

PARRAMATTA CITY SWIM CLUB RACE RULES

1. GENERAL INFORMATION ON CLUB RACES

- (a) Races will be held each week in accordance with the *race program*.
- (b) The Club shall hold two separate point scores each winter and summer season. In summer, *Age Championships & Graded* point score shall be held. In winter, *Handicap* races can be held rather than the *Age Championships*.
- (c) Points awarded for *Age Championships* or *Handicap* races are not added to the *Graded* point score.
- (d) Any swimmer who cannot swim in *Graded* or *Handicap* races due to representing this Club at Swimming NSW approved swimming carnival will be awarded 2 points per event, as per program. The Race Committee must be informed in writing of the swimmer's attendance at the carnival at least one week prior to the carnival's closing date. The carnival, under this rule must be held at a time to make attendance at Club races impractical. The Race Committee will make the final decision on this point.

2. CONDITIONS OF ENTRY FOR CLUB RACES

- (a) A swimmer shall only swim in one event per stroke each week unless stated otherwise in the race program.
- (b) Points will only be awarded for three *Graded* events each week. An additional race can be entered at the discretion of the Race Committee. This race must be clearly marked "No Points", as no points will be awarded for this race.
- (c) On the **first week** of each season and of the New Year, swimmers can enter *Graded* events on the day. On subsequent weeks, all entries are to be placed in the *Race Box* in the pool foyer no later than 6:00pm on the Thursday prior to club races, or by telephoning to the Race Registrar no later than 7:00pm on the same Thursday. Entries received after this will be considered to be *late entries*.
- (d) Entries will only be accepted by phone three times during a season. After the third time, entries will be considered as *late entries*.
- (e) *Late entries* will receive only one point for each swim.
- (f) No *late entries* will be accepted for *Age Championships*.
- (g) Any swimmer who wishes to withdraw from an event should notify the Race Committee as soon as possible.
- (h) A swimmer may only swim one 200m or 400m race on any one day.
- (i) Swimmers may only enter 25m races at the discretion of the Race Committee.
- (j) There are no qualifying times for *Age Championships* or *Handicap* races. Qualifying times for *Graded* events are:

| Distance/Stroke | Qualifying time |
|---------------------------|-------------------------------------|
| 25m, 50m, 100m any stroke | No qualifying time |
| 200m Freestyle | 100m Freestyle in 1:50.0 or less |
| 400m Freestyle | 200m Freestyle in 3:50.0 or less |
| 800m Freestyle | 400m Freestyle in 7:30.0 or less |
| 200m Butterfly | 100m Butterfly in 2:10.0 or less |
| 200m Backstroke | 100m Backstroke in 2:10.0 or less |
| 200m Breaststroke | 100m Breaststroke in 2:15.0 or less |
| 200m Medley | 100m Freestyle in 1:50.0 or less |

PARRAMATTA CITY SWIM CLUB RACE RULES

3. GRADED EVENTS AND POINT SCORE

- (a) Races commence at 7:30 am sharp.
- (b) *Graded* events are swum as per *race program*.
- (c) Times given to swimmers by timekeepers are unofficial until ratified by the Race Committee. If times and placings do not agree, the times are to be adjusted in accordance with the relevant Swimming NSW rules.
- (d) Personal best times shall be taken as the fastest time in the previous three swims of a swimmer in each event during the previous 12 months.
- (e) Swimmers who fail to swim a stroke over a particular distance within the last 12 months must re-establish their personal best time for that event via a time-trial.
- (a) Where possible swimmers should provide an entry time to enable races to be seeded. Swimmers who do not provide an entry time may not be seeded. *Late entries* and entries received by phone may also not be seeded.
- (f) The Race Committee will allocate points on the *Graded* point score as follows:

