



SOUTHLAND JUNIOR SCHOOLS SWIMMING CHAMPIONSHIPS

Hosted by Swimming Southland

SUNDAY 28 March 2010

Southland Aquatic Centre, Splash Palace, Invercargill

For further info contact David Prattley, ph 03 2088414
Email admin@swimsouthland.org.nz

Southland Junior School (School Year 8 and under)
SWIMMING CHAMPIONSHIPS
Sunday 28 March, 2010

Southland Aquatic Centre, Elles Rd, Invercargill

Session 1 Warm-up 8:30am, Start 9:15am

Event Description

- 1 Girls 7 & under 25m Backstroke Championship
- 2 Boys 7 & under 25m Backstroke Championship
- 3 Girls 8 years 25m Backstroke Championship
- 4 Boys 8 years 25m Backstroke Championship
- 5 Mixed 9 years and over 25m Backstroke Non Championship
- 6 Girls 9 years 50m Backstroke Championship
- 7 Boys 9 years 50m Backstroke Championship
- 8 Girls 10 years 50m Backstroke Championship
- 9 Boys 10 years 50m Backstroke Championship
- 10 Girls 11 years 50m Backstroke Championship
- 11 Boys 11 years 50m Backstroke Championship
- 12 Girls 12 years & over 50m Backstroke Championship
- 13 Boys 12 years & over 50m Backstroke Championship

Presentation ceremony for Backstroke events (Events 1-13)

- 14 Girls 7 & under 25m Breaststroke Championship
- 15 Boys 7 & under 25m Breaststroke Championship
- 16 Girls 8 years 25m Breaststroke Championship
- 17 Boys 8 years 25m Breaststroke Championship
- 18 Mixed 9 years and over 25m Breaststroke Non Championship
- 19 Girls 9 years 50m Breaststroke Championship
- 20 Boys 9 years 50m Breaststroke Championship
- 21 Girls 10 years 50m Breaststroke Championship
- 22 Boys 10 years 50m Breaststroke Championship
- 23 Girls 11 years 50m Breaststroke Championship
- 24 Boys 11 years 50m Breaststroke Championship
- 25 Girls 12 years & over 50m Breaststroke Championship
- 26 Boys 12 years & over 50m Breaststroke Championship
- 27 Mixed 10 years and under 4 x 25m Medley relay
- 28 Mixed 11 years and over 4 x 25m Medley relay

Presentation ceremony for Breaststroke events (Events 14-26)

Session 2 Warm-up 1.30pm, Start 2:15pm

Event Description

- 29 Girls 7 & under 25m Butterfly Championship
- 30 Boys 7 & under 25m Butterfly Championship
- 31 Girls 8 years 25m Butterfly Championship
- 32 Boys 8 years 25m Butterfly Championship
- 33 Mixed 9 years and over 25m Butterfly Non Championship
- 34 Girls 9 years 50m Butterfly Championship
- 35 Boys 9 years 50m Butterfly Championship
- 36 Girls 10 years 50m Butterfly Championship
- 37 Boys 10 years 50m Butterfly Championship
- 38 Girls 11 years 50m Butterfly Championship
- 39 Boys 11 years 50m Butterfly Championship
- 40 Girls 12 years & over 50m Butterfly Championship
- 41 Boys 12 years & over 50m Butterfly Championship

Presentation ceremony for Medley Relay Events (27 & 28) and Butterfly events (events 29-41)

- 42 Girls 7 & under 25m Freestyle Championship
- 43 Boys 7 & under 25m Freestyle Championship
- 44 Girls 8 years 25m Freestyle Championship
- 45 Boys 8 years 25m Freestyle Championship
- 46 Mixed 9 years and over 25m Freestyle Non Championship
- 47 Girls 9 years 50m Freestyle Championship
- 48 Boys 9 years 50m Freestyle Championship
- 49 Girls 10 years 50m Freestyle Championship
- 50 Boys 10 years 50m Freestyle Championship
- 51 Girls 11 years 50m Freestyle Championship
- 52 Boys 11 years 50m Freestyle Championship
- 53 Girls 12 years & over 50m Freestyle Championship
- 54 Boys 12 years & over 50m Freestyle Championship
- 55 Mixed 10 & under 4 x 25m Freestyle Relay
- 56 Mixed 11 & over 4 x 25m Freestyle Relay

