

IGSA Sport Swimming Rules & Guidelines 2023

Date	Event
18 March 2022	IGSA Sport swimming & diving spectator numbers due
18 March 2022	IGSA Sport swimming Meet Manager entries due
23 March 2022	IGSA Sport swimming final changes due
25 March 2022	IGSA Sport Swimming & Diving Carnival – SOPAC, Homebush
28 March 2022	IGSA Sport additional swimming nominations for NSW CIS NO LATER than 8am
28 March 2022	IGSA Sport swimming & diving carnival feedback forms
4 April 2022	IGSA Sport swimming & diving post carnival meeting
5 April 2022	NSW CIS swimming additional nominations due for events not swum at IGSA Sport
5 April 2022	NSW CIS swimming & diving entries & officials
2 & 3 May 2022	NSW CIS Swimming & Diving Carnival
3 June 2022	NSW All Schools Swimming & Diving Carnival

Convener & NSW CIS Representative	Mark Heathcote, Meriden
Representative Team Managers	Mary-Kate Churcher, Kincoppal Rose Bay
	Lisa Filby, MLC
	Michael Garrett-Meade, Ascham

Divisions 2023

Division 1 (Heat 3)		Division 2 (Heat 2)		Division 3 (Heat 1)	
Lane	School	Lane	School	Lane	School
1	Abbotsleigh	1	Stella Maris	1	Frensham
2	MLC	2	Monte Sant' Angelo	2	NEGS
3	Kambala	3	Canberra Girls Grammar	3	St Vincent's College
4	Pymble Ladies' College	4	Loreto Normanhurst	4	Tara
5	PLC Sydney	5	Roseville College	5	Ascham
6	Wenona	6	Kincoppal Rose Bay	6	Danebank
7	Meriden	7	Brigidine College	7	SCEGGS
8	St Catherine's School	8	Queenwood	8	Loreto Kirribilli
9	Ravenswood	9	St Scholastica's College	9	PLC Armidale

Trophies & Results 2022

Finals

Mary Webster Cup	Pymble Ladies' College
Lorraine Crapp Shield	Pymble Ladies' College
Annabelle Williams Shield	PLC Sydney
Most Improved (<i>Donated by Kincoppal Rose Bay</i>)	St Catherine's School
Junior Point Score	PLC Sydney
Intermediate Point Score	Pymble Ladies' College
Senior Point Score	Pymble Ladies' College

Heats

Division 1	Pymble Ladies' College
Division 2	St Catherine's School
Division 3	Brigidine

Relays

Junior Freestyle Relay	Wenona
Intermediate Freestyle Relay	Pymble Ladies' College
Senior Freestyle Relay	Pymble Ladies' College
Junior Medley Relay	Abbotsleigh
Intermediate Medley Relay	Pymble Ladies' College
Senior Medley Relay	Pymble Ladies' College
All Age Relay	PLC Sydney

Individual Champions

Junior Individual Champion	Kaitlin Barry (PLS)
Intermediate Individual Champion	Mia Fildissis (PLS)
Senior Individual Champion	Isabella Donnelly (WEN) & Anna Lee (PLS)

All trophies are to be returned on or before the day of the carnival – CLEANED and ENGRAVED.

Duties Swimming and Diving Carnival 2023

Swim Coach Briefing 7.30 am recording room

Swim Duties / Officials Briefing 7.30 am recording room

See separate duties list for allocation of duties.

Rules of the Swimming Carnival

1. All races to be swum according to the rules of NSW Swimming Inc.
2. Age is taken as at 31st December of that year.
3. Each school may enter one competitor / team per event.
4. Age sections:

