the next distance or when they feel confident to swim 25m without assistance.

Older or more capable swimmers should nominate for 25m events until they have met the qualifying times to progress to the longer distances.

Graduating times are outlined on a subsequent page

Club Night Schedule

5:50pm	Noodle Races (Senior swimmers to offer assistance and encouragement)
6:00pm	12.5m Events (Senior swimmers to offer assistance and encouragement)
	A Distance Event
	25m and 50m Events in each stroke
~8:00pm	Finish time, free swim and pack up

The full program for each Club Night is available in the Swim Club Connect app. Event times and results will also appear once each heat is complete. There is a range of data available on the App for your swimmer to celebrate progress and encourage opportunities for improvement.

Competitive Swimming Members (25m & Over)

Events will be held for all four strokes, over distances of 25m and 50m every Club Night. Additionally, a single 100m event will be held. There is a rotation of all strokes during the season.

Returning members will be able to nominate for races on the basis of their personal best times from the

previous season. New members should swim 12.5m or 25m races – whichever they are comfortable with – on their first night to establish a personal best time which can be used for future nominations.

Swimmers may compete in a maximum of one 12.5m, 25m or 50m event for each stroke. They may additionally compete in the 100m races if eligible. Swimmers are encouraged to challenge themselves and move up to the next distance, once they graduate.

Noodlers & 12.5m Races

The noodle races and 12.5m events are held at the beginning of the Club night before the longer events. Noodle races are for swimmers still needing a flotation device (kicking whilst holding onto a pool noodle). The 12.5m races are for swimmers able to complete 12.5m aided or unaided but are not able to swim 25m in a particular stroke. Each lane will have a senior swimmer within arm's reach, who is able to offer assistance if required. Points are not awarded for either of these distances. Times are not recorded for Noodlers. PBs are celebrated for 12.5m races, especially graduating times.

Storms & Bad Weather

The safety of your children, attendees and our volunteers is paramount, but as a general rule we do not cancel the event simply because it is raining. If the rain is accompanied by strong or severe winds or lightning is present, then we will evaluate and we will always make a timely call and attempt to contact you by email.

If the weather hits in the course of an event, we will manage it as necessary – but always conservatively. Two processes will manage the situation if lightning is present, in the following order:

1. Flyers volunteers will utilise the "My Lightning Tracker App", which accurately tracks lightning strikes. If any strikes occur within a 10km radius of the pool, the pool will be evacuated, and the event will not commence until 30 minutes have elapsed since the last strike within the 10km radius.
2. If the App is not available, then we will use the "30-30 Rule". The "30-30 Rule" is an effective rule of thumb for pool safety: evacuate the pool if the flash-to-bang count is under 30, do not return until 30 minutes have elapsed since the last thunder or lightning.

On both occasions, we will require everyone to clear the pool deck and not stand under an open sky. During a Club Night if a strike occurs on or after 7:00pm the event will be cancelled.

In the event of rain, the swim night will still proceed as normal. However, if the weather is deemed unsafe for the swimmers, the Club night will be cancelled and a notification will be sent out via Team App. Our Facebook page will also be updated with any information. If the decision by the Committee is that the night will proceed, the Committee reserves the right to cancel the night at any time thereafter if weather is an issue.

Graduating Times

All 12.5m, 25m and 50m swimmers are encouraged to attempt swims of a greater distance.

Once a swimmer has swum inside the set time limit for that stroke and distance, the swimmer graduates to the next greater distance in that stroke.

Graduating swimmers will have their names and graduation times published in the weekly newsletter. They will be able to nominate for the longer distance in the Swim Club Connect app.

Swimmers who have graduated in a particular stroke are encouraged to attempt the longer distance but may continue to swim the shorter distance until they feel ready.

Once swimmers are aged 9 or older, they will compete in 50m races at carnivals (see individual carnival rules for details). Once they have recorded a 50m time then they will be welcome to continue swimming the longer distance whether they have met the applicable graduation time or not.

At the discretion of the Committee, a current swimmer or new member may be granted automatic qualification.

Stroke	**12.5m**	**25m**	**50m**
Freestyle	20.0 seconds	25.0 seconds	48.0 seconds
Backstroke	20.0 seconds	29.0 seconds	53.0 seconds
Breaststroke	20.0 seconds	30.0 seconds	58.0 seconds
Butterfly	20.0 seconds	27.0 seconds	48.0 seconds

A swimmer who is eligible to compete in the 100m Free may also compete in the 200m Free.

