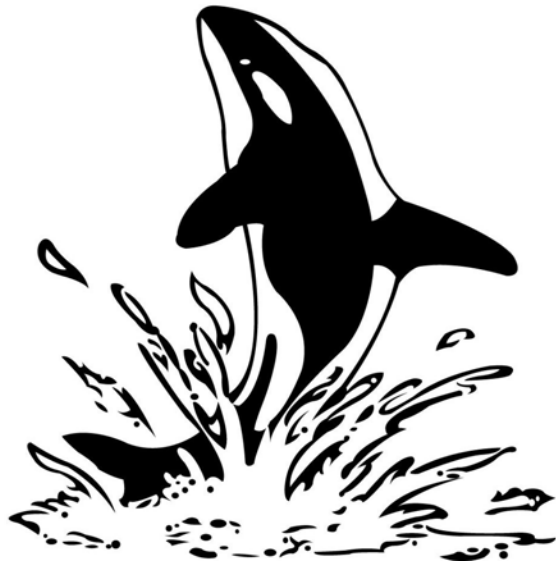


**BENDIGO EAST  
SWIMMING CLUB INC.  
Reg No 000A281**



**RACING RULES**

As at 1/05/2011

# **BENDIGO EAST SWIMMING CLUB INC.**

## **RACING RULES**

1. The Constitution and rules as set out in the Official handbook of Swimming Victoria Inc. and the FINA handbook shall govern all club races and events so far as they apply for the time being.
2. **(a)** The club will conduct scratch time trials each Wednesday evening and races, wherever practical, throughout the summer.  
  
**(b)** Time trials are open to all financial club members, points being allocated according to the graded points system (see below).  
  
**(c)** If any swimmer is not financial by the fourth time trial of the season, any points earned will be forfeited. Points may not be awarded to a swimmer until they are financial.
3. Swimmers will be graded into scratch races according to their personal best times for that stroke/distance. Points will be awarded in accordance with these rules.
4. **(a)** Swimmers competing in 25m events shall be given back their time slips after going through recorders and having the correct time circled. 25m swims shall not be recorded and do not receive points. The children may like to keep these slips for their own personal record.  
  
**(b)** Once a swimmer has swum 50m of a stroke (Free Back Breast or Fly) they cannot go back to competing in 25m events in that stroke.

### **GRADED POINTS SYSTEM**

Swimmers gain points toward aggregate trophies in scratch events as follows:

- There are four grades for scratch racing – A, B, C & D in 50m and 100m.
- These distinguish swimmers in different grades for point allocation only.
- All races are swum on graded scratch, according to times.
- Points are gained by competing regularly and improving times according to the table on the following page. Points are only received for the nominated swims for that evening
- The intention of the graded system is to allow swimmers of different capabilities to gain points in all strokes and distances in accordance with the rules.

A maximum of six points can be gained from the first race of the season, provided a swimmer has a base time from the previous season. In the case of a new swimmer to the club 1 point will be awarded for the time of the first swim, which becomes the base time upon which improvement is built.

- Swimmers 11 and under get points for improvement in 50m swims only.  
They can gain 1 point only for 200 IM or 200m choice but not both.  
Swimmer swimming 100m gain 1 point only
- Swimmers 12 and over get points for improvement in 100M swims only.  
They can gain 1 point only for 200 IM or 200m choice but not both.  
Swimmer swimming 50m gain 1 point only
- Swimmers 17 and over get points for improvement in 50m swims only.  
They can gain 1 point only for 200 IM or 200m choice but not both.  
Swimmer swimming 100m gain 1 point only

If a swimmer cannot swim 100m of a stroke, they may swim 50m of that stroke and receive 1 point only.

If a swimmer cannot swim 50m of a stroke, they may swim 25m of that stroke - there are no points award for 25m swims.

