



**THANET**  
SWIM CLUB

# **Thanet Primary Schools Swimming Gala**

**Saturday 16<sup>th</sup> May 2020**

**Hartsdown Leisure Centre**

**Session 1 (Years 3 & 4)**

**Session 2 (Years 5 & 6)**

**Gala kindly sponsored by**



Entry Fee: £2.50 (under 16s free)

Programme £1.00



# TEAM THANET

## Thanet Primary Schools Swimming Gala 2020

### Welcome from Scott Miles

#### Chairman of Thanet Swim Club

On behalf of Thanet Swim Club, I would like to welcome you all to the Thanet Primary Schools Swimming Gala.

This is often a child's first experience of a gala and what better introduction than one that is surrounded by the support of their friends, teachers and family.

I recognise and appreciate that staging an event like this is just not possible without the financial support of our sponsors and also the team of volunteers including officials and poolside helpers. I would like to offer you all our grateful thanks.

I hope that you all enjoy this afternoon and if your child would like to be further involved in competitive swimming with Thanet Swim Club then please contact [amanda.jewell@sky.com](mailto:amanda.jewell@sky.com) to arrange a trial.

The Promoters of this event would like to thank  
our Event Sponsors:





**THANET**  
SWIM CLUB

With thanks to our partners, sponsors and supporting companies:



**Thanet Swim Club are seeking  
partnerships with local companies**

**Please contact us\* if you are interested in working  
with us to support childrens' swimming in Thanet**

(\*thanetsc@live.co.uk)



# TEAM THANET

## Thanet Primary Schools Swimming Gala 2020

### Conditions of Entry

- Rules:** The gala will be run in accordance with Swim Laws and Technical Rules and the rules and conditions of this competition. Please see appendix for a copy of FINA rules relating to individual strokes, relays and the race. This competition is NOT Licenced (swimmers' times will not go to Rankings).
- All competitors must be on the school roll on the date of the gala.
- The 1<sup>st</sup> session** will be the Under 10 gala running from 12:00 noon (TBC) (competitors will be under 10 on 31 August/1 September 2020 (Years 4 and below).
- The 2<sup>nd</sup> session** will be the Under 12 gala running from 4:00pm (TBC). (competitors will be under 12 on 31 August/1 September 2020 (Years 5 and 6).
- A competitor may enter in ONE individual event and up to THREE relay events.
- A competitor may only swim in ONE age group.
- A school can enter a maximum of TWO relay teams per relay event.
- The mixed relays may have any combination of gender, i.e. 3 boys, 1 girl or 2 boys, 2 girls or 3 girls 1 boy.
- The 'School Associates'\* relay teams** may include: Teachers / Parents / Governors / School Helpers / Alumni or anyone with a previous direct involvement at the school (including past pupils). At least two team members must be aged 18 years or over on the day, remaining participants must be aged 15 or over on the day.
- Team Managers:** It is a condition of entry that a teacher or responsible adult accompanies each school's competitors as Team Manager and must stay with them on poolside.
  - A maximum of TWO Team Managers per team, per session.
  - Team Managers MUST report to reception to collect their official Team Manager badge before going onto poolside.
  - Only Team Managers wearing the official badge will be allowed on poolside and will be entitled to a free programme.
  - Team Managers MUST sign their team in at the Stewards desk (in the poolside office) 30 minutes before the start time published for each session.
- Swim order** for the Individual Medley is butterfly, backstroke, breaststroke and freestyle.
- Swim order** for the Medley Relay is backstroke, breaststroke, butterfly\* or breaststroke, freestyle. (\*breaststroke can be swum as an alternative to butterfly on the butterfly leg of the medley relay only).
- Medals** will be awarded in final events only. No medals will be awarded to disqualified swimmers.
- Entry fees:**
  - £2.50 per Individual event
  - £5.00 per Team event
  - £5.00 per Team Manager (includes refreshments and programme)
- Entries and payment MUST be received by the event entry organiser no later than midnight on **Tues 28<sup>th</sup> April 2020**.