Presentation ceremony for Freestyle Events (events 42-54) and Freestyle Relay events (events 55 and 56)

- ⇒ **The swimmers' age is as at 28 March, 2010**
- ⇒ All championship events are timed finals
- ⇒ Swimmers aged 9 years and over may not swim in both the 50m championship events and the 25m non championship events. They must either be a championship swimmer or a non championship swimmer.
- ⇒ Swimmers may enter all four individual events plus the relays
- ⇒ The relays are for mixed school teams. Individuals are allowed to swim up an age group but are not allowed to swim in more than one age group. Ribbons will be awarded to the 1st, 2nd and 3rd placed teams in each section

- ⇒ The first three swimmers from each age group in each event will receive 1st, 2nd and 3rd placegetters ribbons and places 4th to 8th finalist ribbons. There are no ribbons for non-championship events.
- ⇒ Children will need to be supervised at all times by a Team Manager/s. It is the responsibility of the Team Manager/s to check results and advise their swimmers of who has won ribbons. Results will be posted on a window beside the cafeteria area as soon as available. The swimmers will need to present themselves at the presentation marshalling area when the presentations are scheduled in the programme to receive their ribbon.
- ⇒ The championship entry fee is \$3.00 per event. The entry fee for non-championship events is \$2. Entry to the relays is \$5 per team. All entry fees must be forwarded with entries.
- ⇒ One free programme will be available for each school at the start of warm up, to be collected by the Team Manager from the control desk.
- ⇒ Additional programmes will be available for sale at a cost of \$2
- ⇒ NO late entries will be accepted
- ⇒ **Entrants must be school year 8 and under.**
- ⇒ **There are no qualifying times; however swimmers must be competent in the stroke over the distance.**
- ⇒ The competition will be run under Swimming New Zealand Rules. (See next page)
- ⇒ **Swimmers are permitted one start only. A swimmer who false starts will be disqualified.**
- ⇒ **Please submit the swimmers' time for the event with the entry**
- ⇒ Send entries on the official entry form **together with the entry fees** (cheque payable to Swimming Southland) by Wednesday 17 March 2010, to:

David Prattley
Executive Officer
Swimming Southland
PO Box 13
Gore
Ph 03 2088414
Cell 027 2088414
E-mail: admin@swimsouthland.org.nz

If you require assistance with entries please contact a swimming club in your area.

Swimming Instructions

Start of swim sports

- Competitors must be seated in the seating area on the South side of the 50m pool

Marshalling

- The Marshalling area will be in the south west corner of the pool
- Swimmers are to be **quiet and listen** for their names to be called and their heat and lane number to be assigned.
- The event and heat number being marshaled will be displayed on signs by the Marshalling area and on the opposite side of the pool.

Starting (the start will be by electronic beep)

- After one long whistle from the referee in the Freestyle, Breaststroke and Butterfly races the swimmers may stand in the starting position. The Starter will say "Take your marks", the swimmers will then take up their starting position with at least one foot at the front of the starting block, and the swimmer will then remain still until the start signal has been given.
- In Backstroke the swimmers will enter the water on the first long whistle from the Referee. On the second whistle they will prepare to take up the starting position. The Starter will instruct the swimmers to "Take your marks". The start signal will then be given.
- A Swimmer who starts before the starting signal is given will be disqualified.

During the race

- Competitors must swim the correct stroke in backstroke, breaststroke and butterfly.
- Turns are to be in accordance with the FINA rules.

End of race

- Swimmers must finish the race in accordance with the FINA rules.
- When the swimmer has completed the race he/she is to remain in the water until the whistle to clear the pool is given. This will be sounded as two short whistles close together.
- Instruct your swimmers to come back to the team area after exiting the water.

