COMPETITION STRATEGY POLICY

Adopted or Amended	By Whom	Date
Adopted	Board of Directors	1 April 2010
Amended	Board of Directors	24 November 2010
Amended	Board of Directors	22 June 2011
Amended	Board of Directors	4 December 2012
Reviewed	Board of Directors	31 March 2015
Amended	Board of Directors	27 July 2024

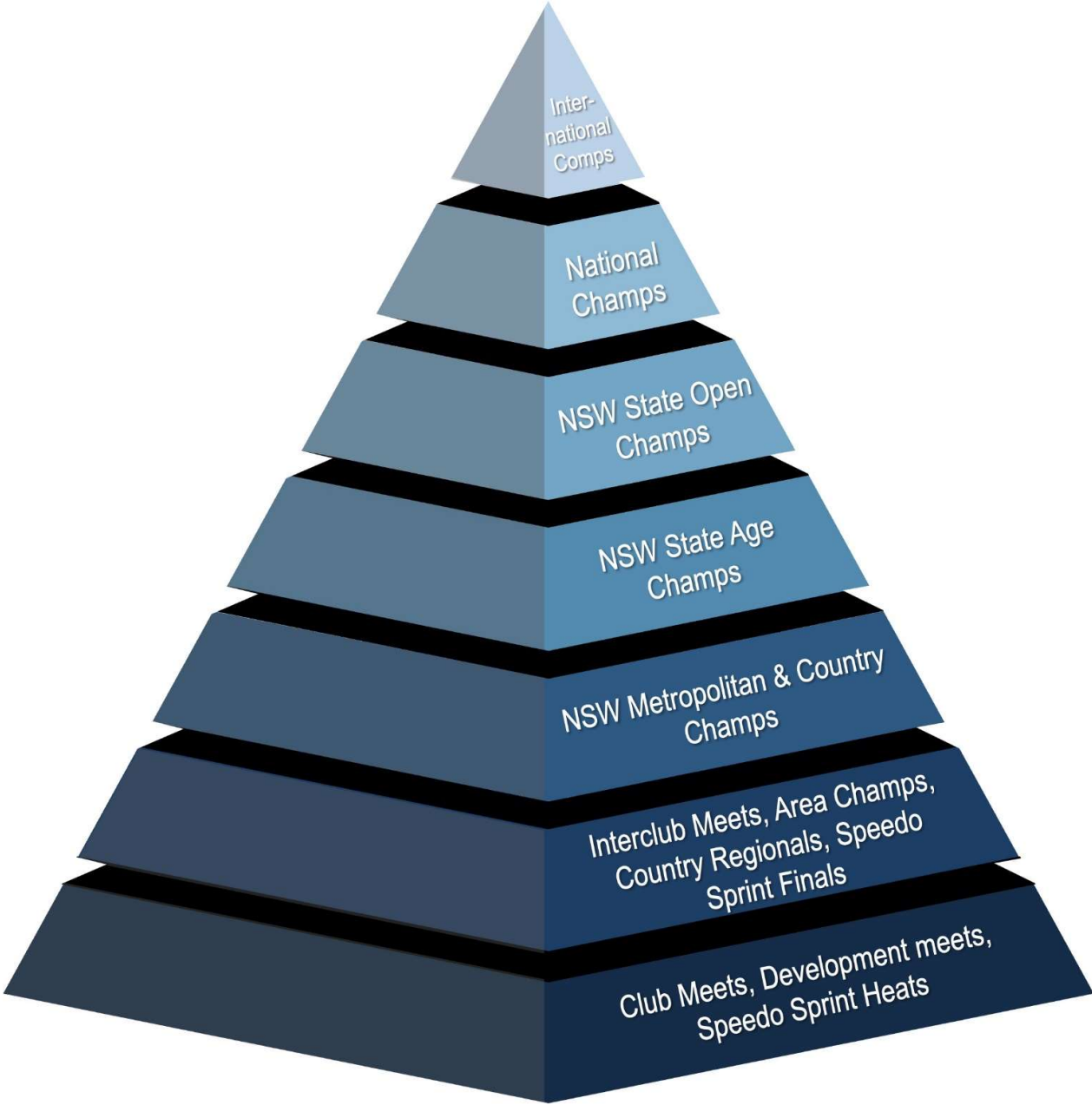# Competition Strategy Policy

1. OVERVIEW

The purpose of the Competition Strategy Policy is to improve the level of competition that is available to Swimming NSW (SNSW) members. SNSW will continue to consult with key stakeholders regarding the policy to ensure it meets the needs of our members and that it supports participation and inclusiveness.

