



Swimming
MANAWATU

2017-2018

www.manswim.org.nz

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SWIMMING MANAWATU
2017-2018
POSTAL ADDRESS
P O BOX 768, PALMERSTON NORTH

BOARD 2017-2018

Chair	Inga Hunter	027 444 2495
Deputy Chair	David Moir	06 325 8025
Administration:	Dianne Farmer admin@manswim.org.nz	06 356 4167
Finance	David Moir treasurer@manswim.org.nz	06 325 8025
Members	Lin Tozer Rhys Simpson Karen Wilkinson	06 354 0742 06 323 3099 06 359 3725

Management Team 2017 - 2018

	Dianne Farmer	06 356 4167
	Inga Hunter	027 442 495
	David Moir	06 325 8025
	Rhys Simpson	06 323 3099
	Lin Tozer	06 354 0742
	Karen Wilkinson	06 359 3725
Health & Safety	Rhys Simpson	06 323 3099
Registrar:	Dianne Farmer registrar@manswim.org.nz	06 356 4167
Selectors:	Rhys Simpson Lin Tozer selectors@manswim.org.nz	06 323 3099 06 354 0742
Race Secretary:	Lin Tozer racing@manswim.org.nz	06 354 0742
Records Officer:	James Elkington records@manswim.org.nz	06 353 1004

Convenors:

Technical Committee:	Dianne Farmer	06 356 4167
Referees:	Dianne Farmer	06 356 4167
Starters:	Michael Pound	06 376 6654
Inspectors of Turns:	Tony Farmer	06 356 4167
Timekeepers:	Rhys Simpson	06 323 3099

MANAWATU CLUB SECRETARIES 2017-2018

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PAHIATUA

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57 Hinemoa Valley Road, RD1, Pahiatua

PALMERSTON NORTH

Sharon Murrell 06 358 4969 pnascsecretary@gmail.com
19 Racecourse Road, Palmerston North 4412

TE KAWAU

Catherine Evans 06 329 7995 davecathevans@hotmail.com
P O Box 207, Rongotea 4865

Meet Calendar 2018

2017		Warm up		
December	3	Dolphin Carnival	Makino	12.30pm
	17	Manawatu Short Course Meet	Freyberg	1.00pm
2018				
January	13-14	NZ Open Water	Taupo	
	20-22	Wellington Long Course Champs	Kilbirnie	
	28	Dolphin Carnival	Makino	
February	3	Manawatu Age Group Champs	Lido	8.25am
	3	Manawatu Age Group Champs	Lido	2.25pm
	4	Manawatu Age Group Champs	Lido	8.25am
	4	Manawatu Age Group Champs	Lido	2.25pm
	10	SNZ Zonal Champs	Auckland	
	11	Te Kawau Carnival	Rongotea	12.30pm
	16-18	NZ Junior Festival	Kilbirnie	
March	2	Manawatu Summer Champs	Lido	6.00pm
	3	Manawatu Summer Champs	Lido	8.25am
	3	Manawatu Summer Champs	Lido	1.55pm
	4	Manawatu Summer Champs	Lido	8.25am
	11	Levin Carnival	Levin	1.30pm
	18-21	Division II	Rotorua	
April	7	Manawatu Secondary Schools	Freyberg	1.00pm
	17-21	NZ Age Groups	Wellington	
	29	Palmerston North Carnival	Freyberg	1.00pm
May	1	Dannevirke Winter League 1	Freyberg	1.25pm
	12	North Island Secondary Schools	Freyberg	8.00am
	12	North Island Secondary Schools	Freyberg	2.00pm
	20	Feilding Winter League 2	Makino	1.25pm
June	10	Dolphin Winter League 3	Freyberg	1.25pm
	24	Levin Winter League 4	Freyberg	1.25pm
July	8	Kiwi West Aquatics Carnival	Freyberg	1.00pm
	20	Manawatu Long Distance	Freyberg	6.00pm
	21	Manawatu Winter Champs	Freyberg	7.50am
	21	Manawatu Winter Champs	Freyberg	2.50pm
	22	Manawatu Winter Champs	Freyberg	7.50am
August	12	Dannevirke Carnival	Dannevirke	12.25pm
	19	Palmerston North Carnival	Freyberg	1.00pm
September	1-2	Wellington Winter Champs	Kilbirnie	
	8-9	Wellington Winter Champs	Kilbirnie	
	14-16	NZ Secondary Schools	TBA	
	23	Levin Carnival	Levin	1.30pm
	29	Ice Breaker Aquatics Carnival	Freyberg	1.00pm
October	2-6	NZ Short Course	Auckland	
	14	Dolphin Carnival	Makino	12.30pm
	28	Dannevirke Carnival	Dannevirke	12.30pm
November	4	Kiwi West Aquatics Carnival	Freyberg	1.00pm
	11	Feilding Carnival	Makino	1.30pm
	25	Ice Breaker Aquatics Carnival	Freyberg	1.00pm
December	16	Manawatu Short Course Meet	Freyberg	1.00pm

