

CANTERBURY AIMS SWIMMING

DATE: Tuesday 4 April 2017.

ENTRIES: Entries close 5pm 23 March.

TIME: The first race will start at 9.15am. Competitors in the first six races will be marshalled at 9.00am. It is unlikely that any competitors who report late to the Marshal will be accepted for racing. The half day programme is expected to conclude by 1pm.

VENUE: Selwyn Aquatic Centre, Rolleston

PROGRAMME: As this event is run on a technological system, it is not possible to make changes to entrant information on the day of the event. Schools must ensure they check the programme sent to them by the Sports Director and advise changes before the day of the event.

ENTRY RESTRICTIONS:

All 25 metre events- two entries per school are permitted.

All 50 and 100 metre events- three entries per school are permitted.

Students may enter **3 individual events** and **2 relays**. If not in a relay then they may enter in 3 events only. Students may compete in any **ONE** of the following categories.

(a) 25 metre races

(b) 50/100 metre races. Swimmers can choose a combination of 50m & 100m events. The races that are 50/100m will be swum as multiples of 25m.

Individual Medley order: butterfly, backstroke, breaststroke, freestyle

RELAYS:

25m Freestyle Relay: Teams must have 4 members of the same gender.

25m Mixed Medley Relays: Teams must have 6 members- 3 boys and 3 girls. The team will swim 2 x 25metres of Backstroke, Breaststroke, Freestyle

4 x 50m Medley Relay: Teams must have 4 members- 2 boys and 2 girls. One stroke each (back, breast, fly, free).

50m Freestyle Relay: Teams must have 4 members of the same gender.

NOTE: In all relay events teams must have the full number of swimmers i.e. a swimmer cannot swim twice. **A swimmer swimming in 25 metre events cannot swim in any 50 metre events and vice versa.** Swimmers cannot swim in two year groups.

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YEAR GROUPINGS: Year 7 and Year 8

Disabled Athlete Classifications:

- PD - Physical Disability – This classification is for athletes with physical impairments, including wheelchair users, that affects their ability to compete against able bodied athletes. Examples include: Cerebral Palsy, Paraplegics, Spina Bifida, amputee, club foot etc
- VI - Vision Impairment - This classification is for athletes who are or qualify to be a member of the Royal New Zealand Foundation of the Blind.
- O - Open - This classification is for disabled athletes who do not meet the criteria for the above classifications (unable to gain a provisional physical disability or vision impairment classification from Paralympics New Zealand). Examples include Downs Syndrome, development delay etc

Events for Disabled Athletes are: 25m and 50m freestyle and backstroke.

EVENT INFORMATION:

1. This is a Primary Sports Canterbury event and is not a sanctioned Swimming New Zealand or Swim Canterbury West Coast event. However, there will be people from the Swim Canterbury West Coast Community to volunteer their time as officials.
2. There will be no finals. Each race will be timed and places awarded from these times.
3. All children must have their full Christian name, surname and school code clearly written on their hand. This is to assist recorders in a noisy pool area.
4. For all events children must stay in the water at the completion of the race until the Chief Judge gives permission to get out of the pool.

OFFICIAL DUTIES

All schools are required to allocate at least four people for official duties.

1. One person will be in charge of your children in the competitor's seating area - for marshalling and for accompanying the children.
2. Another person must be available at all times and **not** be committed to school team duties.
3. Two or three additional people must be available to time all races as 24 timers are required – 3 per lane.

The names of these officials and their area of preference or expertise should be entered online with the students' entries. Should a person be unable to fulfil their obligation on the day then it is the school's responsibility to ensure a replacement is made and notified to the Sports Director. However as all the preliminary work is now done from the Sports Director's Office no teacher release payments will be made. If you have official responsibilities, please report to the Sports Director by 8.45am. Please be ahead of time as the event starts with the first race sharp at 9.15am.

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TECHNICAL INFORMATION:

The Canterbury AIMS Schools Sports Council wishes this event to cater for positive participation of non-specialist swimmers in a non-threatening environment however please note the following.

Starting blocks **are optional for all races.**

All starting procedures are listed below for each stroke.