## POINT ALLOCATION TABLE

		POINTS
A GRADE	COMPLETE DISTANCE CORRECTLY	1
	EQUAL BASE LINE PERFORMANCE	1
	IMPROVE UP TO AND INCLUDING 0.29	2
	FROM 0.3 TO 0.49	3
	FROM 0.5 TO 0.69	4
	FROM 0.7 OR MORE	5

		POINTS
B GRADE	COMPLETE DISTANCE CORRECTLY	1
	EQUAL BASE LINE PERFORMANCE	1
	IMPROVE UP TO AND INCLUDING 0.59	1
	FROM 0.6 TO 1.09	2
	FROM 1.1 TO 1.59	3
	FROM 1.6 TO 2.09	4
	FROM 2.1 OR MORE	5

		POINTS
C GRADE	COMPLETE DISTANCE CORRECTLY	1
	EQUAL BASE LINE PERFORMANCE	1
	IMPROVE UP TO AND INCLUDING 1.09	1
	FROM 1.1 TO 2.09	2
	FROM 2.1 TO 3.09	3
	FROM 3.1 TO 4.09	4
	FROM 4.1 OR MORE	5

		POINTS
D GRADE	COMPLETE DISTANCE CORRECTLY	1
	EQUAL BASE LINE PERFORMANCE	1
	IMPROVE UP TO AND INCLUDING 1.99	1
	FROM 2.0 TO 3.99	2
	FROM 4.0 TO 5.99	3
	FROM 6.0 TO 7.99	4
	FROM 8.0 OR MORE	5

## RECORDS

1. Swimmers may break both Pool and Club records swimming in the Bendigo East Pool at either a SV authorised swim meets or at Time Trials.
2. Swimmers may break Club records at away pools at SV authorised swim meets
3. To break a record there must be three timekeepers on the lane and a qualified referee or trainee referee, and qualified starter or trainee starter on the side of the pool
4. Proof of record must be handed to Racing Director (results of swim meet)

## CLUB CHAMPIONSHIP

1. In order to be eligible to compete in the club championship, members must compete in a minimum of 50% of scheduled club time trials.
2. Club Graded Championship events will be conducted in the following Age group, Distance and Grades:

### 11 & Under Male & Female

A,B,C & D Grade

50m Freestyle  
50m Backstroke  
50m Breaststroke  
50m Butterfly

### 12 & Over Male & Female

A,B,C & D Grade

100m Freestyle  
100m Backstroke  
100m Breaststroke  
100m Butterfly

### 17 & Over Male & Female

A,B,C & D Grade

50m Freestyle  
50m Backstroke  
50m Breaststroke  
50m Butterfly

### 30 & Over Male & Female

50m Freestyle  
50m Backstroke  
50m Breaststroke  
50m Butterfly

50 METRE			
FREESTYLE	BREASTSTROKE	BACKSTROKE	BUTTERFLY
A. Under or 33.00	A. Under or 41.00	A. Under or 39.00	A. Under or 37.00
B. 33.01 to 39.00	B. 41.01 to 47.00	B. 39.01 to 45.00	B. 37.01 to 43.00
C. 39.01 to 45.00	C. 47.01 to 53.00	C. 45.01 to 51.00	C. 43.01 to 49.00
D. 45.01 & Above	D. 53.01 & Above	D. 51.01 & Above	D. 49.01 & Above

100 METRE			
FREESTYLE	BREASTSTROKE	BACKSTROKE	BUTTERFLY
A. Under or 1.14.00	A. Under or 1.37.00	A. Under or 1.31.00	A. Under or 1.34.00
B. 1.14.01 to 1.20.00	B. 1.37.01 to 1.43.00	B. 1.31.01 to 1.37.00	B. 1.34.01 to 1.40.00
C. 1.20.01 to 1.26.00	C. 1.43.01 to 1.49.00	C. 1.37.01 to 1.43.00	C. 1.40.01 to 1.46.00
D. 1.26.01 & Above	D. 1.49.01 & Above	D. 1.43.01 & Above	D. 1.46.01 & Above

## GRADE TIMES AND DISTANCES

Swimmers must achieve the time in each grade for their distance before they can be promoted to a higher grade. If a swimmer swims and improves their time to a higher grade, the points will be given from the lower grade. The next time they swim points will be allocated from the higher grade.

## CLASSIC EVENTS

The Bendigo East Swimming Club Inc will conduct the following Classic events in two divisions, under handicap conditions.

Handicap Times are taken from the swimmer's fastest 100m time swam that season (fastest time may be either time trials or competition time)

### Senior Classic - J.G. Hogan Memorial

It is compulsory to have swum 5 time trial swims within the current season to be eligible for entry.