| | | |
|------------------------|--------------------------------------|----------|
| Late entry | | 1 point |
| All time-trials | | 2 points |
| 25, 50m | Bettering time by 0.5 secs | 4 points |
| | Faster time within 0.5 secs or equal | 3 points |
| | Slower time within 2.0 secs | 2 points |
| | Competing, disqualification | 1 point |
| 100m | Bettering time by 1.0 secs | 4 points |
| | Faster time within 1.0 secs or equal | 3 points |
| | Slower time within 4.0 secs | 2 points |
| | Competing, disqualification | 1 point |
| 200m | Bettering time by 2.0 secs | 4 points |
| | Faster time within 2.0 secs or equal | 3 points |
| | Slower time within 8.0 secs | 2 points |
| | Competing, disqualification | 1 point |
| 400m | Bettering time by 4.0 secs | 4 points |
| | Faster time within 4.0 secs or equal | 3 points |
| | Slower time within 16.0 secs | 2 points |
| | Competing, disqualification | 1 point |
| 800m | Bettering time by 8.0 secs | 4 points |
| | Faster time within 8.0 secs or equal | 3 points |
| | Slower time within 32.0 secs | 2 points |
| | Competing, disqualification | 1 point |

- (g) Each swimmer will swim the age he/she is on the day of the races, except that for *Championships* where the age will be that on the first day of the *championships*. Seniors are 17-24 years.
- (h) A swimmer must compete in at least one-third of *Graded* point score race meetings to be eligible for *Graded* point score trophies. This rule may be waived by the Race Committee if a swimmer has only recently learnt to swim.
- (i) Each member of the Club is responsible for ensuring that the points awarded are correct and for bringing any discrepancies to the Race Committee's attention for rectification.

PARRAMATTA CITY SWIM CLUB RACE RULES

4. CHAMPIONSHIPS EVENTS AND POINT SCORE

- (a) For *Championships*, a swimmer's age is taken as the age at the date of first *championship* for that season.
- (b) *Championship* events will be held in the order they are shown on the program. No change will be made for late arrivals.
- (c) *Championship* points will be awarded as follows:

| | | | | | | |
|---------------|-----|-----|-----|-----|-------------|-------------------------------|
| Place | 1st | 2nd | 3rd | 4th | 5th & lower | Did not Finish / Disqualified |
| Points | 8 | 5 | 3 | 2 | 1 | 0 |

- (d) To be eligible for *championship* ribbons or points, a swimmer must compete in at least one-third of *Graded* point score race meetings for the season. This rule may be waived by the Race Committee if a swimmer has only recently learnt to swim.
- (e) *Championship* trophies will only be awarded to a swimmer who has competed in at least one-third of the *championship* events for the season and in at least two strokes in his/her age group.
- (f) Times swum in *championship* events shall not be included in the assessment of a swimmer's personal best time for future *Graded* races.
- (g) The championship available for each age during the Summer (S) and Winter (W) seasons are as follows.

| Event | 6/U | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | Snr | O/25 | Open |
|------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|------|
| 25 Free | S W | S W | S W | | | | | | | | | | | |
| 50 Free | S W | S W | S W | S W | S W | S W | S W | S W | S W | S W | S W | S W | S W | S W |
| 100 Free | | S W | S W | S W | S W | S W | S W | S W | S W | S W | S W | S W | S W | S W |
| 200 Free | | | | S W | S W | S W | S W | S W | S W | S W | S W | S W | S W | S W |
| 400 Free | | | | S | S | S | S | S | S | S | S | S | S | S |
| 25 Back | S W | S W | S W | | | | | | | | | | | |
| 50 Back | S W | S W | S W | S W | S W | S W | S W | S W | S W | S W | S W | S W | S W | S W |
| 100 Back | | S W | S W | S W | S W | S W | S W | S W | S W | S W | S W | S W | S W | S W |
| 200 Back | | | | S W | S W | S W | S W | S W | S W | S W | S W | S W | S W | S W |
| 25 Breast | S W | S W | S W | | | | | | | | | | | |
| 50 Breast | S W | S W | S W | S W | S W | S W | S W | S W | S W | S W | S W | S W | S W | S W |
| 100 Breast | | | S W | S W | S W | S W | S W | S W | S W | S W | S W | S W | S W | S W |
| 200 Breast | | | | S W | S W | S W | S W | S W | S W | S W | S W | S W | S W | S W |
| 25 Fly | S W | S W | S W | | | | | | | | | | | |
| 50 Fly | S W | S W | S W | S W | S W | S W | S W | S W | S W | S W | S W | S W | S W | S W |
| 100 Fly | | | S W | S W | S W | S W | S W | S W | S W | S W | S W | S W | S W | S W |
| 200 Fly | | | | | | | | | | | | | | |
| 200 Medley | | | | S W | S W | S W | S W | S W | S W | S W | S W | S W | S W | S W |
| 400 Medley | | | | | | | | | | | | | | |

