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EXECUTIVE OFFICE BEARERS 2022/2023

PRESIDENT	-	David Lorimer	0434 605 404
TREASURER	-	Paul Harris	
SECRETARY	-	Annabelle Matthews and Tida Dhanomitrapap	
CHIEF RACE SECRETARY	-	Rochelle Clancy	

ANNUAL GENERAL MEETING AND ELECTION OF OFFICE BEARERS FOR THE 2023/2024 SEASON

Please note that the ANNUAL GENERAL MEETING will be held in the Clubhouse at 9.45 a.m. on Sunday 29th October 2023. Following the meeting, a shortened swimming program will be held. Apart from the election of the Executive Office Bearers, key positions and Committee are elected at this time. For the continuing benefit of the club, new talent is very welcome. Don't forget that there is little point complaining about the volunteer workings of the club if you don't do your own little bit.

A list of Office Bearers for the 2023/2024 season will be posted on the Notice Board in the Clubhouse and on the website after the Annual General Meeting

MEMBERSHIP

As was the case last year, registration for membership will be done online and payment will need to be made in the club house or pool side. Your ability to register for races online may depend on whether you have registered and paid prior to race date.

Swimming members will be registered as **Club Only** members, which will enable them to swim in all club events including club championships, if qualified and selected.

MEMBERSHIP FEES FOR THE 2023/2024 SEASON

Membership Fees are based on the number of swimming members for each family, as follows

No of Members	1	2	3	4	5	More than 5
Swimming members	\$60.00	\$120.00	\$170.00	\$200.00	\$230.00	\$230.00 plus \$20.00 per additional member

AGE CLASSIFICATION

A swimmer's age is based on the age he or she is on 1st October 2023. For example if a child becomes 10 years of age on 30th September 2023 the age classification for the season is Under 11 (U/11). If a child becomes 10 years on 3rd October 2023 then the child will be Under 10 (U/10).

BIRTH CERTIFICATES

These should be produced for new members, for sighting by the Treasurer or Registrar, by 31st December 2023.

LEARN TO SWIM – NOMINAL FEE

Classes will be held on Sunday mornings at 8.00a.m. at the pool. These classes are open to all people of all ages. Anyone interested should register with Swim for Life. These classes are in demand and fill quickly and early registration is essential. Please note that preference will be given to those who are not undertaking swimming tuition at a swim centre, or are unable to do so, and cannot swim 25 metres.

There is a nominal fee, once only for the season covering insurance, donation to a Vietnamese swimming programme, and other costs, charged for these classes.

FREE STROKE CORRECTION CLASSES FOR FINANCIAL MEMBERS

These have proved to be very popular amongst our members over recent years. Correct techniques not only mean better swimming times but also ensure that our members meet the definition of strokes for club championship purposes. These classes start on **26th November 2023** at 9.00a.m. and it is only necessary to turn up at the pool to take advantage of these free classes. Swimmers will be covered by the club's normal insurance arrangements.

NSW WORKING WITH CHILDREN CHECK

Members may be required to complete a NSW Working with Children Check in terms of the NSW Government's new Working with Children guidelines. The club will review events, roles and circumstances during the season and if required by the legislation, a member or members will be requested to complete the check and provide relevant documentation to the club.

WASA and NORTH EASTERN AREA SWIMMING EVENTS

Members are encouraged to enter Championship, Scratch and Handicap carnivals held by our District Associations. Membership for WASA is included in membership fees. Additional capitation may be necessary for Swimming NSW North Eastern Area events.

Times and venues for these carnivals will be announced and posted on the Club Notice Board when they become available.

Known WASA events for this season are shown on the program and are listed below

Date	Warm up	Start	Meet	Entries close
TBA – usually November	TBA	TBA	14 & Under Peninsula Challenge (WAC)	TBA
TBA – usually January		TBA	Handicap Meet	TBA
TBA – usually February	TBA	TBA	Jenny Oates Championship Meet (WAC)	TBA
TBA – usually March	TBA	TBA	14 & Under Peninsula Challenge (WAC)	TBA

(A Club member, as advised, will take entries) See full details at <http://warringahswimming.asn.au/>

- Entry Fees:** Jenny Oates and Peninsula Challenge Meets: \$4.00 per individual event; \$8.00 per relay team. Handicap Meet: \$2 per individual event; \$4 per relay team. To be confirmed.
- Pool Admission:** (set by Warringah Aquatic Centre for meets held at the WAC):
Swimmers: \$2.70; spectators: \$3.80 – please check closer to the event

GENERAL RACE INFORMATION

The committee extends a warm welcome to all members.

Sunday morning races, commencing at 10.00a.m. (see below under Race Entry Procedure), are held over 15, 25, 33, 50 and 100 metres in Freestyle and one or two of either Breaststroke, Backstroke, Butterfly, BBB (choose one of Breaststroke, Backstroke or Butterfly) and/or 25m Parent and Child or Brace relay races. The program gives details of the strokes scheduled for each Sunday.

Wednesday night long-distance races commence at 7.30p.m. and members may swim in only one Freestyle event, either in Handicap or Championship. Races are over 200, 400, 800, and 1500 metres as indicated in the programme. Medley events are also swum on scheduled Wednesday nights and members may enter either the 100 or 200 metre races. On those nights, a member may also compete in the 200m Freestyle

BEING FINANCIAL

It is important for insurance reasons all swimmers pay their club membership fees promptly. The rules introduced last year continue to apply, please digest them.

- Swimmers/families must pay their membership within 2 weeks of commencing swimming.
Example – if a swimmer, family commences swimming on 9 October, their fees need to be paid by 23 October. Obviously, it is best to pay your fees on the first day of returning/ joining the club.
- Swimming points will be awarded and eligibility for championship swims will be accrued from day 1 with 2 ‘grace’ weeks. Should fees not be paid within the first 2 weeks of swimming, swimming points will not be allocated, and eligibility for championships will not accrue until the date of payment. Swimmers/families do not have to return on the first day of swimming season. The rule applies from the first day of your return to swimming.
- Members must also comply with Club Championship Rules (see later) 10 and 11

In Parent and Child events, although it is desirable that both parties are members, only one needs to be financial.

PRESENTATION DAY

Points gained in handicap races are totalled following the end of the swimming season and total points are used as the basis for trophies for our junior swimmers and prizes for junior and senior swimmers for those achieving more than 20 points in the season.

For 2023, our presentation day will be held on 25th May 2024, with details advised to members prior to the event. Points trophies and prizes, as above, in addition to the Special Trophies set out later in this booklet will be presented on that day.

Special trophies with a person’s name attached will be presented by that person, or a family representative, if available, in the case of a Memorial trophy. All other trophies will be presented by Life Members or appropriate representatives as approved by the Committee.

RACE ENTRY PROCEDURE

Registered members are encouraged to enter online. Go to the website and click on the button to register for Sunday Swimming. Online registration opens 12 noon Saturday and closes 9.45am on Sunday . In the event that you are unable to register online, please come to the Clubhouse on Sunday morning prior to 9.45am. Entries for Wednesday night are also on line or before 7.15pm at the pool. Please see any of the Race Secretaries at the Tables if you are unsure of the entry procedure.

a) Entry Closing Times

Online entry into **Sunday** races will be possible from midday on Saturday up to 9.45am on the Sunday. Please come to the clubhouse if you are unable to enter online.