Please check individual flyers for warm up times, start times and meet conditions

CARNIVALS - GENERAL INFORMATION

START TIMES

The times shown in the fixtures list are **warm up** times. Warm up times for meets vary between 30 minutes and an hour. Please check the published flyers for the details pertaining to individual fixtures.

SCRATCHINGS

- The Scratching rule varies slightly from meet to meet and will be printed on the inside cover of your programme.

MARSHALLING

- It is the responsibility of the swimmer or their Manager or Coach to ensure they report to the Marshal at the required number of heats or events prior to their race – as announced at the swim meet. Swimmers who do not marshal are not permitted to swim and will be disqualified.
- After reporting swimmers must remain in the Marshalling area and follow the instructions of the Marshal who will advise when they should move to the start area.
- Any misconduct or failure to follow the instructions of the Marshal will be reported to the Referee who may disqualify that swimmer/s.
- At some events a swimmer who does not report to the Marshal for a final or timed final may incur a penalty fine.
- ***Parents, Coaches and Team Managers are not permitted in the marshalling area.***

TIMES

- Official times should be obtained from your Club Race Secretary after the meet. Times from the timekeepers are unofficial.

PRESENTATION CEREMONIES

- Swimmers are requested to report to the presentation area **IMMEDIATELY** they are asked to do so.
- All swimmers are expected to be appropriately attired i.e. tracksuit, t-shirt and shorts etc.

PRESENTATIONS WILL NOT BE MADE TO ANY SWIMMERS WEARING SWIM WEAR / TOWELS.

CLUB TEAM MANAGERS

- All Clubs must appoint a Team Manager for each meet they attend.
- Swimmers should report to their Team Manager when they first arrive and before they go to their races.
- For National events all dealings are done through the Manawatu Team Manager.
- Team Managers are the official contact point for any communication between swimmers and meet officials. Parents and swimmers cannot approach an official directly.
- Team Managers need to:
 - Be familiar with both Swimming Manawatu and Swimming New Zealand rules
 - Know when and where swimmers need to marshal
 - Advise Meet Control of withdrawals at the meet
 - Ensure swimmers and relay teams report to the Marshal when required
 - Notify swimmers if they are required for a final
 - Withdraw swimmers from finals within the correct time frames.

POOL ETIQUETTE AND COURTESY

Walk: **DO NOT RUN** around the poolside

- Report to your Team Manager on arrival at the pool. It is preferable to sit with your Club/Team, coach and Manager. Do not wander away without permission.
- Identify the marshalling area and listen/watch for your event/s call up.
- Remain in the marshalling area until instructed to leave.
- Team Managers are the only people who may approach the meet control regarding scratchings, entries, queries, protests, and collection of results.
- Do not walk in front of the timekeepers or other officials.
- Observe the 'RULE OF SILENCE' when the whistle blows prior to the start of a race. If you are walking round the pool, stop and stand still until the race is underway.
- Stay in the water until the whistle signal to leave the pool.
- When asking for your time – remember your manners.
- Cheer on your team mates and friends remembering to keep back from the area needed by the Referee and other Officials who need to walk beside the pool.
- Foul language is not tolerated and you may be reported to the referee.
- Keep the area where you are sitting clean and put all rubbish in the bins.

CODE OF BEHAVIOUR

Swimming Manawatu expects swimmers to adhere to the following guidelines when representing the Region:

To co-operate with and be responsible to the Team Management for the duration of the meet.

Advise the Team Manager of any medication that has been prescribed.

Swimmers must not possess, consume, administer, purchase or dispose of by any means any banned substances of any kind. This shall include alcoholic liquor, except where the Team Manager has given consent. Consent shall not be given or deemed to be given in respect of any member who is a minor.

