

1. See General Regulations Governing Sporting Competitions.
2. Swimming is conducted under the rules of Swimming Victoria unless otherwise stated.
3. APS Girls' Swimming shall consist of a series of home and away meetings and one individual/relay meeting.
4. In any under age event, competitors must be under age on 1 April in the year of competition.
Age Groups for Swimming: U13, U14, U15, U16, U17 and Open.
5. Participation limits
 - a. A competitor may compete in five events in the Swimming and Diving programme. A competitor may not compete in the same event in more than one age group.
 - b. Only one competitor from each school may compete in each division.
6. **Points:** Points are determined by the number of schools competing. With a two (2) point difference between 1st and 2nd in A Division.

A. LEAD UP MEETS

Based on the fact that 2 official swimmers will swim in each event per school.
Points for all three divisions count to overall result.

Type of Meet	A Division	B Division	C Division	Relays
3 School Meet	20, 18, 17, 16, 15, 14 (13 for DQ)	13, 12, 11, 10, 9, 8 (7 for DQ)	7, 6, 5, 4, 3, 2 (1 for DQ)	20, 18, 17, (16 for DQ)
2 School Meet	14, 12, 11, 10 (9 for DQ)	9, 8, 7, 6 (5 for DQ)	5, 4, 3, 2 (1 for DQ)	14, 12 (11 for DQ)

B. COMBINED SPORTS MEETING

Based on the fact that 1 official swimmer will swim in each event per school.
Points for all three divisions count to overall result.

Type of Meet	A Division	B Division	C Division	Relays
6 School Meet	20, 18, 17, 16, 15, 14 (13 for DQ)	13, 12, 11, 10, 9, 8 (7 for DQ)	7, 6, 5, 4, 3, 2 (1 for DQ)	20, 18, 17, 16, 15, 14 (13 for DQ)
7 School Meet	23, 21, 20, 19, 18, 17, 16, (15 for DQ)	15, 14, 13, 12, 11, 10, 9, (8 for DQ)	8, 7, 6, 5, 4, 3, 2, (1 for DQ)	24, 22, 21, 20, 19, 18, 17 (16 for DQ)
8 School Meet	26, 24, 23, 22, 21, 20, 19, 18, (17 for DQ)	17, 16, 15, 14, 13, 12, 11, 10, (9 for DQ)	9, 8, 7, 6, 5, 4, 3, 2, (1 for DQ)	26, 24, 23, 22, 21, 20, 19, 18, (17 for DQ)
9 School Meet	29, 27, 26, 25, 24, 23, 22, 21, 20, (19 for DQ)	19, 18, 17, 16, 15, 14, 13, 12, 11, (10 for DQ)	10, 9, 8, 7, 6, 5, 4, 3, 2, (1 for DQ)	29, 27, 26, 25, 24, 23, 22, 21, 20, (19 for DQ)

7. **Staffing**
 - a. Each school shall provide three officials (two staff and one student will be sufficient).
 - b. The host school will be responsible for:
 - * appointing a referee - preferably a referee from SV;
 - * providing a lifesaver and first aid;
 - * keeping tally of results, announcing progress scores, forwarding final results to schools
8. **Starting**
The following procedure is to be followed at all swimming meetings:
 - * whistle to move on to your mark;
 - * command - "on your mark";
 - * gun;
 - * one break allowed, then the second competitor to break is disqualified'
 - * the Combined Sports will be a one-start meeting.
9. **Timing**
Three stopwatches time first place, one stopwatch on second and one on third.
10. **Lanes**
Lane allocation will be determined by the Meet Manager program. If Meet Manager is not used it must rotate each year. Schools will rotate two places each year. (7 ⇨ 4)

2024 Lane allocation (If Meet manager not used)

2. WC	3. GC
4. CY	5. HY
6. GGS	7. Caul
11. **Seating**
The seating order will be the same as the lane allocation for that year, starting at the **finish** end.

12. Swim caps

All competitors must swim in coloured caps:

Carey	<i>Gold</i>
Caulfield	<i>White</i>
Geelong College	<i>Green</i>
Geelong Grammar	<i>Light Blue</i>
Haileybury	<i>Magenta & White</i>
Wesley	<i>Purple</i>

13. Swimsuits: In APS Swimming competitions, swimsuits for Girls shall not cover the neck, extend past the shoulder, nor below the knee. All swimsuits shall be the school uniform with no additional writing apart from the schools name and branding. In cases where a school's swimming apparel does not include a racing suit, then swimmers are allowed racing suits without club or representative branding.