Entries should be made on the official entry form as attached, by **TYPING** details into the fields. Entries should be e-mailed to: [lynn@gates@live.co.uk](mailto:lynn@gates@live.co.uk) (photocopies to be avoided if at all possible).  
A summary of your entries will be returned as confirmation of entry.  
Payments to be made via BACS to Sort Code 30 96 93 and Account number 01365850 with your school name for reference. Alternatively, cheques should be made payable to 'Thanet Swim Club'. If paper entries and/or cheques are necessary, they must be received by the event entry organiser before the closing date above.  
Contact details: Lynn Gates, 77 Bromstone Road, Broadstairs, Kent, CT10 2HX. Tel 07900 668662
- Substitutions:** No substitutions for individual swims or changes to relay teams will be permitted following publication of the accepted entries. Substitutions may be made due to illness or injury only - notice in writing giving full details of the substitute should be issued to the event promoter **no less than 30 minutes before** the start time published for each session. Swimmers substituted from relays on the day due to illness or injury will be withdrawn from all further individual events.
- Photography:** Please note: an official photographer may be present during the gala.
- Timekeepers:** Each participating school must supply a **minimum of one Timekeeper for each session**, who must be named on the entry form.
- Data Protection:** Entries may be held on a computer solely for the purposes of this competition and **consent**, as required by the General Data Protection Regulations 2018, to the holding of personal information on computer **will be deemed to have been given by the submission of the entry**. Personal Data will be available for inspection during the gala on application to the Promoter. As is normal practice for swimming galas, a full list of accepted entries will be issued to all participating schools and published on-line for checking purposes. Programmes with swimmers' names, school and age category will also be published. Results will be published on the Thanet Swim Club website (this will include swimmers' names, age and school attended).
- Amendments to these Conditions:** The promoter reserves the right to amend these conditions as deemed necessary.
- Queries:** If you have any queries please contact: Sarah Hawkins via email: [bowden308@hotmail.co.uk](mailto:bowden308@hotmail.co.uk)



# TEAM THANET

## Thanet Primary Schools Swimming Gala 2020

### Safety and Security Guidelines

#### for Swimmers, Coaches, Officials and Spectators

**Starts:** It is the responsibility of the competitors, coaches and clubs, to ensure that all swimmers are competent to the standard of the Swim England competitive start award, to perform a shallow racing dive into the water. In the event of a false start, swimmers should perform a safe entry with a shallow racing dive and not fall into the water. Swimmers are reminded that they are permitted to start in the water for all events, but must advise the referee of this prior to the start of their heat.

**Warm up:** There will be **no warm-ups** during this gala.

**Safety:** Everyone attending the event must familiarise themselves with the location of the emergency exits, which must be kept clear at all times. Due to limited space poolside everyone is asked to observe all normal precautions in the pool area and when moving around the sports centre, to ensure their own safety and that of others. Anyone observing anything they consider to be a safety hazard must report it to the Gala promoter. The pool depths are **2m** at the starting end of the pool and **1m** at the shallow end of the pool.

**Attire:** **All swimmers must wear suitable footwear and tops when in the stewarding area or when leaving poolside.**

**Behaviour:** The organisers and the pool management reserve the right to remove any swimmer or spectator from the pool area whose behaviour is either against the pool rules or the efficient running of the meet. Stewards will be patrolling the sports centre and anyone found causing damage or seriously misbehaving, will be banned from the meet and refused entry to the building.

**Security:** Competitors are advised not to leave their belongings unattended and to ensure valuables are placed in a locked locker or deposited with someone for safekeeping. Neither Thanet Swim Club nor the Pool Management will be held responsible for property that is lost.

**Litter:** Competitors and spectators are asked to place all litter in the receptacles provided and not to leave it on the floor, particularly in the spectator gallery, where it may become a safety hazard.

**Any situation not covered by the previous meet rules and information, will be at the discretion of the Gala Promoter, who also reserves the right to make any changes that may be considered necessary for the smooth running and discipline of the gala.**



