INFORMATION
HANDBOOK

Contents

Event Details

The 2020 SNSW Wylas Club Challenge is a virtual Short Course competition that will be run over 5 rounds during the months of September through to November.

Each round must be completed and results sent through to Tim Donlan via email (tim.donlan@nsw.swimming.org.au) by the closing date. Late results will not be accepted.

Rounds

All results must be sent through by 5pm on or before the designated closing date as set out below:

Round 1 – Opening Date: **Monday 21st September**   Closing date: **Monday 5th October**
Round 2 – Opening Date: **Monday 5th October**   Closing date: **Monday 19th October**
Round 3 – Opening Date: **Monday 19th October**   Closing date: **Monday 2nd November**
Round 4 – Opening Date: **Monday 2nd November**   Closing date: **Monday 16th November**
Round 5 – Opening Date: **Monday 16th November**   Closing date: **Monday 30th November**

Age Groups

There are 4 Age Bands per gender:

- **Female:** 12yrs & Under, 13yrs/14yrs, 15yrs/16yrs and Open
- **Male:** 13yrs & Under, 14yrs/15yrs, 16yrs/17yrs and Open
- **Age as at 31/12/2020**

Event Pointscore

Points will be allocated to individual events and relay events.

Individual

Only the Top 3 athletes per club/age band/event will score points:

Individual Points			
Place	**Points**	**Place**	**Points**
1	35	**11**	14
2	32	**12**	12
3	30	**13**	10
4	28	**14**	8
5	26	**15**	6
6	24	**16**	5
7	22	**17**	4
8	20	**18**	3
9	18	**19**	2
10	16	**20**	1

Relays

Only the Top 2 teams per club/age band/event will score points:

Relay Points			
Place	**Points**	**Place**	**Points**
1	40	**9**	16
2	37	**10**	13
3	34	**11**	10
4	31	**12**	8
5	28	**13**	6
6	25	**14**	4
7	22	**15**	2
8	19		

Events and Entries

The Club Challenge event program can be found at the back of this booklet (**Appendix A**).

It is up to each individual swimmer and/or coach to decide which events they would like to enter. Swimmers may enter any event and may register a time at any point within the round timeframe. Events do not have to be swum in age groups. All ages may race together and SNSW will break up swimmers into their respective age brackets during the collation of results. There is no obligation for participating clubs to have swimmers compete in all events. Any registered swimmer with a Swimming NSW/ACT club may compete.

Event Protocols

In the interest of fair play please follow the event protocols as listed in **Appendix B**.

Results

To enter the Challenge, clubs are to register their interest with Tim Donlan via email (tim.donlan@nsw.swimming.org.au), then the club contact will be sent a Team Manager shell. All results are to be entered into the Team Manger file and submitted to Tim via email after each round. Results will be collated and ranked by SNSW.

There are a number of non-traditional events in this challenge, it is important to follow the Event Program (**Appendix A**) and Event Protocols (Appendix B) when entering results into the Team Manager file. If you have any questions about this or need assistance, please contact Tim Donlan:

Phone: 02 8047 8510

Email: tim.donlan@nsw.swimming.org.au

Timing

Timing may be completed by any NSW Swimming registered official or ASCTA registered coach via electronic timing or a handheld stopwatch. It is important in the interest of fair play that times be recorded accurately and honestly. If a time submitted is deemed to be inaccurate, it will be at the discretion of SNSW to not accept the time.

Please note:

- **times MUST be in recorded to one hundredth of a second (to 2 decimal places), in the following format: mm:ss.00 e.g. 100m times: 01:09.68; 50m times: 00:31.26**
- **Results are not official and should be completed short course**

Challenge Winners

At the completion of each round a *SNSW Wylas Club Challenge Leader Board* will be published on the SNSW website and Social Media platforms.

Club

Throughout the Club Challenge points achieved by each swimmer and relay team will be allocated to the Club Challenge Pointscore. At the completion of the Club Challenge, the club with the highest point score will be crowned the 2020 SNSW Wylas Club Challenge Champion! Prizes will be awarded to the top 3 clubs, with the winning club receiving a Wylas Timing System worth $5,500.

Coach

Coach recognition will be given to leading coaches in each age band using the Club Challenge Pointscore. Coach prizes will be sponsored by Speedo and Grill'd and awarded at the end of each round. At the completion of the challenge, awards won will be sent to the Club who will distribute to the successful coach/s.

Swimmer

Individual swimmer recognition will be given to top ranked swimmers in each age band using the Challenge Pointscore. Swimmer Awards sponsored by Speedo and Grill'd will be presented at the end of each round, as well as at the completion of the overall Challenge.

