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)

2026 Lane allocation (If Meet manager not used)

2.	CY	3.	HY
4.	GGS	5.	Caul
6.	WC	7.	GC

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	*Gold*
Caulfield	*White*
Geelong College	*Green*
Geelong Grammar	*Light Blue*
Haileybury	*Magenta & White*
Wesley	*Purple*

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**
a. 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.
b. 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 -

a.	Medley Relay	Backstroke/Breaststroke/Butterfly/Freestyle
b.	Individual Medleys	Butterfly/Backstroke/Breaststroke/Freestyle

Disqualification will occur if the following technique is not followed:

Stroke
BREASTSTROKE
a. Shoulder in line with surface of water;
b. Movement of legs simultaneous and symmetrical;
c. Touch made with both hands on the same level;
d. 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
a. Toes under the surface of the water for the start;
b. Normal position on back must be maintained until head foremost, hand or arm has touched the end of course;
c. Tumble turns: Swimmer may turn to the front and complete only one freestyle armstroke before the tumble turn.

BUTTERFLY
a. Start one or more leg kicks and one arm movement under water;
b. Touch made with both hands simultaneously;
c. 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	
2027	HY
2028	WC

17. **The APS Swimming Combined Meeting** will be held at the Melbourne Sports & Aquatic Centre on **Thursday 11 March. First Event at 11:00am (warm up at 10:00am).**

