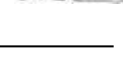


PEAKHURST ASC ALMANAC FOR SUMMER SEASON 2022-2023

Start time: Saturdays 3:30pm at Peakhurst West Public School Pool indoor pool, Ogilvy Street Peakhurst NSW 2210
Applying the Swimming NSW Rule Considerations Policy (*see next page for explanation*)

DATE	STROKE
8/10/2022	SPRINT – Breaststroke, Freestyle, Backstroke, Butterfly
15/10/2022	200m Freestyle , Freestyle, Butterfly (100m*), Medley (Bk), Freestyle Relay
22/10/2022	200m Butterfly , Backstroke, Breaststroke (100m*), Freestyle
29/10/2022	400m Free/IM , Freestyle (100m*), Medley (Br), Breaststroke
<i>5/11/2022</i>	<i>Peakhurst ASC Mini Meet (10 Years & Under) (1.30pm)</i>
12/11/2022	SPRINT – Freestyle, Breaststroke, Butterfly, Backstroke, 25m Dash
19/11/2022	200m Breaststroke , Medley (Bk), Backstroke (100m*), Freestyle, Medley Relay
26/11/2022	200m Medley , Freestyle (100m*), Medley (Br), Breaststroke
<i>26/11/2022</i>	<i>NSW Junior Metropolitan – SOPAC</i>
3/12/2022	SPRINT – Breaststroke, Backstroke, Butterfly, Freestyle, 25m Dash
10/12/2022	200m Backstroke , Medley (Bk), Freestyle, Butterfly (100m*)
<i>10-11/12/2022</i>	<i>NSW Senior State Age Championships – SOPAC</i>
17/12/2022	400m Free/IM , Freestyle, Backstroke, Breaststroke (100m*), Family Freestyle Relay
	FAMILY CHRISTMAS PICNIC (BYO) SCHOOL HOLS 21 DEC – 26 JAN
24/12/2022	NO CLUB
31/12/2022	CHRISTMAS / NEW YEAR BREAK
7/1/2023	SPRINT – Backstroke, Butterfly, Freestyle, Breaststroke, 25m Dash
14/1/2023	200m/400m optional , Butterfly, Freestyle, Backstroke (100m*), Freestyle Relay
21/1/2023	200m optional , Breaststroke (100m*), Medley (Br), Freestyle
28/1/2023	200m optional , Freestyle (100m*), Backstroke, Medley (Bk)
4/2/2023	SPRINT – Backstroke, Freestyle, Breaststroke, Butterfly, <i>Interclub Invitational (tbc)</i>
<i>4/2/2023</i>	<i>SPEEDO Heats (MetSEA) – SOPAC</i>
11/2/2023	200m Freestyle Champ , Breaststroke, Freestyle, Butterfly (100m*)
18/2/2023	200m Butterfly Champ , Medley (Br), Freestyle, Backstroke (100m*)
25/2/2023	200m Breaststroke Champ , Freestyle (100m*), Butterfly, Medley (Bk)
<i>25/2/2023</i>	<i>NSW Senior Metropolitan – SOPAC</i>
4/3/2023	SPRINT – Butterfly, Breaststroke, Backstroke, Freestyle, 25m Dash
<i>4/3/2023</i>	<i>NSW SPEEDO Finals – SOPAC</i>
11/3/2023	200m Backstroke Champ , Freestyle, Medley (Br), Breaststroke (100m*)
<i>11/3/2023</i>	<i>NSW State Open – SOPAC</i>
18/3/2023	200m Medley Champ , Butterfly, Backstroke (100m*), Freestyle, Medley Relay
<i>25/3/2023</i>	<i>NSW State Junior – SOPAC</i>
ANNUAL CHAMPIONSHIPS	
25/3/2023	ANNUAL CHAMPIONSHIP – DAY 1: Age & Open Breaststroke and Butterfly, and Age, Open & 11 / Under Freestyle (3:00pm warm up, 3:30pm start)
1/4/2023	ANNUAL CHAMPIONSHIP – DAY 2: Age & Open Medley and Backstroke, 25 metre Dash by Invitation, and All Age McAlpine Handicap Relay – Boys vs Girls (3:00pm warm up, 3:30pm start)
22/4/2023	Winter Season commences (<i>tbc</i>)
	EASTER SUNDAY 9 APR 2023 SCHOOL HOLS 10 APR – 21 APR



****** If any swimmer has a clash with a Swimming NSW or Swimming Australia conducted event, they should contact the Race Committee as soon as possible so that alternative arrangements can be made.

The Race Committee reserves the right to alter this almanac, as necessary, to best suit the needs of the Club and its swimmers.