Any breach of discipline or misbehaviour by any member of Swimming Manawatu may result in any or all of the following:

- (a) To be the subject of a report to the Swimming Manawatu
- (b) To be deprived of any privileges or allowances
- (c) To be dealt with as provided in Rule SRG 1.3 of the SNZ rules.

Swimming New Zealand Regulations

1.3 SNZ has the power to sanction any swimmer, coach, team member, technical official or any other person it has admitted to the venue for inappropriate behaviour at New Zealand Competitions. The sanction may include suspension from a race or the competition or expulsion from the venue or competition. SNZ shall advise the appropriate region of sanctions imposed.

HEALTH AND SAFETY

Swimming Manawatu is a Health and Safety conscious organisation. Health and Safety information is distributed to all Clubs prior to events – please ensure this information is passed to Team coaches, Managers and swimmers involved.

A Health and Safety manual is held in Meet Control.

CLUB RESPONSIBILITY AT CARNIVALS

Each Club must ensure that a Team Manager is appointed for each meet (including National meets), and that parents and swimmers know who the Team Manager is. Queries regarding entries or scratchings must be directed through the official Team Manager. Scratchings **WILL NOT** be accepted from individual swimmers. Club team managers at National meets should liaise with the Regional Team Manager.

Club Coaches and Team Managers are responsible for ensuring that swimmers adhere to the published warm up procedure at all meets.

RESPONSIBILITIES OF DUTY CLUB

Clubs are requested to report to the Carnival Secretary 15 minutes **BEFORE** warm up time. The following personnel are required:- 1 Announcer, 1 Marshal, 1 Adult for the recording table and computer, 1 Runner, 2 Programme / Raffle Sellers. At some meets 2 people will be required to prepare morning/afternoon tea for the officials.

RECORDS

The following pools in Manawatu are certified as suitable for breaking records:

Short Course 25metre -	Dannevirke, Freyberg Pool, Levin, Lido, Linton Camp Pool, Makino, Pahiatua, PN Boys High School Pool, West End Aquatic Centre
Long Course 50 metre -	Makino, Lido

Note: records may only be broken when a qualified Referee and the required number of qualified officials are present. All record applications must be forwarded to the Records Officer with the correct documentation within 28 days of the date of the swim. At all times it is the swimmers responsibility to present the Regional Records officer with the appropriate record application.

OFFICIALS DRESS

Officials at Regional fixtures are expected to wear the current Manawatu polo shirt or a white top with black or navy bottoms. Subsidised Officials shirts are available from the Regional Administrator.

HOKOWHITU SWIMMERS FUND

Applications to this Fund close with the Swimming Manawatu Administrator on 31 January annually. Applicants must be registered competitive swimmers and may make one application only in a twelve month period.

Application forms are available on the Swimming Manawatu website.

MONK CUP RULES

Open Relay - 1 team per club - 4 x 1 length or 4 x 2 lengths in pools less than 33 ¹/₃ yds.

The cup shall be swum for at any carnival provided the club holding the carnival desires the event. The cup shall be won on a points basis:

1st Place 3 points 2nd Place 2 points 3rd Place 1 point

The winner of the cup for the season shall be the club gaining the most points after the last carnival of the season.

FOXTON CUP RULES

Girls 13 years and Under 5 x 1 length

Boys 13 years and Under 5 x 1 length

Points 1st Place 5 points 2nd Place 3 points 3rd Place 1 point

(Where pools are less than 33¹/₃ yds the distance shall be two lengths)

May be swum at any carnival in the Region.

SWIMMING NEW ZEALAND MEET DATES AND VENUES 2018

Competition	Date	Venue
NZ Open Water Champs	13 - 14 January 2018	Taupo
NZ Junior Festival	16 – 18 February 2018	Wellington
NZ Division II Competition	18 -21 March 2018	Rotorua
NZ Age Group Championships	17 – 21 April 2018	Auckland
NZ Open Champs	2 – 6 July 2018	Auckland
NZ Secondary Schools	TBA	TBA
NZ Short Course Champs	TBA	TBA

