



# Winter Club Night 2023



## Ripples St Marys Swimming Club Inc.

The Ripples St Marys Swimming Club Committee would like to welcome everyone to the 2023 Winter Season. We welcome any new members who may have just joined as well as our returning members and hope that you all enjoy a successful and rewarding winter season with the Club.

To encourage our younger swimmers to compete and attempt to do so using the correct strokes, a kickboard may be used (if required) in the 25m events. The referee will advise the swimmer when they feel the stroke could be attempted without the kickboard.

Club night is a learning experience, not just for swimmers but also for parents and technical officials. Ripples St Marys Swimming Club encourages and supports those aspiring to train as a technical official. Becoming a technical official is rewarding and an excellent way to contribute to the sport.

Every effort is made to educate those willing to learn about all aspects of swimming, so please be patient with people learning new technical roles, as this enables the club to offer a professionally run club night and provide officials to the greater swimming community.

As the success of every club night is reliant on family volunteer assistance, **ALL** families will be required to volunteer on a regular basis for a MINIMUM of seven (7) club nights during the Point-score Season ending 31<sup>st</sup> July 2023. All parents are required to volunteer on Club Championship night. Duties include, timekeeping, marshalling, runners, BBQ, raffle selling, refreshments, setting up and packing away. When assisting, volunteers are required to sign the Volunteer's Register and stay until the end of the evening to ensure that all duties are fully completed.

Swimmers under the age of sixteen years must have adequate supervision (by a person aged sixteen years or older) in attendance for the duration of club nights or carnivals. Any swimmer being identified in attendance at either a carnival or on club night without adequate supervision, will not be allowed to compete until his or her parent/carer arrives to assume the supervisory responsibility for that swimmer.

The rules as set out in this book are for the benefit of all members and contribute to the smooth running of our Club. If you have a problem that cannot be readily addressed by a committee member, please write to the club so that it can be tabled at our general meeting, which is open to everyone and held on a monthly basis.

The Club expects all members to abide by the behavioral rules as set out in the Safe Sport framework manual and also our own communication guidelines which can be found on our website.

The club uses Stack TeamApp as its main source of communication with members. All information, details for events, reminders etc is conveyed through this platform.

Install the Ripples St Marys Swimming Club Team App on your smartphone or tablet to receive newsletters and news items directly to your phone or tablet.



Ripples St Marys Swimming Club is also on Facebook. Follow us to receive news on swimmer's achievements and other club related items.

## Club Night - Contact Details

If you have any issues entering carnivals or club night races via Swim Central, please contact:

Race Secretary - Joe-dy Green  
Carnival Registrar – Charmaine Auld  
Email: [Ripples\\_RaceSec@outlook.com](mailto:Ripples_RaceSec@outlook.com)

For All Registration queries:

Registrar - Sarah Vandermeer  
Email: [Ripples\\_Registrar@outlook.com](mailto:Ripples_Registrar@outlook.com)

## ***Ripples Leisure Centre Entry Prices on Club Nights***

<b>Spectator</b>	<b>\$3.00</b>
<b>Child Swim</b>	<b>\$5.00</b>
<b>*Child Swim Pass (10 visits)</b>	<b>\$45.00</b>
<b>*The Child Swim Pass may be shared between family and friends.</b>	
<b>Ripples Leisure Centre reserves the right to change the entry prices at any time.</b>	

Ripples Leisure Centre Squad Members who possess a  
Monthly Squad Pass are entitled to FREE ENTRY.

## Club Night - Time Trials

Time Trials will run on Monday nights starting promptly at 6.00 pm in the indoor 25m pool. Most Monday nights the Club will have a qualified referee and starter present so that times can be submitted to the area for approval as official times. Official times are then eligible to use as qualifying or entry times for meets. Weekly results will be available on the MeetMobile or TeamApp **Programs/Results/Break Times** tab.

Online Club Night Entries are to be made via SwimCentral.

Online entries will CLOSE at midnight on the Friday prior to club night. A reminder message will be sent out via TeamApp Friday during the day.

Any problems with online entries please email the Race Secretary Joe-dy Green [Ripples\\_RaceSec@outlook.com](mailto:Ripples_RaceSec@outlook.com) . If you are not coming to club night and have submitted entries, please email or text Joe-dy Green by 4.00pm on Monday so that your entries can be taken out of the program and events can be reseeded.

## Family Volunteer Roster

ALL families will be required to volunteer on a regular basis for a MINIMUM of seven (7) club nights during the Point-score Season ending 31<sup>st</sup> July 2023. This is part of the eligibility criteria for a swimmer to compete in Club Championships. On nights where there are a shortage of volunteers, everyone will be expected to assist.