14. Competitors

- All competitors should remain in the water at the finish of a race until directed to leave. They should stay at the finishing line until the referee is satisfied that all aspects of the race are over and the placings are known.
- Each competitor should check with the marshal in the marshalling area three events ahead.

15. Swimming rules

In accordance with Swimming Victoria Rules:

Races

Medley must be swum in the correct order -

- Medley Relay Backstroke/Breaststroke/Butterfly/Freestyle
- Individual Medleys Butterfly/Backstroke/Breaststroke/Freestyle

Disqualification will occur if the following technique is not followed:

Stroke

BREASTSTROKE

- Shoulder in line with surface of water;
- Movement of legs simultaneous and symmetrical;
- Touch made with both hands on the same level;
- Only one arm stroke and one leg kick after start and turn. Either the complete or incomplete movement of the arms and legs shall be considered as one stroke or kick.

BACKSTROKE

- Toes under the surface of the water for the start;
- Normal position on back must be maintained until head foremost, hand or arm has touched the end of course;
- Tumble turns: Swimmer may turn to the front and complete only one freestyle armstroke before the tumble turn.

BUTTERFLY

- Start one or more leg kicks and one arm movement under water;
- Touch made with both hands simultaneously;
- All movements of the feet must be executed in a simultaneous and symmetrical manner; up and down movements are permitted.

FREESTYLE

Freestyle is deemed to be the overarm crawl.

16. Organising schools

	Swimming
2024	Caul
2025	GC
2026	GGs

17. The APS Swimming Combined Meeting will be held at the Melbourne Sports & Aquatic Centre on **Tuesday 19 March. First Event at 7.00pm.**

18. APS Representative Squad Selection:

Selectors:	2024	WC & GC
	2025	GC & CY
	2026	HY & WC

APS GIRLS' SWIMMING PROGRAMME & RECORDS

No	Event	Record	Year	Holder
1.	Open 200m Indiv. Medley	2:16.53	2013	H V Baker, Caulfield
2.	Open 50m Butterfly MC			
3.	U13 50m Butterfly	30.03	2018	I J N Boyd, Carey
4.	U14 50m Butterfly	28.63	2019	I J N Boyd, Carey
5.	U15 50m Butterfly	29.22	2009	S J Wilkins, Haileybury
			2011	A Olesch-Byrne, Wesley
6.	U16 50m Butterfly	28.49	2021	I J N Boyd, Carey
7.	U17 50m Butterfly	27.75	2022	I J N Boyd, Carey
8.	Open 50m Butterfly	27.84	2010	E M Gandy, Carey
9.	Open 50m Freestyle MC			
10.	U13 50m Freestyle A Division	28.76	2018	A Chow, Caulfield
11.	U13 50m Freestyle B Division			
12.	U13 50m Freestyle C Division			
13.	U14 50m Freestyle A Division	27.61	2019	I J N Boyd, Carey
14.	U14 50m Freestyle B Division			
15.	U14 50m Freestyle C Division			
16.	U15 50m Freestyle A Division	27.61	2017	L A Ekemans, Caulfield
17.	U15 50m Freestyle B Division			
18.	U15 50m Freestyle C Division			
19.	U16 50m Freestyle A Division	26.60	2017	I R Ekemans, Caulfield
20.	U16 50m Freestyle B Division			
21.	U16 50m Freestyle C Division			
22.	U17 50m Freestyle A Division	26.04	2022	I J N Boyd, Carey
23.	U17 50m Freestyle B Division			
24.	U17 50m Freestyle C Division			
25.	Open 50m Freestyle A Division	26.55	2019	I R Ekemans, Caulfield
26.	Open 50m Freestyle B Division			
27.	Open 50m Freestyle C Division			
28.	Open 50m Backstroke MC			
29.	U13 50m Backstroke A Division	33.34	2018	A Chow, Caulfield
30.	U13 50m Backstroke B Division			
31.	U14 50m Backstroke A Division	31.86	2021	R M Heard, Geelong College
32.	U14 50m Backstroke B Division			
33.	U15 50m Backstroke A Division	31.24	2022	J Wilson, Wesley
34.	U15 50m Backstroke B Division			
35.	U16 50m Backstroke A Division	30.55	2012	A Olesch-Byrne, Wesley
36.	U16 50m Backstroke B Division			
37.	U17 50m Backstroke A Division	30.25	2022	I J N Boyd, Carey
38.	U17 50m Backstroke B Division			
39.	Open 50m Backstroke A Division	30.38	2009	G E Loh, Haileybury
40.	Open 50m Backstroke B Division			
41.	Open 50m Breaststroke MC			
42.	U13 50m Breaststroke A Division	36.83	2018	A Chow, Caulfield
43.	U13 50m Breaststroke B Division			
44.	U14 50m Breaststroke A Division	35.21	2017	A C Le Grand, Wesley
45.	U14 50m Breaststroke B Division			
46.	U15 50m Breaststroke A Division	34.42	2011	S E Moore, Caulfield
47.	U15 50m Breaststroke B Division			
48.	U16 50m Breaststroke A Division	33.88	2011	J L Hansen, Carey
49.	U16 50m Breaststroke B Division			
50.	U17 50m Breaststroke A Division	33.29	2013	S E Moore, Caulfield
		33.29	2022	I J N Boyd, Carey
51.	U17 50m Breaststroke B Division			
52.	Open 50m Breaststroke A Division	32.83	2013	J L Hansen, Carey
53.	Open 50m Breaststroke B Division			
54.	U15 100m Freestyle	58.93	2016	I R Ekemans, Caulfield
55.	Open 100m Freestyle	55.94	2022	I J N Boyd, Carey
56.	U13 4x50m Medley Relay	2:16.03	2015	Wesley
57.	U14 4x50m Medley Relay	2:11.79	2012	Wesley
58.	U15 4x50m Medley Relay	2:08.38	2021	Carey
59.	U16 4x50m Medley Relay	2:05.40	2012	Caulfield
60.	U17 4x50m Medley Relay	2:06.87	2013	Caulfield
61.	Open 4x50m Medley Relay	2:03.06	2016	Wesley
62.	U13 4x50m Freestyle Relay	2:03.36	2011	Caulfield
63.	U14 4x50m Freestyle Relay	2:00.13	2012	Caulfield
64.	U15 4x50m Freestyle Relay	1:55.36	2011	Wesley
65.	U16 4x50m Freestyle Relay	1:54.37	2012	Caulfield
66.	U17 4x50m Freestyle Relay	1:53.52	2021	Caulfield
67.	Open 4x50m Freestyle Relay	1:53.49	2004	Carey

