



Blacktown City Swimming Club Inc.



RACE RULES

September 2003

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S w i m m i n g

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1. YEARLY PROGRAMME:

- (a) A Programme covering the whole of the summer and winter swimming seasons shall be drawn up with the point score commencing and finishing dates, together with a break in swimming for Christmas, New Year Easter and where Race Night falls on a published Public Holiday only.
- (b) The Programme shall be drawn up by the Race Committee with the assistance of the Club Referee, and if required, the Professional Coach, and then submitted to the Monthly General Meeting for endorsement.
- (c) The Summer Programme shall be submitted to the July Monthly General Meeting and the Winter Programme shall be submitted to the December Monthly General Meeting by the Race Secretary for endorsement. Once endorsed, the Summer or Winter Programme shall not then be altered without the expressed permission of the MGM.
- (d) After endorsement the Programme shall be posted on the Club Notice Board and Club Website no later than four (4) weeks prior to the commencement of the appropriate swimming season. The Programme shall be made available to all Club Members.
- (e) Entry for each swim on each Race Night shall be submitted on the Official Club Entry Card. No other form of entry will be accepted.
- (f) All entries for each Race Night are to be lodged no later than 7:30pm on the Thursday immediately prior to the intended Race Night. The Race Secretary may accept entries after that time, but such entries shall be seeded into the slowest heat. The Race Secretary's decision on these matters is final.
- (g) The ONLY exception to (f) above is to be entries from new members who are joining on the Race Night involved. These entries shall also be seeded into the slowest heat. The Race Secretary's decision on these matters is final.

2. TIME TRIALS:

- (a) Time Trials for new and intending members may be conducted on each Race Night in the events scheduled other than during Championships.
- (b) Entry Card must be marked "T.T." beside the swimmer's name and no points will be allocated for a time trial swim.
- (c) No swimmer will be eligible to swim in a point score competition until a time has been established in that stroke and distance. These times shall be the faster of swimming time trials in each stroke or the fastest swims in each stroke and distance of the just completed season.
- (d) The summer and winter point score will commence on the 1st Friday Night of the applicable season.
- (e) Swimmers competing in 25m events will be classed as beginners in that stroke and may, subject to clause 5(j)(vi) of these Race Rules, only progress to the next distance on reaching the following standard and shall thereafter swim in 50m events for Freestyle and Backstroke, or 33m for Breaststroke and Butterfly provided that the referee shall have recommended that progression irrespective of the time achieved.

Freestyle
Backstroke

25 secs
28 secs

Breaststroke
Butterfly

40 secs
40 secs

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Swimmers competing in 33m events for Breaststroke and Butterfly may, subject to clause 5(j)(vi) of these Race rules, only progress to 50m in that stroke on reaching the following standard and shall thereafter swim 50m events for that stroke, provided that the referee shall have recommended that progression irrespective of the time achieved.

<i>Breaststroke</i>	50 secs	<i>Butterfly</i>	45 secs
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Swimmers competing in 50m events may, subject to Clause 5(j)(vi) of these Race rules, only progress to events of 100m and/or over on reaching the following standard. Any swimmer after reaching this standard may compete in 50m events but will only be allocated one point for swimming that distance.

<i>Freestyle</i>	40 secs	<i>Breaststroke</i>	55 secs
<i>Backstroke</i>	50 secs	<i>Butterfly</i>	45 secs

3. CLUB POINT SCORE COMPETITION:

- (a) Open to all Blacktown City Swimming Club Inc. first claim swimmers.
- (b) (i) A swimmer shall only enter a maximum of three (3) races on each Race Night. Points on the following basis will be awarded for each completed swim. Note however, that the number of races allowed to swimmers on each Race Night may be changed by the Race Secretary after consulting the Race Committee- as long as all swimmers are affected equally by such change. The Race Secretary's decision on these matters is final.

