

# **CONDUCTING A CLUB NIGHT**

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# **CONDUCTING A CLUB NIGHT**

The following information has been gathered from many successful clubs.

Each club will need to set it's own criteria, depending on club size and the ages of swimmers. The following information is for guidance and reference only and hopefully will assist to set up your club, with information showing where to go for help and where to get the appropriate forms.

## **1.Competition Rules and Procedures**

New members are always welcome at the weekly/2<sup>nd</sup> weekly/ monthly Club meets. These meets are held on.....night/day and will commence at .....

Club days/nights are not possible without the help of parents. Parents should be encouraged to volunteer as Timekeepers or any other capacity. This is also a great way of meeting other parents and getting to know the swimmers in your club.

Any person who is willing to volunteer needs to complete a Prohibited Employment Declaration Form. (Information on Prohibited Employment Declaration Form is found on page 59 of the Club Operational Manual. Forms may also be downloaded from the Swimming New South Wales website [www.nswswimming.com.au](http://www.nswswimming.com.au).)

A person will only need to fill this form out once, for each club and district organisation with which they are involved. Each club should retain the completed declaration form in a secure location for future reference.

The compliance of each club in implementing this policy will ensure a safe environment for children and young people in our sport of swimming.

## **2. Running A Club Night**

### **PRIOR TO:**

1. Agree to a suitable night/day with the members.
2. Make sure of pool availability on that night/day.
3. Confirm how many lanes are available for club use.
4. How long a night/day you want.
5. How many swims to do.
6. Cost of card per swim.
7. Decide whether to meet weekly/fortnightly or monthly.
8. Decide with Pool Management pool entry fee.
9. Will the night/day cover the hire cost of the pool.
10. When to run club championships.
11. Criteria for championships
12. Distance of swims.
13. Fundraising within the Club.

In general, clubs appoint a Race Committee, who will develop the program for club nights. The spokesperson is usually the Race Secretary and this information is taken back to a General Club Meeting, where it is presented to the eligible voting members (i.e. financially paid up) and present for discussion and acceptance.

Programs may be designed to incorporate distances for qualifying times that can be used for Metropolitan, Country and State long and short course championships. (This information is found in the NSW Swimming Limited, Almanac and is also available on [www.nswswimming.com.au](http://www.nswswimming.com.au).)

Longer distance swims should be made available in the long course season (i.e. 200m and longer events), with qualifying times to control the length of the club night/day. It is up to the individual club to set these times.

Some clubs impose qualifying times on events over 100m in the short course season. It is up to the individual club to decide what is best for their club.

Short course is the Winter season 1<sup>st</sup> April to 30<sup>th</sup> September. Events are swum in a 25m pool.

Long course is the Summer season 1<sup>st</sup> October to 31<sup>st</sup> March. Events are swum in a 50m Pool.

Sample Programs are available in the appendix.

### **3. On The Night**

1. Timekeepers, three (3) per lane. (Need not be qualified.)
2. Finish Judges (3), when not using three timekeepers on each lane.
3. Accredited Starter and or Accredited Referee (if times are to be submitted for qualifying times to Swimming New South Wales.)
4. Person to marshal the swimmers.
5. Stop watches (3 per lane)
6. Pencils and Clipboards (1 per lane)
7. Timekeeper's Record forms (for keeping a record of Timekeepers times).
8. Starting device (whistle, hooter, gun)
9. Race entry cards to marshal and record times on.
10. Copy of current Almanac for checking qualifying times.

Of course you have to do the best you can, with the volunteer officials available.

The person responsible in your club for seeding the cards does this prior to commencing races. The Club may insist that entry cards be submitted 1 week in advance, or they may enter them on the night. Usually there is a cut off time, to enable entries to be seeded into heats prior to commencement of club events. The cards are usually seeded slowest to fastest in each of the strokes, sorted into heats, according to the number of lanes being used. In pools with six (6) lanes or eight (8) lanes you would place the fastest swimmer in lanes 3 & 4 respectively. If you have only three (3) lanes the fastest swimmer would be placed in the middle. In pools with five (5) lanes you would use lane 3. In eight (8), nine (9) or ten (10) lane pools you would place the swimmer in lane 4.

