

North West Zone Swimming Sports

Location: Jellie Park 21st March

Time: (start) 9:45am briefing with 10:00 first race (finish) we finished before 2:30 last year. The pool is booked until 3pm

Risk Management

- This pool is **25m** in length. Only students who are capable of swimming 50m competently (without stopping) will be entered in this event.
- Russley School will not take any responsibility in the safety of students who are entered in this event without an adequate level of swimming ability.
- Your school is responsible for the overall risk management of your school pupils.

Age Groupings

Age is of **1st January 2014**. Students must be 9 years older to participate OR in year 5 at school (Year 5 minimum age group). Please note if they are 8 years and in Year 5 they will compete within the 9 years age grouping.

Events

A school may enter **2 students** and **1 relay** per age group event. Relays are mixed – 2 boys/2 girls.

Students may enter a total of **two events plus ONE relay**.

The events are:

9, 10, 11 years	backstroke, freestyle
9, 10, 11 years	breaststroke
12+	backstroke, freestyle, breaststroke
Open	butterfly (mixed age event)

- Please ensure students know the events for which they are entered and are familiar with the programme. We will not take responsibility for students who miss their events.
- Events will be run and announced in the order and manner of the programme e.g. Event 12 – Girls 11 years 1 length freestyle.
- There will be no entering of students on the day.
- Can schools please ensure that all teachers and parent help are aware of the programme and the events their students are entered in.

Technical Information

Starting Commands

Whistle for quiet	-	step onto side of pool
Take your marks	-	take ready position
Go	-	clappers will be used with go
Whistle and drop rope	-	false start and return to step 1.

- Backstroke – students should finish the race on their back.
- Breaststroke and Butterfly – two handed touch required at the finish.

Please refer to the Primary Sports Canterbury Directory for technical stroke information.

Behaviour Expectations

- Please keep your pupils seated and under the supervision of an adult.
- Children need to be quiet, especially before the start of an event.

- The shop is out of bounds for pupils.
- Students may get changed at the completion of their event at your discretion.
- Your school is responsible for picking up rubbish in your area – last year a lot of rubbish was left.