

Cobham Intermediate Swimming Champs (Year 7 & 8) 2018

Thursday 8 March, Jellie Park, 12.00 – 3.00pm

Dear Teacher, Parents and Students

The following is the organisation for the 2018 Cobham Intermediate Swimming Sports. Please read carefully.

ALL STUDENTS NEED TO HAVE THEIR ATHLETE NUMBER ON BOTH ARMS. Document attached.

11.30am	Students to meet in the hall, already changed (togs under their uniform), for a roll call. Mr Hopkins, Miss Dore and Miss Lawton to be in charge.
11.40pm	Walk to Jellie Park (Mr Allom on Road Patrol)
11.50pm	Students to assemble outside the main entrance at Jellie Park. Students will be taken to the rear entrance of the main (existing) indoor pool and sit on the seating provided.
12.00 – 3.00pm	Those students who are competing in the Butterfly should be in the marshalling area by 12.05pm. Swimming event order (see programme on following page)
2.45pm	Students get changed (or prior if they have finished swimming) into school uniform and assemble poolside
3.00pm	Students released from Jellie Park pool.

- Please stress to your students/child the need for consideration and appropriate behaviour at the pool and in particular in the changing rooms including sensible noise levels.
- Students have pre-entered events for the day. Each event will be called on a PA system. Students will move to the marshalling area and will be organised into heats by Mr McKee.

Competitor will be given a coloured rod or disk by a judge **YELLOW** - 1st, **WHITE** - 2nd, **RED**- 3rd, **BLUE** – 4th, **ORANGE**- 5th, **GREEN** - 6th, **BROWN** - 7th.

This rod needs to be taken immediately to the recorder's desk. At the recorder's desks competitors need to give their **ATHLETE NUMBER (on their arm) and COLOURED ROD** and then they will keep together as a group and will be collected by the finals marshal for their next race (semi final or final).

- All events are 50m in distance and will consist of 2 lengths of the indoor pool (short course 2 x 25 = 50m)
- House captains to organise two house relays. Each relay will consist of 4 swimmers of any gender. Year 7 - 4 x 25m relay & Year 8 4 x 25m relay
- There are **NO** starting blocks due to safety in the rec pool
- **Two start rule** is in place (this means two false starts = disqualification)
- **Rolling starts will be used.** Students compete in their race but stay in the water at the conclusion. They must move as close as possible to the end of the lane, as the next race will start with them still in the water. Once the following race has started, students must exit the pool immediately by swimming under the lane ropes to the nearest side of the pool.