The next fastest swimmer is placed to the left of the fastest swimmer and the next fastest to the right of the fastest swimmer and so on till all the swimmers are placed.

Examples on seeding are shown in the NSW Swimmers Digest. (see page 3.20).

Preferably during club, all the cards are collected and given to the Race Secretary, to be checked for qualifying times. These qualifying times must be forwarded to Swimming New South Wales within 7 days, on the appropriate qualifying sheets and signed by the accredited starter and accredited referee in attendance. Qualifying forms are available on the website and in the Club Operational Manual.

Times are recorded for each swimmer and point scores allocated for their swims according to the club rules. Each club will have allocated some person to this role. It is the Race Secretary's job to keep an up to date record of all swimmers times and where and when they were achieved. Times need to be identified for short and long course.

## **4. Club Races**

Club races are the starting point of competitive swimming, therefore they need to cover all strokes and distances. The order of events should vary from week to week.

Swimmers compete against their personal best time at club. They may be swimming with older or younger swimmers, who swim around the same time. Only in the Club Championships, do they compete with swimmers of their own age group. You should cater for all age groups where possible.

For the younger swimmers starting out, the distances will vary. The younger swimmer could commence swimming 12½m or 15m for each of the strokes. The club would then determine whether there should be a break time, or how many times they are able to swim this distance before advancing to the next distance.

To create more interest at club you could add relays to the night/day, add a mystery medley (swimming strokes out of order), have the older swimmers swim under handicap against the younger swimmers. Invent imaginative novelty events.

For sample programs for Club races see appendix.

## **5. Break Times**

When a swimmer reaches the break times that have been set, they may advance to the next distance. It is up to the Club to decide how many times they can remain in a distance, after the break time has been achieved. This is especially important for form strokes.

At 50 metres and over it would be expected that swimmers are swimming according to the rules and therefore would be disqualified for any rule infraction. Swimming a lesser distances, gives the child time to adopt the correct stroke.

Examples of guidelines and break times followed by some clubs are shown in the Appendix.

## **6. Point Scores**

A point score, is a system, whereby each swimmer swims against their personal best time and is allocated points for their swim. This is usually for club swims only. Some clubs nominate designated carnivals for receiving points. It is up to each club to set their own criteria. You may operate a Summer and Winter point score, Junior and Senior point score.

For sample of Point Score see appendix.

## **7. Other awards**

- Most Improved swimmer.
- Coach's award.
- Club swimmer of the year.
- Most successful club representative of the year.
- Presidents' award.
- Freestyle swimmer of the year.
- Breaststroke swimmer of the year.
- Butterfly swimmer of the year.
- Backstroke swimmer of the year
- Individual Medley swimmer of the year.

These are just a few examples of awards that can be given.

## **8. Time Trials**

Time trials are events held for swimmers, who are attempting a qualifying time for Metropolitan, Country, State or National Championships. Time trials need to be arranged with the relevant official of your club, to enable accredited officials to be in attendance. This will depend on whether your club has accredited officials or perhaps the district needs to be asked for assistance.

## 9. Club Championships

The Club Championships are the culmination of the years' swimming calendar. It is the one time in the club, that swimmers compete against their own age group. The club championships are for a separate set of awards to the regular point score competition.

1. The club championships are held for both boys and girls, in age groups and can include Open boys and girls champion.
2. Each club is able to set their own criteria and age groups for championships.
3. Swimmers must be first claim financial members of the club to be eligible to compete.
4. There should be some criteria set, e.g. Must have swum 4 club swims to be eligible to participate.
5. Swimmers may only compete in their own age group and Open events, providing they can achieve qualifying time.
6. Age for championships will be determined by the club, e.g. some clubs use NSW state qualifying dates (13 - 18 years). Others use the 1<sup>st</sup> date of the season they are holding their championships in, e.g. 1<sup>st</sup> October for summer championships. It is up to the club to decide when the age will be set.