It is important to note that any meet where official Qualifying Times may be achieved must comply with these rules and are relevant to Club Nights and Time Trials:

- Swimming General Rules 7
- Swimming General Rules 15
- Swimming General Rules 16

The full list of SNSW rules is located on our website, can be found [here](#) and should be read in conjunction with this policy.

Championship Pathway

- NSW Teams/Touring Teams
- State Championships
- Open Water Championships
- Country/Metropolitan Champs
- All Schools Championships

Club/Team Competition

- Area Championships
- Country Regionals
- Club Pointscores
- Team Relays
- Speedo Sprint Heats

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Country/Metropolitan

- Country Championships
- Metropolitan Championships
- Country Regional Championships
- Speedo Sprint Finals
- MC Meets
- Inter-school Championships

Social

- Club Races
- Interclub Meets
- Development Meets
- Club Come n Try days
- Club Splash

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Inter-national Comps

National Champs

NSW State Open Champs

NSW State Age Champs

NSW Metropolitan & Country Champs

Interclub Meets, Area Champs, Country Regionals, Speedo Sprint Finals

Club Meets, Development meets, Speedo Sprint Heats

2. COMPETITION OVERVIEW STATEMENT

GR10 NEW SOUTH WALES SWIMMING CHAMPIONSHIPS ([Rule GR10](#))

GR10.1 SNSW shall each year conduct;

GR10.1.1 Long course and short course NSW Swimming Championships, NSW Country Swimming Championships and NSW Metropolitan Swimming Championships, long course NSW Multi-Class Championships and

GR10.1.2 NSW Open Water Championships and such exhibition and/or non championship events for both Open and Age group swimming for both male and female swimmers, selected from the table below and as may be determined by the Board from time to time. (Refer to Appendix 2 for events and distances to be conducted at SNSW Championships)

GR10.2 Multi Class Competition

GR10.2.1 NSW Championships events for para-swimmers shall be conducted in Multi Class (MC) format. Swimmers must hold an eligible classification as described in GR5.1.5.

NOTE: SNSW may from time-time conduct other competitions on behalf of or in conjunction with other partners including but not limited to Masters Swimming and UniSport Nationals.

GR15 AREA AUTHORITY ([Rule GR15](#))

Areas shall have authority to

GR15.1 grant permission for the Clubs within its territory to promote and control interclub swim meets, PROVIDED THAT: approval will not be granted where the proposed date of the meet is on the same date as a SA or Company conducted meet, HOWEVER if the proposed meet is limited to only age groups that are not eligible for the Company meet then areas are able to approve such meet i.e. a meet for 12 & under can be held on the same date as Senior State Age or a meet for 13 & overs can be held on the same date as Junior State Age.

GR16 APPROVED MEETS, FORWARDING OF RESULTS AREA APPROVAL ([Rule GR16](#))

GR16.1 An Area shall be authorised to approve the conduct of a Meet for the purpose of the establishment of qualifying standards by a Club in accordance with current SA and Company Policy. The Area or Club shall forward or cause to be forwarded to the Company results of Area or Club Meets within seven (7) days of the meet being held (for the avoidance of doubt, this is a period of 168 hours, commencing from 12am on the day following the conclusion of the meet) or by the closing date for entries for the Championship Event, whichever is first in time, or as required by the Board.

SWIMMING NEW SOUTH WALES APPROVAL

GR16.2 Results from Board approved swim meets, school meets and/or kindred association meets must be submitted in accordance with the requirements of GR16.1

3. AREA CHAMPIONSHIP MEETS

Run by Areas Only	All events must have Qualifying Standards
No Rule Considerations	SNSW approval required
Schedule of Events must include all events as indicated in the Championships Meet Event Matrix (example provided)	Age Group Matrix (example provided)
Maximum of 5 sessions. SNSW recommends that Area Championships be run over two (2) days	It is encouraged that Areas & clubs include Para events based on the needs of Para swimmers in the Area

Further Notes & Recommendations:

- Areas conduct SNSW Speedo heats on behalf of SNSW. Swimmers finishing 1st, 2nd, 3rd & 4th progress to Speedo Finals (run by SNSW).

- Areas may choose to conduct Speedo Heats (no QT's) in conjunction with their Area Championships (some Areas have specific needs depending on their circumstances). This is allowed provided the Area has notified SNSW.

- Clubs are not allowed to run Speedo heats on behalf of Areas.

- Championship Meets are designed for swimmers to qualify for Metropolitan, Country, State and National Championships.