(ii) Any swimmer who does not answer the third call of the Marshall shall be withdrawn.
- (c) Point Score:
 - **Zero (0) Points for a disqualification**
 - **One (1) Point for complete swim;**
 - **Two (2) Points for equal best time;**
 - **Three (3) Points for faster than best time;**

Example: **Best time in 40.00**
 1 point for 40.01 or slower
 2 points for 40.00 exactly
 3 points for 39.99 or faster
- (d) These points will be compiled by the Race Committee. At the beginning of each month all point score competitions will recommence as a new point score and the points gained in the previous month will not be added but only used when compiling the Aggregate Club Point Score. In the event that there are only three (3) "Race Nights" in a month, then the points gained will be combined with those of the following month.
- (e) The Race Committee shall determine the prize awarded to both male and female swimmers each month for the First (1st) placegetter, Second (2nd) and Third (3rd) placegetters.
- (f) Aggregate Club Point Score. This point score will be the total number of points achieved by a swimmer in each of the monthly point scores during the Summer and Winter season inclusive. 1st, 2nd and 3rd places will be awarded to both male and female.
- (g) Club championship placings shall not count in the monthly or Aggregate Club Point Score.

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4. CLUB RECORDS:

- (a) A Club Record may only be granted:
- (i) to a 1st claim member of the Blacktown City Swimming Club Inc; and
 - (ii) in a stroke and distance recorded in the table below; and
 - (iii) in the case of distances greater than 25m, to a swimmer who has achieved the progression time for a stroke and distance contained in clauses 2(e) and 14 of these Race Rules before claiming a Club Record in that stroke; and
 - (iv) when the event is in the control of an Official Referee; and
 - (v) when the event is conducted by the Blacktown City Swim Club Inc exclusively for its members and in a 50m pool; and
 - (vi) when claimed within 14 days of swimming the record sought by giving notice to the Race Secretary; and
 - (vii) to a swimmer who is the age of the relevant record at the date of swimming the record claimed.
- (b) Notice under clause 4(a)(vi) is not required for any Record achieved in the Club Championships. Such record will be automatically awarded to a swimmer otherwise eligible under clause 4(a).
- (c) Notwithstanding clause 5(j)(ii) for the purposes of this section a Senior Swimmer is one who has attained their seventeenth (17th) birthday.
- (d) An Age Record can be established in an Open Event.
- (e) An Open Record can be established in an Age Event.

Dist.	Stroke	5/U	6	7	8	9	10	11	12	13	14	15	16	Sen.	Open
25m	Freestyle	✓	✓	✓	✓										
50m	Freestyle	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
100m	Freestyle					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
200m	Freestyle					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
400m	Freestyle					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
800m	Freestyle							✓	✓	✓	✓	✓	✓	✓	✓
1500m	Freestyle							✓	✓	✓	✓	✓	✓	✓	✓
25m	Backstroke	✓	✓	✓	✓										
50m	Backstroke	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
100m	Backstroke					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
200m	Backstroke					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
25m	Breaststroke	✓	✓	✓	✓										
33m	Breaststroke	✓	✓	✓	✓										
50m	Breaststroke	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
100m	Breaststroke					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
200m	Breaststroke					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
25m	Butterfly	✓	✓	✓	✓										
33m	Butterfly	✓	✓	✓	✓										
50m	Butterfly	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
100m	Butterfly					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
200m	Butterfly					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
200m	Individual Medley					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
400m	Individual Medley							✓	✓	✓	✓	✓	✓	✓	✓

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5. CLUB CHAMPIONSHIP:

- (a) Blacktown City Swimming Club Inc shall conduct a Club Championship as close to the end of the Summer Season as possible.
- (b) All Club Championship events shall be subject to NSWAI rulings.
- (c) The Club Championship shall be conducted as "TIME FINALS" of any selected event. In this situation, no finals shall be swum, the placings being decided by the fastest time from all heats of the event subject to the judge's placings.
- (d) A request for a referee or any other official for the Club Championship may be made to the district body by the MGM if the Club Referee is unavailable or not prepared to be available.
- (e) A Programme covering the whole of the Club Championship shall be drawn up by the Race Committee with the assistance of the Club Referee, and if required, the Professional Coach, and then submitted to the July Monthly General Meeting for endorsement. Once endorsed, the Club Championship Programme shall not then be altered. The Club Championship Programme shall include a Closing Date as determined by the Race Committee and all Club Championship entries must be handed to the Race Secretary before that date. No late entries shall be accepted.
- (f) The Club Championship Programme shall include the following Events:

Dist.	Stroke	5/U	6	7	8	9/U	10	11	12	13	14	15	Sen.	Open
25m	Freestyle	✓	✓	✓	✓									
50m	Freestyle					✓	✓	✓	✓	✓	✓	✓	✓	
100m	Freestyle					✓	✓	✓	✓	✓	✓	✓	✓	
200m	Freestyle													✓
400m	Freestyle													✓
800m	Freestyle													✓
1500m	Freestyle													✓
25m	Backstroke	✓	✓	✓	✓									
50m	Backstroke					✓	✓	✓	✓	✓	✓	✓	✓	
100m	Backstroke					✓	✓	✓	✓	✓	✓	✓	✓	
200m	Backstroke													✓
25m	Breaststroke	✓	✓	✓	✓									
50m	Breaststroke					✓	✓	✓	✓	✓	✓	✓	✓	
100m	Breaststroke					✓	✓	✓	✓	✓	✓	✓	✓	
200m	Breaststroke													✓
25m	Butterfly	✓	✓	✓	✓									
50m	Butterfly					✓	✓	✓	✓	✓	✓	✓	✓	
100m	Butterfly					✓	✓	✓	✓	✓	✓	✓	✓	
200m	Butterfly													✓
200m	Individual Medley					✓	✓	✓	✓	✓	✓	✓	✓	
400m	Individual Medley													✓

- (g) The Club Championship Programme shall also include 25m and 50m Time Trials on each night, provided that only financial first claim members of Blacktown City Swim Club Inc or new intended members shall be permitted to take part in these Time Trials. Normal Official Club Entry Card shall be lodged in accordance with Clause 1 (f) or (g) of these Race Rules for Time Trials. No second claim swimmer or visitor shall be permitted to take part in these Time Trials.
- (h) After endorsement the Club Championship Programme shall be made available to all Club Members.

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- (i) Entry for each Club Championship event shall be submitted on the Official Club Championship Entry Card. No other form of entry will be accepted. Entry times for each event shall be the fastest time in the stroke and distance swum by the entrant at a Race Night during the current Summer Season
- (j) **Eligibility:** To be eligible to compete in the Club Championship a swimmer must:
- i. Have become a financial first claim member of Blacktown City Swimming Club Inc at least two (2) months prior to the start of the Club Championship. For a definition of first claim member see Rule c98 or c99 of NSWSAI.
 - ii. Be the Age of the Club Championship event entered at the commencement date of the first Club Championship event. Seniors shall have attained their 16th birthday prior to the commencement date of the first Club Championship event. However, ONLY for the purposes of the presentation of Perpetual Trophies available in the Senior category, a Senior swimmer shall have attained their 17th birthday prior to the commencement date of the first Club Championship event.
 - iii. Have competed in at least six club nights during the current Summer season, subject to sub clause (ix) below.
 - iv. A competitor may only swim in a Club Championship event in which he / she has already established a time in that stroke and distance during the current Summer season.
 - v. Each swimmer is restricted to his / her own age group in the Club Championships. A swimmer may also enter any Open Event for which he / she has already established a time in that stroke and distance during the current Summer season. However, there shall only be one heat of male swimmers and one heat of female swimmers in each Open Heat. This means that only the 8 or 10 (depending on the number of available lanes) fastest male entry times shall be invited to compete in an Open Mens event. Only the 8 or 10 (depending on the number of available lanes) fastest female entry times shall be invited to compete in an Open Women's event.
 - vi. In the event that a swimmer has not yet attained the progression standard for events up to but not further than 200m, set down in clause 2(e) and clause 13 of these Race Rules, he or she may enter a race on Race Night during the summer Season so that a time may be established to comply with (iv) above. That swimmer must then return to the distance that they are qualified to swim for the remainder of the Season, or until progressed in accordance with Clauses 2(e) and 14. No Points shall be awarded for this swim, nor shall the swim count in reference to clause 2 of these Race Rules.
 - vii. All times must be established prior to the commencement date of the first Club Championship event.
 - viii. To be eligible for age championship placings a swimmer must have competed in at least half of the swims that are set down for that age group.
 - ix. For the purposes of sub clause (iii) above, swimmers who compete at Metropolitan and State Meets held on the same night as Race Night shall be classed as having competed at a Club night, provided that written application for consideration of this is forwarded to the Race Secretary prior to the commencement of the championships. The Race Committee shall adjudicate on all applications. The Race Committee's decision shall be final.