On **Sunday** mornings, races start at 10.00a.m. and to ensure that races commence on schedule entries in the clubhouse close **at 9.45a.m.** sharp.

Races on **Wednesday** nights commence at 7.30p.m. and entries close at **7.15p.m.** sharp

b) Late Entries

Members arriving after the entries close-off time of 9.45a.m. on Sundays and 7.15p.m. on Wednesdays may only enter races if granted permission by the Chief Race Secretary or his/her delegate and this will dependent on the availability of a vacant lane

These circumstances will be enforced to prevent confusion to handicaps, placing and awarded handicap points.

c) Entries on behalf of Others

Members must enter themselves in the race in which they wish to swim. Entries on behalf of other members may only be made with the permission of the Chief Race Secretary or his/her delegate.

QUALIFYING TIMES

Junior swimmers who have equalled or bettered the following qualifying times are automatically transferred to the next distance

15m (all strokes)	19 secs	50m Breaststroke	50 secs
25m (all strokes)	29 secs	50m Backstroke	50 secs
33m (all strokes)	36 secs		
50m Freestyle	45 secs	4 x 25m Medley	140 secs
		25m BBB	24 secs

Members may, at any time, request a time trial over a longer distance in order to qualify for Championship selection.

POINTS GAINED IN HANDICAP RACES

1st	9 points	5th	2 points
2nd	7 points	6th	1 point
3rd	5 points	7th	1 point
4th	3 points	8th	1 point

A minimum of 5 points will be gained if a swimmer betters his/her handicap time in a short distance event.

RACE PROCEDURE**a) Marshalling**

When a stroke/division is announced at the pool, all competitors must report immediately to the Marshall who will advise them of their lane number and starting time. Competitors should then proceed to the starting blocks for verification of both lane and starting time by the Check Starter. This applies to both Juniors and Seniors.

b) Starting (for Championships – see later)

In both HANDICAP and SCRATCH events the Competitors MUST BE STATIONARY when the command to start is given. “Stationary” is defined as “no apparent movement” but it does not mean flat-footed. If the competitor is capable of standing stationary while on his/her toes, that is quite legal as his/her starting stance.

In starting HANDICAP events the Starter is concerned with watching his/her stopwatch and accurately calling the seconds as they elapse so he or she is not able to watch the competitors and see that they are stationary when their number is called. This task is allotted to the Check Starter.

There are no false starts in HANDICAP events. If the limit (or “GO!”) swimmer starts before the word “GO” is given, then he or she also has to come back and start again the same as any other competitor who goes before his/her correct starting number is called.

c) Gross Times

May be requested from the Lane Timekeeper at the completion of a race. Handicap start numbers must be deducted by competitors to arrive at their NETT times.

d) Placings

The Chief Judge will announce placings immediately after the race is judged. Please refer to the Results Notice Board for final times and placings. These placings are subject to disqualification for breaking their time trial time or for incorrect stroke. It is not possible to determine this at the conclusion of a race, so always refer to the Website following swim to see (a) what time you did and (b) your final placing. It has happened that a member has been handicapped incorrectly, and these adjustments are made during the week. Protests must be made to the Chief Race Secretary, in writing within 7 days of the results being posted on the Website.

e) Warnings Issued by the Race Secretaries

The rules of Swimming NSW stipulate that there is no coaching to be given to any competitor once he/she is under the jurisdiction of the Starter. In view of the restricted starting area, we have extended this rule to apply “once the competitor has left the marshalling area”. Any coaching or assistance given from either end of the pool will render the competitor liable to disqualification. We will of course relax the rule to help children in the 15 metres race only.

All events held by Collaroy Swimming Club Inc. will meet the rules set by Swimming NSW.

f) Abandoned races

On days and nights when handicap races are called off, swimmers who have entered races prior to the last entries call, shall be awarded 3 points for their entries, provided the decision to call off part or all of the meet is taken by the majority of the Race Secretaries after the nominated last entries time.

DEFINITION OF STROKES**FREESTYLE SWIMMING**

SW5.1 Freestyle means that in an event so designated the competitor may swim any style, except that in individual medley or medley relay events, freestyle means any style other than backstroke, breaststroke or butterfly.

SW5.2 Some part of the swimmer must touch the wall upon completion of each length and at the finish.

SW5.3 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.

SW5.4 In handicap events, if a competitor nominates to swim backstroke, breaststroke or butterfly, such competitor shall comply with the Rules relating to the stroke nominated.

BUTTERFLY SWIMMING

SW8.1 From the beginning of the first arm stroke after the start and each turn, the body shall be kept on the breast. It is not permitted to roll onto the back at any time, except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall.

SW8.2 Both arms must be brought forward simultaneously over the water and brought backward simultaneously under the water throughout the race, subject to SW8.5.

SW8.3 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 should not alternate in relation to each other. A breaststroke kicking movement is not permitted.

SW8.4 At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously, at, above, or below the water surface

SW8.5 At the start and at turns, the swimmer is permitted one or more legs kicks and one arm pull under the water, which must bring him/her 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 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.

BREASTSTROKE SWIMMING

- SW7.1 After the start and after each turn, the swimmer may take one arm stroke completely back to the legs during which the swimmer may be submerged. At any time prior to the first breaststroke kick after the start and after each turn a single butterfly kick is permitted. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.
- SW7.2 From the beginning of the first arm stroke after the start and after each turn, the body shall be on the breast. It is not permitted to roll onto the back at any time except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. From the start and throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and on the same horizontal plane without alternating movement.
- SW7.3 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 beyond the hip line, except during the first stroke after the start and each turn.
- SW7.4 During each complete cycle, some part of the swimmer's head must break the surface of the water. All movements of the legs shall be simultaneous and on the same horizontal plane without alternating movement.
- SW7.5 The feet must be turned outwards during the propulsive part of the kick. Alternating movements or downward butterfly kicks are not permitted except as in SW7.1. Breaking the surface of the water with the feet is permitted unless followed by a downward butterfly kick.
- SW7.6 At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level. At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted. 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.

BACKSTROKE SWIMMING

- SW6.1 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. When using a backstroke ledge at the start, the toes of both feet must be in contact with the end wall or face of the touchpad. Bending the toes over the top of the touchpad is prohibited.
- SW6.2 At the signal for starting and after turning the swimmer shall push off and swim upon his/her back throughout the race except when executing a turn as set forth in Rule SW6.4. 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.
- SW6.3 Some part of the swimmer must break the surface of the water throughout the race, except that once some part of the head of the swimmer has passed the 5 metres mark immediately prior to

reaching for the finish, the swimmer may be completely submerged. It is also 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.

SW6.4 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 an immediate continuous single arm pull or immediate continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to a position on the back upon leaving the wall.

SW6.5 Upon the finish of the race the swimmer must touch the wall while on the back in his/her respective lane.