- It is not a requirement that all events are offered in individual age groups. Age grouping of events can be set by the Area to suit their individual requirements.   For example, the Area may deem it appropriate to offer the 400m freestyle in the 15 & Under and 16 & Over age groups.

- Schedule of Events should be set prior to the start of the applicable season and provided to SNSW.

AREA CHAMPIONSHIP EVENT MATRIX (example)

Long Course

Stroke	Distance					
	50	100	200	400	800	1500
Freestyle	X	X	X	X	X	X
Backstroke	X	X	X			
Breaststroke	X	X	X			
Butterfly	X	X	X			
Individual Medley			X	X		
Freestyle Relay			Optional	Optional	Optional	
Medley Relay			Optional	Optional		

Short Course

Stroke	Distance					
	50	100	200	400	800	1500
Freestyle	X	X	X	X	X	X
Backstroke	X	X	X			
Breaststroke	X	X	X			
Butterfly	X	X	X			
Individual Medley		X	X	X		
Freestyle Relay			Optional	Optional		
Medley Relay			Optional	Optional		

AREA CHAMPIONSHIP AGE GROUP MATRIX (example)

Stroke	Distance				
Freestyle	50	10 & Under	11\12 Years	13\14 Years	15 & Over
	100	10 & Under	11\12 Years	13\14 Years	15 & Over
	200	12 & Under	13\14 Years	15 & Over	
	400	13 & Under	14 & Over		
	800	11 & Over			
	1500	11 & Over			
Backstroke	50	10 & Under	11\12 Years	13\14 Years	15 & Over
	100	10 & Under	11\12 Years	13\14 Years	15 & Over
	200	12 & Under	13\14 Years	15 & Over	
Breaststroke	50	10 & Under	11\12 Years	13\14 Years	15 & Over
	100	10 & Under	11\12 Years	13\14 Years	15 & Over
	200	12 & Under	13\14 Years	15 & Over	
Butterfly	50	10 & Under	11\12 Years	13\14 Years	15 & Over
	100	10 & Under	11\12 Years	13\14 Years	15 & Over
	200	12 & Under	13\14 Years	15 & Over	
Individual Medley	100	10 & Under	11\12 Years	13\14 Years	15 & Over
	200	12 & Under	13\14 Years	15 & Over	
	400	13 & Under	14 & Over		
Freestyle Relay	4 x 50	10 & Under	11\12 Years	13\14 Years	
	4 x 100	16 & Under	18 & Under		
	4 x 200	18 & Under			
Medley Relay	4 x 50	10 & Under	11\12 Years	13\14 Years	
	4 x 100	16 & Under	18 & Under		

4. **QUALIFYING MEET**

Run by Areas and/or Clubs	Time Standards are optional (ie QT's or break times)
No Rule Considerations	Area approval required
Schedule of Events provided (example provided)	Age Group Matrix (example provided)
It is encouraged that Areas & clubs include Para events based on the needs of Para swimmers in the Area	

Further Notes & Recommendations:

- Age groups may be varied to better suit club requirements

Event Timing

- One (1) day meet total duration does not exceed Eight (8) hours
- Two (2) day meet total duration does not exceed Ten (10) hours, with no more than Five (5) hours on either day.
- If a junior meet (9-12yrs), no more than 4 hours per session.

QUALIFYING MEET EVENT MATRIX (example)

Long Course

Stroke	Distance					
	50	100	200	400	800	1500
Freestyle	X	X	X	X	Optional	Optional
Backstroke	X	X	X			
Breaststroke	X	X	X			
Butterfly	X	X	X			
Individual Medley			X	Optional		
Freestyle Relay			Optional	Optional		
Medley Relay			Optional	Optional		

Short Course

Stroke	Distance					
	50	100	200	400	800	1500
Freestyle	X	X	X	X	Optional	Optional
Backstroke	X	X	X			
Breaststroke	X	X	X			
Butterfly	X	X	X			
Individual Medley		X	X	Optional		
Freestyle Relay			Optional	Optional		
Medley Relay			Optional	Optional		

QUALIFYING MEET AGE GROUP MATRIX (example)