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- (k) A Club Championship Point Score shall be conducted for each specific age group, including Seniors and Open, with points allotted on the following basis:

- **6 points** **1st place;**
- **4 points** **2nd place;**
- **2 points** **3rd place**
- **1 point** **all other unplaced swimmers.**
- **0 point for disqualification**

Note: Swims must be completed to receive the points. Age groups may be combined at the discretion of the Referee, however points gained by a swimmer shall count towards the Age Group entered by the swimmer.

6. DISQUALIFICATION:

- (a) A swimmer competing in a 25m and 33m event other than a Club Championship event shall not be disqualified. However, all swimmers are to be notified of stroke irregularities where practical.

7. VISITORS and NEW MEMBERS:

- (a) Swimmers competing at Race Night for the first time who have already established a time elsewhere may swim either 25m or 50m in the stroke available but must achieve the progressions times in Clause 2(e) and Clause 14 before proceeding to the next distance.
- (b) Entries for events on Race Night by visitors may be accepted at the discretion of the Race Committee, provided they pay the appropriate fee and no Blacktown City Swim Club Inc member is disadvantaged.
- (c) All new or second claim members will be allowed one (1) Race Night swimming before being required to join the club.

8. INTERCLUB COMPETITION:

- (a) All entries to inter club or invitation carnivals must be completed on appropriate cards and given to the Race Secretary prior to the published club closing date. Entries not submitted in the format prescribed or not providing the carnival name, carnival date, entrants name, Registration Number, Date of birth, best competitive time, date and venue of achievement (where required) or without the correct fee attached shall not be accepted.
- (b) Best competitive times achieved at carnivals entered by a Blacktown City Swim Club Inc member who does not submit entries through the Race Secretary shall not be verified by the Race Secretary.

9. DISTRICT, STATE and NATIONAL CHAMPIONSHIPS

- (a) Club entries for Metropolitan, State and National Championships shall only be submitted to NSW Swimming by the Race Committee. These entries must be handed to the Race Secretary by the club closing date. *(Amended June 1997).*
- (b) All entries to Metropolitan, State and National Championships must be completed on appropriate cards and given to the Race Secretary prior to the published club closing date. Entries not submitted in the format prescribed or not providing the carnival name, carnival date, entrants name, Registration Number, Date of birth, verifiable best competitive time, date and venue of achievement or without the correct fee attached shall not be accepted.
- (c) Relay swimmers and reserves shall be selected by the Race Committee based on their verifiable performances in the current season. The Race Committee selections shall be final.

- (d) Should an unverified time be used for an entry to Metropolitan Championships or higher and the swimmer not meet the qualifying time, incurring a fine from NSWSAI, the responsibility for paying that fine will be the Parents/Guardians of the swimmer.
- (e) Times submitted for these championships must be times that can be verified by the Race Committee. Should a qualifying personal best time be achieved on a Race Night, the swimmer must claim the time by completing the verification form on the night. Only the times claimed on the verification form will be sent to NSW Swimming and will be official. (*Amended June 1997*).

10. PROCEDURE FOLLOWING RELAY TEAM SELECTION:

- (a) Teams or individual swimmers shall be selected subject to Clause 9(c) above and their names posted on the club notice board as soon as possible after selection.. The Team Manager and the Club Secretary shall be supplied with a list of teams and individual names.
- (b) Any swimmer unavailable shall notify the Race Secretary of their non availability within 24 hours of the posting of teams on the Notice Board.
- (c) All selected swimmers shall report to the Team Managers on arrival at the Carnival and the Managers shall have control over these members for the duration of the carnival.
- (b) The Managers shall see that all competitors report in time for events, inquire as to the reasons for disqualification, record times where practical, and alter teams in case of **Emergency** only, and shall notify the Race Secretary of alterations and non attendance of swimmers.
- (c) A swimmer who has notified of availability and who fails to appear at a carnival without reasonable excuse may be omitted from selection at the discretion of the Race Secretary.
- (d) The Club Secretary shall be responsible for contacting the Cumberland ASAI regarding any request for Panel Officials at any Inter-Club championship carnival and shall abide by the NSWSAI rules regarding the notification of swimmers to the Registrar or Handicapper of the carnival or the meet for which they had been selected, and shall forward those nominations before any closure date of entries.