Junior	14 Years & Under
Intermediate	15 & 16 Years
Senior	17 Years & Over
5. "Swim Ups"
 - a. A girl may compete in an age group higher than her own provided this is the only age group in which she enters.
 - b. For representative selections her times will be recorded in her correct age group.
 - c. If a competitor breaks a record when swimming up an age group it will be recorded against the event that she has competed in.
 - d. For age champion purposes, the girl will only be considered in the age bracket in which she has swum not the one that her chronological age would place her.
6. Schools may enter any competitor in a maximum of 5 events, one of which must be a relay and a 200m event (either IM or freestyle). Multiclass swimmers may enter either all 4 individual multiclass events or 3 individual multiclass and 1 relay.
7. Schools with enrolment numbers less than 351 (Years 7 - 12), may enter (in the case of maximum entry) one competitor in 5 events, 2 of which must be relays OR a relay and 200m event (either IM or freestyle) or in the case of multiclass swimmers 4 individual multiclass events and 1 relay.
8. The maximum number of relay swimmers per team is 6 in the 4 x 50m events and 8 in the 6 x 50m All Age Relay. Reserves must be submitted with team entries.
9. The 6 x 50m All Age Relay must include competitors from the 12, 13, 14, 15, 16, 17+ years age groups and be swum in this order. Competitors swimming up an age group will be ineligible for this event except for 17 year olds as the final swimmer is 17+. Entries may include 6 reserve swimmers however only 2 can be used. In 2022, more than 2 reserves may be used however, only if replacing COVID affected swimmers.
10. The open 200m individual medley will be conducted as a heat only event (no final). It will be swum in the heats program (morning). The consolidated results will determine the allocation of points towards the final point score.
11. The open 200m freestyle will be swum in the heats session as a timed final. The consolidated results from the three divisional races will determine the allocation of points towards the final point score.
12. The 10 fastest swimmers from the 3 heats will progress to the final of an event. In the event of equal 10th fastest - only 9 will swim in the final, however, equal 10th place points will be awarded.
13. The next 10 fastest swimmers from the 3 heats will progress to the B final in the 50m freestyle events. No points are awarded for the B finals. In the event of equal 10th, in determining the A final then equal 10th swimmers will swim in the B final. In the case of equal 20th fastest - only 9 will swim in the B final. The B final for the 50m freestyle will be raced immediately before the A final
14. No changes to entries will be permitted on the day unless accompanied by a medical certificate or letter from the Head of Sport. This must occur prior to the FIRST event and only ONE change per school is permitted
15. Special consideration will be given on the day for the substituting of swimmers impacted by the NSW Government Public Health Orders for COVID. Heads of Sport to notify IGSA Sport prior to 7:30am.
16. Method of starting:
 - a. The start in freestyle, breaststroke, butterfly and individual medley races shall be with a dive from the diving platform or the wall or a competitor may start in the water. On the long whistle from the Referee the swimmers shall move to their starting position and remain there. On the

starters command they shall immediately take up a starting position with at least one foot at the front of the starting platform or the wall. The position of the hands is not relevant. Students starting in the water must have 2 feet on the wall and 1 hand on the backstroke bar.

- b. When all swimmers are stationary, the Starter shall give the starting signal. (SW4.1).
 - c. The start in backstroke races shall be from the water. At the Referee's first long whistle the swimmers shall immediately enter the water. At the Referee's second long whistle the swimmers shall return without undue delay to the starting position. When all swimmers have assumed their starting positions, the Starter shall give the command "Take your Marks". When all swimmers are stationary, the Starter shall give the starting signal. (SW4.2)
 - d. The start in relay races shall be with a dive from the diving platform or the wall or a competitor may start in the water. In the case of relays: for a swimmer starting in the water, the swimmer's feet must be on the wall when the incoming swimmers hand touches the wall. The swimmer starting in the water must start on the left of the lane. If swimmer 2 starts in the water, swimmer 1 will not be able to gain an official time.
 - e. The starting signal shall be with a hooter or gun blast.
 - f. A one (1) start rule, in all events shall be used
 - g. No swimmer will be permitted to swim more than 15m underwater during starts and turns. The race will continue and the swimmer will be disqualified at the finish.
 - h. Backstroke ledges will be used for all backstroke events and the medley relays
17. All competitors must comply with the FINA swimwear rules. The swimwear shall be in good moral taste, not cover the neck or extend past the shoulders, or below the knee with no zippers or other fastening system allowed.
- Refer to FINA rules www.fina.org/sites/default/files/frsa.pdf.
- 18. All competitors must wear school swimming caps.
 - 19. Competitors costumes will be checked in the marshalling area and any incorrect swimsuit will be brought to the referee's attention who may exclude that swimmer.
 - 20. Competitors wearing strapping tape on the day must present to the referee at 8am in the recording room accompanied by a letter from a physio or doctor.
 - 21. Any protest must be lodged in writing immediately after the race. Protests may only be lodged by Directors of Sport. All protests will be heard by the IGSA Sport Staff, the IGSA Sport Swimming Convener and Director of Sport from the school or schools involved. The decision will be made during the carnival.
 - 22. Competitors, spectators, parents and coaches / staff are expected to behave in a safe and responsible manner and to comply with the IGSA Sport Code of Conduct.
 - 23. Spectators and competitors are requested to be silent at the start of races and until any announcement is finished.
 - 24. Schools must sit in allocated areas.
 - 25. Swimmers must return to their school seating and not remain on pool deck with coaches.
 - 26. No eating or drinking is to take place on pool deck.
 - 27. Only IGSA Sport approved photographers are allowed on pool deck during the day's events.
 - 28. Physiotherapy and massage tables cannot be on pool deck.
 - 29. Only 1 coach per school is permitted on pool deck and they are required to sit in the "coaches stand" provided. One additional coach per school is also permitted to supervise warm down in the utility pool. Coaches will receive their pool deck passes at the coaches briefing meeting held in the recording room.
 - 30. Division ribbons can be collected by school staff during the lunch break at the carnival. Finals medals can be collected by school sport staff at the completion of the carnival. New record certificates will be posted to schools. Trophies will be presented at the end of the carnival.
 - 31. Multi-Class Events:

- Events 5, 13, 28 & 42 will be conducted as multi-class events and scored using the MCPS.
- All multi-class events are swum in the finals program (afternoon).
- Where schools have more than 1 swimmer competing in a multiclass event, only one swimmer will receive points being the highest placed swimmer in each event.
- Multiclass swimmers may enter either all 4 individual multiclass events or 3 individual multiclass and 1 relay.
- All multi-class swimmers are to have had previous race experience and be adequately prepared to compete. School staff should have knowledge of any special requirements for a swimmer to compete safely.
- Official classification is required for multi-class swimmers competing at IGSA Sport, NSW CIS and NSW All Schools.
- Medals will be available to schools as with all other final medals.

IGSA Sport Swimming Representative Team

Three girls per event will be selected into the IGSA Sport team for NSW CIS Championships as per the selection process outlined in the IGSA Sport Representative Policy. **A place in this carnival does not ensure selection in the IGSA Sport representative team.**

IGSA Sport Swimming Point Score

Point score applicable for ALL heats and finals

Individual: 13 - 11 - 9 - 7 - 6 - 5 - 4 - 3 - 2 - 1

Relays: 16 - 14 - 12 - 10 - 9 - 8 - 7 - 6 - 5 - 4

6 x 50m relay points will be added to the senior point score.

The open 200m individual medley and open 200m freestyle points will be added to the senior point score.

Trophies Presented

Divisions	<u>Taken from heats</u>
Division 1	Combined total of senior, intermediate and junior point score.
Division 2	Combined total of senior, intermediate and junior point score.
Division 3	Combined total of senior, intermediate and junior point score.
Finals Results	<u>Taken from finals only</u>
Junior	Combined total of junior point score.
Intermediate	Combined total of intermediate point score.
Senior	Combined total of senior point score.
Most Improved School	The school who improves their position in the final point score by the most places. If equal, then the schools will be declared joint winners.
Annabelle Williams Shield	Combined total of multi-class point score.
Lorraine Crapp Shield	Combined total of junior, intermediate and senior point scores (excluding multi-class points).
Mary Webster Cup	Combined total of junior, intermediate and senior point scores (including multi-class points).

Relays

Junior Freestyle Relay	Junior Medley Relay
Intermediate Freestyle Relay	Intermediate Medley Relay
Senior Freestyle Relay	Senior Medley Relay
6 x 50m All Age Relay	

Individual Champions

Junior	Girl with highest individual point score (best 3 individual events)
Intermediate	Girl with highest individual point score (best 3 individual events)
Senior	Girl with highest individual point score (best 3 individual events)

Warm Up Procedure and Lane Allocation 2022

Warm-up commences in both the main and utility pools at approximately 7.30am and concludes at 8.15am. ONLY swimmers competing in the medley relay and freestyle events should warm up at this time to avoid overcrowding in designated lanes.

At 8.15am, warm up will end in the competition pool and 'walk backs' will start in the utility pool with diving from the eastern end.

Six lanes will be available in the utility pool throughout the day for warm up and cool down. No other swimmers are to use this facility.