Freestyle	50	9 & Under	10\11 Years	12\13 Years	14\15 Years	16 & Over
	100	10 & Under	11\12 Years	13\14 Years	15 & Over	
	200	12 & Under	13\14 Years	15 & Over		
	400	13 & Under	14 & Over			
	800	11 & Over				
	1500	11 & Over				
Backstroke	50	9 & Under	10\11 Years	12\13 Years	14\15 Years	16 & Over
	100	10 & Under	11\12 Years	13\14 Years	15 & Over	
	200	12 & Under	13\14 Years	15 & Over		
Breaststroke	50	9 & Under	10\11 Years	12\13 Years	14\15 Years	16 & Over
	100	10 & Under	11\12 Years	13\14 Years	15 & Over	
	200	12 & Under	13\14 Years	15 & Over		
Butterfly	50	9 & Under	10\11 Years	12\13 Years	14\15 Years	16 & Over
	100	10 & Under	11\12 Years	13\14 Years	15 & Over	
	200	12 & Under	13\14 Years	15 & Over		
Individual Medley	100	9 & Under	10\11 Years	12\13 Years	14\15 Years	16 & Over
	200	12 & Under	13\14 Years	15 & Over		
	400	13 & Under	14 & Over			
Freestyle Relay	4 X 50	10 & Under	11/12 Years	13/14 Years		
	4 X 100	16 & Under	18 & Under			
	4 X 200	18 & Under				
Medley Relay	4 X 50	10 & Under	11/12 Years	13/14 Years		
	4 X 100	16 & Under	18 & Under			

5. DEVELOPMENT MEET

Run by Areas and/or Clubs	Time recommendation of four (4) hours
Rule Considerations apply	Area approval required
Time standards are optional	Age Group recommendations (example provided)
Recommended Schedule of Events (example provided)	It is encouraged that Areas & clubs include Para events based on the needs of Para swimmers in the Area

Further Notes & Recommendations:
- Age groups may be varied to better suit Area/Club requirements.
- 25m events may be added to Short Course & Long Course Development meets given they are classified as non-qualifying events and adhere to the SNSW requirements.
- 8 & Under: SNSW recommends applying rule considerations. Times may be used for qualifying purposes only if the referee deems stroke to be correct
- 9 & Over: SNSW does not recommend applying rule considerations

DEVELOPMENT MEET EVENT MATRIX (example)

Long Course

Stroke	Distance		
	50	100	200
Freestyle	X	X	X
Backstroke	X	X	X
Breaststroke	X	X	X
Butterfly	X	X	X
Individual Medley			X

Short Course

Stroke	Distance		
	50	100	200
Freestyle	X	X	X
Backstroke	X	X	Optional
Breaststroke	X	X	Optional
Butterfly	X	X	Optional
Individual Medley		X	X

DEVELOPMENT MEET AGE GROUP MATRIX (example)

Stroke	Dist					
Freestyle	25	6 & Under	7 Years	8 Years		
	50	8 & Under	9\10 Years	11\12 Years	13 & Over	
	100	9\10 Years	11\12 Years	13 & Over		
	200	Open				
Backstroke	25	6 & Under	7 Years	8 Years	9 Years	10 Years
	50	8 & Under	9\10 Years	11\12 Years	13 & Over	
	100	9\10 Years	11\12 Years	13 & Over		
Breaststroke	25	6 & Under	7 Years	8 Years	9 Years	10 Years
	50	8 & Under	9\10 Years	11\12 Years	13 & Over	
	100	9\10 Years	11\12 Years	13 & Over		
Butterfly	25	6 & Under	7 Years	8 Years	9 Years	10 Years
	50	8 & Under	9\10 Years	11\12 Years	13 & Over	
	100	9\10 Years	11\12 Years	13 & Over		
Individual Medley	100	9\10 Years	11\12 Years	13 & Over		
	200	9\10 Years	11\12 Years	13 & Over		

6. **TIME TRIALS**

Clubs should refer to their own Area's Policy in regard to Time Trials. Club nights are usually approved by Areas as official qualifying times can be achieved provided the required Technical Officials are officiating at the Club night and qualifying times are submitted under the current rules of swimming.

7. **OPEN WATER SWIMMING**

Run by SNSW / Areas and/or Clubs	Time recommendation of four (4) hours (maximum)
Rule Considerations can apply	SNSW approval required for Areas
Time standards are optional	Area approval required for Clubs
Recommended Schedule of Events (example provided)	Age Group recommendations (example provided)

Further Notes & Recommendations:
- Swimmers competing in events greater than 5km must have successfully completed a 5km swim prior to entering the 7.5km and/or 10km distance
- SNSW recommends that Age and distances are not combined. The 2.5km events should not be combined with any other event
- SNSW recommends that longer distances commence prior to the shorter distances. Ideally there should be 24 hours minimum between an individual swimmer completing a 10km event and a 5km event
- Only members of SNSW or a recognised affiliated organisation can compete in Area Championships and State Championships
- It is encouraged that Areas & clubs include Para events based on the needs of Para swimmers in the Area
- GR17.4 In all open inter club Open Water Swimming events a swimmer, who has not attained thirteen (13) years of age on the day of the event, not permitted to contest distances of over (five) 5km

OWS DISTANCE / AGE COMMENCEMENT MATRIX

Distance	Ages
2.5km	Minimum Age 11 Years to a Maximum of 13 Years
5.0km	Minimum Age 12 Years
7.5km	13 Years & over
10km & over	13 Years & over

8. SWIMMING NSW QUALIFYING & DEVELOPMENT MEET CHECKLIST

Step 1: SNSW encourages Clubs and Areas to think about all their key stakeholders when putting their meet programs together:

- Swimmers
- Technical Officials & Volunteers
- Parents

Step 2: With all these key stakeholders in mind, the following should be considered when putting meet programs together:

- Why are we running this meet?
- What level of swimmers do we want at this meet?
- What sort of events do these swimmers require?
- How long do you want the meet to go for?
- Will our Technical Officials and Volunteers be happy with this timeframe?
- Will our Parents be happy with this timeframe?
- What can we do to ensure that all three key stakeholders benefit from the meet?
- How can we ensure that we meet all of the above aims of the meet, whilst still making the meet financially viable?

Step 3: Once you have answered all these questions, then the Area or Club should determine the following:

- The Meet Program
- Set Qualifying or Break Times (if required)
- Add Entry Limits (if required)

APPENDIX 1

GR7   QUALIFYING TIMES

GR7.1   Swimming NSW may adopt an entry qualifying time for each distance and style for all NSW Championships. Advice of the approved qualifying times shall be published by the 1st of April and the 1st of October for the Winter and Summer Seasons, respectively.

GR7.2   Qualifying times must be achieved at a properly approved or sanctioned meet, refer GR 16.

NOTE: Qualifying times achieved at meets conducted by school and other kindred association must conform to the current Swimming NSW School Swim Meet policy.

GR7.3   The Officials for an approved meet shall include both an accredited SA Referee and an accredited or approved Starter as a minimum requirement.

GR7.4   When qualifying for State Long Course Championships swimmers can use either a long course or short course qualifying time. However, if entering a short course time their entry time will be equal to the qualifying time for that event. This is subject to the discretion of Swimming NSW and will be advertised prior to the meet.

GR7.5   When qualifying for State Short Course Championships swimmers can use a long course or short course qualifying time.

GR7.6   Any swimmer who fails to achieve the qualifying time for the event entered is subject to review and may be sanctioned by the Board.

APPENDIX 2

GR15 AREA AUTHORITY

An Area shall have authority to

GR15.1 grant permission for the Clubs within its territory to promote and control interclub swim meets, PROVIDED THAT:

  approval will not be granted where the proposed date of the meet is on the same date as a SA or Company conducted meet HOWEVER if the proposed meet is limited to only age groups that are not eligible for the Company meet then areas are able to approve such meet ie a meet for 12 & under can be held on the same date as Senior State age or a meet for 13 & overs can be held on the same date as Junior State age.

  NOTWITHSTANDING the preceding provisions of this General Rule, the Board may at its discretion approve the conduct of a meet deemed to be in conflict with a Company conducted Championship Meet (see By Law 30)

NOTE: Championship Meets are any of the following meets conducted by the Company;

Metropolitan Championships; LC and SC
Country Championships; LC and SC
Junior State Age LC and SC
Senior State Age LC and SC
State Age 9 – 12 Years SC
State Age 12 & Over SC
State Open; LC
State Age and Open, Open Water
Sydney Open

  Clubs that are not eligible to compete at the relevant Country or Metropolitan Championships may conduct a meet on the same date as these meets.

GR15.2 require, if deemed necessary, the value of awards offered at a meet authorised in pursuance of this Rule, to be deposited with the Area Secretary fourteen (14) days prior to the date of the meet.

APPENDIX 3

GR16   APPROVED MEETS, FORWARDING OF RESULTS

AREA APPROVAL

GR16.1   An Area shall be authorised to approve the conduct of a Meet for the purpose of the establishment of qualifying standards by a Club in accordance with current SA and Company Policy. The Area or Club shall forward or cause to be forwarded to the Company results of Area or Club Meets within seven (7) days of the meet being held (for the avoidance of doubt, this is a period of 168 hours, commencing from 12am on the day following the conclusion of the meet) or by the closing date for entries for the Championship Event, whichever is first in time, or as required by the Board.

SWIMMING NEW SOUTH WALES APPROVAL

GR16.2   Results from Board approved swim meets, school meets and/or kindred association meets must be submitted in accordance with the requirements of GR16.1