All parents are required to volunteer on Club Championship nights. Duties include, timekeeping, marshalling, runners, refreshments, setting up and packing away. When assisting, volunteers are required to sign the Volunteer's Register and stay until the end of the evening to ensure that all duties are fully completed.

A list of volunteering will be kept by the club to ensure fair distribution of duties between families.

Family Volunteering participation is part of the eligibility criteria for a swimmer to compete in our Club Championships (see page 8).

## Starting Time

Volunteers should sign the Volunteer Register and be ready for a 5.55pm "time check" on pool deck in front of the Blue Lagoon Room. The marshalling of events will be at 5.55pm in readiness for a 6.00pm start.

## Time Checks

Timekeepers, chief timekeeper, starter and referee will gather at 5.55pm for a time check and instructions for the evening.

## Marshalling

The Marshal will call the first races at 5.55pm to be ready for 6.00pm start. Marshalling shall be on the lane 1 side of the pool. Please go straight to marshalling and assemble as requested by the official.

Swimmers are expected to remain in the marshalling area once their race has been called. If they leave the area without advising the marshal, they may miss their event and will not be permitted to re-swim this event, as is the case at a carnival.

## The Start

When the referee gives a long drawn-out blast on their whistle you are to stand on the blocks. On the starter's command "take your marks", move immediately and take up a starting position with at least one foot at the front of the starting platform and get ready to dive, when you hear the starter signal, dive in and start swimming.

Remember the one start rule will apply. This means that unless there is a technical difficulty, the race will only start once. If a swimmer starts before the signal, the race continues and those swimmers who started before the starting signal will be disqualified by the referee. This is how all carnivals are run in NSW and by enforcing this on club night it helps the swimmers to learn the rules of racing.

"Over the top" Starts may be implemented at the Referee's discretion to speed up proceedings on any events of distances of 100m or over. After completing a Freestyle, Butterfly or Breaststroke event, the swimmer stays in the water against the wall until after the start of the next race.

For Backstroke, competitors will position themselves on the lane rope two (2) meters from the wall. When the following competitor dives over the top of the previous swimmer, he/she may leave the water.

## The Finish

When you reach the end of the event you are to remain in the water, until the Referee blows the whistle as a signal for swimmers to leave the water.

## Refereeing

In the case of young or inexperienced swimmers, it can be confusing for them when an official tries to explain an infraction which can sometimes result in the swimmer becoming upset or not understanding the explanation, the swimmer not relaying the correct information to their parents or coach which may further result in the parents wanting to talk to the official to seek clarification. This may be done after racing has concluded.

Don't be offended if a referee tells you that you are doing something wrong and/or disqualifies you. They are only trying to help you understand the rules of swimming to prevent you from being disqualified at carnivals.

## Disqualification, Pool Protocol & Protests

If a swimmer 8 years or over is disqualified, the Referee will notify the swimmer after the swimmer has completed the race. Parents and swimmers must not approach the Referee on pool deck to dispute or discuss a disqualification but may dispute the disqualification by lodging a formal protest.

If a protest is made, the following will apply. Protests must be submitted:

- In writing to the Referee
- By the responsible team leader only
- Together with a deposit of \$100, and
- Within thirty (30) minutes following the conclusion of the respective event.

## Recommended and Compulsory Break Times

To compete in 50m, 100m events swimmers need to have achieved the following break times for that stroke before attempting the greater distance.

<b>25m – 50m (RECOMMENDED BT)</b>	
25m Freestyle	30 sec or faster
25m Backstroke	35 sec or faster
25m Breaststroke	40 sec or faster
25m Butterfly	50 sec or faster
<b>50m – 100m (COMPULSORY BT)</b>	
50m Freestyle	55s or faster
50m Backstroke	1 min or faster
50m Breaststroke	1 min 5 sec or faster
50m Butterfly	1 min or faster

To compete in 200m,400m or 800m events a swimmer **MUST HAVE** achieved the following break times for that stroke before attempting the greater distance.

<b>100m – 200m (COMPULSORY BT)</b>	
100m Freestyle	1 min 50 sec or faster
100m Backstroke	2 min or faster
100m Breaststroke	2 min 10 sec or faster
100m Butterfly	2 min or faster
100m Individual Medley	2 min or faster
<b>200m – 400m (COMPULSORY BT)</b>	
200m Freestyle	3 min or faster
200m Individual Medley	3 min or faster
<b>400m – 800m (COMPULSORY BT)</b>	
400m Freestyle	5 min 50 sec or faster

## Pointscore

Point-score will operate from **1<sup>st</sup> May 2023** till **31<sup>st</sup> July 2023.**

Each swimmer is permitted to swim up to 3 *point-score* swims each night, except on the firstnight when 4 swims of either 25m or 50m are permitted.

