

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 - Freestyle only	2	100m Kick with Kick Board - Freestyle only
3	50m Freestyle	4	50m Freestyle
5	200m IM as 25 Fly, 75 Back, 25 Brs, 75 Fs	6	200m IM as 25 Fly, 75 Back, 25 Brs, 75 Fs
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) - Freestyle only	30	50m Pull - Push (Band & PB) - Freestyle only

Round 4 Opens: Monday 2nd November - Results close: Monday 16h November @ 5:00pm

Male		Female	
31	200m Kick with Kick Board - Freestyle only	32	200m Kick with Kick Board - Freestyle 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



SNSW Wylas Club Challenge - 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 Brs, 75 Fs	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	<p>Start: In water from push (no underwater kick)</p> <p>The swim will be completed in freestyle with a pull buoy and a band. No paddles allowed</p> <p>Time: Record total 50m time (mm:ss.00)</p>
ROUND 4		
Event No/s	Event	Protocol
31 & 32	200m Kick with Kick Board - Freestyle kick only	<p>Start: In water from push (no underwater kick)</p> <p>Swum as freestyle only.</p> <p>Turn: only 1 arm stroke allowed into each turn – tumble turn allowed</p> <p>Finish: NO arm strokes allowed into the wall. MUST finish with 2 hands on the board into the wall</p> <p>Time: Record total 200m time (mm:ss.00)</p>
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	<p>Although a non-competitive distance it will be conducted as per normal SNSW competition rules</p> <p>Start: Competition start on blocks</p> <p>Swim 75m in the selected stroke (e.g. event 37 is backstroke, event 39 is breaststroke, etc)</p> <p>Time: Record total 75m time (mm:ss.00). 25m splits may be taken</p>
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