MEDLEY SWIMMING

SW9.1 In Individual Medley events the swimmer covers the four swimming styles in the following order, Butterfly, Backstroke, Breaststroke, Freestyle. Each of the strokes must cover one quarter (1/4) of the distance.

SW9.2 Leaving the wall on the back during the freestyle portion is permissible but no kicking action is permitted until the swimmer has returned past the vertical to the breast at which point kicking, including the butterfly kick(s) may commence.

SW9.3 In Medley teams relay events, swimmers will cover the four swimming styles in the following order, Backstroke, Breaststroke, Butterfly, Freestyle. Each of the strokes must cover one quarter (1/4) of the distance.

SW9.3 Each section must be finished in accordance with the rule which applies to the style concerned.

SHORT DISTANCE MEDLEY

Swimmers who are not capable of swimming 4 x 50 metres Medley are encouraged to join the 4 x 25 metres Medley. Any swimmer may enter these races providing they are swimming every form stroke to a minimum of 25 metres. Qualifying time for transfer to the 4x 50 metres Medley is 2 minutes 20 seconds. However, members not swimming in 50 metre Butterfly will not be allowed to transfer to 4 x 50 metres Medley nor will they be eligible to swim in Championships if they have not competed a 4 x 50 metre Medley.

B.B.B. (BUTTERFLY, BACKSTROKE OR BREASTSTROKE)

This event carries a separate trophy and point score. It will be open to all financial club members and be run over 25 metres or 50 metres for juniors and 50 metres for seniors. When swimmers enter this event for the first time this season they may choose to swim the same stroke as last year, or change to another stroke. Swimmers who did not compete in this event last year may choose whichever stroke they wish (i.e. Backstroke, Breaststroke or Butterfly). Once a swimmer has selected a stroke it is not permitted to change strokes for the remainder of the season. Races will be handicapped so that there are Backstroke, Breaststroke and Butterfly swimmers (both senior and junior) competing together in the same race. All rules relating to the performance of each stroke will apply in B.B.B. events.

25 METRES PARENT AND CHILD HANDICAP

The event carries a separate points score and trophy. It will be open to all club members and their parents, and will be run in three divisions to enable a parent to swim with more than one child. Note, a parent does not have to be a financial member to swim in this event.

BRACE HANDICAP

This event carries a separate points score and is open to all club members who cannot enter the Parent and Child events. Junior members, whose parents are swimming members are not eligible to swim in this event as they are able to enter the Parent and Child event. Two juniors whose parents are not swimming members may swim in this event but must swim as a pair all season.

LONG DISTANCE HANDICAP TIMES

Swimmers who have equalled or bettered qualifying times are automatically transferred to the next distance as outlined

200 metres	4 min. 30 sec.
400 metres	9 minutes
800 metres	21 minutes

See also Championship Rules 19-22

Members may, at any time, request a time trial over a longer distance in order to qualify for Championship selection.

CLUB CHAMPIONSHIP RULES

1. Separate championships are to be conducted for males and females
2. All Club Championship finals are to be swum not before the last Wednesday in January and during February and March in accordance with the program agreed by the Committee.
3. The Championship program will be made available to all club members at the beginning of each season. In determining the program, the Committee shall give consideration to the championship programs of the WASA., North Eastern Area Swimming, Swimming NSW. and A.S.U.; however where it is deemed necessary, because of tide conditions, Club Championships may be scheduled on the same night as these events.
4. No postponement is to be made of any Club Championships except where a majority of Race Secretaries present decide that weather or tide conditions are unsuitable. Postponed events will be advised on the notice board and on the website at least seven (7) days prior to any re-run.
5. Where males and females compete at the same time in adjacent lanes, all records are to be recognised as Club records.
6. The eight fastest swimmers in each age group will be selected to compete in the final of each Club Championship, subject to the qualifying times laid down in rules 19,20,21,22 and 23, except for the 800 metres and 1500 metres championships. Only 100 metre swimmers can qualify for Open and Junior Championships with the exception of Butterfly. Only 50 metre swimmers can qualify for the Open and Junior Butterfly Championships
7. The next four fastest swimmers will be selected as Reserves, should members selected as the eight fastest swimmers be unable to contest the final.
8. The selection of the eight fastest swimmers to compete in the Final of the Club Championships, and the Reserves, shall be made by the person or persons nominated by the Race Secretaries
9. Only times swum by members in Club Handicap Races in the current season in the stroke being swum are to be used to determine the eight fastest swimmers to compete in the Final of the Club Championships and the Reserves
10. To be eligible to swim in Club Championships, a member, as an individual, must have swum in Club Handicap races of five separate weeks (either Sunday or Wednesday). Such qualifying swims to be completed during the current season by 7th January 2024. Our week commences on Sunday. Parent and Child and Brace Relay events are excluded. Fees must be paid within 2 weeks of the first swim for swims to be counted towards eligibility. **Please note:** In terms of Swimming NSW rules, a swimmer if registered with more than one club in a Season, may only compete in the Club Championships of the Club where they were first registered, unless application to Collaroy Swimming Club is made and approved.
11. In regard to swimmers' eligibility to swim in Championship events, as soon as practicably possible after the close off date, a list of swimmers who have met the requirements of Rule 10 will be placed on the Notice Board. Seven (7) days will be allowed for members to lodge protests over non-inclusion. Such protests must be made in writing to the Honorary Secretary, inclusive of a \$5 protest fee. A reply to the protest from the Race Secretaries will be made in writing prior to the start of the first Club Championship event

12. No protest concerning eligibility to compete in a particular Championship shall be considered unless lodged with the Chief Race Secretary in writing before the event in question is swum. The decision of the Race Secretaries will be final. A protest fee of \$5 must be included.
13. The names of all members selected to compete in the Club Championship Finals, as well as the names of the Reserves, will be displayed on a Notice Board seven days before the event is held, and it is the responsibility of members to peruse the names and lodge protests (Rule 12)
14. All swimmers must conform to the current Swimming NSW rules with regard to costume attire.
15. The only exceptions to the above rules concerning the eligibility to swim in the Club Championships, whether for medical reasons or otherwise, can only be made by the Race Secretaries when determining eligibility and must be endorsed by the executive committee and such applications must be made in writing.
16. Competitors must be ready to swim at least 15 minutes before the advertised starting time of the meet. All Finalists and Reserves are to report to the Marshall when their event is called. The Race Secretaries may vary the order of events without notice. Warm up swims may be worthwhile on some Championship nights.
17. The Champion of each age group, together with the Open Champion, shall be determined by means of a point score, with a member receiving 4 points for each Championship win, 2 points for each Championship second and 1 point for each Championship third. Points gained in age events shall count in determining Age Champions. Points gained in Open events shall count in determining the Open Champion.
18. To determine the Junior Champion, the first junior in each Open Championship shall be awarded 4 points, the second and third juniors shall be awarded 2 and 1 points respectively, provided that if fewer than four juniors be selected for an Open Championship in accordance with Rule 6, a Junior Championship shall be swum and the point awarded on the results of this race.
19. To be eligible to compete in the 200 metre Championship, a member must have completed a swim 200 metres or longer in Club races during the current season.
20. To be eligible to compete in the 400 metre Championship, a member must have completed a 200 metre swim in 4 mins 30 secs or faster OR a 400 metre swim in 9 minutes or faster
21. To be eligible to compete in the 800 metre Championship, a member must have completed a 400 metre swim in 9 minutes or faster OR an 800 metre swim in 21 minutes or faster
22. To be eligible to compete in the 1500 metre Championship, a member must have completed an 800 metre swim in 21 minutes or faster.
23. Selections for the Senior 50 metre (Restricted) Championships, will comprise the five fastest swimmers in the Senior 100 metre handicap division and three fastest swimmers in the Senior 50 metre handicap division. Up to eight Reserves will be chosen - the first being the next fastest swimmer from the Senior 100 metre handicap division and second the next fastest swimmer from the Senior 50m .handicap division The third to eighth reserves will be selected alternating between the next fastest swimmers from the Senior 100 metre and the Senior 50m handicap division until all reserve positions have been filled, the third being from the Senior 100 metre handicap division
24. Club Championships shall be conducted in strokes and distances as follows