Individual Medley (IM) Events:
To compete in the 100m IM, a swimmer must have graduated to 50m in any two of the four strokes.
To compete in the 200m IM, a swimmer must have graduated to 50m in all four strokes.

Photography & Media

Morningside Flyers is committed to keeping children safe. Photography and filming are part of celebrating their achievements, but must be done responsibly and in line with Queensland child-protection guidelines.

Parents and guardians may take photos or short videos of their own child during Club activities.

If capturing children other than your own, make every effort to check with the parent or guardian before taking the photo (and offer to share the photo with the child's parent or guardian). We recognise it is almost impossible to photograph only your own child. In no circumstances may an image of a child be shared or uploaded to any social media (whether private, locked or public) without the knowledge and consent of the child's parent or guardian. Photos must not be uploaded to any AI platform or manipulated in any manner. If you take a photo of another child, whether directly or incidentally, it must be kept private for your own personal use, and never published.

If you do not wish for your child to be photographed, please politely advise the person taking the photo that you do not wish your child's image to be captured. All parents are to be respectful of other children and their parents' wishes when it comes to capturing images of children.

Ideally, parents should capture nonidentifiable group shots (e.g., swimmers facing away, wide pool scenes, or actively swimming where their identity is obscured by goggles and a swimming cap). Photography must be kept respectful and focused on swimming participation.

What parents cannot do

- Photograph children in change rooms, bathrooms, or private areas.
- Take intrusive, indecent, or inappropriate images.
- Photograph other children without their parent's consent.
- Post images online that identify other children or reveal sensitive details (names, school logos, etc).
- Use images for bullying, shaming, or any harmful behaviour.

Social Media Expectations

- You may elect to share photos or post images of your own child to your own social media or use AI platforms to generate images or outputs.
- Do not post identifiable images of any other swimmers without consent, or use an AI platform to transform the image of a child other than your own.
- Avoid tagging exact locations or times.
- Think carefully before posting images of children in swimwear.

Club Photography

- Official photographers are approved by the Club. The Committee (who are bound by the Morningside State School P&C Code of Conduct and Constitution) may take photographs from time to time (including medal presentations) and celebrations at Club Nights and Carnivals.
- Images are stored securely and used only for Club purposes.
- No child will be photographed individually without written consent. Consent may be withdrawn and photos will be deleted.
- Families who do not wish to have their child photographed will be accommodated discreetly.

If you have concerns

Please speak with a Committee Member immediately. We will respond promptly and respectfully.

Breaches of this policy

May result in photography being stopped, removal from the venue, suspension of Club membership, or—if required—referral to authorities.

Thank you

Your cooperation helps create a safe, positive environment for all swimmers.

Volunteering

The club is run by a hardworking volunteer committee, but we need an additional dozen or so volunteers for every club night to keep things working – double that for carnivals!

We want everyone to enjoy the season and share the highs and lows of their children's achievements, so we need to share the load. Here's how it'll work:

1. Know Your Date - Early each term, we'll allocate families to club nights across the term and publish on Stack Team App (under 'News')
2. Check The Roster - When you know the date you've been allocated, you should head to the roster for that club night or carnival on Stack Team App (under Events & Roster > Event Date > Duty Roster) to see what roles are needed
3. Choose Your Role – Once you've picked out the role you want, touch on 'Assign to Me' and you're good to go. Try to get in quickly to secure the role you want! You can find out more about the roles in the notes below

We appreciate that every family is different and sometimes you just won't be able to help on your allocated week. That's okay, we just ask that you find someone to swap with if possible or otherwise let us know as early as possible so we can find a replacement.

Volunteer Roles

We need volunteers across a range of roles to keep things running. They're all very straightforward and our committee will be there to get you up to speed on the day – so don't worry if you haven't done it before.