Once the swimmers have completed their race they are to remain in their lane holding on to the lane ropes waiting quietly and still while the referee and starter starts the next race. Once the race has started the swimmer needs to quickly swim under the lane ropes across to the nearest side of the pool and exit the pool. Climbing over the top of the pool is not permitted.

Please be aware that this is not a Swimming New Zealand sanctioned event and disqualifications have been streamlined to only focus on the common errors that swimmers make. Having said this, please ensure that your swimmers are aware of the rules set out below. If you or your swimmers are not sure of the below rules then contact Geoff Bryce 021 051 5297 for clarification.

The Race/Start:

Disqualifications Rules:

These race rules cover all events/races and should be read in conjunction to the individual stroke rules.

1. Failed to finish the whole distance
2. Failed to touch the wall at the turn/finish
3. Took a stride/step on the bottom of the pool
4. Walking on the bottom of the pool
5. Pulling on the lane rope
6. Swimmer "y" started before swimmer "x" touched
7. Wearing more than one swimsuit.
8. Started before the signal being given
9. Delaying the Start

Freestyle:

At the start of the race the referee will blow the whistle and at that point you need to either position yourself on top of the starting blocks or stand on the edge of the pool beside the starting block ready to start the race. The starter then will announce "Take your marks" then the beep will sound to start the race. After the starter says "Take Your Marks" get into your start position, then there is to be no movement on the blocks, until the beep sounds

Disqualifications Rules:

1. Failed to touch the wall at the completion of each length.
2. Head did not break the surface by the 15m mark at the start/turn
3. Walking on the bottom of the pool

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Backstroke:

At the start of the race the Referee will blow the whistle and swimmer will enter the pool feet first. On the second whistle the swimmer needs to be holding on to the starting block handles or the edge of the pool ready to start their race. The starter will then say "take your marks" then beep will sound to start the race. After the starter says "Take Your Marks" get into your start position, then there is to be no movement until the beep sounds.

Disqualifications Rules:

1. Toes bent over lip/gutter at the start
2. Left a position on the back during the race
3. Head did not break the surface by the 15m mark at the start/turn
4. Swimmer completely submerged at the finish
5. Left the position on the back and did not initiate turn
6. Failed to touch the wall at the turn
7. Not on the back when leaving the wall at the turn.

Breaststroke:

At the start of the race the referee will blow the whistle and at that point you need to either position yourself on top of the starting blocks or stand on the edge of the pool ready to start the race. The starter will then say "take your marks" then the beep will sound to start the race. After the starter says "Take Your Marks" get into your start position, then there is to be no movement on the blocks, until the beep sounds.

Disqualifications Rules:

1. Butterfly kick not during the first arm stroke at the start/turn or more than butterfly kick at the start/at the turn. More than one full arm stroke or leg kick underwater at the start/turn.
2. Left a position on the breast during the race
3. Hand brought back beyond the hip line
4. Head failed to break the surface during each complete stroke cycle.
5. Head failed to break the surface before the inward movement of the second arm stroke
6. after the start/the turn
7. Butterfly kick during the race
8. Hands not separated or non-simultaneous touch of hands at the turn/finish

Butterfly:

At the start of the race the referee will blow the whistle and at that point you need to either position yourself on top of the starting blocks or stand on the edge of the pool ready to start the race. The starter will then say "take your marks" then the beep will sound to start the race. After the starter says "Take Your Marks" get into your start position, then there is to be no movement on the blocks, until the beep sounds.

Disqualifications Rules:

1. Left a position on the breast during the race.
2. Non-simultaneous movement of the arms over/under the water
3. Forward movement of the arms under water
4. Alternating kick
5. Hands not separated or non-simultaneous touch of hands at the turn/finish
6. Head did not break the surface by the 15m mark at the start/turn

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SCHOOL CAP COLOURS:

Schools are to wear the following swimming cap colours to make the judges work easier.

Ashburton	-	Black	Hornby HS	-	Royal blue
Breens	-	Yellow	Casebrook	-	Maroon
Chisnallwood	-	Dark green	Christchurch South	-	Navy
Cobham	-	Red	Heaton	-	Light green
Kirkwood	-	White	Hillmorton HS	-	Grey
Shirley	-	Light blue	Linwood Coll.	-	Purple
Rangi Ruru	-	Blue	St Thomas	-	Red
Villa Maria	-	Light Blue			

MARSHALLING:

Please ensure that your swimmers (including **ALL** members of the relay team) report to the marshalling area as required. Marshalling of the first 6 events will commence at 9.00am and events will be marshalled in groups thereafter.