FREESTYLE

Short Distance	15 metres	Under 5 and Under 6 years
	25 metres	Under 7 years
	33 metres	Under 8 years
	50 metres	Under 9 and Under 10 years, Senior
	100 metres	Under 11, Under 12, Under 13, Under 14, Under 15, Under 16 years and Open
Long Distance	200 metres*	All/Age Under 9 years, Under 10, Under 11, Under 12, Under 13, Under 14, Under 15, Under 16 years and Senior
	400 metres*	All/Age Under 9 years, Under 10, Under 11, Under 12, Under 13, Under 14, Under 15, Under 16 years and Senior
	800 metres* (seeded swim)	All/Age Under 9 years, Under 10, Under 11, Under 12, Under 13, Under 14, Under 15, Under 16 years and Senior
	1500 metres* (seeded swim)	All/Age Under 9 years, Under 10, Under 11, Under 12, Under 13, Under 14, Under 15, Under 16 years and Senior Sealed handicaps will be held on 400 metre and 800 metre Championship nights so that Championship Swimmers may gain handicap points. 200 metre Handicap races will be held for non-Championship swimmers on these nights

BREASTSTROKE

25 metres	All/Age Under 8 years
33 metres	Under 9 years
50 metres	Under 10 and Under 11 years, Senior
100 metres	Under 12, Under 13, Under 14, Under 15, Under 16 years and Open.

BACKSTROKE

25 metres	All/Age Under 8 years
33 metres	Under 9 years
50 metres	Under 10 and Under 11 years, Senior
100 metres	Under 12, Under 13, Under 14, Under 15, Under 16 years and Open.

BUTTERFLY

25 metres	All/Age Under 8 years, Under 9 years
33 metres	Under 10 and Under 11 years
50 metres	Under 12, Under 13 years, Under 14, Under 15, Under 16 years, Senior and Open

MEDLEY

200 metres (4 x 50 metres)	All/Age Under 9 years, Under 10, Under 11, Under 12, Under 13, Under 14, Under 15,
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Under 16 years and Senior

**VETERANS
FREESTYLE**

33 metres

Division 1	Age 30 –39
Division 2	Age 40 – 49
Division 3	Age 50 – 59
Division 4	Age 60 – 69
Division 5	Age 70 – 79
Division 6	Age 80 – 89
Division 7	Age 90 and over

CHAMPIONSHIP START

SW4.1 The Start in Freestyle, Breaststroke, Butterfly and Individual Medley races shall be made with a dive. On the long whistle from the Referee, the swimmers shall step onto the starting platform and remain there. On the Starter's command "take your marks", they shall immediately take up a starting position with at least one foot at the front of the starting platforms. The position of hands is not relevant. When all swimmers are stationary, the Starter shall give the starting signal.

SW4.2 The Start in backstroke and medley relay races shall be from the water. At the Referees first long whistle, the swimmers shall immediately enter the water. At the Referees second long whistle the swimmers shall return without undue delay to the starting position. When all swimmers have assumed their starting positions, the Starter shall give the command "take your marks". When all competitors are stationary, the Starter shall give the starting signal.

SW4.3 In all races except Junior 15m, 25m and 33m races, there will be only one start. Any swimmer starting before the starting signal has been given shall be disqualified. If the starting signal sounds before the disqualification is declared, the race shall continue and the swimmer or swimmers shall be disqualified upon completion of the race. If the disqualification is declared before the starting signal, the signal will not be given, but the remaining swimmers shall be called back and start again. The Referee repeats the starting procedure beginning with the long whistle (the second one for backstroke) as per SW4.2.

SW4.4 In Junior 15m, 25m and 33m races, there will be a maximum of one false start. No warning will be given by the referee. The starter will advise swimmers that it will be their second start. Any competitor who false starts on a second start will be disqualified.

NB Swimmers considered by the referee to make a deliberate false start may be disqualified.

CHAMPIONSHIP RACES

SW10.1 A swimmer swimming over the course alone shall cover the whole distance to qualify.

SW10.2 The swimmer must remain and finish the race in the same lane in which he/she started.

SW10.3 In all events, a swimmer when turning shall make physical contact with the end of the pool or course. The turn must be made from the wall and it is not permitted to take a stride or step from the bottom of the pool.

SW10.4 Standing on the bottom during freestyle events or during the freestyle portion of medley events shall not disqualify a swimmer, but he/she shall not walk

SW10.5 Pulling on the lane ropes is not allowed.

SW10.6 Obstructing a swimmer by swimming across another lane or otherwise interfering shall disqualify the offender. Should the foul be intentional, the Referee shall report the matter.

SW10.7 No swimmer shall be permitted to use or wear any device or swimsuit that may aid his/her speed, buoyancy or endurance during a race (such as webbed gloves, flippers, fins, power bands, or adhesive substances etc.). Goggles may be worn. Any type of tape on the body is not permitted unless approved by the Referee

SW10.8 Any swimmer not entered in a race, who enters the water in which an event is conducted before all swimmers therein have completed the race, shall be disqualified from his/her next scheduled event in the meet.

SW10.14 Should a foul endanger the chance of success of a swimmer, the Referee shall have the power to allow him/her to compete in the next heat, or should the foul occur in a final of an event or the last heat, the referee may order it to be re-swum.

SW10.15 No pace making shall be permitted nor may any device be used or plan adopted which has that effect

SW10.16 Swimmers shall not leave the water at the finishing point in any event until instructed by the referee

SW10.17 Unauthorised persons shall not be permitted in those areas of the pool designated for competition, for the swimmers or officials during the course of the competition.

PROCEDURE FOR DISQUALIFICATION IN CHAMPIONSHIP RACES

If in the opinion of the Referee or as reported by assistant/s, a swimmer has infringed the rules, the swimmer may be disqualified from the event.

The Starter and/or Referee may attempt to remind junior swimmers in Championships of correct stroke requirements.

