



PEAKHURST ASC ALMANAC FOR WINTER SEASON 2023

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

DATE	STROKE
22 Apr 23	SPRINT – Breaststroke, Freestyle, Butterfly, Backstroke
29 Apr 23	200m Freestyle, Butterfly (100m*), Medley (Br), Freestyle, Freestyle Relay
6 May 23	SPRINT – Backstroke, Breaststroke, Freestyle, Butterfly, Junior 25m Dash [†]
12-14 May 23	Sydney Open – (SOPAC)
13 May 23	200m Butterfly, Freestyle, Medley (Bk), Breaststroke (100m*)
20 May 23	400m Freestyle/Medley, Backstroke, Freestyle, Medley (Br)
20-21 May 23	NSW SC Qualifying Meet – (SOPAC)
27 May 23	200m Backstroke, Breaststroke, Butterfly, Freestyle (100m*), Medley Relay
27 May 23 (Sun)	Peakhurst ASC Junior Sprint Meet (12years&Under) – (Peakhurst West PS Pool)
3 Jun 23	SPRINT – Freestyle, Backstroke, Butterfly, Breaststroke, Junior 25m Dash [†]
10 Jun 23	200m Freestyle, Medley (Bk), Freestyle, Backstroke (100m*)
17 Jun 23	200m Medley, Breaststroke (100m*), Medley (Br), Freestyle
17-18 Jun 23	MetSEA Winter SC Championships – (SOPAC)
24 Jun 23	200m Breaststroke, Freestyle, Backstroke, Butterfly (100m*), Freestyle Relay
1 Jul 23	SPRINT – Butterfly, Breaststroke, Freestyle, Backstroke, Junior 25m Dash [†]
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8 Jul 23	400m Freestyle/Medley, Freestyle, Medley (Bk), Breaststroke
14-16 Jul 23	NSW Metropolitan SC Championships – (SOPAC)
15 Jul 23	200m Butterfly, Backstroke, Freestyle (100m*), Medley (Br), Medley Relay
22 Jul 23	200m Medley, Freestyle, Butterfly, Breaststroke (100m*)
29 Jul 23	800m Freestyle, Backstroke, Freestyle, Medley (Bk), Freestyle Relay
5 Aug 23	SPRINT – Butterfly, Backstroke, Breaststroke, Freestyle, Junior 25m Dash [†]
12 Aug 23	200m Backstroke, Freestyle (100m*), Butterfly, Breaststroke
19 Aug 23	200m Breaststroke, Freestyle, Backstroke (100m*), Medley (Br), Medley Relay
26 Aug 23	1500m Freestyle, Medley (Bk), Freestyle, Butterfly
1-3 Sep 23	NSW Senior State Age SC Champs – (SOPAC)
2 Sep 23	SPRINT – Breaststroke, Butterfly, Backstroke, Freestyle
9-10 Sep 23	NSW Junior State Age SC Champs – (SOPAC)
9 Sep 23 (Sat) 3.30pm	** ANNUAL WINTER CHAMPIONSHIPS – DAY 1 (Warm up at 3.00pm) AGE / OPEN / 11 & UNDER MEDLEY & BREASTSTROKE
16 Sep 23 (Sat) 3.30pm	** ANNUAL WINTER CHAMPIONSHIPS – DAY 2 (Warm up at 3.00pm) AGE / OPEN / 11 & UNDER BUTTERFLY, BACKSTROKE AND FREESTYLE JUNIOR 25M DASH

SCH HOLS 25 SEP - 6 OCT

† Note: Junior 25m Dash is open to all swimmers aged 12 years and under on 1st September.
The requirement to have qualified to swim 50m freestyle will be determined by the Race Committee.

** 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.** Entries must be submitted by 3:15pm.
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.
11. In a "Mystery Medley" the order of strokes is changed.
12. The 12years & Under 25m Dash event is open to all swimmers aged 12years and under on 1st September and have qualified to swim 50m freestyle.

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.

Rule Considerations do not apply for Record Attempts and during Championships.

Qualifying times for submission to the Swimming Australia online database

Providing a Referee and Starter are available, times will be uploaded to Swim Central.

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 race. 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 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.

9. STARTING OVER THE TOP

- 9a. 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.
- 9b. *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.

10. RELAYS

All relays are handicap races. The first swimmer of each team will be given a starting number. The starter will say “**Get ready, Go, 1, 2, 3, ...**” counting off the seconds until the last swimmer’s 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.

4x25m Freestyle Relays

All swimmers are eligible to enter. If you cannot make up a team of 4, see the front desk and you will be put into a team.

4x25m Medley Relays

All swimmers are eligible to enter. If you cannot make up a team of 4, see the front desk and you will be put into a team. The sequence of stroke is Backstroke, Breaststroke, Butterfly, Freestyle.

4x50m Freestyle Relays

Only 50m freestyle swimmers are eligible to enter. You are to dive off the blocks. You must leave the water when you have finished your lap. The last team member must remain in the water until the referee blows the whistle for them to leave the water.