## 10. Club Records

Clubs need to set the criteria for swim records. These can be either achieved solely at club meets or some clubs will nominate outside swims that may be used for club records, providing they are verified.

Swimmers must be financial, **first claim members** of that club.

Clubs should set the age and distance for club records. Whether they are single or double age groups e.g. 11/12 years or 11 years & 12 years.

Record swims must be conducted under NSW Swimming rules.

If you are just starting up as a club or have gone from a 25m to 50m pool, then the fastest time recorded for that swim and age group would be the record.

A competitor swimming in an Open event can also break an Age record.

## **11. Fundraising During Club**

There are many ways of fundraising during club nights/day. These ideas would be discussed at a social meeting and then taken back to general meeting for approval.

Some examples of how you can fundraise are:-

- BBQ
- Meat/Fruit raffle
- Hot dog night
- General raffle
- Guessing competitions
- Money tree raffle
- Jar of lollies
- Chocolate drive

We need to set a very good example for our young swimming members by using a sensible attitude towards any fundraising activities.

## **12. Where To Go For Further Help**

When you become affiliated with Swimming New South Wales, you may also affiliate with your District. Contact the Secretary of your district, if you require support from the other clubs in your district. The District ALEC Convenor will be able to assist with accredited District officials. The [www.nswswimming.com.au](http://www.nswswimming.com.au) website also offers various resources to peruse. If the web is not available, Swimming New South Wales is only a phone call away.

This information has been compiled by the Education Committee of Swimming New South Wales. Should you require any further assistance, please investigate [www.nswswimming.com.au](http://www.nswswimming.com.au) and see what is available or contact the Company office for a visit from the Education Committee.



# **SAMPLE SUMMER RACE PROGRAM NO 1**

## **SUMMER RACE PROGRAM & SUMMER CHAMPIONSHIP PROGRAM**

<b>WEEK</b>	<b>DATE</b>	<b>STROKE</b>	<b>DISTANCE</b>	<b>STROKE</b>	<b>DISTANCE</b>
01	11 <sup>th</sup> Oct	Freestyle	12 ½ m - 400m	Butterfly	12½ m - 400m
02	18 <sup>th</sup> Oct	Backstroke	12 ½ m - 200m	Breaststroke	12½ m - 200m
03	25 <sup>th</sup> Oct	Freestyle	12 ½ m - 400m	Medley	200 m - 400m
04	1 <sup>st</sup> Nov	Freestyle	12 ½ m - 400m	Butterfly	12½ m - 400m
05	7 <sup>th</sup> Nov	Backstroke	12 ½ m - 200m	Breaststroke	12½ m - 200m
06	15 <sup>th</sup> Nov	Freestyle	12 ½ m - 400m	Medley	200 m - 400m
07	22 <sup>nd</sup> Nov	Breaststroke	12 ½ m - 200m	Freestyle	12½ m - 400m
08	29 <sup>th</sup> Nov	Backstroke	12 ½ m - 200m	Breaststroke	12½ m - 200m
09	6 <sup>th</sup> Dec	Butterfly	12 ½ m - 200m	Freestyle	12½ m - 400m
10	<b>13<sup>th</sup> Dec</b>	<b>NO CLUB</b>	<b>RACES</b>	<b>METROPS</b>	
11	20 <sup>th</sup> Dec	Freestyle	12 ½ m - 400m	Breaststroke	12½ m - 200m
12	<b>3<sup>rd</sup>/4<sup>th</sup> Jan</b>	<b>NO CLUB</b>	<b>RACES</b>	<b>NSW STATE</b>	
13	<b>13<sup>th</sup>/19<sup>th</sup> Jan</b>	<b>NO CLUB</b>	<b>RACES</b>	<b>NSW STATE &amp;</b>	<b>OPEN STATE</b>
14	31 <sup>st</sup> Jan	Butterfly	12 ½m - 200m	Freestyle	12½ m - 400m
15	7 <sup>th</sup> Feb	<b>1<sup>ST</sup> CLUB</b>	<b>CHAMPIONSHIP</b>	<b>SEE ATTACHED</b>	<b>PROGRAM</b>
16	14 <sup>th</sup> Feb	Medley	200m - 400m	Freestyle	12 ½m - 200m
17	21 <sup>st</sup> Feb	<b>2<sup>nd</sup> CLUB</b>	<b>CHAMPIONSHIP</b>	<b>SEE ATTACHED</b>	<b>PROGRAM</b>
18	28 <sup>th</sup> Feb	Backstroke	12 ½m - 200m	Freestyle	12 ½m - 200m
19	6 <sup>th</sup> Mar	Medley	200m - 400m	Freestyle	12 ½m - 200m
20	13 <sup>th</sup> Mar	Breaststroke	12 ½m - 200m	Freestyle	12 ½m - 200m
21	20 <sup>th</sup> Mar	Medley	200m - 400m	Freestyle	12 ½m - 200m
22	27 <sup>th</sup> Mar	Freestyle	12 ½m - 200m	Backstroke	12 ½m - 200m

