

2023 – 24 SUMMER RACE RULES (By Laws amended 17 September 2023)

VENUE: WENTWORTHVILLE 50 M POOL

The Club By Laws (Race Rules) are a reminder / advice of to all Competitors and Members of the Rules to be observed at FRIDAYS' Club Nights.

GENERAL RULES:

1. The Referee is in full control of the races at all times, with the assistance of the Starter, Marshall, Computer Operator and Time keepers.
2. Swimmers may be disqualified if they do not comply with Swimming NSW Rules
3. **Competitors are not allowed to enter , nor swim, any Public lanes in 50m Pool and any Lane in 25 m Pool, during Club Night**
4. There is no Running on Pool Deck
5. Any swimmer not complying with the rules listed below may be penalised by the loss of points scored on the night, as advised by Marshall or other Officials
6. All 12.5 and 25 metres events will be competed in 50m Pool
7. **Subject to SNSW, Only Four (4) Second Claim swimmers will be allowed to compete on any Club Night. If there more than four (4) Second Claim Swimmers, the earliest entries of the Second Claim Swimmers will be allowed to compete on selected night. Race Secretary will consider all Second Claim Entries, to allow a fair distribution of swims by Second Claim Swimmers, through the season. Please contact Race Secretary prior to entry on Swim Central, for approval to swim.**

EVENTS ALLOWED:

1. **Summer Season 1 October 2023 to 30 March 2024, will be swum at Wentworthville Pools in 50m Pool**
2. All Competitors can enter and compete three events, via Swim Central as selected for the program of Club Night, except for SPRINT NIGHT : only enter two events
3. **ONLY ONE DISTANCE PER STROKE NO CONSECUTIVE EVENTS ALLOWED**
4. Referee must approve request for a special time trial, if not listed as program event (No points for Time Trials, See Point Score Rules)
5. Referee will confirm with Officials of the permission.
6. Swimmers can proceed to 50m Events once the following times have been achieved in 25 m Races, provided their stroke meet the approval of the Referee.
This is Optional for swimmer under 8 Years of Age.
7. 25 m TIMES to Move to 50 m EVENTS:

FREESTYLE	35 Seconds
BACKSTROKE	35 Seconds
BREASTSTROKE	40 Seconds
BUTTERFLY	35 Seconds

MARSHALLING:

1. Swimmers and Others must not be in Time Keeping Area (Start or Turn End) whilst Club Racing is conducted.
2. Marshalling will be conducted at a space near the start end of the 50m Pool.
3. Marshall will organise Each Event, Heat and Lane with the swimmers from MM8 Program
4. Swimmers will respond to their name when marshalled.
5. Names will only be called three times.
6. **PARENTS MUST ENSURE THEIR OFFSPRINGS ARE IN MARSHALLING**
7. Marshall will advise swimmers when to move behind the blocks to start their event
8. Swimmers shall not leave the Marshalling Area, unless approved by Marshall.

TIME KEEPERS (Swimmers Notes):

1. It is the responsibility of the swimmers to make their way to the Marshalling Area, once their selected events are called.
2. Swimmers are allowed in Timekeeping Area, when they start their races or exit the pool once completed their event
3. Swimmers of the next event, must not interfere with Timekeepers, when they are recording time of previous event
4. Time keepers will activate their Time Recorders at end of Race, by moving to the finish wall and looking vertically down to lane below, whether any part of the swimmer has touched the wall.
5. In case stop watches are used, Time Keepers will start their watch on the start buzzer/ whistle/ gun and then stop watch at completion of race. Time is recorded on provided recording papers.

STARTING:

1. Starter will announce the Event and Heat Number
2. Referee will whistle swimmers on the start blocks
3. Referee will raise his hand, once he is happy the swimmers are prepared to race, to hand control of race to the Starter.
4. The starter will observe swimmers on the blocks, and announce "Take your Marks"
5. Once the swimmers are stationary on the Block, starter will press start mechanism.
6. Starter will advise Referee if there have been any movements on the blocks at the start.

CLUB POINT SCORE:

1. **TO RECEIVE A POINT SCORE AWARD, ALL SWIMMING MEMBERS : MUST ATTEND AND COMPETE IN 30% OF CLUB NIGHTS**
2. **SWIMMERS JOINING IN LATER AFTER THE START OF SUMMER SEASON, MUST ATTEND AND COMPETE IN 30 % OF THE RACE NIGHTS LEFT IN THE SEASON TO RECEIVE A POINT SCORE AWARD.**
3. At Start of Summer Season 2023 -2024, all swims will be Time Trials as Club is swimming in 50m Pool. These Times will be recorded as Personal Best, for comparison with next exact swim, for point score purposes.

4. POINTS AWARDED FOR BEST TWO OUT OF THREE SWIMS ON THE NIGHT**5. POINTSCORE SYSTEM:**

i)	ATTENDANCE	1 POINT
ii)	DISQUALIFICATION	0 POINT
iii)	START & FINISH 2.0 SECONDS OUTSIDE BEST	1 POINT
iv)	START AND FINISH TIME TRIAL	2 POINTS
v)	START & FINISH BETWEEN 1.00 AND 1.99 SECS OF PB	2 POINTS
vi)	START & FINISH BETWEEN PB AND 0.99 SECS	3 POINTS
vii)	START & FINISH EQUAL BEST OR NEW PB	5 POINTS
viii)	START AND FINISH IN CLUB RECORD TIME ☺ ☺	10 POINTS

☺ ☺ - As MCPK is swimming in a 50m Pool in Summer 2023 -24, 50m records will not be recorded as Wentworthville Venue is a TEMPORARY venue, until Guildford Pools are fixed. If renovations are extended past summer 2023 -2024, this policy will be reviewed.

NOTE: At the Referee's discretion only, a point only will be awarded by the Referee and NOT a Disqualification, if in his/her view the swimmers have not completed the stroke correctly, but have attempted to complete the stroke to the rules.

CLUB NIGHTS RULES EDITED 5 October 2023 Issue #6

McCredie Park Aquatics Management