

APS PRIMARY SWIMMING**WEDNESDAY PRIMARY APS SWIMMING**

The following information may assist you in the running of Wednesday Primary APS Swimming.

1. AGE GROUPS

For all Primary Swimming, the age groups will be as for the SSV, that is, ages are calculated as at 31 December in the year of competition, e.g., a student who turns 11 at any time during the current year will compete in the "11 Years" event.

2. HOST SCHOOLS

E-mail competing schools prior to the meet explaining requirements from them.

Example –

- Arrival time expectations
- One (1) timekeeper from each School
- Each School should have a Supervising teacher in the stand.
- Each meet to be run as a time trials meet with each school timing one lane. Timers should time the swimmer in the lane regardless of their school.

IMPORTANT: Depending on the number of schools competing and the number of lanes available at the hosting pool, events for the Individual programme may only allow one (1) competitor per race per school. Not two (2) competitors as stated in the attached programme.

- Host School needs to inform competing schools as to whether it will be one (1) or two (2) competitors per school.

OFFICIALS REQUIRED

- * Announcer and starter
- * 1 Marshal

EQUIPMENT

- * Starter button or whistle
- * PA or loud hailer
- * First Aid Kit

3. FOR THE ANNOUNCER

Things that could be mentioned in OPENING COMMENTS.

- Welcome to all schools
- Points of safety for the meet
- Point out:
 - * Marshalling
 - * Starting procedure (May Demonstrate).
 - * Finishing procedure (No one to get out of the pool until they hear 2 sharp whistles).
- Lane allocations
- Point of First Aid, Toilets, etc.

4. Swimming Attire: Swimming costumes must comply with the Swimming Victoria Swimwear. Competitor must wear only one swimsuit in one or two pieces. No additional items, like arm bands or leg bands shall be regarded as parts of a swimsuit. Swimwear for Boys shall not extend above the navel nor below the knee, and for girls, shall not cover the neck, extend past the shoulder, nor shall extend below the knee. The costumes of all competitors shall be in good moral taste, non-transparent and suitable for the individual sports discipline. The Referee and/or Convener have the authority to exclude any competitor whose costume does not comply with this rule. Football shorts or board shorts are not considered suitable for competition at State Championships. Compression clothing (such as Skins, Underarmour, Performax etc.) that are not specifically designed for Swimming are not considered suitable. Swimmers wearing compression clothing that is not approved by FINA will not be permitted to compete'.

APS PRIMARY SWIMMING**WEDNESDAYS – PROGRAM 1**

- Hosting School decides number of divisions, according to the number of competitors per School in each age group.
- Boys & Girls swim against each other.

1. 9/10 Years 25m Freestyle (A - _____)
2. 11 Years 25m Freestyle (A - _____)
3. 12/13 Years 25m Freestyle (A - _____)

4. 9/10 Years 25m Backstroke (A - _____)
5. 11 Years 25m Backstroke (A - _____)
6. 12/13 Years 25m Backstroke (A - _____)

7. 9/10 Years 25m Breaststroke (A - _____)
8. 11 Years 25m Breaststroke (A - _____)
9. 12/13 Years 25m Breaststroke (A - _____)

10. 9/10 Years 25m Butterfly (A - _____)
11. 11 Years 25m Butterfly (A - _____)
12. 12/13 Years 25m Butterfly (A - _____)

TIME PERMITTING

13. 9/10 Years 100m Individual Medley A - B
14. 11 Years 100m Individual Medley A - B
15. 12/13 Years 100m Individual Medley A – B

INDIVIDUAL MEDLEY ORDER: Butterfly, Backstroke, Breaststroke, Freestyle

Races are based one (*1) swimmer per School, per division.

* This will be (1) one or (2) depending on the number of Schools competing.

APS PRIMARY SWIMMING**WEDNESDAYS – PROGRAM 2**

- Hosting School decides number of divisions, according to the number of competitors per School in each age group.
- Boys & Girls swim against each other.

1. 9/10 Years 4 x 25m Freestyle Relay (A - _____)
2. 11 Years 4 x 25m Freestyle Relay (A - _____)
3. 12/13 Years 4 x 25m Freestyle Relay (A - _____)

4. 9/10 Years 4 x 25m Medley Relay
5. 11 Years 4 x 25m Medley Relay
6. 12/13 Years 4 x 25m Medley Relay

7. 9/10 Years 50m Freestyle
8. 11 Years 50m Freestyle
9. 12/13 Years 50m Freestyle

10. 9/10 Years 50m CHOICE
11. 11 Years 50m CHOICE
12. 12/13 Years 50m CHOICE

MEDLY RELAY ORDER: Backstroke, Breaststroke, Butterfly, Freestyle

APS PRIMARY RELAYS PROGRAMME & RESULTS.