- For swimmers unable to swim Butterfly, Backstroke is the alternate stroke.
- For swimmers unable to swim Breaststroke, Freestyle is the alternate stroke.
- For swimmers unable to swim Medley, they may swim 12½ m – 50m of any Stroke.

- 15<sup>th</sup> Nov - 100m BACKSTROKE CHAMPIONSHIP
- 22<sup>ND</sup> Nov - 100m BREASTSTROKE CHAMPIONSHIP
- 6<sup>TH</sup> Dec - 100m BUTTERFLY CHAMPIONSHIP
- 31<sup>ST</sup> Jan - 200m BUTTERFLY CHAMPIONSHIP
- 14<sup>TH</sup> Feb - 200m IND MEDLEY CHAMPIONSHIP
- 28<sup>TH</sup> Feb - 200m BACKSTROKE CHAMPIONSHIP
- 6<sup>TH</sup> Mar - 400m IND MEDLEY CHAMPIONSHIP
- 13<sup>TH</sup> Mar - 200m BREASTSTROKE CHAMPIONSHIP

### **QUALIFYING TIMES:**

<b>STROKE</b>	<b>GIRLS</b>	<b>BOYS</b>
200m Butterfly	3.30.00	3.20.00
200 I.M.	3.30.00	3.20.00
200m Backstroke	3.20.00	3.10.00
400m Freestyle	5.50.00	5.45.00
200m Breaststroke	3.55.00	3.40.00
400m I.M	6.45.00	6.45.00

## CLUB CHAMPIONSHIP 7<sup>TH</sup> FEBRUARY

GIRLS	BOYS	EVENT	
1	2	Open	200m Freestyle Q.T
3	4	6 yrs & under	25m Backstroke
5	6	7/8 yrs	25m Backstroke
7	8	9/10 yrs	50m Backstroke
9	10	11/12 yrs	50m Backstroke
11	12	13/14 yrs	50m Backstroke
13	14	15/16 yrs	50m Backstroke
15	16	Senior	50m Backstroke
17	18	6 yrs & under	25m Breaststroke
19	20	7/8 yrs	25m Breaststroke
21	22	9/10 yrs	50m Breaststroke
23	24	11/12 yrs	50m Breaststroke
25	26	13/14 yrs	50m Breaststroke
27	28	15/16 yrs	50m Breaststroke
29	30	Senior	50m Breaststroke