- **Timekeepers** (x6 minimum) – You'll use the Swim Club Connect app on your own phone to time the races in your assigned lane. We'll show you how it works if you're new to it and it's simple and fun. You'll need to be there for the whole event so make sure you have enough charge in your phone!
- **12.5m Marshalling** (x2 preferred, x1 minimum) – You'll use the Swim Club Connect app on your own phone to help you organise the kids into the right order for their races on the marshalling benches. You'll then make sure they make it to the right lane poolside when it's time for their race. The 12.5m races are for our younger swimmers and this is a great way to help if your child is in that group. You'll need to be there from the start of the evening through until around 6:30pm.
- **Relay Marshalling** (x2 preferred, x1 minimum) - Only required every second week per event night schedules for relays. Utilises the Swim Club Connect app to help the competitive swimmers (relay) teams form and make their way to correct positions.
- **25m+ Marshalling** (x2 preferred, x1 minimum) - You'll use the Swim Club Connect app on your own phone to help you organise the kids into the right order for their races on the marshalling benches. You'll then make sure they head off to the blocks in the right order when it's time for their race. The 25m+ races are for our older swimmers and this is a great way to help if your child is in that group. You'll need to be there from around 6:15pm through until the end of the evening.
- **Canteen** (x2 preferred, x1 minimum) – You'll serve food and drinks to our members at the canteen counter and take payment using our simple new payment system (you won't need to remember prices or add things up!). Our Canteen Convenor will be there to guide and support you. This is a

great way to help if you like meeting other families and having a chat. You'll need to be there from 6pm for around an hour.

- **BBQ Chef or Meal Server** (x2 minimum) – You'll work the BBQ or help serve hot food like burgers or pizza, all under the direction of our Canteen Convenor. This is another great way to help if you like meeting other families and having a chat. You'll need to be there from 6pm for around an hour.
- **Sweet Home Bake** (x2 minimum) – You'll provide roughly 24 servings of a sweet treat to be sold in the canteen. Think cupcakes, slices, lolly bags, muffins, biscuits (all with no nuts). This is a great way to help if you're not able to commit any time on the night.

Blue Cards

If you're a parent or guardian, you can volunteer at Flyers without needing a blue card, as long as your child is participating in that club night or carnival. Children of high school age who are not yet eighteen may also volunteer without a blue card.

All other volunteers (including relatives such as grandparents) must hold a blue card and register it with Flyers before they can volunteer – please ask a committee member or get in touch at information@morningsideflyers.org.au and let us know if this is your situation.

Applying for a blue card is a simple process that can be done online. You can find out more about blue cards here: https://www.qld.gov.au/jobs/blue-card/applications/apply

Senior Swimmers & Club Captains

The Seniors Program is a wonderful opportunity for our older swimmers to demonstrate their leadership, support the club and help our younger swimmers in the pool:

- Assisting in the water with noodlers and junior 12.5m races for safety and encouragement
- Assisting swimmers at marshalling (ensuring swimmers have goggles and caps, don't miss their race, are in the right lane, know what stroke is to be swum and so on)
- Assist with setting up and packing down around the pool deck when needed
- Provide encouragement and celebrate the achievements of younger swimmers
- Act as a role model for younger swimmers, showing good sportsmanship and commitment

Our Seniors Coordinator plays an active role in engaging with the seniors, providing them with opportunities and responsibilities beyond racing.

We'd like every Senior to have the opportunity to take on a leadership role and public speaking, so they will each rotate through the Club Captain role on a weekly basis to help with the running of the club night and present weekly awards. The Senior's group will select captains for the carnivals from amongst their group.

All seniors will receive a free yellow swim cap and a certificate of participation at the end of the season.

We welcome all swimmers who meet the following eligibility criteria to join the program:

- Swimmers must be in Grade 5 or above at the start of the season
- Must have participated in at least three club nights
- Must demonstrate a mature, responsible and respectful attitude at all times
- Must be able to swim 25m freestyle unassisted
- Must be stable in the water when standing at the 12.5m mark
- Must be able to calmly and clearly communicate safety instructions to their swimmer
- Must be able to recognise signs of drowning
- Must be pay attention, be aware of what is happening in the pool
- Must be able to act quickly on the instruction of the lifeguard

Our lifeguard will assess if a senior meets the in-pool swimmer criteria. If a child isn't eligible to support in the pool, we will absolutely find them another senior role that is just as important. We'll publish a roster every week on Stack Team App, showing who has been allocated to which roles:

- One senior will be allocated per lane to shadow and assist their swimmer
- Additional seniors will be allocated to help the swimmers exit the pool
- Two seniors will share the Club Captain role each week
- Seniors should arrive at the pool 15 minutes before the event starts, to attend a safety briefing and ensure they're in the water and ready to go when noodle races begin
- If your child is rostered on and won't be there then please let us know as soon as possible

Club Merchandise

A free club swimming cap is included with every membership: we have a strict '**No Cap, No Swim'** policy.