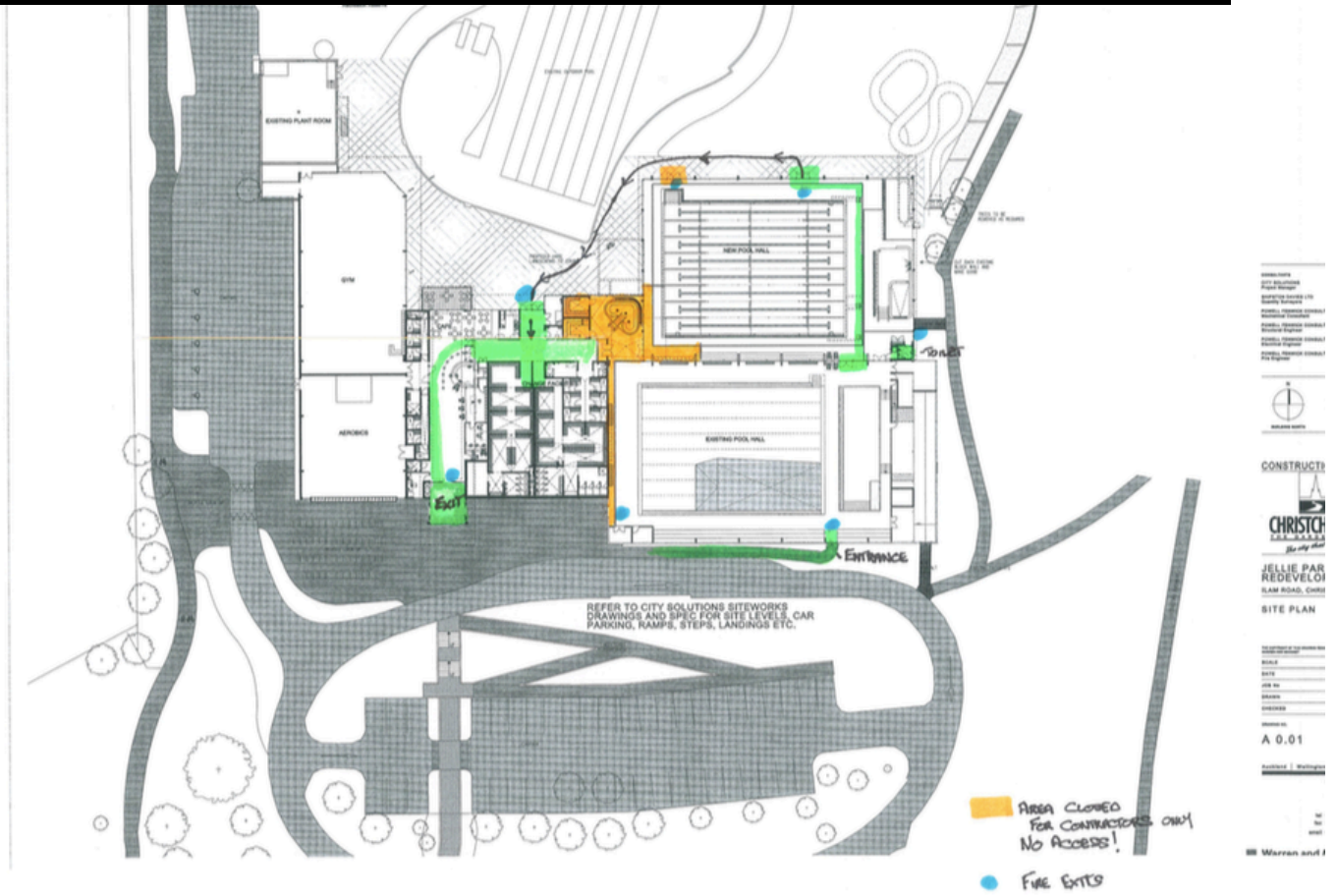
Teachers' responsibilities are indicated below

Year 7 & 8 – **Thursday 8 Mar**

Responsibility	Staff	Class covered by
Coordinating	Andy	
MC	Andy	
Starter	Jared Hopkins	Class merge
Parents	Eddie Norgate	N/A
Student Behaviour/Marshal	Carly Lawton	Class merge
Heats Marshall	Brian McKee	N/A
False start/Marshal	Susan Bone	N/A
iPad	Kate Dore/Tracey Bond	Class Merge
Place giver / Judge – 1st	Peter Fowler	N/A
Place giver / Judge – 2nd	Christina Miller	N/A
Place giver / Judge – 3rd	Rick Blackburn	N/A
Place giver / Judge – 4th	Nicky Burrowes	N/A
Place giver / Judge – 5th	Charlotte (Staff)	N/A
Place giver / Judge – 6th	Jude Morgan	N/A
Main Recorder #1	Pauline Smythe	N/A
Main Recorder #2	Ann Lane	N/A
Main Recorder #3	Tony Lane	N/A

Main entrance		Parent / spectator seating	
<i>R e c o r d e r</i>	<i>N e x t h e a t w a i t i n g</i>	<i>S t a r t / F i n i s h</i>	<i>Lane 8</i>
			<i>Lane 7</i>
			<i>Lane 6</i>
			<i>Lane 5</i>
			<i>Lane 4</i>
<i>F i n a l s a r e a</i>			<i>Lane 3</i>
			<i>Lane 2</i>
			<i>Lane 1</i>
		<i>Heat marshal</i>	Seating for competitors

JELLIE PARK ENTRANCES DUE TO REPAIRS



Job Descriptions

Starter

* Starting procedure:

- | | | | |
|----|-----------------|---|------------------------|
| 1. | Whistle | - | step onto side of pool |
| 2. | Take Your Marks | - | take ready position |
| 3. | Clappers / Beep | - | start the race |

NB One start rule – all students who move before the start is signalled will be disqualified immediately.

A false start is only called if a swimmer has caused others to start early and this creates a disadvantage.

False start signal Whistle & Rope Drop - false start - return to step 1

Heat Marshal

Organise students based on the booklet order.