## CLUB CHAMPIONSHIPS 21<sup>ST</sup> FEBRUARY

GIRLS	BOYS	EVENTS	
31	32	Open	100m Free
33	34	6 yrs & under	25m Free
35	36	7 yrs	25m Free
37	38	8 yrs	25m Free
39	40	8 yrs & under	50m Free
41	42	9 yrs	50m Free
43	44	10 yrs	50m Free
45	46	11 yrs	50m Free
47	48	12 yrs	50m Free
49	50	13 yrs	50m Free
51	52	14 yrs	50m Free
53	54	15 yrs	50m Free
55	56	16 yrs	50m Free
57	58	Senior	50m Free
59	60	6 yrs & under	25m Fly
61	62	7/8 yrs	25m Fly
63	64	9/10 yrs	50m Fly
65	66	11/12 yrs	50m Fly
67	68	13/14 yrs	50m Fly
69	70	15/16 yrs	50m Fly
71	72	Senior	50m Fly

## **SAMPLE PROGRAM No 2**

### **CLUB RACES**

#### **Short Course**

Week 1	Freestyle	100m	Breaststroke	100m	Backstroke	50m
Week 2	Freestyle	50m	Backstroke	100m	Butterfly	50m
Week 3	Freestyle	200m Q.T	Butterfly	100m	Breaststroke	50m
Week 4	Freestyle	50m	I.M	200m	Backstroke	50m

Any distance up to the distance advertised may be swum.

#### **Long Course.**

Week 1	Freestyle	100m	Breaststroke	200m	Backstroke	50m
Week 2	Freestyle	200m	Backstroke	100m	Butterfly	50m
Week 3	Freestyle	400m Q.T	Butterfly	100m	Breaststroke	50m
Week 4	Freestyle	50m	I.M	400m	Backstroke	50m

Freestyle distances may go up to 1500m. It is dependent on the age groups of your swimmers whether you do these distances or not. Any swim over 100m generally has a qualifying time. Freestyle is usually swum each week and then one or two form strokes.

### **SAMPLE OF BREAK TIMES**

	<i>STROKE</i>	<i>DISTANCE</i>	<i>TIME</i>
1	Freestyle	12½ m	15 seconds
2	Backstroke	12½ m	18 seconds
3	Breaststroke	12½ m	18 seconds
4	Butterfly	12½ m	18 seconds
5	Freestyle	25 m	30 seconds
6	Backstroke	25 m	35 seconds
7	Breaststroke	25 m	35 seconds
8	Butterfly	25 m	35 seconds
9	Freestyle	50 m	40 seconds
10	Backstroke	50 m	50 seconds
11	Breaststroke	50 m	55 seconds
12	Butterfly	50 m	45 seconds

## POINT SCORES:

### SAMPLE NO 1

1	Improve time by more than 0.50 sec	Six	(6) points
2	Improve time up to 0.50 sec	Five	(5) points
3	Same as previous time	Four	(4) points
4	Up to 0.50 sec slower than previous best time	Three	(3) points
5	More than 0.50 sec slower than previous best time	Two	(2) points
6	All others	One	(1) point

### SAMPLE NO 2

1	Best time	eight	(8) points
2	Equal best time	six	(6) points
3	Within 1 second of best time	four	(4) points
4	First swim in each stroke or distance	four	(4) points
5	No improvement in time	two	(2) points

## CLUB CHAMPIONSHIPS

### Events     Ages

1	4 years & under
2	5 years
3	6 years
4	7 years
5	8 years
6	9 years
7	10 years
8	11 years
9	12 years
10	13 years
11	14 years
12	15 years
13	16 years
14	17 years & over

## Age and Distance and Age for each stroke

### FREESTYLE

12½m	5 years and 4 years & under
25 m	6 & 7 years
50 m	8 & 9 years
100 m	10,11,12,13,14,15,16,17 years & over

### BACKSTROKE

12½m	5 years and 4 years & under
25 m	6 & 7 years
50 m	8 & 9 years
100 m	10,11,12,13,14,15,16,17 years & over