SPECIAL TROPHIES THAT CAN BE WON

MOST IMPROVED TROPHIES	The most improved swimmer in each age group – Juniors
JOHN CLARE MEMORIAL TROPHY	The most points gained by a Junior from competing in 15,25,33,50 or 100 metre Freestyle, Backstroke, Breaststroke and Butterfly Handicap races.
FRED WORTHINGTON TROPHY	The most improved swimmer of the club
PAT ARMSTRONG TROPHY	Junior Champion – male
RON STARRETT TROPHY	Junior Champion – female
L.G.BRAY MEMORIAL TROPHY	Highest combined point score
BOWERING FAMILY TROPHY	Highest combined senior point score
SULLIVAN FAMILY TROPHY	Winner Parent & Child point score
JOHN GILBERT TROPHY	Winner B.B.B. point score
DON ROBERTS TROPHY	Winner Veterans Point Score Division 1
MALCOLM MAIR TROPHY	Winner Veterans Point Score Division 2
TONY BUCHAN TROPHY	Winner Veterans Point Score Division 3
ALAN TAYLOR TROPHY	Winner Veterans Point Score Division 4
ASPINALL FAMILY TROPHY	Winner Veterans Point Score Division 5
DIVISION 6 TROPHY	Winner Veterans Point Score Division 6
DIVISION 7 TROPHY	Winner Veterans Point Score Division 7
R.G.MORGAN MEMORIAL TROPHY	Open Champion – Female
BARRY GARLAND MEMORIAL TROPHY	Open Champion – Male
KRISTIN WIGNEY ACHIEVEMENT TROPHIES	Youngest male and youngest female to complete 1500 metre freestyle
IAN WIGNEY MEMORIAL TROPHY	Most points gained by a Senior under 30 years
SUE DAWSON TROPHY	Most points for winter swimming
MARTIN HIRST TROPHY	Most points gained by a Junior in long distance races
GRAHAM FAMILY PRIZE	Most improved senior swimmer

CLUB RECORDS – MALE**FREESTYLE**

Open	100 metres	T. Harris	2011	57.79
Junior	100 metres	B. Worthington	1967	58.80
Under 16	100 metres	B. Worthington	1967	58.80
Under 15	100 metres	B. Worthington	1966	1.00.10
Under 14	100 metres	B. Worthington	1965	1.03.10
Under 13	100 metres	B. Worthington	1964	1.06.40
Under 12	100 metres	B. Worthington	1963	1.11.10
Under 11	100 metres	J. Holliday	1992	1.12.49
Under 10	100 metres	J. Holliday	1991	1.18.75
Under 9	100 metres	C. Ward	2018	1.24.31
Under 8	100 metres	C. Ward	2017	1.38.35
Senior	50 metres	P. Cogan	1994	26.49
Under 10	50 metres	C. Ward	2019	35.27
Under 9	50 metres	C. Ward	2018	36.99
Under 8	33 metres	G. Simons	1971	25.00
Under 7	25 metres	M. Diggins	1974	20.30
Under 6	15 metres	R. Martinuzzo	2005	13.28
Under 5	15 metres	L. Francis	1977	18.50
Under 4	15 metres	L. Francis	1976	24.40
Open	200 metres	T. Harris	2011	2.05.33
Junior	200 metres	M. Hirst	1973	2.12.00
Under 16	200 metres	M. Hirst	1973	2.12.00
Under 15	200 metres	B. Worthington	1966	2.16.00
Under 14	200 metres	B. Worthington	1965	2.17.40
Under 13	200 metres	B. Worthington	1964	2.27.70
Under 12	200 metres	J. Holliday	1993	2.33.67
Under 11	200 metres	J. Holliday	1992	2.37.87
Under 10	200 metres	J. Holliday	1991	2.52.57
Under 9	200 metres	G. Simons	1972	3.08.40
Under 9	200 metres	S. Williams	1975	3.08.40
Under 8	200 metres	S. Williams	1974	3.22.50
Under 7	200 metres	N. Duncan	2002	3.58.09
Under 6	200 metres	L. Francis	1978	5.31.60
Open	400 metres	M. Hirst	1975	4.37.40
Junior	400 metres	M. Hirst	1973	4.41.50
Under 16	400 metres	M. Hirst	1973	4.41.50
Under 15	400 metres	D. Hyland	1988	4.44.63
Under 14	400 metres	D. Hyland	1987	4.47.22
Under 13	400 metres	D. Hyland	1986	5.02.03
Under 12	400 metres	J. Holliday	1993	5.17.24
Under 11	400 metres	J. Holliday	1992	5.30.56
Under 10	400 metres	J. Holliday	1991	5.48.46
Under 9	400 metres	S. Williams	1975	6.33.40
Under 8	400 metres	S. Williams	1974	6.57.30
Under 7	400 metres	N. Duncan	2002	8.16.92
Under 6	400 metres	L. Francis	1978	12.40.40

CLUB RECORDS – MALE**FREESTYLE (continued)**

Open	800 metres	D. Hyland	1989	9.29.27
Junior	800 metres	D. Hyland	1989	9.29.27
Under 16	800 metres	D. Hyland	1989	9.29.27
Under 15	800 metres	D. Hyland	1988	9.40.27
Under 14	800 metres	D. Hyland	1987	9.52.17
Under 13	800 metres	D. Hyland	1986	10.18.98
Under 12	800 metres	J. Holliday	1993	10.48.34
Under 11	800 metres	J. Holliday	1992	11.12.74
Under 10	800 metres	J. Holliday	1991	12.25.85
Under 9	800 metres	G. Simons	1972	14.06.56
Under 8	800 metres	D. Rose	1985	14.53.05
Under 7	800 metres	N. Duncan	2002	17.17.00
Open	1500 metres	D. Hyland	1989	17.53.49
Junior	1500 metres	D. Hyland	1989	17.53.49
Under 16	1500 metres	D. Hyland	1989	17.53.49
Under 15	1500 metres	D. Hyland	1988	18.24.57
Under 14	1500 metres	D. Hyland	1987	19.25.64
Under 13	1500 metres	D. Hyland	1986	19.42.42
Under 12	1500 metres	J. Holliday	1993	21.05.12
Under 11	1500 metres	J. Holliday	1992	21.18.27
Under 10	1500 metres	J. Holliday	1991	23.05.67
Under 9	1500 metres	S. Williams	1975	26.15.60
Under 8	1500 metres	S. Williams	1974	27.20.60
Under 7	1500 metres	N. Duncan	2002	36.29.89
Vets Div 1	33 metres	P. Cogan	2010	17.42
Vets Div 2	33 metres	M. Menyhart	2020	17.61
Vets Div 3	33 metres	R. Feltscheer	2019	18.29
Vets Div 4	33 metres	R. Feltscheer	2023	19.04
Vets Div 4A*	33 metres	C. Newman	2007	20.57
Vets Div 4B*	33 metres	C. Newman	2011	21.63
Vets Div 5	33 metres	C. Newman	2017	23.16
Vets Div 5A*	33 metres	C. Newman	2017	23.16
Vets Div 5B*	33 metres	D. Roberts	2003	29.76
Vets Div 6	33 metres	D. Roberts	2019	28.58
Vets Div 7	33 metres	D. Roberts	2016	46.84