Please read the events board at the pool for details of events being marshalled.

STUDENT AND SPECTATOR BEHAVIOUR:

Pool security can be a major problem. Schools are responsible for their students.

- Only officials and competitors currently called for marshalling are to be in the marshalling area.
- Other competitors are to be seated around the pool with their school as indicated.
- Due to space restrictions no spectators are able to be accommodated in the pool area.
- Swimmers must not move around the poolside as there is insufficient room

PROTESTS:

Any protest or complaint must be made by the **teacher-in-charge in writing** to the Controller within 30 minutes of the occurrence.

All protests shall be considered by the committee appointed and their decision shall be final.

CERTIFICATES:

Certificates for first, second and third placegetters will be available for schools **on the day**. Please collect from the office **on the day**. Notify officials allocating certificates immediately if the numbers are incorrect.

CANTERBURY AIMS SWIMMING CHAMPIONSHIPS - ORDER OF EVENTS

The following programme is dependent upon entries.

Canterbury AIMS Swimming. Tuesday 4 April 2017			
Time	Event	Gender & Year	Race
9.15am	1	Girls – Year 7	25m Freestyle Relay
	2	Boys – Year 7	25m Freestyle Relay
	3	Girls – Year 8	25m Freestyle Relay
	4	Boys – Year 8	25m Freestyle Relay
9.30am	5	Girls – Year 7	50m Freestyle
	6	Boys – Year 7	50m Freestyle
	7	Girls – Year 8	50m Freestyle
	8	Boys – Year 8	50m Freestyle
10am	9	Girls – Year 7	50m Breaststroke
	10	Boys – Year 7	50m Breaststroke
	11	Girls – Year 8	50m Breaststroke
	12	Boys – Year 8	50m Breaststroke
10.15am	13	3 boys, 3 girls – Year 7	25m Medley Mixed Relay
	14	3 boys, 3 girls – Year 8	25m Medley Mixed Relay
10.20am	15	Girls – Open	100m Breaststroke
	16	Boys – Open	100m Breaststroke
10.25am	17	2 boys, 2 girls – Year 7	4 x 50m Medley Mixed Relay
	18	2 boys, 2 girls – Year 8	4 x 50m Medley Mixed Relay
11am	19	Girls – Year 7	25m Freestyle
	20	Boys – Year 7	25m Freestyle
	21	Girls – Year 8	25m Freestyle
	22	Boys – Year 8	25m Freestyle
10.45am	23	Girls	25m Freestyle Disability
	24	Boys	25m Freestyle Disability
11.15am	25	Girls – Year 7	50m Backstroke
	26	Boys – Year 7	50m Backstroke
	27	Girls – Year 8	50m Backstroke
	28	Boys – Year 8	50m Backstroke
11.30am	29	Girls – Open	100m Freestyle
	30	Boys – Open	100m Freestyle
11.40am	31	Girls – Year 7	25m Backstroke
	32	Boys – Year 7	25m Backstroke
	33	Girls – Year 8	25m Backstroke
	34	Boys – Year 8	25m Backstroke
11.45am	35	Girls	25m Backstroke Disability
	36	Boys	25m Backstroke Disability
11.50am	37	Girls – Open	100m Backstroke
	38	Boys – Open	100m Backstroke
	39	Girls – Open	50m Butterfly
	40	Boys – Open	50m Butterfly
12.15pm	41	Girls – Year 7	25m Breaststroke

	42	Boys – Year 7	25m Breaststroke
	43	Girls – Year 8	25m Breaststroke
	44	Boys – Year 8	25m Breaststroke
12.30pm	45	Girls – Open	100m Individual Medley
	46	Boys – Open	100m Individual Medley
12.45pm	47	Girls – Year 7	4 x 50m Freestyle Relay
	48	Boys – Year 7	4 x 50m Freestyle Relay
	49	Girls – Year 8	4 x 50m Freestyle Relay
	50	Boys – Year 8	4 x 50m Freestyle Relay