# TEAM THANET

## Thanet Primary Schools Swimming Gala 2020

### Programme 16<sup>th</sup> May 2020

#### Session 1 – Years 4 and below (aged under 10 on 31 Aug / 1<sup>st</sup> Sep 2020) Start 12:00 (TBC)

Event 1	Mixed 4 x 25m Medley Relay Team	Final 1	Mixed 4 x 25m Medley Relay Team
Event 2	Girls 100m I.M. (Fly / Back / Brst / Free)	Final 2	Girls 100m I.M.
Event 3	Boys 100m I.M. (Fly / Back / Brst / Free)	Final 3	Boys 100m I.M.
Event 4	Girls 25m Freestyle	Final 4	Girls 25m Freestyle
Event 5	Boys 25m Freestyle	Final 5	Boys 25m Freestyle
Event 6	Girls 25m Backstroke	Final 6	Girls 25m Backstroke
Event 7	Boys 25m Backstroke	Final 7	Boys 25m Backstroke
Event 8	Girls 25m Breaststroke	Final 8	Girls 25m Breaststroke
Event 9	Boys 25m Breaststroke	Final 9	Boys 25m Breaststroke
Event 10	Girls 25m Butterfly	Final 10	Girls 25m Butterfly
Event 11	Boys 25m Butterfly	Final 11	Boys 25m Butterfly
Event 12	Girls 4 x 25m Freestyle Relay Team	Final 12	Girls 4 x 25m Freestyle Relay Team
Event 13	Boys 4 x 25m Freestyle Relay Team	Final 13	Boys 4 x 25m Freestyle Relay Team
Event 14	Mixed 4 x 25m Freestyle Relay Team	Final 14	Mixed 4 x 25m Freestyle Relay Team
Event 15	'School Associates' 4 x 25m Freestyle Relay Team		

#### Session 2 – Years 5 / 6 (aged under 12 on 31 Aug / 1<sup>st</sup> Sep 2020) Start 4:00pm (TBC)

Event 1	Mixed 4 x 25m Medley Relay Team	Final 1	Mixed 4 x 25m Medley Relay Team
Event 2	Girls 100m I.M. (Fly / Back / Brst / Free)	Final 2	Girls 100m I.M.
Event 3	Boys 100m I.M. (Fly / Back / Brst / Free)	Final 3	Boys 100m I.M.
Event 4	Girls 25m Freestyle	Final 4	Girls 25m Freestyle
Event 5	Boys 25m Freestyle	Final 5	Boys 25m Freestyle
Event 6	Girls 25m Backstroke	Final 6	Girls 25m Backstroke
Event 7	Boys 25m Backstroke	Final 7	Boys 25m Backstroke
Event 8	Girls 25m Breaststroke	Final 8	Girls 25m Breaststroke
Event 9	Boys 25m Breaststroke	Final 9	Boys 25m Breaststroke
Event 10	Girls 25m Butterfly	Final 10	Girls 25m Butterfly
Event 11	Boys 25m Butterfly	Final 11	Boys 25m Butterfly
Event 12	Girls 4 x 25m Freestyle Relay Team	Final 12	Girls 4 x 25m Freestyle Relay Team
Event 13	Boys 4 x 25m Freestyle Relay Team	Final 13	Boys 4 x 25m Freestyle Relay Team
Event 14	Mixed 4 x 25m Freestyle Relay Team	Final 14	Mixed 4 x 25m Freestyle Relay Team

Team managers are to advise of any swimmers not competing  
**30 minutes before** the published start time for each session.



# TEAM THANET

## Thanet Primary Schools Swimming Gala 2020

### Event Records to 2019

Session 1 – Years 3 / 4					
Event Nr	Event	School	Year	Competitor	Time
Event 1	Mixed 4 x 25m Medley Relay	Upton	2012		1:23.44
Event 2	Girls 100m I.M.	Haddon Dene	2016	Olivia Parpworth	1:25:83
Event 3	Boys 100m I.M.	Upton	2012	Rowan Fuss	1:23.98
Event 4	Girls 25m Freestyle	Chartfield	1997	Emilia Alfeo	16.69
Event 5	Boys 25m Freestyle	Haddon Dean	2001	Robert Newbury	16.87
Event 6	Girls 25m Backstroke	Chilton	2005	Bethany Seaman	19.60
Event 7	Boys 25m Backstroke	St Angela	2001	Alex Dickenson	19.80
Event 8	Girls 25m Breaststroke	Upton	2007	Laura Craig	20.34
Event 9	Boys 25m Breaststroke	St Peter	2009	Ciaron Claris	20.80
Event 10	Girls 25m Butterfly	Palm Bay	2018	Olexa Miles	17.28
Event 11	Boys 25m Butterfly	Chilton	2002	Charlie Cotton	17.80
Event 12	Girls 4 x 25m Freestyle Relay	Upton	2005		1:14.56
Event 13	Boys 4 x 25m Freestyle Relay	Upton	2011		1:16.47
Event 14	Mixed 4 x 25m Freestyle Relay	Upton	2009		1:13.73
Event 15	Mixed 4 x 25m Freestyle Relay	Palm Bay	2019	School Associates* Race	57.45
Session 2 – Years 5 / 6					
Event Nr	Event	School	Year	Competitor	Time
Event 1	Mixed 4 x 25m Medley Relay	Upton	2009		1:10.67
Event 2	Girls 100m I.M.	Chilton	2007	Bethany Seaman	1:16.08
Event 3	Boys 100m I.M.	Palm Bay	2010	Alex Wilmshurst	1:13.56
Event 4	Girls 25m Freestyle	Upton	2011	Hannah Denny	14.12
Event 5	Boys 25m Freestyle	St Lawrence	2017	Archie Hawkins	13.53
Event 6	Girls 25m Backstroke	Upton	2015	Lucy Hickmott	16.54
Event 7	Boys 25m Backstroke	St Angela	2002	Alex Dickenson	16.99
Event 8	Girls 25m Breaststroke	Upton	2009	Laura Craig	18.10
Event 9	Boys 25m Breaststroke	Upton	2016	Stanley Dyer	18:85
Event 10	Girls 25m Butterfly	St Saviours	2019	Athena Crompton	15.00
Event 11	Boys 25m Butterfly	Haddon Dene	2015	Max Parpworth	13.49
Event 12	Girls 4 x 25m Freestyle Relay	St Saviours	2015		1:04.36
Event 13	Boys 4 x 25m Freestyle Relay	Upton	2010		1:04.72
Event 14	Mixed 4 x 25m Freestyle Relay	Upton	2011		1:02.15

