



# OPTUS JUNIOR DOLPHINS SELECTIONS SUN 14<sup>TH</sup> OCT. 2018

Melbourne Sports & Aquatic Centre  
30 Aughtie Drive, Albert Park, Melbourne. 3206

Pool: 50m Heated Outdoor Pool - Entry Fee: \$10.00 per even - Pool Entry: Free

Online Program available on Friday 12<sup>th</sup> October 2018  
on the Swimming Victoria & Metro South websites.

Paper Programs will not be available

Session 1 – Morning Sunday 14 <sup>th</sup> October 2018 Warm up: 8am Start Time: 9am				Session 2 – Afternoon Sunday 14 <sup>th</sup> October 2018 Warm up: 12:00pm Start Time: 1:00pm			
Girls Events	Boys Events	Age	Stroke	Girls Events	Boys Events	Age	Stroke
1	2	11 Years	50m Butterfly.	29	30	11 Years	50m Breaststroke.
3	4	10 Years	50m Butterfly	31	32	10 Years	50m Breaststroke
5	6	12 Years	100m Butterfly	33	34	12 Years	100m Breaststroke
7	8	9 Years	50m Butterfly	35	36	9 Years	50m Breaststroke
9	10	11 Years	100m Butterfly	37	38	11 Years	100m Breaststroke
11	12	8 Years	50m Butterfly	39	40	8 Years	50m Breaststroke
13	14	12 Years	50m Butterfly	41	42	12 Years	50m Breaststroke
15	16	11 Years	50m Backstroke.	43	44	11 Years	50m Freestyle.
17	18	10 Years	50m Backstroke	45	46	10 Years	50m Freestyle
19	20	12 Years	100m Backstroke	47	48	12 Years	100m Freestyle
21	22	9 Years	50m Backstroke	49	50	9 Years	50m Freestyle
23	24	11 Years	100m Backstroke	51	52	11 Years	100m Freestyle
26	27	8 Years	50m Backstroke	53	54	8 Years	50m Freestyle
27	28	12 Years	50m Backstroke	55	56	12 Years	50m Freestyle

- **Entry Fee:** \$10.00 per individual event – Spectators Free
- **All SWIMMERS: MUST** enter by using the Swimming Victoria online entry.
- **Email address:** [metrosthadm@outlook.com](mailto:metrosthadm@outlook.com) Attention to Meet Director.
- **Metro South Website:** [www.metrosouth.swimming.org.au](http://www.metrosouth.swimming.org.au).

**NO LATE ENTRIES WILL BE ACCEPTED.**

**11Yo & under swim suit rule will apply.**

**Open to Swimmers 8 to 12**

#### CONDITIONS OF ENTRY

- Meet will be conducted under the rules of SAL and SV
- This meet is only open to registered competitive swimmers of the Metro South District.
- **Age as at 11<sup>th</sup> November 2018 (day of Swimming Victoria Finals)**
- Swimmers are restricted to events in their own age group.
- **Multi Class Swimmers:** M/C Swimmers to enter into their age groups.
- The 10 fastest swimmers in each event will qualify to swim in the Finals on the 11<sup>th</sup> of Nov. 2018.
- **Second Session Warm-up and Start Times are an approximation only.**  
**The Start will be 45 minutes after the finish of the First Session**
- **Cut-off Date and Time:** Monday 1<sup>st</sup> October at 11:00pm
- Program may be altered at the discretion of Metro South.
- **\*\*\* REFUNDS ARE NOT PROVIDED FOR ANY REASON. \*\*\***

# 11/Under Race Suit Rule

**As the Metro South District is under the rules of Swimming Victoria, the District has enacted this law as of 1<sup>st</sup> September 2017**

Swimming Victoria have a new 11/under technical swimsuit rule that comes into effect from 1 July 2017.

Athletes aged 11 years or under on the day of competition will not be permitted to wear any knee length style suit.

To assist our members in regards to the new rule there will be a transition period from 1 July to 31 Aug, where we will be educating and informing athletes, parents and Clubs, at meets when there has been an infraction of the rule.

The rule will come into full effect on 1 September. From this date athletes will automatically be disqualified if there has been an infraction of the rule.

Girls are able to wear any brand of bathers that matches the silhouette shown in the latest announcement. Boys can wear the brief style, aqua shorts or aqua trunks. The decision to ban all types of bathers regardless of brand, style or fabric in the knee length range was to make it easier to regulate visually from a distance. We felt that it was not appropriate to place a swimmer or an official in a position where the bathers would need to be inspected at close range.

For those that have already purchased knee length bathers or jammers that do not fit this description, they can still be worn at meets other than the Swimming Victoria Meets listed.

1. Metro Short Course Competition
2. Victorian Country SC Championships
3. Victorian Age SC Championships
4. Long Course Distance Meet
5. 7-10s Competitions
6. Victorian Sprint Championships
7. Victorian Qualifying Meet
8. Victorian Age Championships
9. Victorian Country Championships
10. Victorian Relay Competition
11. Victorian Country Interdistrict
12. All Junior Competitions
13. Winter Interclub Competition (from 2018)
14. All Metro District LC Championships