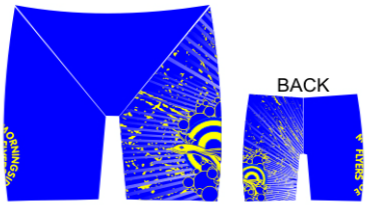
We have a range of Morningside Flyers swimwear available, with both new and second-hand options available (sizes may be limited).

Girls Swimmers



$5 (Second hand)

Boys Swimmers



$10 (New)

Club T-Shirts



$10 (New)

Season Points

Points will be awarded for every club night swim (excluding noodle races and 12.5m events) correctly completed on the following basis:

TIME COMPARED TO PERSONAL BEST TIME	POINTS
More than 2.5 seconds slower	1
Between 1.6 and 2.5 seconds slower	2
Less than 1.6 and up to 0.6 seconds slower	3
Less than 0.6 seconds faster or slower	4
From 0.6 to less than 1.6 seconds faster	5
Between 1.5 and 2.5 seconds faster	6
More than 2.5 seconds faster	7
Disqualification	0

Points accrued on club nights count towards end of season trophies and awards.

NOTE: A swimmer's Personal Best time is the fastest they have swum that event on a Club Night in the current season.

Carnivals

Southside Carnival

The Southside Carnival is Flyers' showpiece event of the season. It has been running for more than 50 years and is hosted by our own club at the Morningside State School pool. Participating clubs have a similar structure and philosophy as our own, which is why it is affectionately known as the Southside "Friendly".

- Events include 25m and 50m in all strokes are swum
- Events are based on age group, based on the swimmers' age on the day of the carnival (also known as 'age on the blocks')
- Medals (1st, 2nd, 3rd) are awarded for each event
- The Southside Cup is awarded to the Club accruing most points on the day
- A Swimming Queensland referee oversees the racing of swimmers
- Points will be awarded for all swims on the following basis

1st – 40 Points	5th – 22 Points	9th – 12 Points	13th – 4 Points
2nd – 34 Points	6th – 19 Points	10th – 10 Points	14th – 3 Points
3rd – 29 Points	7th – 16 Points	11th – 8 Points	15th – 2 Points
4th – 25 Points	8th – 14 Points	12th - 6 Points	16th & Onwards – 1 Point

Interclub Meets & Carnivals

At times our club may be invited to a meet or carnival held by a local club. We'll share information as and when these invitations arise, along with the nomination guidelines provided by the other club. These guidelines may enable anyone to nominate or for a smaller team to be put together. We'll always ensure any selection process is fair and equitable and the criteria are clearly understood.

Club Championships

Club Championships are our end-of-season carnival and celebration. Events will be held in the following age groups and with separate events for boys and girls:

6 years & under	25m in all four strokes
7 years	25m in all four strokes
8 years	25m in all four strokes
9 years	50m in freestyle, 25m in other strokes
10 years	50m in all four strokes
11 years	50m in all four strokes
12 years & over	50m in all four strokes

Note: Distance swum is determined by age, irrespective of the distance normally swum on a club night.

Additionally, 100m Freestyle, Breaststroke, Backstroke and Individual Medley events will be held with age groupings to be determined, though still separate events for boys and girls. 100m Butterfly may be added to the Club Championships schedule if there are sufficient eligible participants. The 100m events require the usual graduation times (please see 'Graduating Times & Season Points' page) to be met in order to qualify.

A swimmer's age for championship events is based on the calendar year they were born, being the age the swimmer will be on December 31st in the year Club Championships is being held. Swimmer eligibility for each event is aligned with sporting age groups - 'under 7s', 'under 8s', 'under 9s' and so on.

To be eligible to compete in any event in the Club Championships, a swimmer must have swum and recorded a time in the event at least one Club Night during the season.

We will also run 12.5m races in all four strokes for those swimmers who have not yet graduated to the 25m distances (with ribbons awarded to all swimmers in place of medals).