Results

- A full set of results will be posted on the Swim Southland web page www.swimsouthland.org.nz
- Results will be e-mailed to participating schools, where the e-mail address is known.
- A championship sash will be presented to first, second and third place getters and finalist ribbons for 4th to 8th will be presented at the meet. Championship cups will be presented to the best male and female swimmer at the Swimming Southland prizegiving in May 2010. Relay Championships Cups will also be presented at the Swimming Southland prizegiving in May 2010.

FINA Rules of Swimming

If you require clarification on the rules contact David Prattley, Executive Officer, Swimming Southland

FREESTYLE

SW 5.1 Freestyle means that in an event so designated a swimmer may swim any style, except that in individual medley or medley relay events, freestyle means any style other than backstroke, breaststroke or butterfly.

SW 5.2 Some part of the swimmer must touch the wall on completion of the length and at the finish.

SW 5.3 Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 metres after the start and each turn. By that point, the head must have broken the surface.

BACKSTROKE

SW 6.1 Prior to the starting signal, the swimmers shall line up in the water facing the starting end, with both hands holding the starting grips. Standing in or on the gutter or bending the toes over the lip of the gutter is prohibited.

SW 6.2 At the signal for starting and after turning the swimmer shall push off and swim upon his back throughout the race except when executing a turn as set forth in SW6.4. The normal position on the back can include a roll movement of the body up to, but not including 90 degree from horizontal. The position of the head is not relevant.

SW 6.3 Some part of the swimmer must break the surface of the water throughout the race. It is permissible for the swimmer to be completely submerged during the turn, at the finish and for a distance of not more than 15 meters after the start and each turn. By that point the head must have broken the surface.

SW 6.4 When executing the turn there must be a touch of the wall with some part of the swimmer's body. During the turn the shoulders may be turned over the vertical to the breast after which a continuous single arm pull or continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to a position on the back upon leaving the wall.

SW 6.5 Upon the finish of the race the swimmer must touch the wall while on the back.

BREASTSTROKE

SW 7.1 From the beginning of the first arm stroke after the start and after each turn, the body shall be kept on the breast. It is not permitted to roll onto the back at any time. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order.

SW 7.2 All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movements.

SW 7.3 Hands shall be pushed forward together from the breast on, under or over the water. The elbows shall be under the water except for the final stroke, before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the turn.

SW 7.4 During each complete cycle, some part of the swimmer's head shall break the surface of the water. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. The head must break the surface of the water before the hands turn inward at the widest part of the stroke. A single downward dolphin kick followed by a breaststroke kick is permitted while wholly submerged. Following which, all movement of the legs shall be simultaneous and in the same horizontal plane without alternating movement.

SW 7.5 The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downwards dolphin kick is not permitted except as in SW 7.4. Breaking the surface of the water with the feet is allowed unless followed by a downward dolphin kick.

SW 7.6 At each turn and at the finish of the race, the touch shall be made with both hands simultaneously at, above, or below the water level. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

BUTTERFLY

SW 8.1 From the beginning of the first arm stroke after the start and after each turn, the body shall be kept on the breast. Under water kicking on the side is allowed. It is not permitted to roll onto the back at any time.

SW 8.2 Both arms must be brought forward together over the water and brought backward simultaneously through-out the race, subject to SW 8.5.

SW 8.3 All up and down movements of the leg must be simultaneous. The legs or the feet need not be at the same level, but they shall not alternate in relation to each other.

SW 8.4 At each turn and at the finish of the race, the touch shall be made with both hands simultaneously at, above or below the water surface.

SW 8.5 At the start and at the turns, a swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring him to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 meters after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish.

| Relay Team Names | Event Number | Event Description |
|------------------|--------------|-------------------|
| 1 | | |
| 2 | | |
| 3 | | |
| 4 | | |
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| 1 | | |
| 2 | | |
| 3 | | |
| 4 | | |
| | | |
| 1 | | |
| 2 | | |
| 3 | | |
| 4 | | |

Relays to be entered with names and correct order of swimming. Please note that the order of stroke for a medley relay is Back, Breast, Fly and Free.