This is a senior event for swimmers 13 years and over on the first day of the event. It is swum as a 100m Freestyle Handicap.

### Junior Classic - A.H. Graham

It is compulsory to have swum 5 time trial swims within the current season to be eligible for entry.

This is a junior event for swimmers 12 years and under on the first day of the event. It is swum as a 50m Freestyle Handicap.

### **Pairs – J.P. Tully**

2 x 50m pairs relay conducted under handicap conditions. Veteran and Parents may swim in this without qualification under Club Championships rule 1.

### **CLUB CHAMPION OF CHAMPIONS MALE AND FEMALE**

The Club Champion of Champions will be conducted as an Individual Medley race on a time trial basis. Swimmers entering must have represented the club at 3 Swimming Victoria meets during the year. And swam in 50% of Time Trials

The fastest time swum in these two groups will be considered the ***Club Champion Male and Female***.

### **AGE GROUP CHAMPION**

Age Group Champions will be swum for each age group Male and Female. This will be conducted as a 200 IM event.

### **RACING COMMITTEE**

The Racing Committee should be comprised of 6 members, chaired by the Racing Director. Members of the Racing Committee should be appointed to help with the following tasks:

- Wednesday time trials, entering times on the computer, updating records, best times, from time trials and keeping points up to date / grading for Club Championships.
- Advertising Weekend Swims and Time Trials improvements
- Records and time improvements of away swims
- Trophy Winners

### **RULES GOVERNING COMPETITION ENTRIES**

All swimmers must be registered with Swimming Victoria prior to entering any official SV competitions. Swimmers entering swimming competitions must fill in their own SV entry forms, or in the case of younger competitors, parents to complete. SV entry forms available from [www.swimmingvictoria.org.au](http://www.swimmingvictoria.org.au)

Once they are completed correctly (with birth date, registration number, correct stroke, distance and entry time) they are then placed with CORRECT ENTRY FEE (**cheque made out to BENDIGO EAST SC or cash only**) in an envelope with the name of the swimming meet and placed in the entry box. **ENTRIES FOR CLUB SUBMISSION GENERALLY CLOSE 2 WEEKS PRIOR TO MEET FLYER CLOSING DATE.** If competitors miss this entry date they will need to forward their entries directly to the corresponding club, and notify the Racing Director they have submitted their own entries.

PLEASE NOTE THE CLUB WILL NOT INVOICE INDIVIDUALS FOR ENTRIES.

Any entries **not** correctly filled in or with incomplete fees will be returned to the entrant.

#### **PLEASE PRINT CLEARLY ALL INFORMATION**

Unless otherwise requested, the Racing Director or coach may enter competitors for pairs and relay events. The entry fee for these events will be paid by the club.

#### **RELAYS**

At State or Country Championships competitions, relay teams will be selected according to individual personal best times recorded in Team Manager, from the start of that season (May1) or dates as specified by the Racing Committee. The best relay for Open and age group will be the A team relay. The Racing Committee may select more than one relay team at these competitions.

#### **MOST IMPORTANT NOTE.**

Time trials are as important as any swim meet and must be treated as such; swimmers whom do not answer their name when called at the marshalling point will **NOT** be chased after around the pool area, nor will they be called from the 25m pool.

# AWARDS AND TROPHIES

## CLASSIC TROPHY LIST

- **J.G.HOGAN SENIOR CLASSIC** (Handicap) 1<sup>st</sup> 2<sup>nd</sup> & 3<sup>rd</sup> placing receive awards
- **A.G.GRAHAM JUNIOR CLASSIC** (Handicap) 1<sup>st</sup> 2<sup>nd</sup> & 3<sup>rd</sup> placing receive awards.
- **J. P. TULLY CLUB PAIRS** (Handicap) 1<sup>st</sup> 2<sup>nd</sup> & 3<sup>rd</sup> placing receive awards.
- **JEAN TAYLOR TROPHY**  
An award for the female swimmer who has performed best for the club at the highest level: Nationals, Nationals Age, State, State Age, State Sprints, Country Championship, All Junior.  
**(highest placing overrides qualifying time)**
- **DOLPHIN AWARD**  
An award for the male swimmer who has performed best for the club at the highest level: Nationals, Nationals Age, State, State Age, State Sprints, Country Championship, All Junior.  
**(highest placing overrides qualifying time)**
- **RON DAVIES TROPHY**  
An award to the most outstanding 12 years or under swimmer  
(based on achievement at SV swim meets selected by racing committee)
- **BEAUREPAIRE CUP**  
An award to the most outstanding 13 years and over swimmer  
(based on achievement at SV swim meets selected by racing committee)
- **MOST PROMISING FIRST YEAR SWIMMER**  
One award selected by the Bronze Squad coach
- **ENCOURAGEMENT AWARD**  
One award for the season selected by the Senior Coach