NZ Junior Festival – All Stars Zone

Wellington

16 – 18 February 2018

25m Qualifying Times							
Male				Female			
10 & U	11 yr	12 yr	12 & U	10 & U	11 yr	12 yr	12 & U
FREESTYLE							
50.40	49.20	44.40		50.40	49.20	46.80	
1:55.20	1:46.80	1:42.00		1:54.00	1:46.80	1:42.00	
3:50.40	3:48.00	3:33.60		3:50.40	3:48.00	3:33.60	
			6:45.60				6:48.00
BACKSTROKE							
57.60	56.40	51.60		56.40	55.20	54.00	
2:09.60	2:01.20	1:56.40		2:08.40	2:01.20	1:56.40	
4:19.20	4:12.00	3:48.00		4:19.20	4:12.00	3:54.00	
BREASTSTROKE							
1:09.60	1:04.80	56.40		1:09.60	1:04.80	56.40	
2:24.00	2:14.40	2:08.40		2:24.00	2:14.40	2:08.40	
5:06.00	5:02.40	4:18.00		5:06.00	5:02.40	4:18.00	
BUTTERFLY							
1:02.40	1:01.20	52.80		1:02.40	1:01.20	52.80	
2:25.20	2:09.60	1:58.80		2:20.40	2:09.60	1:58.80	
			4:04.80				4:04.80
MEDLEY							
2:06.00	2:00.00	1:54.00		2:06.00	2:00.00	1:54.00	
4:25.20	4:18.00	3:46.80		4:21.60	4:12.00	3:46.80	
			8:00.00				8:00.00

This meet will be swum under SNZ Regulations with the following specific conditions & criteria:

- The qualifying period is from 1 January 2017 to 28 January 2018.
- The qualifying times are 25m Short Course times. Qualifying times swum in pools other than 25m pools must be converted using the SNZ Conversions.
- Only results from approved meets will be able to be used as qualifying times.
- Individual entry times will be generated by the SNZ Database. Performances from International, Regional and Local competitions not held within the database will not be eligible for use to enter this championship.
- All swimmers shall only enter qualified events. The overriding criteria for this meet is qualification in either the 100m, 200m or 400m Individual Medley.
- Relays will be club relays and swum as 12 & Under. Only swimmers who have met the qualifying time and entered at least one individual event in this competition may be entered into relay events.

Coach and Team Manager information to the Manawatu selectors by 28 January 2018

Division II Competition

Rotorua

18 - 21 March 2018

25m Qualifying Times

Male				Female				
12-13	14yr	15yr	16-18	12-13	14yr	15yr	16-18	
FREESTYLE								
29.80	28.60	28.40	27.90	50	31.20	31.00	30.90	30.85
1:04.90	1:03.00	1:02.80	1:00.70	100	1:08.20	1:07.95	1:07.90	1:06.85
2:23.00	2:19.00	2:17.50	2:13.00	200	2:29.00	2:27.00	2:26.55	2:24.30
5:00.35	4:50.00	4:48.90	4:42.15	400	5:15.00	5:09.00	5:07.00	5:04.70
-	-	-	-	800	10:55.00	10:42.00	10:38.35	10:37.00
19:57.70	19:35.00	19:24.50	18:58.90	1500	-	-	-	-
BACKSTROKE								
34.35	33.27	33.05	32.35	50	36.20	36.02	35.85	35.43
1:14.34	1:12.83	1:12.80	1:10.92	100	1:18.07	1:17.28	1:16.88	1:15.97
2:41.33	2:36.26	2:35.76	2:33.12	200	2:48.84	2:45.93	2:45.26	2:43.35
BREASTSTROKE								
38.94	37.93	37.61	36.97	50	40.96	40.51	40.40	39.69
1:25.16	1:22.55	1:21.81	1:20.36	100	1:28.75	1:28.47	1:28.38	1:26.30
3:05.03	2:58.71	2:57.51	2:54.24	200	3:12.69	3:11.52	3:10.67	3:05.61
BUTTERFLY								
34.67	33.15	33.00	32.65	50	35.27	34.83	34.69	34.60
1:17.64	1:13.99	1:13.99	1:12.98	100	1:19.39	1:18.93	1:18.51	1:17.49
2:51.78	2:49.34	2:47.96	2:46.76	200	2:56.47	2:54.74	2:54.03	2:53.52
MEDLEY								
1:20.55	1:17.77	1:17.55	1:17.47	100	1:24.00	1:23.47	1:22.95	1:21.90
2:54.30	2:49.54	2:48.00	2:45.76	200	3:00.94	2:57.62	2:56.50	2:55.50
6:13.38	6:02.69	6:01.30	5:55.99	400	6:24.61	6:20.85	6:18.82	6:15.00