18 APS Representative Squad Selection:

Selectors:	2027	GGS & Caul
	2028	GC & CY
	2029	WC & HY

APS GIRLS & BOYS COMBINED SWIMMING - PROGRAMME OF EVENTS

No	Event	Record	Year	Holder
1	Boys Open 200m Indiv. Medley	2:05.52	2017	D T Schlicht, St Kevin's
2	Girls Open 200m Indiv. Medley	2:16.53	2013	H V Baker, Caulfield
3	Boys Open 200m Freestyle	1:52.44	2013	M J Horton, Caulfield
4	Girls Open 200m Freestyle	**2:06.51**	**2026**	**A C Mescher, Caulfield**
5	Boys U13 50m Butterfly	28.39	2013	D R Negri, Scotch
6	Girls U13 50m Butterfly	30.30	2018	I J N Boyd, Carey
7	Boys U14 50m Butterfly	27.35	2014	D R Negri, Scotch
8	Girls U14 50m Butterfly	28.63	2019	I J N Boyd, Carey
9	Boys U15 50m Butterfly	26.50	2016	O J Nash, Wesley
10	Girls U15 50m Butterfly	28.13	2025	Z Jeffery, Carey
11	Boys U16 50m Butterfly	26.38	2004	S A Ashby, Caulfield
12	Girls U16 50m Butterfly	28.43	2023	J N J Wilson, Wesley
13	Boys U17 50m Butterfly	**25.70**	**2025**	**J J W Riches, Geelong**
14	Girls U17 50m Butterfly	27.75	2022	I J N Boyd, Carey
15	Boys Open 50m Butterfly	25.00	2013	A P Graham, St Kevin's
16	Girls Open 50m Butterfly	**27.28**	**2026**	**L M Koch, Caulfield**
17	Boys Open 50m Butterfly MC			
18	Girls Open 50m Butterfly MC			
19	Boys Open 6x50m Backstroke Relay	**3:01.70**	**2026**	**St Kevin's**
20	Girls Open 6x50m Backstroke Relay	**3:15.18**	**2026**	**Caulfield**
21	Boys U13 50m Freestyle A	26.34	2014	O J Nash, Wesley
22	Girls U13 50m Freestyle A	27.97	2023	Z Jeffrey, Carey
23	Boys U13 50m Freestyle B			
24	Girls U13 50m Freestyle B			
25	Boys U14 50m Freestyle A	25.51	2015	O J Nash, Wesley
26	Girls U14 50m Freestyle A	27.61	2019	I J N Boyd, Carey
27	Boys U14 50m Freestyle B			
28	Girls U14 50m Freestyle B			
29	Boys U15 50m Freestyle A	24.68	2013	B M Negri, Scotch
30	Girls U15 50m Freestyle A	27.61	2017	L A Ekelmans, Caulfield
31	Boys U15 50m Freestyle B			
32	Girls U15 50m Freestyle B			
33	Boys U16 50m Freestyle A	23.65	2019	E H Speller, Melbourne
34	Girls U16 50m Freestyle A	26.60	2017	I R Ekelmans, Caulfield
35	Boys U16 50m Freestyle B			
36	Girls U16 50m Freestyle B			
37	Boys U17 50m Freestyle A	**23.52**	**2026**	**L Dong, Scotch**
38	Girls U17 50m Freestyle A	26.04	2022	I J N Boyd, Carey
39	Boys U17 50m Freestyle B			
40	Girls U17 50m Freestyle B			
41	Boys Open 50m Freestyle A	23.51	2022	T S McOmish, Scotch
42	Girls Open 50m Freestyle A	26.28	2023	I J N Boyd, Carey
43	Boys Open 50m Freestyle B			
44	Girls Open 50m Freestyle B			
45	Boys Open 50m Freestyle MC			
46	Girls Open 50m Freestyle MC			
47	Boys Open 6x50M Breast Relay	**3:22.50**	**2026**	**Haileybury**
48	Girls Open 6x50M Breast Relay	**3:40.90**	**2026**	**Wesley**
49	Boys U13 50m Backstroke A	29.16	2010	N J Groenewald, Caulfield
50	Girls U13 50m Backstroke A	33.24	2025	A Zhuang, Caulfield
51	Boys U13 50m Backstroke B			
52	Girls U13 50m Backstroke B			
53	Boys U14 50m Backstroke A	28.19	2011	N J Groenewald, Caulfield
54	Girls U14 50m Backstroke A	31.86	2021	R M Heard, Geelong College
55	Boys U14 50m Backstroke B			
56	Girls U14 50m Backstroke B			
57	Boys U15 50m Backstroke A	28.24	2016	O J Nash, Wesley
58	Girls U15 50m Backstroke A	31.24	2022	J M J Wilson, Wesley
59	Boys U15 50m Backstroke B			
60	Girls U15 50m Backstroke B			
61	Boys U16 50m Backstroke A	27.74	2010	A D Nettlefold, Brighton
62	Girls U16 50m Backstroke A	30.51	2023	J M J Wilson, Wesley
63	Boys U16 50m Backstroke B			
64	Girls U16 50m Backstroke B			
65	Boys U17 50m Backstroke A	27.17	2024	C P Wilson-Moran, Haileybury
66	Girls U17 50m Backstroke A	30.13	2024	J M J Wilson, Wesley

APS GIRLS & BOYS COMBINED SWIMMING - PROGRAMME OF EVENTS

No	Event	Record	Year	Holder
67	Boys U17 50m Backstroke B			
68	Girls U17 50m Backstroke B			
69	Boys Open 50m Backstroke A	26.52	2025	C P Wilson-Moran, Haileybury
70	Girls Open 50m Backstroke A	29.91	2023	S Olowoniyi, Carey
71	Boys Open 50m Backstroke B			
72	Girls Open 50m Backstroke B			
73	Boys Open 50m Backstroke MC			
74	Girls Open 50m Backstroke MC			
75	Boys Open 6x50m Butterfly Relay	**2:49.76**	**2026**	**Haileybury**
76	Girls Open 6x50m Butterfly Relay	3:13.72	2025	Caulfield
77	Boys U13 50m Breaststroke A	33.83	2010	N J Groenewald, Caulfield
78	Girls U13 50m Breaststroke A	35.92	2025	A Kang Caulfield
79	Boys U13 50m Breaststroke B			
80	Girls U13 50m Breaststroke B			
81	Boys U14 50m Breaststroke A	32.41	2017	A C H Ngo, Haileybury
82	Girls U14 50m Breaststroke A	35.21	2017	A C Le Grand, Wesley
83	Boys U14 50m Breaststroke B			
84	Girls U14 50m Breaststroke B			
85	Boys U15 50m Breaststroke A	30.94	2019	W C Petric, Caulfield
86	Girls U15 50m Breaststroke A	34.42	2011	S E Moore, Caulfield
87	Boys U15 50m Breaststroke B			
88	Girls U15 50m Breaststroke B			
89	Boys U16 50m Breaststroke A	29.49	2023	N O Stoupas, Caulfield
90	Girls U16 50m Breaststroke A	33.20	2024	L M Koch, Caulfield
91	Boys U16 50m Breaststroke B			
92	Girls U16 50m Breaststroke B			
93	Boys U17 50m Breaststroke A	29.66	2024	N O Stoupas, Caulfield
94	Girls U17 50m Breaststroke A	32.19	2025	L M Koch, Caulfield
95	Boys U17 50m Breaststroke B			
96	Girls U17 50m Breaststroke B			
97	Boys Open 50m Breaststroke A	29.23	2025	N O Stoupas, Caulfield
98	Girls Open 50m Breaststroke A	**31.48**	**2026**	**L M Koch, Caulfield**
99	Boys Open 50m Breaststroke B			
100	Girls Open 50m Breaststroke B			
101	Boys Open 50m Breaststroke MC			
102	Girls Open 50m Breaststroke MC			
103	Boys U14 100m Freestyle	55.00	2055	H Wang, Haileybury
104	Girls U14 100m Freestyle	59.95	2025	A Mescher, Caulfield
105	Boys U16 100m Freestyle	52.45	2014	B M Negri, Scotch
106	Girls U16 100m Freestyle	**59.42**	**2026**	**A C Mescher, Caulfield**
107	Boys Open 100m Freestyle	49.69	2014	A P Graham, St Kevin's
108	Girls Open 100m Freestyle	55.94	2022	I J N Boyd, Carey
109	Boys U13 4x50m Medley Relay	2:07.17	2025	Haileybury
110	Girls U13 4x50m Medley Relay	2:11.05	2025	Caulfield
111	Boys U14 4x50m Medley Relay	**1:57.18**	**2026**	**Haileybury**
112	Girls U14 4x50m Medley Relay	**2:10.47**	**2026**	**Caulfield**
113	Boys U15 4x50m Medley Relay	1:57.48	2013	Scotch
114	Girls U15 4x50m Medley Relay	2:07.12	2025	Wesley
115	Boys U16 4x50m Medley Relay	1:53.88	2015	St Kevin's
116	Girls U16 4x50m Medley Relay	2:05.40	2012	Caulfield
117	Boys U17 4x50m Medley Relay	1:49.79	2018	Caulfield
118	Girls U17 4x50m Medley Relay	2:06.47	2025	Caulfield
119	Boys Open 4x50m Medley Relay	1:47.26	2022	Caulfield
120	Girls Open 4x50m Medley Relay	2:03.06	2016	Wesley
121	Boys U13 4x50m Freestyle Relay	1:56.22	2010	Caulfield
122	Girls U13 4x50m Freestyle Relay	2:00.66	2025	Caulfield
123	Boys U14 4x50m Freestyle Relay	**1:46.28**	**2026**	**Haileybury**
124	Girls U14 4x50m Freestyle Relay	2:00.13	2012	Caulfield
125	Boys U15 4x50m Freestyle Relay	1:44.67	2019	Scotch
126	Girls U15 4x50m Freestyle Relay	1:55.36	2011	Wesley
127	Boys U16 4x50m Freestyle Relay	1:41.73	2014	Scotch
128	Girls U16 4x50m Freestyle Relay	1:54.23	2024	Caulfield
129	Boys U17 4x50m Freestyle Relay	1:38.74	2021	Scotch
130	Girls U17 4x50m Freestyle Relay	**1:52.79**	**2026**	**Caulfield**
131	Boys Open 4x50m Freestyle Relay	1:35.66	2022	Scotch
132	Girls Open 4x50m Freestyle Relay	1:52.87	2022	Caulfield

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.