5. HANDICAP EVENTS AND POINT SCORE

- (a) *Handicap* races may be held during the winter season.
- (b) *Handicap* races will be held in the order they are shown on the program. No change will be made for late arrivals.
- (c) *Handicap* points will be awarded as follows:

| | | | | | |
|---------------|-----|-----|-----|-------------|--|
| Place | 1st | 2nd | 3rd | 4th & lower | Did Not Finish / Disqualified/Late Entry |
| Points | 5 | 4 | 3 | 2 | 1 |

- (d) To be eligible for *Handicap* ribbons or points, a swimmer must compete in at least one-third of *Graded* point score race meetings for the season. This rule may be waived by the Race Committee if a swimmer has only recently learnt to swim.
- (e) The Race Committee will determine a swimmer's *Entry Time* for each events by finding a swimmer best time achieved at club races during the current and proceeding two seasons. If a

PARRAMATTA CITY SWIM CLUB RACE RULES

swimmer has not competed previously in a distance during that period, the Race Committee will determine a swimmer's *Entry Time* by scaling a swimmer best times for that stroke for a shorter distance.

- (f) Times swum in *Handicap* events shall not be included in the assessment of a swimmer's personal best time for future *Graded* races.
- (g) If a swimmer has not swum a stroke during the current or proceeding two seasons or is not capable of making the required distance, the Race Committee **may** allow a swimmer to swim a different stroke.

6. CLUB HANDICAP RELAY

- (a) At the end of each season, the Race Committee may schedule the *Club Handicap Relay*.
- (b) No points will be awarded for this event.
- (c) The winning team will receive the Club Relay Trophy
- (d) Each team in the relay must have four swimmers.
- (e) A swimmer can only swim in one team.
- (f) Each team must submit an entry on the appropriate form that includes: a team name, the name of the swimmers and an *entry time* in whole seconds.
- (g) The team that swims closest to their *entry time* will be declared the winner.
- (h) Swimmer must swim to their ability.
- (i) No assistance with timing will be allowed.

7. CLUB RECORDS

- (a) To break an existing *Club Record*, a swimmer must be a **financial First Claim member**.
- (b) A swimmer can only break a *Club Record* in his/her age group and *Open* events.
- (c) Club records cannot be broken in a *Handicap* race.
- (d) Record attempts must be clearly indicated on race entry cards for *Graded* events.
- (e) A swimmer must inform the *Race Committee* of an attempt at a *Club Record* to enable the Committee to assign three timekeepers to the swimmer's lane to ratify the time. The official time is to be determined from the timekeeper's times in accordance with Swimming NSW rules.
- (f) Records can be set for the following ages & strokes

| | 6/U | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | Snr | O/25 | Open |
|------------|-----|---|---|---|----|----|----|----|----|----|----|-----|------|------|
| 50 Free | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| 100 Free | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| 200 Free | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| 400 Free | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| 50 Back | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| 100 Back | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| 200 Back | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| 50 Breast | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| 100 Breast | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| 200 Breast | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| 50 Fly | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| 100 Fly | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| 200 Fly | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| 200 Medley | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| 400 Medley | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |