



## COMPETITION STRATEGY

### POLICY

<b>Adopted or Amended</b>	<b>By Whom</b>	<b>Date</b>
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

## **Swimming NSW Competition Strategy Policy**

The Competition Strategy was implemented by the Board of Directors to meet a number of key strategic objectives with its overall purpose being to improve the level of Competition that is available to Swimming NSW members.

The Board continues to consult with key stakeholders in regards to the Policy to ensure that it continues to meet the needs of our members.

The Policy includes the following:

- 1. Competition Strategy Overview**
- 2. A detailed outline of each of the three types of Meets; Championship, Qualifying & Development.**
- 3. Swimming NSW Qualifying & Development Meet Checklist**

**It is important to note that any conducted meet where Qualifying Times may be achieved must comply with Swimming General Rules 7 and 16. Please see Appendix One for a copy of these Rules. This includes Club Nights and Time Trials.**

# COMPETITION STRATEGY OVERVIEW



## CHAMPIONSHIP MEET:

- Run by Areas only
- Up to five (5) sessions
- Program of Events provided
- Age Group Matrix provided
- All events must have QT's
- No Rule Considerations
- SNSW Approval required
- % of QT sheets provided

## QUALIFYING MEET:

- Run by Areas and/or Clubs
- Time Standards are Optional
- No Rule Considerations
- Area Approval required
- Recommended Program of Events provided
- Age Group recommendations provided
- % of QT/Break Time sheets provided

Time *recommendation* for a one day meet total duration does not exceed Eight (8) hours, for a two day meet total duration does not exceed Ten (10) hours, with no more than Five (5) hours on either day.

## DEVELOPMENT MEET:

- Run by Areas and/or Clubs
- Time recommendation of Four (4) hours
- Rule considerations apply
- Area Approval required
- Recommended Program of Events provided
- Age Group recommendations provided
- Time Standards are Optional

## CHAMPIONSHIP MEET:

**Organisational Body:** Areas only

**Time Standards:** All events must have Qualifying Standards

**Rule Considerations:** None

**Swimming NSW Approval Required:** Yes

**Area Approval Required:** Yes

**Time Limit:** Up to five (5) sessions.

**Program of Events:** A Meet program must include all of the events as indicated in the Championships Meet Event Matrix (see below)

**Age Grouping:** The age groups offered must include the age groups as indicated in the Championship Meet Age Group Matrix (see below). 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.

### **Championship Meet Event Matrix**

#### **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		

### Age Group Matrix: (RECOMMENDATION ONLY)

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

#### Further Notes & Recommendations:

- Championship Meets are designed for swimmers to qualify for Metropolitan, Country, State and National Championships.
- Swimming NSW *recommends* that Area Championships be run over two (2) days
- Swimming NSW *recommends* Area utilise ‘% of Qualifying Standard’ charts as provided to determine qualifying standards.
- Swimming NSW requires that Area run Championship Meet Programs be set prior to the start of the applicable season.
- Clubs may not conduct Championship meets on an Area’s behalf.

## QUALIFYING MEET:

**Organisational Body:** Areas & Clubs

**Time Standards:** Optional

**Rule Considerations:** None

**Swimming NSW Approval Required:** No

**Area Approval Required:** Yes

**Time:** *Time recommendation* for a one day meet total duration does not exceed Eight (8) hours, for a two day meet total duration does not exceed Ten (10) hours, with no more than Five (5) hours on either day.

**Program of Events:** Swimming NSW *recommends* that Qualifying Meet programs include all of the events as indicated in the Qualifying Meet Event Matrix (see below)

**Age Grouping:** Swimming NSW *recommends* that Age groups offered at Qualifying Meets include the age groups as indicated in the Qualifying Meet Age Group Matrix (see below)

### **Qualifying Meet Event Matrix:**

#### **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		

**Age Group Matrix (RECOMMENDATION ONLY)**

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

**Further Notes & Recommendations:**

- Age groups may be varied to better suit club requirements

## DEVELOPMENT MEET:

**Organisational Body:** Areas & Clubs

**Time Standards:** Optional

**Rule Considerations:** Yes

**8 & Under:** Swimming NSW *recommends* applying rule considerations. Times may be used for qualifying purposes only if the referee deems stroke to be correct.

**9 & Over:** Swimming NSW does not *recommend* applying rule considerations.

**Swimming NSW Approval Required:** No

**Area Approval Required:** Yes

**Time:** Approx Four hours

**Program of Events:** Swimming NSW *recommends* that Development Meet programs include all of the events as indicated in the Development Meet Event Matrix (see below)

**Age Grouping:** Swimming NSW *recommends* that Age groups offered at Development Meets include the age groups as indicated in the Development Meet Age Group Matrix (see below)

### **Development Meet Event Matrix:**

#### **Long 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

#### **Short Course**

Stroke	Distance			
	25	50	100	200
Freestyle	X	X	X	X
Backstroke	X	X	X	Optional
Breaststroke	X	X	X	Optional
Butterfly	X	X	X	Optional
Individual Medley			X	X



**Age Group Matrix: (RECOMMENDATION ONLY)**

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

**Further Notes and Recommendations:**

- Age groups may be varied to better suit club requirements.
- 25m events may be added to Long Course Development meets given they are classified as Non-Qualifying events and adhere to the SNSW requirements.

## **TIME TRIALS:**

**Clubs should refer to your own Area's Policy in regards to Time Trials.**

# Swimming NSW Qualifying & Development Meet Checklist

**Step 1: Swimming NSW want 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:**

1. Why are we running this meet?

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2. What level of swimmer do we want at this meet?

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3. What sort of events do these swimmers require?

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4. How long do you want the meet to go for?

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5. Will our Technical Officials and Volunteers be happy with this timeframe?

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6. Will our Parents be happy with this timeframe?

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7. What can we do to ensure that all three key stakeholders benefit from the meet?

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8. How can we ensure that we meet all of the above aims of the meet, whilst still making the meet financially viable?

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**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 One

## 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 1<sup>st</sup> of April and the 1<sup>st</sup> 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 for the recognition of Qualifying Times.

GR7.3 The Officials for an approved meet shall include an accredited SAL Referee and Starter as a minimum requirement. It is permissible for the Referee to act as Starter if necessary.

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.

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

GR 7.6 If entering using an e-entry or multi entry card, the date and place of the achievement of the qualifying time must be recorded.

GR7.7 Any swimmer who fails to achieve the qualifying time for the event entered is subject to review and may be sanctioned by the Board.

## **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 SAL 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 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