### BREASTSTROKE

25 m	6 & 7 years
50 m	8 & 9 years
100 m	10,11,12,13,14,15,16,17 years & over

### BUTTERFLY

25 m	6 & 7 years
50 m	8 & 9 years
100m	10,11,12,13,14,15,16,17 years & over

### INDIVIDUAL MEDLEY

100m	9 years & under ( 25m pool only)
200m	10,11,12,13,14,15,16,17 years & over

## OPEN EVENTS FOR BOYS AND GIRLS

( Summer Championships)

Freestyle	50m	100m,	200m,	400m,	800m,	1500m	Backstroke
		50m	100m,	200m			
Breaststroke	50m	100m,	200m				
Butterfly	50m	100m,	200m				
Individual Medley			200m,	400m			

## POINTS FOR CHAMPIONSHIP

First place	8 points
Second place	5 points
Third place	3 points
Fourth place	1 point

# CLUB CHAMPIONSHIPS

## SAMPLE NO 3

<u>Event</u>	<u>M/F</u>	<u>Age</u>	<u>Dist.</u>	<u>Event</u>	<u>M/F</u>	<u>Age</u>	<u>Dist.</u>	<u>Event</u>	<u>M/F</u>	<u>Age</u>	<u>Dist.</u>	<u>Event</u>	<u>M/F</u>	<u>Age</u>	<u>Dist.</u>
<b>FREE</b>				<b>BRST</b>				<b>FLY</b>				<b>BACK</b>			
1	M	6	25m	41	M	6	25m	81	M	6	25m	121	M	6	25m
2	F	6	25m	42	F	6	25m	82	F	6	25m	122	F	6	25m
3	M	7	25m	43	M	7	25m	83	M	7	25m	123	M	7	25m
4	F	7	25m	44	F	7	25m	84	F	7	25m	124	F	7	25m
5	M	8	25m	45	M	8	25m	85	M	8	25m	125	M	8	25m
6	F	8	25m	46	F	8	25m	86	F	8	25m	126	F	8	25m
7	M	9	25m	47	M	9	25m	87	M	9	25m	127	M	9	25m
8	F	9	25m	48	F	9	25m	88	F	9	25m	128	F	9	25m
9	M	10	25m	49	M	10	25m	89	M	10	25m	129	M	10	25m
10	F	10	25m	50	F	10	25m	90	F	10	25m	130	F	10	25m
11	M	6	50m	51	M	6	50m	91	M	6	50m	131	M	6	50m
12	F	6	50m	52	F	6	50m	92	F	6	50m	132	F	6	50m
13	M	7	50m	53	M	7	50m	93	M	7	50m	133	M	7	50m
14	F	7	50m	54	F	7	50m	94	F	7	50m	134	F	7	50m
15	M	8	50m	55	M	8	50m	95	M	8	50m	135	M	8	50m
16	F	8	50m	56	F	8	50m	96	F	8	50m	136	F	8	50m
17	M	9	50m	57	M	9	50m	97	M	9	50m	137	M	9	50m
18	F	9	50m	58	F	9	50m	98	F	9	50m	138	F	9	50m
19	M	10	50m	59	M	10	50m	99	M	10	50m	139	M	10	50m
20	F	10	50m	60	F	10	50m	100	F	10	50m	140	F	10	50m
21	M	11	50m	61	M	11	50m	101	M	11	50m	141	M	11	50m
22	F	11	50m	62	F	11	50m	102	F	11	50m	142	F	11	50m
23	M	12	50m	63	M	12	50m	103	M	12	50m	143	M	12	50m
24	F	12	50m	64	F	12	50m	104	F	12	50m	144	F	12	50m
25	M	13	50m	65	M	13	50m	105	M	13	50m	145	M	13	50m
26	F	13	50m	66	F	13	50m	106	F	13	50m	146	F	13	50m
27	M	14	50m	67	M	14	50m	107	M	14	50m	147	M	14	50m
28	F	14	50m	68	F	14	50m	108	F	14	50m	148	F	14	50m
29	M	u/10	100m	69	M	u/10	100m	109	M	u/10	100m	149	M	u/10	100m
30	F	u/10	100m	70	F	u/10	100m	110	F	u/10	100m	150	F	u/10	100m
31	M	11	100m	71	M	11	100m	111	M	11	100m	151	M	11	100m
32	F	11	100m	72	F	11	100m	112	F	11	100m	152	F	11	100m
33	M	12	100m	73	M	12	100m	113	M	12	100m	153	M	12	100m
34	F	12	100m	74	F	12	100m	114	F	12	100m	154	F	12	100m
35	M	13	100m	75	M	13	100m	115	M	13	100m	155	M	13	100m
36	F	13	100m	76	F	13	100m	116	F	13	100m	156	F	13	100m
37	M	14	100m	77	M	14	100m	117	M	14	100m	157	M	14	100m
38	F	14	100m	78	F	14	100m	118	F	14	100m	158	F	14	100m
39	M	open	100m	79	M	open	100m	119	M	open	100m	159	M	open	100m
40	F	open	100m	80	F	open	100m	120	F	open	100m	160	F	open	100m