*discontinued divisions

BACKSTROKE

Open	100 metres	M. Hirst	1974	1.08.10
Junior	100 metres	D. Hyland	1989	1.09.32
Under 16	100 metres	D. Hyland	1989	1.09.32
Under 15	100 metres	J. Kassel	1979	1.13.11
Under 14	100 metres	D. Hyland	1987	1.13.13
Under 13	100 metres	D. Hyland	1986	1.15.84
Under 12	100 metres	J. Holliday	1993	1.17.77
Under 11	100 metres	J. Holliday	1992	1.23.87
Under 10	100 metres	J. Holliday	1991	1.27.06
Senior	50 metres	N. Cerneaz	1987	31.91
Under 11	50 metres	J. Holliday	1992	37.70
Under 10	50 metres	J. Holliday	1991	39.95
Under 9	33 metres	J. Holliday	1990	28.37

CLUB RECORDS – MALE

BACKSTROKE (continued)

Under 8	25 metres	S. Cadden	1971	22.30
Under 7	25 metres	S. Cadden	1970	26.00
Under 6	25 metres	L. Francis	1978	31.50
Under 5	25 metres	W. Prendergast	2003	1.16.01

BREASTSTROKE

Open	100 metres	T. Harris	2011	1.13.22
Junior	100 metres	T. Harris	2009	1.14.52
Under 16	100 metres	T. Harris	2009	1.14.52
Under 15	100 metres	P. Cogan	1990	1.18.20
Under 14	100 metres	P. Cogan	1989	1.20.06
Under 13	100 metres	P. Cogan	1988	1.26.89
Under 12	100 metres	P. Cogan	1987	1.35.11
Under 11	100 metres	M. Diggins	1978	1.41.00
Under 9	100 metres	I. McAllan	2022	1.51.98
Senior	50 metres	T. Harris	2010	33.01
Under 11	50 metres	A. Stanford	2020	44.68
Under 10	50 metres	J. Holliday	1991	46.84
Under 9	33 metres	L. Coy	2018	31.67
Under 8	25 metres	M. Gittoes	1990	24.59
Under 7	25 metres	G. Simons	1970	27.00
Under 6	25 metres	L. Coy	2015	32.30

BUTTERFLY

Open	100 metres	M. Hirst	1975	1.03.00
Junior	100 metres	M. Hirst	1973	1.05.50
Under 16	100 metres	M. Hirst	1973	1.05.50
Under 15	100 metres	D. Hyland	1988	1.08.87
Under 14	100 metres	D. Hyland	1987	1.11.20
Under 13	100 metres	D. Hyland	1986	1.17.99
Under 12	100 metres	J. Holliday	1991	1.27.00
Under 11	100 metres	J. Holliday	1991	1.27.00
Under 10	100 metres	J. Holliday	1991	1.27.00
Open	50 metres	C. Ward	2023	34.48
Junior	50 metres	C. Ward	2023	34.24
Senior	50 metres	T. Harris	2014	28.47
Under 15	50 metres	A. Ellis	2023	40.11
Under 14	50 metres	C. Ward	2023	34.24
Under 13	50 metres	C. Ward	2022	33.87
Under 12	50 metres	C. Ward	2021	36.00
Under 11	50 metres	J. Holliday	1992	36.47
Under 11	33 metres	J. Holliday	1992	22.54
Under 10	33 metres	J. Holliday	1991	24.49
Under 9	25 metres	M. Sym	1998	19.64
Under 8	25 metres	L. Coy	2017	22.38

Under 7	25 metres	S. Cadden	1970	24.40
Under 6	25 metres	T. Cogan	2009	34.99
Under 5	25 metres	L. Francis	1977	49.10

CLUB RECORDS – MALE**MEDLEY**

Open	200 metres	M. Hirst	1974	2.22.60
Junior	200 metres	M. Hirst	1973	2.27.70
Under 16	200 metres	M. Hirst	1973	2.27.70
Under 15	200 metres	D. Hyland	1987	2.33.36
Under 14	200 metres	D. Hyland	1987	2.33.36
Under 13	200 metres	D. Hyland	1986	2.40.24
Under 12	200 metres	J. Holliday	1992	2.59.38
Under 11	200 metres	J. Holliday	1992	2.59.38
Under 10	200 metres	J. Holliday	1991	3.13.13
Under 9	200 metres	J. Holliday	1990	3.26.84
Under 8	200 metres	S. Cadden	1971	3.54.00
Under 7	200 metres	S. Cadden	1970	4.26.00

CLUB RECORDS – FEMALE**FREESTYLE**

Open	100 metres	R. Boroughs	1993	1.07.17
Junior	100 metres	C. Powell	2003	1.07.98
Under 16	100 metres	C. Powell	2003	1.07.98
Under 15	100 metres	A. Kean	1986	1.09.41
Under 14	100 metres	A. Kean	1986	1.11.41
Under 13	100 metres	A. Kean	1986	1.11.41
Under 12	100 metres	A. Kean	1985	1.13.84
Under 11	100 metres	A. Kean	1984	1.18.22
Under 10	100 metres	J. Castor	1997	1.25.60
Senior	50 metres	A. Kean	1995	30.15
Under 10	50 metres	E. Hill	2022	36.06
Under 9	50 metres	E. Hill	2020	38.63
Under 8	50 metres	E. Hill	2020	38.63
Under 7	50 metres	E. Hill	2019	43.88
Under 6	50 metres	T. Mackenzie	2002	1.03.67
Under 8	33 metres	E. Hill	2020	25.17
Under 7	25 metres	E. Hill	2019	21.31
Under 6	25 metres	S. Layton	2012	35.77
Under 6	15 metres	R. Duncan	2003	14.38
Under 5	15 metres	L. Hopcroft	1989	19.21
Under 4	15 metres	K. Gilbert	1984	25.53
Under 3	15 metres	C. Matthews	1981	37.81
Open	200 metres	A. Kean	1995	2.24.41
Junior	200 metres	A. Kean	1988	2.31.74
Under 16	200 metres	A. Kean	1988	2.31.74
Under 15	200 metres	A. Kean	1988	2.31.74
Under 14	200 metres	R. Clancy	1995	2.33.39
Under 13	200 metres	R. Clancy	1994	2.36.73
Under 12	200 metres	A. Kean	1985	2.48.26
Under 11	200 metres	F. Ewins	1984	2.53.99
Under 10	200 metres	R. Clancy	1991	3.04.83
Under 9	200 metres	K. Gittoes	1993	3.29.63
Under 8	200 metres	K. Gittoes	1992	4.00.92
Under 7	200 metres	B. Longley	1990	5.06.24
Open	400 metres	A. Kean	1995	5.10.75
Junior	400 metres	R. Clancy	1997	5.20.17
Under 16	400 metres	R. Clancy	1997	5.20.17
Under 15	400 metres	R. Clancy	1996	5.22.15
Under 14	400 metres	C. Heiniger	2016	5.24.55
Under 13	400 metres	R. Clancy	1994	5.33.09
Under 12	400 metres	R. Clancy	1993	5.48.31
Under 11	400 metres	R. Clancy	1992	5.56.84
Under 10	400 metres	L. Newman	1987	6.38.66
Under 9	400 metres	K. Gittoes	1993	7.14.62
Under 8	400 metres	K. Gittoes	1992	8.43.49