Medals are awarded on the day to the 1st, 2nd and 3rd placed swimmers in each event. Points are awarded for 25m and 50m swims on the following basis, which will count towards the 'Age Champions' awards:

1st – 40 Points	5th – 22 Points	9th – 12 Points	13th – 4 Points
2nd – 34 Points	6th – 19 Points	10th – 10 Points	14th – 3 Points
3rd – 29 Points	7th – 16 Points	11th – 8 Points	15th – 2 Points
4th – 25 Points	8th – 14 Points	12th - 6 Points	16th & Onwards – 1 Point

A Swimming Queensland Referee oversees the racing of swimmers. Placings will be awarded on times, though adjustments may be made at the discretion of the Referee, whose decision is final.

Season Trophies & Awards

After Club Championships, the club will hold its end of season Awards Event. All club members will receive their participation trophy for the season and the following perpetual trophies, awards and certificates will be presented.

Age Champions

Age Champion trophies are awarded on the basis of the total number of place points awarded across the 25m and 50m events for all four strokes swum at Club Championships.

- 6 and under Girls
- 6 and under Boys
- 7 years Girls
- 7 years Boys
- 8 years Girls
- 8 years Boys
- 9 years Girls
- 9 years Boys
- 10 years Girls
- 10 years Boys
- 11 years Girls
- 11 years Boys
- 12 years and over Girls
- 12 years and over Boys

Stroke Points Champions

Stroke Points Champions trophies are awarded on the basis of the total number of points awarded by stroke and distance across all Club Nights during the season.

- 25m Freestyle Points Champion
- 50m/100m Freestyle Points Champion
- 25m Backstroke Points Champion
- 50m/100m Backstroke Points Champion
- 25m Breaststroke Points Champion
- 50m/100m Breaststroke Points Champion
- 25m Butterfly Points Champion
- 50m Butterfly Points Champion
- 100m Individual Medley Points Champion

Season Points Champions

Season Points Champions trophies are awarded on the basis of the total number of points across all events awarded for swims at Club Nights during the season.

- Overall Season Point Winner (Girl)
- Overall Season Points Winner (Boy)
- Overall Season Point Runner Up (Girl)

- Overall Season Points Runner Up (Boy)

Perpetual Trophies

- **Di Farmer Award (Girl & Boy)**
    - This trophy is donated by Di Farmer and is awarded to both a boy and girl 25m and under swimmer whose continual effort during the season gave outstanding results
- **Hamptons Swim School Award (Girl & Boy)**
    - The coaches of Hampton Swim School chose a boy and girl to receive this award. The recipients must attend Hampton Swim School and be a member of Morningside Flyers
- **Morningside State School Principals Award (Girl & Boy)**
    - This trophy is donated by the Morningside State School Principal for spirit and citizenship, irrespective of achievement and for making an outstanding contribution to the club. It is awarded to a boy and girl who must be or have been a Morningside State School student.
- **MSS P&C Award (Girl & Boy)**
    - The Executive of Morningside State School P&C Association chose a boy and girl to receive this award. Recipients are selected based on regular attendance at club nights, participation in carnival, and generally being a positive representative of Morningside Flyers.
- **Una Russell Trophy (Girl)**
    - Awarded to the girl, 13 years and under, with the fastest 100m IM time at Club Champs.
- **Colin Russell Trophy (Boy)**
    - Awarded to the boy, 13 years and under, with the fastest 100m IM time at Club Champs.
- **Martin Cup (Girl & Boy)**
    - Awarded to the girl and boy, 10 years and under, with the fastest 100m IM time at Club Champs.

Seniors Certificate

A certificate of thanks will be presented to all our Seniors for the season.