## CLUB AWARDS

- **CHAMPION OF CHAMPIONS** Two awards, Male & Female
- **GRADED CHAMPIONSHIPS** A certificate is awarded to each winner in each "grade" division.
- **AGE CHAMPIONSHIP SWIMMERS**  
A medallion is awarded for the fastest Male & Female Individual Medley swimmer in their age group.
- **OVERALL AGGREGATE POINT WINNERS**  
A trophy is awarded to 1st, 2nd & 3rd point winners for both Male & Female.
- **PROFICIENCY AWARDS**  
As set out by the Proficiency Officer of S.V., are awarded to swimmers who have entered the Proficiency swim and have successfully achieved the set standards.
- **COACHES AWARD**  
Usually one award presented by the coach. These awards may be varied from time to time
- **MOST PROMISING SWIMMER** from the Learn to swim program.

## APEX ONE

### RULES FOR HANDICAPS

#### STARTING HANDICAP EVENTS

Swimmers are marshalled as per usual and lined up behind their respective lanes. The check starter advises each swimmer of their start time. The Referee calls the swimmers to the blocks (or in the water in the case of backstroke swimmers) in the usual way and when all swimmers are settled gives control to the starter.

The Starter raises his/her arm (usually holding a flag or cloth) calls "get ready" to warn swimmers of impending start, and when ready calls "zero", starts his/her watch and drops his/her arm to signal the Zero Time Keeper of the start. He/she then walks behind the swimmers calling the seconds. If there is a big time difference between swimmers times he/she may stop counting and then start again close to the next swimmer's time. When all competitors have started the Starter ceases calling times, but does not clear the watch until he/she is sure the zero timekeeper has recorded the start.

The Check Starter follows behind checking that each competitor is completely stationary when his/her start time is called. (With the introduction of what is referred to as a 'track start' it is now not necessary for the swimmer to have both heels flat on the blocks.)

#### Notes:

- The Check Starter recommends disqualification for '*movement before the start*'
- It is considered better for the Starter to use a watch with a sweep hand (analogue) in preference to a digital watch as it is easier to keep the cadence constant by observing the hand movement
- Victoria uses the call "zero" in preference to "go" at the start as it is felt the swimmer is not as likely to react to the word and false start.
- If a swimmer leaves early they can expunge the error by returning to the start and wait for the correct call.
- A swimmer can be disqualified for not swimming to their ability.

#### PROCEDURE FOR SETTING UP HANDICAP EVENTS

Sort entries into time order, from slowest to fastest. (May be mixed or single sex depending on program)

Ensure all times are in the same format (e.g. 1:10.63 becomes 71 sec. When decimals of seconds are shown round them up or down to full seconds)

Break entries up into heats as evenly as practicable. (e.g. 22 entries in an 8 lane pool will give 3 heats of 8, 7 & 7 with the heat with the largest number being swum as the first heat with the slower swimmers.)

List entrants and entry time in first heat starting with slowest in lane 1 and continuing in decreasing entry times.

e.g.

Lane	Name	Entry Time	Handicap
1	1 FONTAINE A	71sec	
2	2 SMYTHE-BROWN B	71sec	
3	3 WILSON K	70sec	
4	4 WILLMER B	68sec	
5	5 CARR D	68sec	
6	6 MAHER A	67sec	
7	7 WILLIAMS W	66sec	
8	8 NGUYEN H	65sec	

Then calculate handicap time for each entrant by listing 1 second for lane one and then calculate time for each following lane to ensure the sum of *entry time* & *handicap* equal the same as for lane 1 (in this instance 72)

