

2019 SOUTHLAND

Primary and Secondary Schools

SWIMMING CHAMPIONSHIPS

Sunday 7th April 2019

Splash Palace, Invercargill (Short Course)

Session One (swimmers 10 years & under) Warm Up 9.30am_Start 10.15am

Session Two (swimmers 11 years & over) Warm Up 1.00pm_Start 1.45pm

	Session One (10 years & under)		Session Two (11 years & over)
1	<i>School Year 6 & Under 4 x 25m Freestyle Relay</i>	7	<i>Mixed, School Years 7 and 8 4 x 25m Freestyle Relay</i>
2	Mixed Aged 10 years and under 25m Backstroke	8	<i>School Years 7 and 8 4 x 25m Medley Relay</i>
3	Mixed Aged 10 years and under 25m Butterfly	9	<i>School Years 9-13 4 x 25m Freestyle Relay</i>
4	Mixed Aged 10 years and under 25m Freestyle	10	<i>Girls, School Years 7 and 8 4 x 25m Freestyle Relay</i>
5	Mixed Aged 10 years and under 25m Breaststroke	11	<i>Boys, School Years 7 and 8 4 x 25m Freestyle Relay</i>
6	<i>School Year 6 & Under 4 x 25m Medley Relay</i>	12	Mixed Aged 11 years and over 50m Backstroke
		13	Mixed Aged 11 years and over 50m Breaststroke
		14	Mixed Aged 11 years and over 50m Butterfly
		15	Mixed Aged 11 years and over 50m Freestyle
		16	<i>Girls, School Years 9-13 4 x 25m Medley Relay</i>
		17	<i>Boys, School Years 9-13 4 x 25m Medley Relay</i>

- Swimmers age is, as at 7th April 2019
- This meet will be run as Short Course (25m)
- There are no qualifying times; however swimmers must be competent in the stroke and distance.
- Swimmers may enter all four individual events, plus the relays.
- The competition will be run under Swimming New Zealand Rules. (see next page)
Please note – this is an unofficial meet, meaning times gained by competitive swimmers will not count towards National and South Island meet qualifying.
- Swimmers are permitted one start only. A swimmer who false starts will be disqualified.
- All swimmers must report to marshalling at least 6 heats prior to their event, and ideally know the event number, heat and lane number for their race.
- The Swimming Southland Development Officer will be on pool side before and during the meet. Katrina will also be holding a Breaststroke and Butterfly ‘clinic’ during warm up for both sessions – these are open to all swimmers who are keen to learn the correct techniques – just turn up to the signposted lanes during warm up!
- Children will need to be supervised at all times by a Team Manager/s.
- All events are timed finals and will be resulted as male and female in the following age groups; 8 years & under, 9-10 years, 11-12 years, 13-14 years, 15 years & over.
- **Results** - will be posted on the window between café and wave pool, with the full set of results available on our website after completion of the meet www.swimsouthland.org.nz
- **Ribbons** – the first three swimmers from each age group (above) will receive 1st, 2nd, 3rd placegetter ribbons, with places 4th – 8th receiving finalist ribbons.
NB: No presentations will take place on the day, all ribbons will be posted to the relevant schools asap
- **Relays** – please note the single gender relays (open to relays comprising of 4 swimmers within the stated gender), all other relays can be comprised of any 4 swimmers of any combination
NB: the relays are in School Years (not age), in keeping with the trophies available.
NB: No entry fee for the relay teams, no ribbons will be awarded – Fun Events!
Relay Trophies are up for grabs for the winning relay teams of each relay event – (to be presented at the Swimming Southland Prize Giving May 2019)
- **Programs** will be available prior to the meet for you to print (online at www.swimsouthland.org.nz)
Further programs will be available at the meet for purchase \$2.
- Schools are encouraged to provide **at least one timekeeper** (more depending on swimmer numbers)
- Pool entry fee – please be aware there is an entry fee for swimmers and spectators to enter Splash Palace – please allow plenty of time prior to warm up in order to proceed through the pool reception
- Photographs taken during the meet may be used by Swimming Southland on the website – please make the us aware if you do not wish your photograph to be used – admin@swimsouthland.org.nz
- No late entries will be accepted.
- Swimmers will be seeded in age and gender (no seed times will be used for this meet)
- **Please note; It is very important to have each swimmers – Name / Age / Gender, correct on the entry form.**

Entries;

It is preferable to send entries (on the provided entry form) via email admin@swimsouthland.org.nz

If posting please send to; Swimming Southland
 P O Box 781, Invercargill

Entry Fee (payable at time of entering):

\$5.00 per event per swimmer **Relays:** No Fee

Direct Debit (Preferable) – 03 1355 0614313 00

(Cheque’s payable to Swimming Southland)

Entries Close: 5pm, Wednesday 27th March 2019

Queries To: admin@swimsouthland.org.nz

PLEASE ENCOURAGE PARENTS TO COME ALONG AND TIMEKEEP

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 stay in their race order (heat/lane order) the marshall places them into (swimmers should come to marshalling knowing their event, heat and lane number)

Starting (the start will be by the 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 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.

FINA Rules of Swimming

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.