Club Pool Rules

1. No member under the age of 14 shall be admitted to the Club nights unless they are accompanied by a parent or guardian. (If a sibling is the guardian, that sibling must be over the age of 14).
2. Pool decks can be slippery. WALK, DON'T RUN! Children are expected to keep off the pool deck on club nights **and remain** in the stands so that officials and swimmers may move safely.
3. Volunteers and Committee Members do not assume responsibility for your child during Club nights. Parents are required to remain present and alert to their child during the night. We require parents to intervene if their child behaves in a manner inconsistent with these Club Pool Rules.
4. Committee Members have the authority to remove any person from the pool for offensive behaviour in any form. Alcohol is served in the Canteen under a liquor license with strict conditions. Parents are required to remain capable of responsible supervision of their children. The Canteen does not accept cash payments (Club NIghts or Carnivals). All transactions are electronic via a debit or credit card.
5. Swimmers will be required to stay on the grandstand side of the pool unless they have been called to marshalling or are waiting for their race.
6. Diving is only allowed from the deep end dive blocks or beside them. The shallow end is only 0.9m.
7. Swimmers with open wounds or contagious skin conditions are not to enter the pool. This is a government health regulation, which cannot be waived.
8. There must be silence during the start of every race (when the beep is sounded). Swimmers in the pool must remain silent, and motionless against the end wall of the pool until the next swimmer diving over them has entered the water.
9. Competitors must remain in the water, in the lane in which they have swum and follow directions of the Race Starter, Race Secretary or Referee, until ordered from the water.
10. Swimmers are not to sit or lie on the lane ropes or the pool cover roller. Metal bracing at the structure at the end of the shallow end of the pool is 'off limits' and children are not permitted to climb. Committee members may intervene and ask the child to remove themselves. We ask that parents carefully supervise their children during club nights - especially counseling them not to play in the toilets and amenities block, running around the pool or in the top tier of the grandstand.
11. The pool complex is a smoke-free zone. Smoking is not permitted within the grounds of any Queensland school or public sporting facility.
12. No glass bottles or containers are to be brought into the pool complex.
13. **Swim caps must be worn at all times in the pool.**
14. Keep the pool area including grandstands, toilets and marshalling areas clean and tidy at all times.

15. For safety, no children under the age of 12 years are permitted inside the canteen or BBQ area.
16. Swimming rule tolerances will apply at the discretion of the Race Secretary or Referee. Rule tolerances are generally applied at club nights and carnivals for swimmers aged 9 years and under.
17. Swimmers may be disqualified, and not awarded points for:
    - Failing to swim in accordance with the QSA rules for Freestyle, Backstroke, Breaststroke, Butterfly or Individual Medley;
    - Deliberate breaking on the start of any 50m or longer event or deliberate breaking on the start of any 25m event after one false start has been registered;
    - Failing to touch and turn correctly at the end of each lap in accordance with QSA rules;
    - Failure to report for any event in which they nominate or are selected, or delaying the start;
    - Pulling oneself along the lane rope or side of the pool;
    - Obvious or blatant lack of effort or inconsistent performance;
    - Disobeying official instruction or offensive language of any type; or
    - Interfering with other competitors
18. Members must at all times obey the instruction of any committee member/official/marshall. Wilful or persistent disobedience of any instructions or misconduct liable to bring discredit to the Club may result in the suspension of that member on that night. A suspended member may be requested to appear before the Committee to show due cause why their membership should not be terminated.

Swimming Rules

Although Morningside Flyers is not associated with Swimming Queensland (SQ), we do abide by the swimming rules and techniques outlined in the Swimming Queensland Handbook.

A registered SQ Referee is present at both Southside Carnival and our Club Championships to preside over the correct swimming and racing technique of our swimmers. The Referee has authority to disqualify swimmers for incorrect racing technique. More lenience is shown to our swimmers aged 9 and under.

Below is a general and basic checklist. Please refer to the Swimming Queensland Handbook for further information.

Our Committee will make all best efforts to remind our swimmers during the season of the expected techniques; however, we are not swimming instructors and swimming techniques must be taught at your child's swimming school. The Morningside Flyers Committee does not take any responsibility for disqualifications determined by the SQ Referee.

These are some of the things a SQ Referee is looking for which may warrant disqualification at a carnival:

Start	Started before the starting signal
	Wasn't still for the start
Freestyle	Pulled on the lane ropes
	Swam underwater during the race
Backstroke	Turned over off their back before the finish of the race
	Pulled on the lane ropes
	Performed illegal turn
Breaststroke	Didn't surface in time after the start
	Swam with an alternating type of kick
	Swam with a dolphin kick
	Hands went back past the hips during the race
	Swam underwater during the race
	Moved off the breast during the race
	Touched at the turn/finish with one hand
Butterfly	Moved off the breast during the race
	Non-synchronous movement of the arms
	Swam with an alternating type of kick
	Swam with a breaststroke kick
	Didn't bring arms forward at the same time
	Didn't bring arms forward over the water
	Touched at the turn/finish with one hand
Other	Didn't finish in the same lane as they started
	Didn't swim the entire race distance
	Didn't touch the wall at the turn
	Swam past the 15m mark underwater



Morningside Flyers War Cry!

We're rough
We're tough
We're hard to beat
C'mon FLYERS move those feet!
We aim for the best...
We aim real high!
C'mon FLYERS ...fly fly fly
GOOOOO FLYERS!!!