Swimmers are NOT permitted to swim 25m and 50m of the same stroke on the same night.

### **DISTANCE SWIM**

- Swimmers must be 10 years and over to attempt any 400m swims.
- Swimmers under 12 years of Age who qualify to swim 800m must obtain coach approval first before entering an 800m swim.
- Swimmers must be 9 years and over to attempt any 200m swim.
- Swimmers must be 6 years and over to attempt any 100m swims.

Additional time trials DO NOT count as point score or record attempts. The distance rules above still apply.

Provided there are at least two timekeepers on the lane and a qualified referee and a qualified starter in attendance, points for each swim contested will be awarded as follows:

6 points	bettering or equaling your PB
4 points	within 1 second of your PB
2 points	first swim in each stroke and distance
2 points	more than 1 second slower than PB
1 point	disqualification or DNF

## Non-Championship Distance Events

**\*\*Parents please note that although swimmers, if they make the required Break times, are welcome to do the 200m Breaststroke, Backstroke & Butterfly, 400m Free & IM & 800m Free throughout the point score season, these events are NOT Winter Club Championship Events. \*\***

## Club Night Records

All point-score and championships swims will automatically be eligible for club night records, provided there are at least two timekeepers on the lane, a qualified referee and a qualified starter in attendance. Kickboard swims or additional time trial events are not eligible to set or break club records.

The age groupings for records are the same as the age groupings for championships except for the younger age groups. Eg 6 & under, 7-15 years are listed in individual ages, 16-34 (seniors) and 35 & over (veterans).

**The age of the swimmer on the day is the age of the record they set/break.**

## Club Championships

Championships will be swum according to the published program only. The Race Committee reserves the right to add and delete to the time trial and club championship program.

## Eligibility Criteria for competing in Age and/or Distance Championships

**To be eligible for Age or Distance Championships, the swimmer must have completed the following criteria prior to the commencement of these Championships by the nominated date:**

- Participated in at least **SEVEN (7) programmed club nights**.
- Swum that stroke/distance **SUCCESSFULLY\*** (see note) by achieving an 'official time' **AT LEAST ONCE** on a club night in the current season.
- Family members have fulfilled volunteer duties on a **MINIMUM** of **SEVEN (7)** nights.

\*Note: **SUCCESSFULLY** - Disqualified swims or "Did Not Finish" swims are **INELIGIBLE** for qualifying for championship swims.

The referee will disqualify any swimmer who they deem, at their absolute and sole discretion, to have not completed the event using the correct stroke/technique. If a stroke/distance has been attempted but the result was a **DQ** (Disqualification), the swimmer will have to re-swim that stroke/distance on another night to qualify for that event in the Championships.

**Please Take note of the swims that you need to do to enable you to qualify for Championships.** It is wise to do as many qualifying swims as soon as possible as we are unable to predict last-minute pool closures which may lessen the number of available weeks for you to complete your swims.

**The cost of entering Championships (if qualified), will be a one off payment of \$10 per swimmer. This \$10 payment will cover both Age & Distance Championships. All payments for Age & Distance Championships need to be paid by Monday 31<sup>st</sup> July 2023.**

**Entries for Age Championships & Distance Championships events will be automatically entered by the Race Committee providing that the above criteria has been met and your Championship fees have been paid.**



Points will be allocated for Age and Distance Championships in accordance with Swimming NSW Championship rules.

1 <sup>st</sup>	35 points		9 <sup>th</sup>	8 points
2 <sup>nd</sup>	30 points		10 <sup>th</sup>	7 points
3 <sup>rd</sup>	26 points		11 <sup>th</sup>	6 points
4 <sup>th</sup>	23 points		12 <sup>th</sup>	5 points
5 <sup>th</sup>	20 points		13 <sup>th</sup>	4 points
6 <sup>th</sup>	17 points		14 <sup>th</sup>	3 points
7 <sup>th</sup>	14 points		15 <sup>th</sup>	2 points
8 <sup>th</sup>	11 points		16 <sup>th</sup>	1 point

## Club Championships

The fastest official club nighttime recorded by the close of club night on **31/07/2023** will be used to determine seedings for Championships swims.