This meet will be swum under SNZ Regulations with the specific conditions & criteria:

- Age as at 18 March 2018.
- The qualifying period is from 1 January 2017 to 4 March 2018.
- The qualifying times are 25m Short Course times.
- Qualifying times swum in pools other than 25m pools must be converted using the SNZ conversions.
- Individual entry times will be generated by the SNZ Database. Performances from International, Regional and Local competitions not held within the database will not be eligible for use to enter this championship. Only results from approved meets will be able to be used as qualifying times.
- All swimmers shall only enter qualified events. The overriding criteria for this meet is qualification the 100m, 200m or 400m Individual Medley.
- A swimmer who has qualified for either the New Zealand Open Championships or the New Zealand Age Group Championships (in an able bodied event) is ineligible to enter the Division II Competition.
- Relays will be club relays and swum as 18 & Under. Relays will be swum as heats and finals if the number of entries is greater than the number of lanes and will be swum at the end of the respective sessions. Only swimmers who have met the qualifying time and entered at least one individual event in this competition may be entered into relay events.

Coach and Team Manager information to the Manawatu selectors by 4 March 2018

NZ Age Group Championships

National Aquatic Centre , Auckland

17 – 21 April 2018

50m Qualifying Times

Male					Female					
12-13 yr	14 yr	15 yr	16 yr	17-18 yr	12-13 yr	14 yr	15 yr	16 yr	17-18 yr	
FREESTYLE										
29.64	27.83	27.08	26.87	25.60	50	30.00	29.88	29.70	29.52	29.45
1:03.70	1:00.50	59.00	58.29	56.90	100	1:05.50	1:04.50	1:04.00	1:03.75	1:03.50
2:18.50	2:12.00	2:09.50	2:06.70	2:04.50	200	2:21.05	2:20.50	2:17.00	2:16.80	2:16.50
4:52.00	4:40.00	4:34.93	4:32.00	4:28.00	400	4:58.00	4:54.00	4:52.00	4:48.50	4:47.00
					800	10:15.00	10:05.00	10:00.00	9:55.00	9:50.00
19:15.00	18:33.00	18:00.00	17:55.00	17:45.00	1500					
BACKSTROKE										
36.17	33.52	32.80	32.55	31.95	50	35.20	35.00	34.65	34.45	34.20
1:11.78	1:08.87	1:07.38	1:07.27	1:05.70	100	1:14.50	1:13.30	1:12.80	1:12.30	1:12.10
2:33.00	2:29.00	2:26.49	2:25.67	2:24.53	200	2:39.50	2:36.00	2:35.70	2:34.80	2:34.50
BREASTSTROKE										
38.21	37.17	36.22	35.81	34.64	50	40.30	40.05	39.57	39.46	39.13
1:20.75	1:17.72	1:15.82	1:15.32	1:14.76	100	1:24.82	1:23.73	1:23.24	1:22.75	1:22.24
2:55.29	2:49.38	2:47.40	2:45.44	2:44.44	200	3:01.42	2:58.76	2:56.96	2:55.36	2:54.65
BUTTERFLY										
32.39	31.99	30.40	29.62	27.96	50	32.07	31.96	31.81	31.67	31.48
1:10.70	1:07.25	1:06.07	1:05.78	1:03.36	100	1:13.95	1:12.86	1:12.27	1:12.07	1:11.96
2:40.29	2:33.41	2:29.44	2:28.49	2:27.50	200	2:46.37	2:42.43	2:38.97	2:38.00	2:37.50
MEDLEY										
2:37.00	2:30.67	2:27.00	2:25.33	2:24.00	200	2:41.33	2:38.67	2:38.30	2:38.00	2:37.50
5:33.50	5:20.00	5:15.00	5:13.50	5:09.96	400	5:44.61	5:38.00	5:35.92	5:34.70	5:33.89

This meet will be swum under SNZ Regulations with the specific conditions & criteria:

- Age as at 17 April 2018.
- The qualifying period is from 1 January 2017 to 1 April 2018.
- The qualifying times are 50m Long Course times.
- Qualifying times swum in pools other than 50m must be converted using the SNZ Conversions.
- Swimmers using converted times will be seeded in the slowest heat. All swimmers shall only enter qualified events Individual entry times will be generated by the SNZ Database. Performances from International, Regional and Local competitions not held within the database will not be eligible for use to enter this championship. Only results from approved meets will be able to be used as qualifying times.
- Swimmers, who wish to enter 50m events, must have achieved a qualifying time in the 100m or 200m of the particular event and also achieved the published qualifying time for the 50m event.
- Relays will be swum as timed - finals, with all timed - finals being swum in the finals session.
- Relays will be swum in the 'Age' and 'Youth' categories. There shall be a maximum of 2 teams per club and 2 teams per zone in each relay.