## CLUB CHAMPIONSHIPS

### SAMPLE NO 3(Cont)

#### INDIVIDUAL MEDLEY

161	M	u/10	100m	165	M	open 200m
162	F	u/10	100m	166	F	open 200m
163	M	u/13	100m			
164	F	u/13	100m			

## CLUB CHAMPIONSHIPS

### SAMPLE NO 4

## JUNIOR CHAMPIONSHIP

### Event No.

15	5 Years
16	6 Years
17	7 Years
18	8 Years
19	9 Years
20	10 Years

## SENIOR AND OPEN CHAMPIONSHIPS

21	11 Years
22	12 Years
23	13 Years
24	14 Years
25	15 Years
26	16 Years
27	17 - 25 Years
28	26 - 39 Years
29	40 - 49 Years
30	50 Years and over

## JUNIOR AGE CHAMPIONSHIP

31	5 yrs&under	25m & 50m Free	25m Back	25m Breast	
32	6 years	25m & 50m Free	25m Back	25m Breast	
33	7 years	25m & 50m Free	25m Back	25m Breast	
34	8 years	50m Free	50m Back	50m Breast	25m Fly
35	9 years	50m Free	50m Back	50m Breast	25m Fly
36	10 years	50m Free	50m Back	50m Breast	50m Fly

## JUNIOR OPEN CHAMPIONSHIP

50m & 100m Free      50m Back                      50m Breast      50m Fly

## SENIOR AGE CHAMPION

37	11 years	100m Free	100m Back	50m Fly	200 I.M	100m Breast
38	12 years	100m Free	100m Back	50m Fly	200 I.M	100m Breast
39	13 years	100m Free	100m Back	50m Fly	200 I.M	100m Breast
40	14 years	100m Free	100m Back	50m Fly	200 I.M	100m Breast
41	15 years	100m Free	100m Back	50m Fly	200 I.M	100m Breast
42	16 years	100m Free	100m Back	50m Fly	200 I.M	100m Breast
43	17 - 25 years	100m Free	100m Back	50m Fly	200 I.M	100m Breast
44	26 - 39 years	50m Free	50m Back	50m Fly	200 I.M	50m Breast
45	40 - 49 years	50m Free	50m Back	50m Fly		50m Breast
46	50 & over years	50m Free	50m Back	50m Fly		50m Breast

## SENIOR OPEN CHAMPIONSHIPS

50m Free, Fly, Back and Breast

100m Free, Fly, Back and Breast

200m Free, Back, Breast & I.M

## POINTS FOR AGE CHAMPIONSHIP

First place	10 points
Second place	9 points
Third place	8 points
Fourth place	7 points
Fifth place	6 points
Sixth place	5 points
Seventh place	4 points
Eighth place	3 points
Ninth place	2 points
Tenth place	1 point