**Both Age & Distance Championships will commence 7/8/2023.**

### Distance Championship Events

Category	Ages	Events to be contested
Junior	7 -9 years	100m Free/Back/Breast/Fly
Intermediate	10 – 12 years	100m Free/Back/Breast/Fly 200m Free & 200m Individual Medley
Youth	13 – 15 years	100m Free/Back/Breast/Fly 200m Free & 200m Individual Medley
Senior	16 years & Over	100m Free/Back/Breast/Fly 200m Free & 200m Individual Medley

### Age Championship Events

Ages	Events to be contested
6 Years & Under	25m in all strokes
7 Years	50m in all strokes
8 Years - Veterans	50m in all strokes & 100m Individual Medley

# ***Useful Website Links***

Ripples St Marys Swimming Club:

<https://www.ripplesstmarysswimclub.org.au/>

Swimming Metro South West:

<https://metroswsw.swimming.org.au/>

Swimming New South Wales:

<https://nsw.swimming.org.au/>

Safe Sport Framework:

<https://www.swimming.org.au/integrity-policies-rules/safe-sport-framework>

Bio Island Australian JX Program

<https://www.swimming.org.au/swim-1/bio-island-australian-junior-excellence-program>

# 2023 Winter Club Night Program

<u>Date</u>	<u>Event 25/50</u>	<u>Event 25/50</u>	<u>Event 25/50</u>	<u>Event 25/50</u>	<u>Distance</u>		<u>Notes</u>
1st May	Free	Breast	Back	Fly	400m Free		*Point-score Starts *4 SWIMS ALLOWED WEEK 1 ONLY *CANNOT SWIM 25M & 50M OF SAME STROKE
<u>Date</u>	<u>Distance 1</u>	<u>Event 25/50</u>	<u>Event 25/50</u>	<u>Event 25/50</u>	<u>Event 25/50</u>	<u>Distance 2</u>	
8th May	100m Choice	Fly	Free	Breast	Back	800m Free	*3 SWIMS ALLOWED *CANNOT SWIM 25M & 50M & 100M OF SAME STROKE As of Week 4
15th May	200m Choice	Back	Fly	Free	Breast	100m Choice	
<u>Date</u>		<u>Event 25/50/100</u>	<u>Event 25/50/100</u>	<u>Event 25/50/100</u>	<u>Event 25/50/100</u>		
22nd May	100m IM	Breast	Back	Fly	Free	200m Choice	
29th May	100m IM	Free	Breast	Back	Fly	400m Choice (Free or IM)	
5th June	200m Choice	Fly	Free	Breast	Back	100m IM	
<b>12th JUNE – NO CLUB NIGHT DUE TO KINGS’S BIRTHDAY PUBLIC HOLIDAY</b>							
19th June	200m Choice	Back	Fly	Free	Breast	100m IM	
26th June	100m IM	Breast	Back	Fly	Free	800m Free	
3rd July	200m Choice	Free	Breast	Back	Fly	100m IM	
10th July	100m IM	Fly	Free	Breast	Back	200m Choice	
17th July	200m Choice	Back	Fly	Free	Breast	100m IM	
24th July	100m IM	Breast	Back	Fly	Free	200m Choice	
31 <sup>st</sup> July	200m Choice	Free	Breast	Back	Fly	100m IM	Point-Score Ends

## END OF POINT SCORE

**\*ALL CHAMPIONSHIP PAYMENTS TO BE PAID BY 31<sup>st</sup> July 2023\***

### AGE & DISTANCE CHAMPIONSHIPS

7th August	Week 1 Age Championships	Events 1. Intermediate / Youth / Senior – 200m Freestyle 2. 6 Years & Under - 25m Backstroke 3. 7/8/9/10/11/12/13/14/15/16-34 Years – 50m Backstroke 4. Junior / Intermediate / Youth / Senior – 100m Breaststroke
14th August	Week 2 Age Championships	Events 1. Junior / Intermediate / Youth / Senior – 100m Backstroke 2. 6 Years & Under - 25m Breaststroke 3. 7/8/9/10/11/12/13/14/15/16-34 Years – 50m Breaststroke 4. Intermediate / Youth / Senior – 200m Individual Medley
21st August	Week 3 Age Championships	Events 1. Junior / Intermediate / Youth / Senior – 100m Freestyle 2. 6 Years & Under - 25m Butterfly 3. 7/8/9/10/11/12/13/14/15/16-34 Years – 50m Butterfly 4. 8/9/10/11/12 Years - 100m Individual Medley
28th August	Week 4 Age Championships	Events 1. Junior / Intermediate / Youth / Senior – 100m Butterfly 2. 6 Years & Under - 25m Freestyle 3. 7/8/9/10/11/12/13/14/15/16-34 Years – 50m Freestyle 4. 13/14/15-34 Years – 100m Individual Medley

