



A Commission of the **Australian Underwater Federation**

President: Helen Lane	Secretary: Michael Allott	Treasurer: Glenn Hoppitt
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AUSTRALIAN FINSWIMMING CHAMPIONSHIPS

QUEENSLAND UNIVERSITY SWIMMING POOL

Cnr Blair Dr and Union Rd, St Lucia QLD 4067

JANUARY 11TH AND 12TH

RULES

- All competitors **MUST** be members of the Australian Underwater Federation
 - Memberships can be purchased online at www.auf.org and select Membership
- Events will be swum as Junior (16 and under) and Open (17+)
- Age is the age you will turn 2020
- Separate events will be held for 50,100 and 200m bifins and monofins. The 400m event and 50m apnoea is combined for both types of fins. In most cases male and female and junior events will be separated.
- Medals will be presented for 1st, 2nd and 3rd in Junior and Open for bifin and mono fins male and female.
- Where necessary, the organisers deserve the right to combine events but will issue placings in age and category groups.
- Records can be achieved in the following age groups 11yrs and under, 12/13, 14/15, 16/17, 18/24, 25/34, 35/44, 45/54, 55/64, 65 and over.
- Any style of swimming is allowed, but surface events **MUST** have some part of the body or snorkel on the surface throughout the event, except for 15m after the start and 15m after the turn. If a swimmer surfaces before 15m then they cannot submerge again until after a turn.
- For Apnoea events, swimmers must submerge after the dive and remain with their faces in the water until after the finish is touched.
- Entries must be received before the closing date of January 5th 2020
 - Entries to ozfinswimming@gmail.com
 - Entry fee \$30 per person
 - Ozfin inc.
BSB: 807-007
Account no: 5133 1421
- The program is designed on the Master's World Championship program and times will be taken at this event as qualifying times for Australian team selection for those 30years and over.

Enquiries to activehelen@live.com



2020 AUSTRALIAN FINSWIMMING PROGRAM UNIVERSITY OF QUEENSLAND JAN 11TH-12TH

Saturday 2pm – 5pm
warm-up 2pm-2.30pm

Event 1	100m Surface Mono Women
Event 2	100m Surface Mono Men
Event 3	200m Bifins Women
Event 4	200m Bifins Men
Event 5	400m Surface both Mono and Bifins Women
Event 6	400m Surface both Mono and Bifin Men
Event 7	50m Bifins Women
Event 8	50m Bifins Men
Event 9	Relay 4 x 100m Mono

Sunday 11.30am -2.30pm
Warm-up 11am-12pm

Event 10	50m Surface Mono Women
Event 11	50m Surface Mono Men
Event 12	200m Surface Mono Women
Event 13	200m Surface Mono Men
Event 14	100m Bifins Women
Event 15	100m Bifins Men
Event 16	50m Apnoea Women
Event 17	50m Apnoea Men
Event 18	4 x 50m Relay Bifins

NOTE: Those wishing to qualify for Australian team selection should be looking to make the following times. Depending on the number of qualifiers there may be vacancies for some who do not quite make times but are close to doing so.



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QUALIFYING TIMES FOR WORLD MASTER CHAMPIONSHIPS 2020

MEN				WOMEN		
EVENT	AGES	MONO	BIFIN	MONO	BIFINS	
50M Surface	30-34	24.00	25.00		28.00	29.00
	35-44	24.50	26.90		28.30	33.00
	45-54	25.90	28.00		29.90	34.00
	55-64	27.00	31.00		32.00	40.00
	65-74	34.00	36.00		35.90	38.00
	75&over	no times required				
100m Surface	30-34	51.00	54.50	1.00.00	1.03.00	
	35-44	56.00	1.03.00	1.03.00	1.03.00	
	45-54	58.00	1.05.00	1.05.00	1.05.00	
	55-64	1.05.00	1.12.00	1.10.00	1.20.00	
	65-74	1.08.00	1.30.00	1.25.00	1.30.00	
	75&over	no times required				
200m surface	30-34	2.20.00	2.25.00	2.25.00	2.30.00	
	35-44	2.25.00	2.30.00	2.30.00	2.35.00	
	45-54	2.30.00	2.35.00	2.35.00	2.40.00	
	55-64	2.35.00	2.40.00	2.40.00	2.45.00	
	65-74	3.10.00	3.15.00	3.15.00	3.30.00	
	75&over	no time required				
50m Apnoea	30-34	22.00	23.00	25.00	25.00	
	35-44	24.00	25.00	26.00	26.00	
	45-54	25.00	26.00	28.00	28.00	
	55-64	28.00	30.00	32.00	32.00	
	65-74	32.00	32.00	35.00	35.00	
	75&over	no time required				



FINSWIMMING COACHING COURSE

Saturday 9am – 12am

Introduction and History

The coach

Code of Ethics

Style of coaching

Legal Liabilities

The beginner

Streamlining

Using a snorkel

The correct fins for beginners

Rules of Finswimming

Event Rules

Equipment Rules

Sunday 8am -11am

Coaching principles

Start

Dive

Drills

Skill Development

Improving and Shaping for speed

Mental approach to competition

Mental Preparation

Imaging

Scuba

Safety and awareness

Physical problems and Injury

Yearly season planning

***Cost of the course \$350 payable in advance to
OZFIN inc BSB 807 007 Account no. 5133 1421
Enquiries to activehelen@live.com***