CLUB RECORDS – FEMALE**FREESTYLE (continued)**

Open	800 metres	A. Kean	1995	10.45.31
Junior	800 metres	R. Clancy	1997	10.57.61
Under 16	800 metres	R. Clancy	1997	10.57.61
Under 15	800 metres	M.Martinuzzo	2007	11.10.42
Under 14	800 metres	R. Clancy	1995	11.11.07
Under 13	800 metres	R. Clancy	1994	11.32.77
Under 12	800 metres	R. Clancy	1993	12.08.45
Under 11	800 metres	R. Clancy	1992	12.37.25
Under 10	800 metres	R. Clancy	1991	13.36.74
Under 9	800 metres	L. Newman	1986	15.18.34
Open	1500 metres	A. Kean	1996	20.52.97
Junior	1500 metres	R. Clancy	1997	21.03.84
Under 16	1500 metres	R. Clancy	1997	21.03.84
Under 15	1500 metres	R. Clancy	1996	21.30.63
Under 14	1500 metres	R. Clancy	1995	21.35.98
Under 13	1500 metres	R. Clancy	1994	22.00.53
Under 12	1500 metres	R. Clancy	1993	23.17.43
Under 11	1500 metres	R. Clancy	1992	24.49.02
Under 10	1500 metres	R. Clancy	1991	26.43.41
Under 9	1500 metres	K. Gittoes	1993	29.08.45
Under 8	1500 metres	M. Hardy	1978	46.52.30
Vets Div 1	33 metres	P. Hamilton	1993	19.53
Vets Div 2	33 metres	J. Cummins	2017	21.07
Vets Div 3	33 metres	A. Jenkins	2009	22.15
Vets Div 4	33 metres	A. Jenkins	2018	23.88
Vets Div 4A*	33 metres	S. Dawson	1991	29.74
Vets Div 4B*	33 metres	E.Adney	2008	33.94
Vets Div 5	33 metres	S. Dawson	2003	30.81
Vets Div 5A*	33 metres	S. Dawson	2003	30.81
Vets Div 5B*	33 metres	S. Dawson	2008	35.18
Vets Div 6	33 metres	S. Dawson	2014	35.56

*discontinued divisions

BACKSTROKE

Open	100 metres	T. Forrest	1979	1.17.80
Junior	100 metres	T. Forrest	1979	1.17.80
Under 16	100 metres	T. Forrest	1979	1.17.80
Under 15	100 metres	C. Powell	2002	1.22.50
Under 14	100 metres	C. Heiniger	2016	1.19.64
Under 13	100 metres	C. Heiniger	2015	1.18.95
Under 12	100 metres	T. Heiniger	2016	1.26.86
Under 11	100 metres	C. Sym	1995	1.36.27
Under 10	100 metres	J. Castor	1997	1.43.57
Senior	50 metres	P. Hamilton	1984	35.64
Under 11	50 metres	T. Heiniger	2015	41.64
Under 10	50 metres	S. Elton	1988	45.47
Under 9	33 metres	D. Hopcroft	1994	29.92
Under 8	25 metres	C. Church	2018	25.55
Under 7	25 metres	E. Hill	2019	27.45

CLUB RECORDS – FEMALE
BACKSTROKE (continued)

Under 6	25 metres	R. Duncan	2003	31.02
Under 5	25 metres	T. Gooding	2006	54.89
Under 4	25 metres	C. Matthews	1982	1.22.94

BREASTSTROKE

Open	100 metres	A. Renwick	1983	1.27.99
Junior	100 metres	A. Renwick	1983	1.27.99
Under 16	100 metres	A. Renwick	1983	1.27.99
Under 15	100 metres	L. Hopcroft	1999	1.32.23
Under 14	100 metres	A. Kean	1987	1.33.12
Under 13	100 metres	A. Kean	1986	1.33.53
Under 12	100 metres	A. Kean	1985	1.38.58
Under 11	100 metres	L. Newman	1988	1.46.06
Under 10	100 metres	L. Newman	1987	1.48.01
Senior	50 metres	A. Kean	1995	39.91
Under 11	50 metres	F. Ewins	1984	46.84
Under 10	50 metres	L. Newman	1987	50.00
Under 9	33 metres	L. Newman	1986	33.40
Under 8	25 metres	E. Hill	2020	27.40
Under 7	25 metres	K. Gilbert	1987	30.07
Under 6	25 metres	N. Trevena	2008	34.59
Under 5	25 metres	C. Matthews	1983	58.80
Under 4	25 metres	C. Matthews	1982	1.01.04

BUTTERFLY

Open	100 metres	C. Powell	2002	1.18.28
Junior	100 metres	C. Powell	2002	1.18.28
Under 16	100 metres	C. Powell	2002	1.18.28
Under 15	100 metres	C. Powell	2002	1.18.28
Under 14	100 metres	C. Newman	1987	1.21.89
Under 13	100 metres	C. Newman	1987	1.21.89
Under 12	100 metres	F. Ewins	1984	1.33.20
Under 11	100 metres	F. Ewins	1984	1.33.20
Open	50 metres	E. Hill	2023	35.46
Junior	50 metres	E. Hill	2023	35.34
Senior	50 metres	C. Powell	2004	33.56
Under 16	50 metres	CJ Ward	2023	37.47
Under 14	50 metres	S. Peterson	2023	43.56
Under 13	50 metres	C. Newman	1987	35.71
Under 12	50 metres	T. Heiniger	2016	35.81
Under 11	50 metres	C. Hatch	2022	55.02
Under 11	33 metres	E. Hill	2023	21.76

Under 10	33 metres	E. Hill	2022	24.17
Under 9	25 metres	E. Hill	2021	18.53
Under 8	25 metres	E. Hill	2020	19.46
Under 7	25 metres	E. Hill	2019	29.33
Under 6	25 metres	R. Duncan	2003	25.25

CLUB RECORDS – FEMALE**MEDLEY**

Open	200 metres	A. Renwick	1983	2.49.34
Junior	200 metres	A. Renwick	1983	2.49.34
Under 16	200 metres	A. Renwick	1983	2.49.34
Under 15	200 metres	M. Quinn	1986	2.59.92
Under 14	200 metres	C. Newman	1987	3.01.40
Under 13	200 metres	C. Newman	1987	3.01.40
Under 12	200 metres	C. Newman	1986	3.16.15
Under 11	200 metres	F. Ewins	1984	3.22.42
Under 10	200 metres	L. Newman	1987	3.34.67
Under 9	200 metres	L. Newman	1986	3.57.92