Coach and Team Manager information to the Manawatu selectors by 1 April 2018

New Zealand Open Championships

National Aquatic Centre , Auckland

2 – 6 July 2018

50m Qualifying Times

Male		Female
	FREESTYLE	
25.48	50	28.71
55.50	100	1:01.80
2:00.00	200	2:13.00
4:19.00	400	4:40.00
9:04.65	800	9:40.00
17:20.00	1500	18:34.40
	BACKSTROKE	
29.00	50	32.90
1:02.83	100	1:10.00
2:16.71	200	2:30.55
	BREASTSTROKE	
32.51	50	36.36
1:10.68	100	1:18.71
2:32.75	200	2:49.28
	BUTTERFLY	
27.66	50	30.66
1:00.51	100	1:07.84
2:14.95	200	2:29.00
	MEDLEY	
2:16.50	200	2:33.00
4:55.00	400	5:23.75

This meet will be swum under SNZ Regulations with the specific conditions & criteria:

- Age as at 2 July 2018.
- The qualifying period is from 1 January 2017 to 17 June 2018.
- The qualifying times are 50m Long Course times. Only Long Course times can be used for qualification. All swimmers shall only enter qualified events.
- Swimming New Zealand do not accept converted times for entry into this meet.
- Only results from approved meets will be able to be used as qualifying times.
- Individual entry times will be generated by the SNZ Database. Performances from International, Regional and Local competitions not held within the database will not be eligible for use to enter this championship.
- Relays will be swum as open timed-finals with all timed-finals being swum in the finals session. If entries exceed the lanes available, subsequent timed - finals will be swum at the end of the morning's heats session. Only swimmers who have met the qualifying time and entered at least one individual event in this championship may be entered into relay events.

Coach and Team Manager information to the Manawatu selectors by 17 June 2018

Conversion Times for Different Pool Sizes for National Meets

Note For the purposes of all national meets, pools of length 36½ yards will be treated as if they were of length 33½ metres and pools of length 55 yards will be treated as if they were of length 50 metres.

Conversion from 33½ metres or 36½ yards to 50 metre time:

Freestyle	100m	add	0.85 secs
	200m	add	1.70 secs
	400m	add	3.40 secs
	800m	add	6.80 secs
	1500m	add	12.75 secs
Backstroke	100m	add	0.85 secs
	200m	add	1.70 secs
Breaststroke	100m	add	1.00 secs
	200m	add	2.00 secs
Butterfly	100m	add	0.70 secs
	200m	add	1.40 secs
Medley	400m	add	3.40 secs

Conversion from 25 metres to 50 metre time:

Freestyle	50m	add	0.85 secs
	100m	add	1.70 secs
	200m	add	3.40 secs
	400m	add	6.80 secs
	800m	add	13.60 secs
	1500m	add	25.50 secs
Backstroke	50m	add	0.85 secs
	100m	add	1.70 secs
	200m	add	3.40 secs
Breaststroke	50m	add	1.00 secs
	100m	add	2.00 secs
	200m	add	4.00 secs
Butterfly	50m	add	0.70 secs
	100m	add	1.40 secs
	200m	add	2.80 secs
Medley	200m	add	3.40 secs
	400m	add	6.80 secs

Conversion from 55 yards time to 50 metre time: **No conversion. Just use same time.**

Note that only the above conversions may be used for National Meets. If a conversion does not exist then another pool of suitable length must be used for that event.

Revision [3 Oct 1995]

STROKE RULES

SW 5 FREESTYLE

SW 5.1 Freestyle means that in an event so designated the 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 upon completion of each 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.

SW 6 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. When using a backstroke ledge at the start, the toes of both feet must be in contact with the end wall or face of the touchpad. Bending the toes over the top of the touchpad 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 SW 6.5. The normal position on the back can include a roll movement of the body up to, but not including 90 degrees 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 sub-merged 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.