APS GIRLS' SWIMMING - SATURDAY LEAD UP PROGRAMME

Heats

9.00am	1.	Open	Individual Medley	200m	A
	2.	U13	Butterfly	50m	A
	3.	U14	Butterfly	50m	A
	4.	U15	Butterfly	50m	A
	5.	U16	Butterfly	50m	A
	6.	U17	Butterfly	50m	A
	7.	Open	Butterfly	50m	A
	8.	U13	Freestyle	50m	A, B, C
	9.	U14	Freestyle	50m	A, B, C
	10.	U15	Freestyle	50m	A, B, C
	11.	U16	Freestyle	50m	A, B, C
	12.	U17	Freestyle	50m	A, B, C
	13.	Open	Freestyle	50m	A, B, C
	14.	U13	Backstroke	50m	A, B, C
	15.	U14	Backstroke	50m	A, B, C
	16.	U15	Backstroke	50m	A, B, C
	17.	U16	Backstroke	50m	A, B, C
	18.	U17	Backstroke	50m	A, B, C
	19.	Open	Backstroke	50m	A, B, C
	20.	U13	Breaststroke	50m	A, B, C
	21.	U14	Breaststroke	50m	A, B, C
	22.	U15	Breaststroke	50m	A, B, C
	23.	U16	Breaststroke	50m	A, B, C
	24.	U17	Breaststroke	50m	A, B, C
	25.	Open	Breaststroke	50m	A, B, C
	26.	U15	Freestyle	100m	A
	27.	Open	Freestyle	100m	A
	28.	U13	Medley Relay	4 x 50m	
	29.	U14	Medley Relay	4 x 50m	
	30.	U15	Medley Relay	4 x 50m	
	31.	U16	Medley Relay	4 x 50m	
	32.	U17	Medley Relay	4 x 50m	
	33.	Open	Medley Relay	4 x 50m	
	34.	U13	Freestyle Relay	4 x 50m	
	35.	U14	Freestyle Relay	4 x 50m	
	36.	U15	Freestyle Relay	4 x 50m	
	37.	U16	Freestyle Relay	4 x 50m	
	38.	U17	Freestyle Relay	4 x 50m	
	39.	Open	Freestyle Relay	4 x 50m	

A, B & C Heats will be held for all swimming events, except the Individual Medley, Butterfly & 100m Freestyle events. Additional Heats may be held by arrangement. Points will be allocated for A B & C Heats and relays.