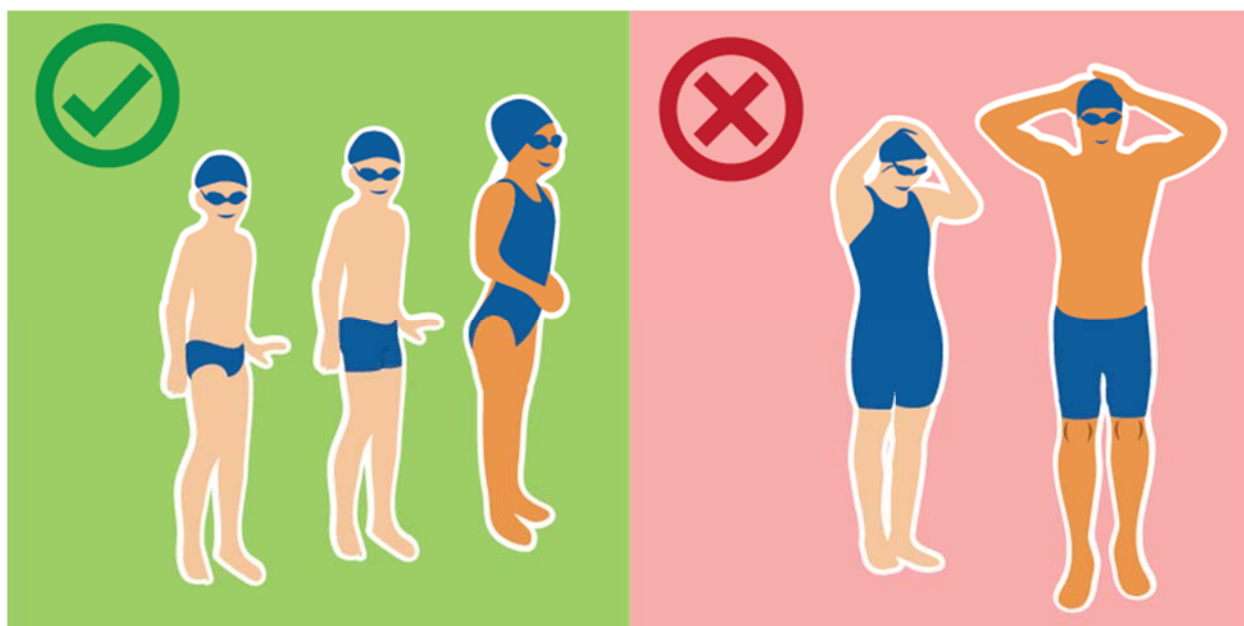
This information is also published in our information booklets for each Swimming Victoria meet.

Details regarding the Swimming Victoria events that the rule applies to along with images and further information about the rule can be found on our 11/Under Suit Rule Flyer.

**Swimming Victoria website link: [Swimming Victoria Website Link](#)**

**Link to Flyer: [11/Under Suit Rule Flyer](#)**

Over the last few weeks, we have received requests for clarification and further information about our changes to the Technical/Performance Suit restrictions for 11/U swimmers. As a result, we have updated the information on our website to better describe the changes.



From 1 July, 11/U Boys suits allowed are trunk, aqua short cuts, or classic briefs. 11/U Girls suits allowed are a one piece swimsuit, as in the image.

Swimming Victoria staff and our officials will be applying this rule at the following Swimming Victoria events:

1. Metro Short Course Competition
2. Victorian Country SC Championships
3. Victorian Age SC Championships
4. Long Course Distance Meet
5. 7-10s Competitions
6. Victorian Sprint Championships
7. Victorian Qualifying Meet
8. Victorian Age Championships
9. Victorian Country Championships
10. Victorian Relay Competition
11. Victorian Country Interdistrict
12. All Junior Competitions
13. Winter Inter Club Competitions (From 2018)
14. All Metro District LC Championships

In 2017, this rule will not be applied at the Winter Interclub competition however swimmers may be advised that their swim suits are not compliant with this rule. It will be applied at this meet in future years.

As we mentioned, there are many reasons we have made this change. To keep young swimmers in our sport, we need to be providing an environment that encourages them, and keeps the level of competition and pressure appropriate for their age. We have spent a lot of time considering this issue, and have many reasons to believe this is the best course of action, including:

1. There is no documented evidence that supports performance benefits of technical suits for athletes 11 years and under.
2. Personal best times should not be the only evaluation or measure of success for younger swimmers. Technique and skill development is essential for all long term swimmer development. It is crucial that as swimmers progress through the sport they have developed a solid foundation in technique and stroke development to enable them to achieve higher results in the latter years of their career.
3. The cost of technical suits makes them unattainable for many families. SV does not want to add any extra financial pressure on parents with unnecessary purchases. We understand that for various reasons, cost of suits may not be an issue for all swimmers. However, in order to effectively police this change, we must restrict all suits of this style.
4. These suits aren't designed for young swimmers. The manufacturers design these suits for older athletes. One of the main benefits of wearing a technical suit is for muscle compression. Children, who are not yet developed, are not impacted by this benefit. Swimmers cannot 'grow into' these suits.
5. A common misconception amongst younger swimmers is that without a technical suit, a swimmer cannot swim fast. An age group swimmer does not need a performance suit to swim fast. Swimmers will improve and attain PBs regardless of the suit they are wearing due to gradual increase in training and skill development.
6. The aim should be to build mentally-strong swimmers, confident in his or her own ability and training ethic rather than an athlete depending on a technical suit to get an improved result.
7. Technical suits are required as a swimmer ages and their skills, conditioning and physique develop.

To implement this change, we seek the cooperation of clubs and members in ensuring these guidelines are followed. If you have any questions about the change, please email [sv.admin@vic.swimming.org.au](mailto:sv.admin@vic.swimming.org.au)