\* **School Associates relays:** Teams may include: Teachers / Parents / Governors / School Helpers / Alumni or anyone with a previous direct involvement at the school (incl. past pupils). At least two team members must be aged 18 years or over on the day, remaining participants must be aged 15 or over on the day.



# TEAM THANET

## Thanet Primary Schools Swimming Gala 2020

### Entry Form (Page 1 of 3)

School: \_\_\_\_\_

Number of Individual Entries at £2.50      No: \_\_\_\_\_      £: \_\_\_\_\_

Number of Team Entries at £5.00      No: \_\_\_\_\_      £: \_\_\_\_\_

Number of Coaches Passes at £5.00      No: \_\_\_\_\_      £: \_\_\_\_\_

Total Value of Entry Fees:      £: \_\_\_\_\_

Authorising School Official: \_\_\_\_\_  
*Name / Position*

#### Contact Details – School Team Manager:

Name: \_\_\_\_\_

Tel: \_\_\_\_\_      Mob: \_\_\_\_\_

Email: \_\_\_\_\_

Entries and payment MUST be received by the event entry organiser no later than midnight on **Tues 28<sup>th</sup> April 2020**. Entries should be made on this official entry form, by **TYPING** details into the fields. Entries should be e-mailed to: [lynngates@live.co.uk](mailto:lynngates@live.co.uk) (photocopies to be avoided if at all possible). Payments to be made via BACS to Sort Code 30 96 93 and Account number 01365850 with your school name for reference. Alternatively, cheques should be made payable to 'Thanet Swim Club'. If paper entries and/or cheques are necessary, they must be received by the event entry organiser before the closing date above. Contact details: Lynn Gates, 77 Bromstone Road, Broadstairs, Kent, CT10 2HX. Tel 07900 668662.

#### Session 1 Timekeeper or Judge:

#### Session 2 Timekeeper or Judge:

Name: \_\_\_\_\_      Name: \_\_\_\_\_

Qualification: \_\_\_\_\_      Qualification: \_\_\_\_\_

Tel: \_\_\_\_\_      Tel: \_\_\_\_\_

Email: \_\_\_\_\_      Email: \_\_\_\_\_

#### Data Privacy:

Please refer to the Data Privacy statement in the **Event Conditions** and tick the relevant boxes:

- I agree** to Thanet Swim Club using our swimmers' personal information for the purposes of administering the school's competition entry.
- I do not agree** to Thanet Swim Club using our swimmers' personal information for the purposes of administering the school's competition entry.