Competitors have been spread out based on Competition swimmers

It is very important that you keep sending the next heat to line up behind their lanes as quickly as possible. Always try to have the swimmers in the following race ready, lined up in their lanes ready to start.

Student behaviour

Basically, crowd control. Please regularly check the toilet and change areas.

Place giver / Judge x6

Identify the student who came the position you are judging ie 4th place, hand over the appropriate place marker and direct them to the recorder.

YELLOW - 1st, **WHITE** - 2nd, **RED**- 3rd, **BLUE** – 4th, **ORANGE**- 5th, **GREEN** - 6th, **BROWN** - 7th.

Time all events via the iPad app and hand the stop watch to the recording desk. Swap them over after each race.

Main Recorder – heats / semi finals

Record names / placings of swimmers.

Recorder / marshal – Finals

Transfer names of semifinalists to finals sheet.

Place 1st in heats /semi finals in the centre lanes (4, 5 & 6), seconds on the left hand lanes (7, 8 & 3) and thirds in the right hand lanes (1 & 1). Make sure that these names are recorded on the recording sheet in the correct lanes.

NB the three lanes nearest Cobham have been raised for swimming lessons and tumble turns are difficult.

When finals are marshalled, inform each student of their lane number and double check their positions behind the starting blocks, confirming that they are correct with the starter.

Then give the finals recording sheet to the other recorder.

False Start

If a false start occurs, lower the rope into the pool and try to stop competitors by gaining their attention.

DO NOT FALSE START ANY OF THE RELAYS - JUST CALL IT BACK TO START AGAIN!!!!!!!!!!

MC

Greetings and housekeeping announcements
Announce events for marshalling

Cobham Intermediate School **Swimming Championships**

Thursday 8 March 2018
Jellie Park

Start: 12:00pm. Concluding by 3:00pm

The programme is

- 1) Open Butterfly – Boys
- 2) Open Butterfly – Girls
- 3) Freestyle – Year 7 Boys
- 4) Freestyle – Year 7 Girls
- 5) Freestyle – Year 8 Boys
- 6) Freestyle – Year 8 Girls
- 7) Breaststroke – Year 7 Boys
- 8) Breaststroke – Year 7 Girls
- 9) Breaststroke – Year 8 Boys
- 10) Breaststroke – Year 8 Girls
- 11) Backstroke – Year 7 Boys
- 12) Backstroke – Year 7 Girls
- 13) Backstroke – Year 8 Boys
- 14) Backstroke – Year 8 Girls
- 15) House relays – Year 7
- 16) House relays – Year 8

Where possible finals will be held immediately following all other races of the same stroke.

All events are 50m (2 lengths of indoor pool)

Only entrants in these events can be considered for the Intermediate Schools Swimming Championships

Technical Stroke Information:

NB. Students entering these events should be aware of the information below.

Freestyle

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.

5.2 Some part of the swimmer must touch the wall upon completion of each length and at the finish.

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.

Backstroke

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.

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 in 6.4. 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.

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 submerged during the turn, at the finish. And for a distance of not more than 15 metres after the start and each turn. By this point the head must have broken the surface.

6.4 When executing the turn there must be a touch of the wall with some part of the swimmer's body. During the turn the shoulders may be turned over the vertical to the breast after which a continuous single arm pull or a 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.

6.5 Upon the finish of the race the swimmer must touch the wall while on the back.

Breaststroke

7.1 From the beginning of the first arm stroke after the start and after each turn, the body shall be kept on the breast. It is not permitted to roll onto the back at any time. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order.

7.2 All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement.

7.3 The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under the 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 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.

7.4 During each complete cycle, some part of the swimmer's head shall break the surface of the water. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke. A single downward dolphin kick followed by a breaststroke kick is permitted while wholly submerged. Following which, all

movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement.

7.5 The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward dolphin kick is not permitted except as in the above paragraph. Breaking the surface of the water with the feet **is** allowed unless followed by a downward dolphin kick.

7.6 At each turn and at the finish of the race, the touch shall be made with **both hands** simultaneously at, above, or below the water level. 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.

Butterfly

8.1 From the beginning of the first arm stroke after the start and each turn, the body shall be kept on the breast. Under water kicking on the side is allowed. It is not permitted to be on the back at any time.

8.2 Both arms shall be brought forward together over the water and brought backward simultaneously throughout the race, subject to 8.5

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.

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

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 the swimmer 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.