Notes:

1. **Start time 3:30pm.**
2. To swim 200m or longer events, swimmers must be qualified for 100m in that stroke.
3. Any stroke may be swum in the **200m Optional** event.
4. Only Freestyle or Medley may be swum in the **400m Optional** event.
5. (100m*) denotes that qualified swimmers must swim 100m.
6. Maximum distance on **SPRINT** days is 50m. On other days, 100m may be swum if that stroke is scheduled. On sprint days, also no 50m or 30m Medley swims will be conducted.
7. 2nd and 3rd strokes on **SPRINT** days are Ribbon Races.
8. **Medleys:** (Bk) or (Br) indicates the first stroke for a 2-lap medley (30m & 50m)
Bk=backstroke, Br=breaststroke.
The order of strokes for a 3-lap (75m) medley is Backstroke, Breaststroke, Freestyle.
Freestyle is always swum as the last lap of the medley.
9. **Relays:** ★ The distance is 4x25m (*each swimmer will swim 25m*)
★ Teams will be handicapped.
★ Make up your own team.
★ The order of names on the entry cards, will be the order swum in the relay.
★ Submit cards to Recorders Desk as soon as possible.
★ Medley Relays are swum in the order: Backstroke, Breaststroke, Butterfly, Freestyle.
★ Relays are only swum if time permits.
★ See **Starting Instructions** (*below*) for detailed starting instructions.
10. The Family Freestyle Relay consists of at least: 1 parent/grandparent, 2 or 3 children, 1 other child if needed to make 4 swimmers.

Swimming NSW Rule Considerations Policy

Are you:

- New
- Aged 8 years or under
- Swimming distances up to 25m (or up to 50m medley)

We want to encourage you to swim at Club. So we will not apply the rules of swimming as we would do for more experienced and older swimmers competing in 50m and longer races. Instead, we will give you a card which tells you where you went wrong and how to fix it. You should show this to your coach so you can become a better swimmer. **For Championships and Record Attempts the rules will apply.**

Starting Instructions

1. When the swimmers have been placed behind the starting platforms, the Starter will announce the race, *e.g. 50 metres Freestyle, Heat 1.*
2. On the long whistle from the Referee, the swimmers shall step onto the starting platform and remain there. For Backstroke and Medley Relay events they shall immediately enter the water and a second long whistle shall bring them back to the starting position.
3. On the command “**Take your marks**”, the swimmers will immediately take up their starting positions with at least one foot at the front of the starting platform, or in the case of a Backstroke or Medley Relay event, their starting position in the water, and remain stationary.
4. When all swimmers are stationary the Starter shall give the starting signal.
5. Any swimmer starting before the starting signal has been given, may be disqualified.
6. Swimmers must finish in the lane in which they start, and will remain in the water in their lanes at the finish of the event. On the signal from the Referee swimmers are to leave the water by the side of the pool.

7. INDIVIDUAL MEDLEY

- 7a. In an Individual Medley event of 100m or more, the sequence of strokes is Butterfly, Backstroke, Breaststroke, Freestyle in that order.
- 7b. For 75m Medley, the sequence is Backstroke, Breaststroke, Freestyle in that order.
- 7c. For 50m and 30m Medley, the sequence is Backstroke or Breaststroke then Freestyle. In championship events, the swimmer is free to select the first stroke from either backstroke or breaststroke and must advise the Referee beforehand.
8. In a **Medley Relay** event, the sequence of stroke is Backstroke, Breaststroke, Butterfly, Freestyle.
9. In 800 and 1500 metre events, lap counters will be displayed at the turning end of the pool to advise the number of laps to be completed. A warning whistle will be given when each swimmer has two (2) lengths plus five (5) metres of the course to finish.

10. STARTING OVER THE TOP

- 10a. Swimmers from the preceding race are to move to the side of the lane, **against the finishing wall, and remain still**. When the next heat has started they should leave the pool by the sides as quickly as possible.
- 10b. *Starting over the top for backstroke racing*

Swimmers from the preceding race are to move to the side of the lane, **about 3-4m away from the finish wall and remain still**. When the race has started they should leave the pool by the sides as quickly as possible.

11. HANDICAP EVENTS

For Handicap relay races, the first swimmer of each team will be given a starting number. The starter will say “**Get ready, Go, 1, 2, 3, ...**” until the last number. Each swimmer shall be stationary on the block until their starting number has been said. Any swimmer starting before their starting number shall have their team disqualified. Swimmers at the turn end of the pool must have one hand in contact with the top of the platform until their team mate touches. Swimmers must leave the water as soon as practicable after completing their section of the relay. The last team member must remain in the water until the referee blows the whistle for them to leave the water.