SW 6.4 When executing the turn there must be a touch of the wall with some part of the swimmer's body in his/her respective lane. During the turn the shoulders may be turned over the vertical to the breast after which an immediate continuous single arm pull or immediate continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to the 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 in his/her respective lane.

SW 7 BREASTSTROKE

SW 7.1 After the start and after each turn, the swimmer may take one arm stroke completely back to the legs during which the swimmer may be submerged. At any time prior to the first Breaststroke kick after the start and after each turn a single butterfly kick is permitted. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

SW 7.2 From the beginning of the first arm stroke after the start and after each turn, the body shall be on the breast. It is not permitted to roll onto the back at any time except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. From the start and throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and on the same horizontal plane without alternating movement.

SW 7.3 The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under 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 start and each turn.

SW 7.4 During each complete cycle, some part of the swimmer's head must break the surface of the water. All movements of the legs shall be simultaneous and on the same horizontal plane without alternating movement.

SW 7.5 The feet must be turned outwards during the propulsive part of the kick. Alternating movements or downward butterfly kicks are not permitted except as in SW 7.1. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.

SW 7.6 At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level. At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted. 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.

SW 8 BUTTERFLY

SW 8.1 From the beginning of the first arm stroke after the start and each turn, the body shall be kept on the breast. It is not permitted to roll onto the back at any time, except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall.

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

SW 8.3 All up and down movements of the legs must be simultaneous. The legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A breaststroke kicking movement is not permitted.

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

SW 8.5 At the start and at 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 metres 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.

SW 9 MEDLEY SWIMMING

SW 9.1 In individual medley events, the swimmer covers the four swimming strokes in the following order: Butterfly, Backstroke, Breaststroke and Freestyle. Each of the strokes must cover one quarter (1/4) of the distance.

SW 9.2 In Freestyle the swimmer must be on the breast except when executing a turn. The swimmer must return to the breast before any kick or stroke.

SW 9.3 In Medley relay events, swimmers will cover the four swimming strokes in the following order: Backstroke, Breaststroke, Butterfly and Freestyle. Each of the strokes must cover one quarter (1/4) of the distance.

SW 9.4 Each section must be finished in accordance with the rule which applies to the stroke concerned.

SWIMMING NEW ZEALAND REGULATION

3 WITHDRAWALS

3 Withdrawals

3.1 In all competitions, a competitor or team not wishing to take part in a preliminary final, semi final and final in which qualification was earned shall withdraw within 30 minutes following the preliminaries or the semi-finals of the event in which the qualification took place. Any competitor or team who withdraws from preliminary finals, semi finals and finals more than 30 minutes after the preliminary or semi final in which qualification was earned shall pay without excuse to SNZ a fee as determined by SNZ.

3.2 For timed finals withdrawals must be advised by the end of the session preceding the start of the timed final event. i.e. the day before.

Note: The criteria for Regional fixtures may differ – always check the conditions pertaining to individual competitions.

PARENTS and CAREGIVERS

Officials are present at all competitions, to implement the technical rules of swimming and ensure that the competition is fair and equitable to everyone. As a parent of a competitive swimmer your assistance by becoming an official facilitates swim meets and swimmers times being sanctioned. **All Swimming Manawatu Officials are volunteers** and contribute greatly to the development of the sport at all levels.

There are several levels of officiating that require different degrees of involvement and time.

The first step is to determine your area of interest. The following brief descriptions of the volunteers needed at every swim meet may help you make that determination.

Officials are present at all competitions, to implement the technical rules of swimming and ensure that the competition is fair and equitable to everyone.

Announcer What a way to see the meet and be actively involved. The Announcer has the important role of maintaining interest throughout the swim meet

Computer The Recorder is responsible for all of the paperwork (Scratchings, Reseeding, and Results)

IOT The Turn Judges observe the swimmers from the end of the lane(s) to ensure that the turns and finishes comply with the rules applicable to each stroke

Judge of Stroke The Stroke Judges ensure compliance with the rules relating to each stroke

Marshal The swimmers report to the Marshal that they are present and swimming the event being marshalled. Swimmers event, heat and lane assignments are checked against the programme

Referee The Referee has overall authority and responsibility for the competition and ensures compliance with all the rules

Timekeeper Timekeeping is where most parents start as volunteers. The most important single statistic at a swim meet is the time a swimmer achieves during the race

Swimming Manawatu is indebted to Paterson Accountants Limited for the provision of Accountancy services