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## Thanet Primary Schools Swimming Gala 2020

### Entry Form for Years 3 / 4 (Page 2 of 3)

School Name: \_\_\_\_\_

Team Manager: \_\_\_\_\_

Session 1 – Years 3 / 4			Start 12:00 (TBC)	
Event Nr	Event	Stroke	Team A: Competitor Names	Team B: Competitor Names
Event 1	Mixed 4 x 25m Medley Relay Team (Back / Br / Fly / Free)	Backstroke:		
		Breaststroke:		
		Butterfly:		
		Freestyle:		
Event Nr	Event	Competitor Name		Date of Birth
Event 2	Girls 100m I.M. (Fly / Bk / Br / Fr)			
Event 3	Boys 100m I.M. (Fly / Bk / Br / Fr)			
Event 4	Girls 25m Freestyle			
Event 5	Boys 25m Freestyle			
Event 6	Girls 25m Backstroke			
Event 7	Boys 25m Backstroke			
Event 8	Girls 25m Breaststroke			
Event 9	Boys 25m Breaststroke			
Event 10	Girls 25m Butterfly			
Event 11	Boys 25m Butterfly			
Event Nr	Event		Team A: Competitor Names	Team B: Competitor Names
Event 12	Girls 4 x 25m Freestyle Relay Team	1:		
		2:		
		3:		
		4:		
Event 13	Boys 4 x 25m Freestyle Relay Team	1:		
		2:		
		3:		
		4:		
Event 14	Mixed 4 x 25m Freestyle Relay Team	1:		
		2:		
		3:		
		4:		
Event 15	Mixed 'School Associates' 4 x 25m Freestyle Relay Team	1:		
		2:		
		3:		
		4:		



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### Entry Form for Years 5 / 6 (Page 3 of 3)

School Name: \_\_\_\_\_

Team Manager: \_\_\_\_\_

Session 2 – Years 5 / 6			Start 4:00pm (TBC)	
Event Nr	Event	Stroke	Team A: Competitor Names	Team B: Competitor Names
Event 1	Mixed 4 x 25m Medley Relay Team (Back / Br / Fly / Free)	Backstroke:		
		Breaststroke:		
		Butterfly:		
		Freestyle:		
Event Nr	Event	Competitor Name		Date of Birth
Event 2	Girls 100m I.M. (Fly / Bk / Br / Fr)			
Event 3	Boys 100m I.M. (Fly / Bk / Br / Fr)			
Event 4	Girls 25m Freestyle			
Event 5	Boys 25m Freestyle			
Event 6	Girls 25m Backstroke			
Event 7	Boys 25m Backstroke			
Event 8	Girls 25m Breaststroke			
Event 9	Boys 25m Breaststroke			
Event 10	Girls 25m Butterfly			
Event 11	Boys 25m Butterfly			
Event Nr	Event		Team A: Competitor Names	Team B: Competitor Names
Event 12	Girls 4 x 25m Freestyle Relay Team	1:		
		2:		
		3:		
		4:		
Event 13	Boys 4 x 25m Freestyle Relay Team	1:		
		2:		
		3:		
		4:		
Event 14	Mixed 4 x 25m Freestyle Relay Team	1:		
		2:		
		3:		
		4:		

Team managers are to advise of any swimmers not competing 30 minutes before the published start time for each session.



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## Thanet Primary Schools Swimming Gala 2020

### Appendix - FINA Rules of Competitive Swimming

#### SW 5 FREESTYLE

- SW 5.1** Freestyle means that in an event so designated the swimmer may swim any style, except that in individual medley or medley relay events, freestyle means any style other than backstroke, breaststroke or butterfly.
- SW 5.2** Some part of the swimmer must touch the wall upon completion of each length and at the finish.
- SW 5.3** Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 metres after the start and each turn. By that point, the head must have broken the surface.

#### SW 6 BACKSTROKE

- SW 6.1** Prior to the starting signal, the swimmers shall line up in the water facing the starting end, with both hands holding the starting grips. Standing in or on the gutter or bending the toes over the lip of the gutter is prohibited. When using a backstroke ledge at the start, the toes of both feet must be in contact with the end wall or face of the touchpad. Bending the toes over the top of the touchpad is prohibited.
- SW 6.3** At the signal for starting and after turning the swimmer shall push off and swim upon his back throughout the race except when executing a turn as set forth in SW 6.5. The normal position on the back can include a roll movement of the body up to, but not including 90 degrees from horizontal. The position of the head is not relevant.
- SW 6.4** Some part of the swimmer must break the surface of the water throughout the race. It is permissible for the swimmer to be completely sub-merged during the turn, and for a distance of not more than 15 metres after the start and each turn. By that point the head must have broken the surface.
- SW 6.5** When executing the turn there must be a touch of the wall with some part of the swimmer's body in his/her respective lane. During the turn the shoulders may be turned over the vertical to the breast after which an immediate continuous single arm pull or immediate continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to the position on the back upon leaving the wall.
- SW 6.6** Upon the finish of the race the swimmer must touch the wall while on the back in his/her respective lane.