11. EXPLANATION OF YOUNGEST SWIMMER:

The youngest competitor is defined as a competitor who has completed a minimum of three (3) club swims unaided, ie. Has not received any physical assistance, during the season commencing from 1st October until 31st March. Physical assistance includes using the sides of the pool or lane ropes to pull them towards the finishing line.

This rule is to apply to the presentation of the youngest swimmer trophies only. Age is applied as at 1st October.

12. CLUB FUNDING:

- (a) Any benefit given to a swimmer is always to be at the discretion of the Club Committee decided at a Monthly General Meeting, or a Special General Meeting convened for the express purpose of deciding a benefit applicable and that decision is final.
- (b) For the purposes of Clause 12(e) and 12(k) below, swimmers who compete at Metropolitan and State Meets held on the same night as Race Night shall be classed as having competed at a Club night, provided that written notification of this is forwarded to the Race Secretary prior to the Meet in Question.

To be eligible to receive any funding from the Club a swimmer must:

- (c) be a first claim member of BCSCI for a minimum of twelve (12) consecutive months immediately prior to the funding being made available; and

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- (d) rejoin the Club at the end of the Club Year (31 September) and pay all outstanding fees before 31 October in the same year; and.
- (e) compete at no less than 50% of scheduled club nights in the winter season **AND** compete at no less than 50% of scheduled club nights in the summer season, both inclusive, in the twelve (12) consecutive months immediately prior to the funding being made available; and
- (f) be available for selection for club relays at Cumberland, State, and National Championships if qualified to swim at any of these Championships; and
- (g) wear the club cap at the Meet for which the funding is provided; and
- (h) be qualified to compete at the Championships, or Meet being considered for funding.

To be eligible to receive any funding from the Club a swimmer wishing to compete at an Open Water Event must:

- (i) be a first claim member of BCSCI for a minimum of twelve (12) consecutive months immediately prior to the funding being made available; and
- (j) rejoin the Club at the end of the Club Year (31 September) and pay all outstanding fees before 31 October in the same year; and.
- (k) compete at no less than 50% of scheduled club nights in the winter season AND compete at no less than 50% of scheduled club nights in the summer season, both inclusive, in the twelve (12) consecutive months immediately prior to the funding being made available; and
- (l) be available for selection for club relays at Cumberland, State, and National Championships if qualified to swim at any of these Championships; and
- (m) wear the club cap at the meet for which the funding is provided; and
- (n) if seeking funding for a National Open Water Event, have completed a minimum of 3 Open Water Events in the distance to be swum, during the 12 months immediately prior to the event being considered for funding, two of which events shall be the NSW State Open Water Championships and the Cumberland Open Water Championships and achieve a finishing time of no greater than 1 hour and 15 minutes
- (o) if seeking funding for a State Open Water Event, have completed a minimum of 2 Open Water Events in the distance to be swum, during the 12 months immediately prior to the event being considered for funding, and achieve a finishing time of no greater than 1 hour and 30 minutes

13. LONG DISTANCE EVENTS:

- (a) Swimmers competing in 100m events may, subject to Clause 5(j)(vi), only compete in 200m events for Freestyle Backstroke, Breaststroke and Butterfly after they have reached the following standard.

<i>Freestyle</i>	1.25.00s	<i>Breaststroke</i>	1.50.00
<i>Backstroke</i>	1.45.00	<i>Butterfly</i>	1.35.00

- (b) Swimmers competing in 100m events may, subject to Clause 5(j)(vi), only compete in 200m events for Individual Medley after they have reached the following standard for 50m in each stroke.

<i>Freestyle</i>	40 secs	<i>Breaststroke</i>	55 secs
<i>Backstroke</i>	50 secs	<i>Butterfly</i>	45 secs

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- (c) Swimmers eligible to compete in 200m freestyle and 200m I.M. events may, subject to Clause 5(j)(vi), only compete in 400m events for freestyle and the I.M. after they have reached the following standard.

<i>Freestyle</i>	2.50.00	<i>I.M.</i>	3.15.00
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- (d) Swimmers eligible to compete in 400m freestyle events may, subject to Clause 5(j)(vi), only compete in 800m freestyle events after they have reached the following standard.

<i>Freestyle</i>	5.30.00
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- (e) Swimmers eligible to compete in 400m freestyle events may, subject to Clause 5(j)(vi), only compete in 1500m freestyle events after they have reached the following standard.

<i>Freestyle</i>	5.00.00
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