Collaroy Swimming Club 2023-2024

SUNDAYS										WEDNESDAYS (Long Distance)					
Online entries open at Midday on Saturday and close at 9.45am on Sunday, or enter in the clubhouse no later than 9.45am on Sunday										Entries close 7.15 pm online or poolside					
DATE TIDE/TIME	FS	BR	BK	BF	BBB	P&C	RELAY	CH	CLUB EVENTS	DATE TIDE/TIME	200	400	800	MED	CH
8 Oct L-1007/0.78	X	X			X					11 Oct	NO SWIM				
15 Oct H-0921/1.63	X		X	X						18 Oct	NO SWIM				
22 Oct L-0809/0.71	X	X				X				25 Oct	NO SWIM				
29 Oct H-0911/1.85	X				X		*AGM 9.45AM- SWIM PROGRAM TO FOLLOW- ENTRIES CLOSE 9.30AM*			1 Nov L-1806/0.38	X	X			
5 Nov L-0808/0.80	X		X	X						8 Nov H-1744/1.43	X			X	
12 Nov H-0815/1.67	X	X				X				15 Nov L-1646/0.33	X		X		
19 Nov L-1222/0.61	X		X		X					22 Nov H-1650/1.59	X	X			
26 Nov H-1327/1.71	X	X		X					Sat 25th - WASA Peninsula Challenge 1	29 Nov L-1700/0.34	X			X	
3 Dec H-1300/1.58	X		X			X				6 Dec H-1544/1.38	X	X			
10 Dec H-0700/1.63	X				X		X			13 Dec H-2144/1.34	X		X		
17 Dec H-1219/ 1.88	X	X		X					XMAS PARTY- 1PM	20 Dec H-1515/1.56	X			X	
24 Dec	NO SWIM - MERRY CHRISTMAS									27 Dec	NO SWIM				
31 Dec	NO SWIM - HAPPY NEW YEAR									3 Jan L-2030/0.57	X	X			
7 Jan L-1216/0.66	X			X		X				10 Jan H-2042/1.33	X			X	
14 Jan H-1116/2.01	X		X		X					17 Jan L-2021/0.40	X		X		
21 Jan L-1242/0.56	X	X				X				24 Jan H-2100/1.28	X	X			
28 Jan H-1047/1.75	X		X	X						31 Jan L-1853/0.51	X				200
4 Feb L-1027/0.74	X			X	X			SAT/SUN		7 Feb H- 1937-1.28	X			X	
11 Feb H-1012/2.05	X		X			X			Sat 10th - WASA Jenny Oates	14 Feb L-1855/0.36	X				400
18 Feb L-1119/0.62	X	X			X			SAT/SUN		21 Feb H-2006/1.27	X			X	
25 Feb H-0948/1.70	X		X	X						28 Feb L-1736/0.48	X				800
3 Mar L-0836/0.70	X	X				X		X	9am Sat- 9am Sun: HAW 24-hour swim	6 Mar H-1824/1.23	X	X			
10 Mar H-0814/2.00	X		X		X					13 Mar L-1737/0.34	1500 - 7.00PM START				1500
17 Mar H-0941/0.61	X	X				X		X	Sat 16th - WASA Peninsula Challenge 2	20 Mar H-1902/1.26	X			X	
24 Mar H-0846/1.66	X	GALA DAY								Sat 23rd Adult Social Event					
Easter – October: Collaroy Blue Swimmers Winter Swimming – 10.30 am start poolside. Enter online.															
Presentation Day for the 2023/24 season will be held at 5.00pm on Saturday 25 th May 2024 at the Collaroy Surf Club															
Legend: FS – Freestyle, BR – Breaststroke, BK – Backstroke, BF – Butterfly, P&C - Parent & Child/Brace, BBB – Breaststroke, Backstroke or Butterfly, MED – Medley, CH - Club Championships -"X" or "SUN" = Sunday Championship, "SAT" = Saturday Championship. For full details see reverse.															
Relay: Teams will be organised from swimmers who are present on the day. Each team will be allocated a time using current freestyle handicap times for each swimmer. The winning team will be the one that swims closest to their allocated time.															

CHAMPIONSHIP EVENTS

- WEDNESDAY 31/01/2024 - 7.30 p.m.** (Low Tide-1853/0.51)
Age & Senior 200m Freestyle (Seeded)
- SATURDAY 03/02/2024 – 5.30 p.m.** (Low Tide-2055/0.66)
Senior and Age Butterfly, Senior and Age Backstroke, Veterans 33m Freestyle
- SUNDAY 04/02/2024 – 10.00 a.m.** (Low Tide-1027/0.74)
Open 50m Butterfly, Junior 50m Butterfly (if required) **
- WEDNESDAY 14/02/2024 – 7.30p.m.** (Low Tide-1855/0.36)
400m Freestyle (Seeded)**
- SATURDAY 17/02/2024 – 5.30 p.m.** (High Tide-1544/1.17)
Senior and Age Freestyle, Senior and Age Breaststroke, Age 200m Medley, Senior 200m Medley
- SUNDAY 18/02/2024 – 10.00 a.m.** (Low Tide-1118/0.62)
Open 100m Backstroke, Junior 100m Backstroke (if required) ***
- WEDNESDAY 28/02/2024 - 7.00 p.m.** (Low Tide-1736/0.48)
800m Freestyle (Seeded) **
- SUNDAY 03/03/2024 – 10.00 a.m.** (Low Tide-0836/0.70)
Open 100m Breaststroke, Junior 100m Breaststroke (if required) *
- WEDNESDAY 13/03/2024 - 7.00 p.m. - Early Start** (Low Tide-1737/0.34)
1500m Freestyle (Seeded) **
- SUNDAY 17/03/2024 – 10.00 a.m.** (Low Tide-0941/0.61)
Open 100m Freestyle, Junior 100m Freestyle (if required) ***

For Championship Swim weather updates please refer to
www.collaroyswim.com.au or the Collaroy Swimming Club Facebook page.

Notes:

All 50m senior events will be swum as finals - please see the membership book for selection procedures for these events.

**On the 200, 400m & 800m Championship nights, handicap swims will be conducted for non-championship competitors and sealed handicaps will be held for Championship competitors

***These Junior Championship events will be swum only if necessary, in accordance with Championship Rule 18.

PLEASE NOTE: TO BE ELIGIBLE FOR CHAMPIONSHIP SELECTION, A SWIMMER MUST ACHIEVE A NUMBER OF QUALIFYING SWIMS AS A FINANCIAL MEMBER.

***QUALIFYING SWIMS MUST BE COMPLETED IN HANDICAP RACES OVER 5 SEPARATE WEEKS NO LATER THAN 7th JANUARY 2024 IN ACCORDANCE WITH THE CLUB RULES AND CHAMPIONSHIP RULE 10.**

***A WEEK BEGINS ON A SUNDAY (A SWIM ON A SUN. & WED. IN THE SAME WEEK COUNTS AS ONE SWIM).**

***BEING FINANCIAL MEANS CLUB FEES HAVE BEEN PAID WITHIN 2 WEEKS OF JOINING/RETURNING TO THE CLUB.**

***A FULL LIST OF CHAMPIONSHIP RULES CAN BE FOUND IN THE 2023/24 INFORMATION FOR MEMBERS BOOKLET.**

FOR MORE INFORMATION GO TO www.collaroyswim.com.au AND FOLLOW THE LINKS.