#### SW 7 BREASTSTROKE

- SW 7.1** After the start and after each turn, the swimmer may take one arm stroke completely back to the legs during which the swimmer may be submerged. At any time prior to the first Breaststroke kick after the start and after each turn a single butterfly kick is permitted.
- SW 7.2** From the beginning of the first arm stroke after the start and after each turn, the body shall be on the breast. It is not permitted to roll onto the back at any time except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. From the start and throughout the race the stroke cycle



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must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and on the same horizontal plane without alternating movement.

- SW 7.3** The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.
- SW 7.4** During each complete cycle, some part of the swimmer's head must break the surface of the water. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke. All movements of the legs shall be simultaneous and on the same horizontal plane without alternating movement.
- SW 7.5** The feet must be turned outwards during the propulsive part of the kick. Alternating movements or downward butterfly kicks are not permitted except as in SW 7.1. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.
- SW 7.6** At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level. At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.
- SW 8 BUTTERFLY**
- SW 8.1** From the beginning of the first arm stroke after the start and each turn, the body shall be kept on the breast. Under water kicking on the side is allowed. It is not permitted to roll onto the back at any time, except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall.
- SW 8.2** Both arms shall be brought forward simultaneously over the water and brought backward simultaneously under the water through-out the race, subject to SW 8.5.
- SW 8.3** All up and down movements of the legs must be simultaneous. The legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A breaststroke kicking movement is not permitted.
- SW 8.4** At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously, at, above or below the water surface.
- SW 8.5** At the start and at turns, a swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring him to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 metres after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish.
- SW 9 MEDLEY SWIMMING**
- SW 9.1** In individual medley events, the swimmer covers the four swimming strokes in the following order: Butterfly, Backstroke, Breaststroke and Freestyle. Each of the strokes must cover one quarter (1/4) of the distance.



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- SW 9.2** In medley relay events, swimmers will cover the four swimming strokes in the following order: Backstroke, Breaststroke, Butterfly and Freestyle.
- SW 9.3** Each section must be finished in accordance with the rule which applies to the stroke concerned.
- SW 10 THE RACE**
- SW 10.1** All individual races must be held as separate gender events.
- SW 10.2** A swimmer swimming over the course alone shall cover the whole distance to qualify.
- SW 10.3** The swimmer must remain and finish the race in the same lane in which he/she started.
- SW 10.4** In all events, 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.
- SW 10.5** Standing on the bottom during freestyle events or during the freestyle portion of medley events shall not disqualify a swimmer, but he shall not walk.
- SW 10.6** Pulling on the lane rope is not allowed.
- SW 10.7** Obstructing another swimmer by swimming across another lane or otherwise interfering shall disqualify the offender. Should the foul be intentional, the referee shall report the matter to the Member promoting the race, and to the Member of the swimmer so offending.
- SW 10.8** No swimmer shall be permitted to use or wear any device or swimsuit that may aid his/her speed, buoyancy or endurance during a competition (such as webbed gloves, flippers, fins, power bands, or adhesive substances, etc.). Goggles may be worn. Any kind of tape on the body is not permitted unless approved by FINA Sport Medicine Committee.
- SW 10.9** Any swimmer not entered in a race, who enters the water in which an event is being conducted before all swimmers therein have completed the race, shall be disqualified from his next scheduled race in the meet.
- SW 10.10** There shall be four swimmers on each relay team. Mixed relays may be swum. Mixed Relays must consist of two (2) Men and two (2) Women. Split times achieved in these events cannot be used for records and/or entry purposes.
- SW 10.11** In relay events, the team of a swimmer whose feet lose touch with the starting platform before the preceding team-mate touches the wall shall be disqualified.
- SW 10.12** Any relay team shall be disqualified from a race if a team member, other than the swimmer designated to swim that length, enters the water when the race is being conducted, before all swimmers of all teams have finished the race.
- SW 10.14** Any swimmer having finished his race, or his distance in a relay event, must leave the pool as soon as possible without obstructing any other swimmer who has not yet finished his race. Otherwise the swimmer committing the fault, or his relay team, shall be disqualified.