This programme is for the Primary Weekly and Wednesday Meetings.

SCHOOL																
LANES																
All 4 x 25m	Place	Points	Cumul points	Place	Points	Cumul Points	Place	Points	Cumul points	Place	Points	Cumul points	Place	Points	Cumul points	TIME
10Y Backstroke A																
10Y Backstroke B																
10Y Backstroke C																
11Y Backstroke A																
11Y Backstroke B																
11Y Backstroke C																
12/13Y Backstroke A																
12/13Y Backstroke B																
12/13Y Backstroke C																
10Y Breaststroke A																
10Y Breaststroke B																
10Y Breaststroke C																
11Y Breaststroke A																
11Y Breaststroke B																
11Y Breaststroke C																
12/13Y Breaststroke A																
12/13Y Breaststroke B																
12/13Y Breaststroke C																
10Y Medley Relay A																
10Y Medley Relay B																
10Y Medley Relay C																
11Y Medley Relay A																
11Y Medley Relay B																
11 Y Medley Relay C																
12/13 Medley Relay A																
12/13 Medley Relay B																
12/13 Medley Relay C																
10Y Freestyle Relay A																
10Y Freestyle Relay B																
10Y Freestyle Relay C																
11Y Freestyle Relay A																
11Y Freestyle Relay B																
11Y Freestyle Relay C																
12/13Y F/style Relay A																
12/13Y F/style Relay B																
12/13Y F/style Relay C																

Medley Relay Order: Backstroke, Breaststroke, Butterfly, Freestyle

Please note: The heats listed are based on one (1) Relay team per heat

APS PRIMARY DIVISION SWIMMING

EVENTS SCHEDULE

Times are a guide only

Relays starting at 12.00 noon

- 1 12/13 Yrs Boys 4x50m Freestyle Relay
- 2 12/13 Yrs Girls 4x50m Freestyle Relay
- 3 11 Yrs Boys 4x50m Freestyle Relay
- 4 11 Yrs Girls 4x50m Freestyle Relay
- 5 9/10 Yrs Boys 4x50m Freestyle Relay
- 6 9/10 Yrs Girls 4x50m Freestyle Relay

Butterfly starting at approx. 12.30pm

- 7 12/13 Yrs Boys 50m Butterfly
- 8 12/13 Yrs Girls 50m Butterfly
- 9 11 Yrs Boys 50m Butterfly
- 10 11 Yrs Girls 50m Butterfly
- 11 9/10 Yrs Boys 50m Butterfly
- 12 9/10 Yrs Girls 50m Butterfly

Backstroke starting at approx. 12.45pm

- 13 12/13 Yrs Boys 50m Backstroke
- 14 12/13 Yrs Girls 50m Backstroke
- 15 11 Yrs Boys 50m Backstroke
- 16 11 Yrs Girls 50m Backstroke
- 17 9/10 Yrs Boys 50m Backstroke
- 18 9/10 Yrs Girls 50m Backstroke

Breaststroke starting at approx. 1.05pm

- 19 12/13 Yrs Boys 50m Breaststroke
- 20 12/13 Yrs Girls 50m Breaststroke
- 21 11 Yrs Boys 50m Breaststroke
- 22 11 Yrs Girls 50m Breaststroke
- 23 9/10 Yrs Boys 50m Breaststroke
- 24 9/10 Yrs Girls 50m Breaststroke

Freestyle starting at approx. 1.25pm

- 25 12/13 Yrs Boys 50m Freestyle
- 26 12/13 Yrs Girls 50m Freestyle
- 27 11 Yrs Boys 50m Freestyle
- 28 11 Yrs Girls 50m Freestyle
- 29 9/10 Yrs Boys 50m Freestyle
- 30 9/10 Yrs Girls 50m Freestyle

Medley Relays starting at approx. 1.45pm

- 31 OPEN Boys 4x50m Medley Relay
Medley Relay order is Backstroke,
Breaststroke, Butterfly, & Freestyle
- 32 OPEN Girls 4x50m Medley Relay
Medley Relay order is Backstroke,
Breaststroke, Butterfly, & Freestyle

Finish time at approx. 2.00pm