**Lincolnshire South East School Sport Partnership**

**SWIMMING**

**EVENT INFORMATION:**

Please ensure that all swimmers have suitable poolside footwear (flip flops or similar) and a T-shirt to put on between warm-up and their races.

Please ensure that **NO** **crisps** are provided. A swimmer has died as a result of eating crisps shortly prior to taking part in a competitive swimming event as they contributed to the swimmer choking. Apples should also be discouraged as they are difficult to digest prior to exercise.

**PLEASE NOTE - ALL COMPETITORS MUST BE ABLE TO SWIM A MINIMUM OF 50M**

**SQUAD INFORMATION: LARGE SCHOOLS**

* Years 3/4 - 12 swimmers in the squad (6 boys and 6 girls)
* Years 5/6 – 12 swimmers in the squad (6 boys and 6 girls)

**SQUAD INFORMATION: SMALL SCHOOLS (30 or less in year 6 and fewer than 120 in Key Stage 2)**

* Years 3/4 – Between 10-12 swimmers in squad (equal numbers of boys/girls)
* Years 5/6 – Between 10-12 swimmers in squad (equal numbers of boys/girls)

**NUMBER OF EVENTS PER SWIMMER**

Each swimmer to swim a maximum of 2 and a minimum of 1 swims.

**RELAYS**

* (Freestyle and Medley) Teams to be mixed, 2 girls, 2 boys and can be swim in any combination.
* Medley Relay order: Backstroke, Breaststroke, Freestyle, Freestyle
* All other rules and strokes during relays, as per general rules.

**GALA POINTS**

With six teams taking part points will be allocated as 6 points for first place to 1 point for sixth place. Relays will be scored with double points.

All races contribute towards the teams’ total scores.

**STARTS**

* Swimmers should start in the water
* Each event should start on a whistle/electronic signal/hand start for hearing impaired swimmers
* Swimmers performing a false start should be allowed to swim the race but disqualified if it provides a distinct advantage
* For breaststroke, backstroke and butterfly, swimmers should hold the wall with both hands to start where physically able
* For freestyle swimmers should hold the wall with one hand
* For all strokes the swimmer should not be fully submerged for further than 15m at the start
* Races should start in the deep end where the pool has a different depth

**TURNS**

* A swimmer when turning shall make physical contact with the end of the pool or course.  The turn must be made from the wall and it is not permitted to take a stride or step from the bottom of the pool.

**FINISH**

* For breaststroke, and butterfly the swimmer must touch the wall with 2 hands
* For butterfly the finish must be over the water, a full arm cycle not a glide or breaststroke finish.
* For swimmers who are physically unable to touch with 2 hands, a suitable finish should be allowed i.e. an attempt must be made
* Swimmers should remain in the water until indicated to leave by the referee at the end of the race

**STROKES**

**Freestyle**

* Swimmers are permitted to choose any stroke for freestyle, Some part of the swimmers body must touch the wall to finish
* Swimmers may touch the bottom part way through the race but are not permitted to walk. A swimmer may stand to adjust their goggles but may not take any steps in any direction.

**Backstroke**

* Swimmers must remain on their back throughout the race
* Swimmers should grip the side with both hands, where this is not possible one hand is permitted. If unable to hold the wall swimmers should be supported maintaining contact with the wall
* For backstroke, swimmers must finish on their back

**Breaststroke**

* Swimmers must remain on their front throughout the race
* Swimmers must break the surface of the water after each full arm cycle
* The stroke should be simultaneous, where this is not physically possible the swimmer should not be penalised

**Butterfly**

* Swimmers must remain on their front throughout the race
* Swimmers’ shoulders and arms must break the surface of the water after each full arm cycle, as the arms come out of the water, they must clear the surface of the water.
* The stroke should be simultaneous, where this is not physically possible the swimmer should not be penalised
* The kick must be simultaneous (i.e butterfly kick, legs must be moving as one, although legs can slightly apart)

**RELAYS**

* On relay take overs
	+ Swimmers must start in the water and must be touching the wall with at least one hand or foot
	+ Swimmers must touch the wall before the next swimmer starts

Medley relays are swum as backstroke, breaststroke, freestyle, freestyle

***EVENT CONDITIONS***

* There is no requirement for heats and finals

**ELIGIBILITY**

* There are no rules on eligibility other than school year group.

**INCLUSION**

* There is no classification required
* Swimmers can be assisted with their start where required
* Swimmers with a visual impairment should be tapped on approach to the wall

**TIMETABLE**

Arrival for 10.00

Start at 10.30

Finish 12.00-12.30

Depart by 13.00

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Event** | **Year** | **Sex** | **Race** | **Distance** |
| **1** | **3 / 4** | **Boys** | **Freestyle** | **25 metres** |
| **2** | **3 / 4** | **Girls** | **Freestyle** | **25 metres** |
| **3** | **3 / 4** | **Boys** | **Backstroke** | **25 metres** |
| **4** | **3 / 4** | **Girls** | **Backstroke** | **25 metres** |
| **5****6** | **3 / 4****5 / 6** | **Mixed** | **Medley Relay** | **4 x 25 metres** |
| **7** | **3 / 4** | **Boys** | **Breaststroke** | **25 metres** |
| **8** | **3 / 4** | **Girls** | **Breaststroke** | **25 metres** |
| **9** | **5 / 6** | **Boys** | **Butterfly** | **25 metres** |
| **10** | **5 / 6** | **Girls** | **Butterfly** | **25 metres** |
| **11****12** | **3 / 4****5 / 6** | **Mixed** | **Freestyle Relay** | **4 x 25 metres** |
| **13** | **5 / 6** | **Boys** | **Freestyle** | **50 metres** |
| **14** | **5 / 6** | **Girls** | **Freestyle** | **50 metres** |
| **15** | **5 / 6** | **Boys** | **Backstroke** | **50 metres** |
| **16** | **5 / 6** | **Girls** | **Backstroke** | **50 metres** |
| **17** | **5 / 6** | **Boys** | **Breaststroke** | **50 metres** |
| **18** | **5 / 6** | **Girls** | **Breaststroke** | **50 metres** |

Lane Draw:

|  |  |
| --- | --- |
| Lane | Team |
| 1 |  |
| 2 |  |
| 3 |  |
| 4 |  |
| 5 |  |
| 6 |  |