Only one school official, either the swim coach or member of the school sport staff (no parents / spectators) are to be on pool deck at their designated lane BEFORE any swimmers from their school enter the water.

Officials are to remain with the swimmers until they have all exited the water as directed by the announcer. School officials must be aware of other announcements that may determine lane usage throughout the meet. This usage may vary at the discretion of the IGSA Sport Swimming Committee.

Competition Pool

Lane 0:	Ravenswood / Stella Maris
Lane 1:	Meriden/ St Vincent's
Lane 2:	St Catherine's School / Kambala
Lane 3:	Loreto Normanhurst / Roseville College
Lane 4:	PLC Sydney / PLC Armidale
Lane 5:	Abbotsleigh / New England Girl's School
Lane 6:	Pymble Ladies' College
Lane 7:	Kincoppal Rose Bay / Wenona School
Lane 8:	MLC School / Queenwood
Lane 9:	Monte Sant' Angelo / Ascham School

Utility Pool

Lane 0:	Tara
Lane 1:	Brigidine College
Lane 2:	Loreto Kirribilli
Lane 3:	Danebank School
Lane 4:	St Scholastica's College
Lane 5:	Canberra Girls Grammar
Lane 6:	SCEGGS Darlinghurst
Lane 7:	Frensham

PLEASE NOTE: A swim coach or staff member from each school is to be present on pool deck during the warm up to supervise swimmers & clear them from the pool.

Once the warm up is over, only 1 coach per school may remain on pool deck in the designated area.

2023 Swimming Program of Events

Event 1 (heats session)	Open 200m Individual Medley (timed final – no event 1 in finals session)
Event 2	Junior Medley Relay 4 x 50m
Event 3	Intermediate Medley Relay 4 x 50m
Event 4	Senior Medley Relay 4 x 50m
Event 5 (finals session)	<i>Open Para-Swimming Freestyle 50m FINAL ONLY</i>
Event 6	12 Years & Under Freestyle 50m
Event 7	13 Years Freestyle 50m
Event 8	14 Years Freestyle 50m
Event 9	15 Years Freestyle 50m
Event 10	16 Years Freestyle 50m
Event 11	17 Years Freestyle 50m
Event 12	18 Years & Over Freestyle 50m
<i>* A and B finals will be swum in 50m freestyle (B finals will precede A finals)</i>	
Event 13 (finals session)	<i>Open Para-Swimming Backstroke 50m FINAL ONLY</i>
Event 14	12 years & Under Backstroke 50m
Event 15	13 Years Backstroke 50m
Event 16	14 Years Backstroke 50m
Event 17	15 Years Backstroke 50m
Event 18	16 Years Backstroke 50m
Event 19	17 Years Backstroke 50m
Event 20	18 Years & Over Backstroke 50m
Event 21	12 Years & Under Breaststroke 50m
Event 22	13 Years Breaststroke 50m
Event 23	14 Years Breaststroke 50m
Event 24	15 Years Breaststroke 50m
Event 25	16 Years Breaststroke 50m
Event 26	17 Years Breaststroke 50m
Event 27	18 Years & Over Breaststroke 50m
Event 28 (finals session)	<i>Open Para-Swimming Breaststroke 50m FINAL ONLY</i>
Event 29	Junior Freestyle 100m
Event 30	Intermediate Freestyle 100m
Event 31	Senior Freestyle 100m
Event 32	12 Years & Under Butterfly 50m
Event 33	13 Years Butterfly 50m
Event 34	14 Years Butterfly 50m
Event 35	15 Years Butterfly 50m
Event 36	16 Years Butterfly 50m
Event 37	17 Years Butterfly 50m
Event 38	18 Years & Over Butterfly 50m
Event 39	Junior Freestyle Relay 4 x 50m
Event 40	Intermediate Freestyle Relay 4 x 50m
Event 41	Senior Freestyle Relay 4 x 50m
Event 42 (finals session)	<i>Open Para-Swimming Butterfly 50m FINAL ONLY</i>
Event 43	All Age Freestyle Relay 6 x 50m <i>must be swum in the following order 12, 13, 14, 15, 16, 17+ years</i>
Event 44 (heat session)	Open 200m Freestyle (timed final – no event 44 in finals session)

NB: Heats are swum in division order - 3, 2, 1. All para events swum during finals sessions only.

A placing in this carnival does not ensure selection in the IGSA Sport representative team.