Appendix A – Event Program

SNSW WYLAS CLUB CHALLENGE EVENT PROGRAM - Short Course			
Round 1 Opens: Monday 21st September - Results close: Monday 5th October @ 5:00pm			
Male		**Female**	
Event #		Event #	
1	100m Kick with Kick Board - Free only	2	100m Kick with Kick Board - Free only
3	50m Freestyle	4	50m Freestyle
5	200m IM as 25 Fly, 75 Back, 25 Breast, 75 Free	6	200m IM as 25 Fly, 75 Back, 25 Breast, 75 Free
7	50m Dolphin kick on Back	8	50m Dolphin kick on Back
Round 2 Opens: Monday 5th October - Results close: Monday 19th October @ 5:00pm			
Male		**Female**	
9	100m Backstroke	10	100m Backstroke
11	50m Butterfly	12	50m Butterfly
13	800m Freestyle	14	800m Freestyle
15	Turns: 5m in/10m out - Backstroke	16	Turns: 5m in/10m out - Backstroke
17	Turns: 5m in/10m out - Breaststroke	18	Turns: 5m in/10m out - Breaststroke
19	Turns: 5m in/10m out - Butterfly	20	Turns: 5m in/10m out - Butterfly
21	Turns: 5m in/10m out - Freestyle	22	Turns: 5m in/10m out - Freestyle
Round 3 Opens: Monday 19th October - Results close: Monday 2nd November @ 5:00pm			
Male		**Female**	
23	100m Breaststroke	24	100m Breaststroke
25	50m Backstroke	26	50m Backstroke
27	200m Freestyle	28	200m Freestyle
29	50m Pull - Push (Band & PB) - Free only	30	50m Pull - Push (Band & PB) - Free only
Round 4 Opens: Monday 2nd November - Results close: Monday 16h November @ 5:00pm			
Male		**Female**	
31	200m Kick with Kick Board - Free only	32	200m Kick with Kick Board - Free only
33	100m Butterfly	34	100m Butterfly
35	400m Freestyle	36	400m Freestyle
37	75m - Backstroke	38	75m - Backstroke
39	75m - Breaststroke	40	75m - Breaststroke
41	75m - Butterfly	42	75m - Butterfly
43	75m - Freestyle	44	75m - Freestyle
Round 5 Opens: Monday 16th November - Results close: Monday 30th November @ 5:00pm			
Male		**Female**	
45	100m Freestyle	46	100m Freestyle
47	50m Breaststroke	48	50m Breaststroke
49	Club 4 x 50m Fs Relay - 15/U	50	Club 4 x 50m Fs Relay - 14/U
51	Club 4 x 50m Fs Relay - 16/O	52	Club 4 x 50m Fs Relay - 15/O

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Appendix B – Event Protocols

All events to be raced in **short course** format. If short course is not available then long course times will be accepted, however they will not be adjusted.

Please note times **MUST** be in recorded to **one hundredth of a second (to 2 decimal places),** in the following format: **mm:ss.00** e.g. 01:09.68**.**

ROUND 1		
Event No/s	**Event**	**Protocol**
1 & 2	100m Kick with Kick Board - Freestyle only	Start: In water from push (no underwater kick) Turn: only 1 arm stroke allowed into each turn – tumble turn allowed Finish: NO arm strokes allowed into the wall. MUST finish with 2 hands on the board into the wall **Time: Record total 100m time (mm:ss.00)**
3 & 4	50m Freestyle	As per normal SNSW competition rules
5 & 6	200m IM as 25 Fly, 75 Back, 25 Breast, 75 Free	Start: Competition start on blocks Must be swum in the order and the distance prescribed in the program **Time: Record total 200m IM time (mm:ss.00)**. Splits may be taken per 25m
7 & 8	50m Dolphin kick on Back	Start: In water from push. Max 15m U/W – must finish on top of the water Turn: only 1 arm stroke allowed into the turn – tumble turn allowed **Time: Record total 50m time (mm:ss.00)**
ROUND 2		
Event No/s	**Event**	**Protocol**
9 & 10	100m Backstroke	As per normal SNSW competition rules
11 & 12	50m Butterfly	As per normal SNSW competition rules
13 & 14	800m Freestyle	As per normal SNSW competition rules
15 to 22	Turns: 5m in/10m out	Start: Swimmers start 15m out from the wall Turn: The time is time taken from when the head passes through the 45m mark (5m from the wall at the flags) to when the head passes through the 10m mark out from the wall **Time: Record total time of turn from 5m into the wall until 10m out from the wall (mm:ss.00)**

ROUND 3		
Event No/s	**Event**	**Protocol**
23 & 24	100m Breaststroke	As per normal SNSW competition rules
25 & 26	50m Backstroke	As per normal SNSW competition rules
27 & 28	200m Freestyle	As per normal SNSW competition rules
29 & 30	50m Pull - Push (Band & Pull Buoy) - Freestyle only	Start: In water from push (no underwater kick) The swim will be completed in freestyle with a pull buoy and a band. No paddles allowed **Time: Record total 50m time (mm:ss.00)**

ROUND 4		
Event No/s	**Event**	**Protocol**
31 & 32	200m Kick with Kick Board - **Freestyle kick only**	Start: In water from push (no underwater kick) Swum as freestyle only. Turn: only 1 arm stroke allowed into each turn – tumble turn allowed Finish: NO arm strokes allowed into the wall. MUST finish with 2 hands on the board into the wall **Time: Record total 200m time (mm:ss.00)**
33 & 34	100m Butterfly	As per normal SNSW competition rules
35 & 36	400m Freestyle	As per normal SNSW competition rules
37 to 44	75m – All strokes	Although a non-competitive distance it will be conducted as per normal SNSW competition rules Start: Competition start on blocks Swim 75m in the selected stroke (e.g. event 37 is backstroke, event 39 is breaststroke, etc) **Time: Record total 75m time (mm:ss.00).** 25m splits may be taken

ROUND 5		
Event No/s	**Event**	**Protocol**
45 & 46	100m Freestyle	As per normal SNSW competition rules
47 & 48	50m Breaststroke	As per normal SNSW competition rules
49 to 52	Club 4 x 50m Freestyle Relay	As per normal SNSW competition rules