

Small School Swimming Sports

Tuesday 27th February, 2024

(Helpers to meet at 9.15am)

Coordinator:	Omihi School - Maree
Starter:	Waipara School
Timekeepers:	3 parents from Waipara 2 parents from Broomfield 1 parent from Omihi (extra timer)
Recorders:	Omihi School (Omihi-Kelly) , Broomfield School
Collect times and give to recorder:	Omihi School - Omihi Parent
Loud Speaker:	Broomfield School
Start Marshall:	Omihi School - Kate
Crowd Control:	Each school to have an adult seated with their children.
Equipment:	Waipara: stopwatches (6), rods, starter block Omihi: laptop. Broomfield - speaker.
Lifeguard:	Omihi School - Aimee
Stroke judge	Kay Marriott 027 339 0049

Organisation

1. Children may compete in ***one event per style (Novice or swimmer in any event NOT BOTH)*** If a child can swim a length in under 25 seconds they are deemed a swimmer.
2. **Children are grouped in year levels**
3. Each competitor needs to bring togs, towels, appropriate food and a water bottle.
4. Year 4 swimmers do not compete past Kowai.
5. For novice and swimmers there will only be heats and the final placings will be based on times.
6. Swimmers who finish first or second will go to Kowai.
7. Dressing shed space is limited so competitors are asked to come wearing their togs with other clothes to change into later.

Starting Instructions

1. Step up, Take your mark, go.
2. Children who cannot dive get into the pool smartly on 'Step up' and keep one hand on edge of the pool.
3. All backstroke events are to start with competitors in the pool.
4. A whistle will blow for a false start.

Finishing

1. Breaststroke and butterfly two hands must touch the end.
2. Backstroke and freestyle one hand must touch the end.

Children are asked to:

1. Be quiet when races are starting or when announcements are being made.
2. Keep clothing in bags.
3. Stay seated on their side of the pool.

We would ask all teachers to emphasise the importance of the above behaviour in helping to make the sports both enjoyable and successful.

Small Schools Swimming

Date: Tuesday 27th February, 2024

Venue: Amberley Pool 9.30am - 12.30pm

Events:

Swimmers Butterfly 2 x lengths Open	Swimmers Medley 1x Length (Backstroke, Breaststroke, Freestyle) 1. Girls Year 4 2. Boys Year 4 3. Girls Year 5 4. Boys Year 5 5. Girls Year 6 6. Boys Year 6 7. Girls Year 7 8. Boys Year 7 9. Girls Year 8 10. Boys Year 8	Novice Freestyle 1x Length 11. Girls Year 4 12. Boys Year 4 13. Girls Year 5 14. Boys Year 5 15. Girls Year 6 16. Boys Year 6 17. Girls Year 7 18. Boys Year 7 19. Girls Year 8 20. Boys Year 8	Novice Backstroke 1x Length 21. Girls Year 4 22. Boys Year 4 23. Girls Year 5 24. Boys Year 5 25. Girls Year 6 26. Boys Year 6 27. Girls Year 7 28. Boys Year 7 29. Girls Year 8 30. Boys Year 8	Novice Breaststroke 1x Length 31. Girls Year 4 32. Boys Year 4 33. Girls Year 5 34. Boys Year 5 35. Girls Year 6 36. Boys Year 6 37. Girls Year 7 38. Boys Year 7 39. Girls Year 8 40. Boys Year 8	Beginners Freestyle Width 41. Girls Year 4 42. Boys Year 4 43. Girls Year 5 44. Boys Year 5 45. Girls Year 6 46. Boys Year 6 47. Girls Year 7 48. Boys Year 7 49. Girls Year 8 50. Boys Year 8
Beginners Backstroke Width 51. Girls Year 4 52. Boys Year 4 53. Girls Year 5 54. Boys Year 5 55. Girls Year 6 56. Boys Year 6 57. Girls Year 7 58. Boys Year 7 59. Girls Year 8 60. Boys Year 8	Beginners Breaststroke Width 61. Girls Year 4 62. Boys Year 4 63. Girls Year 5 64. Boys Year 5 up 65. Girls Year 6 66. Boys Year 6 67. Girls Year 7 68. Boys Year 7 69. Girls Year 8 70. Boys Year 8	Swimmers Freestyle 2x Lengths 71. Girls Year 4 72. Boys Year 4 73. Girls Year 5 74. Boys Year 5 75. Girls Year 6 76. Boys Year 6 77. Girls Year 7 78. Boys Year 7 79. Girls Year 8 80. Boys Year 8	Swimmers Backstroke 2x Lengths 81. Girls Year 4 82. Boys Year 4 83. Girls Year 5 84. Boys Year 5 85. Girls Year 6 86. Boys Year 6 87. Girls Year 7 88. Boys Year 7 89. Girls Year 8 90. Boys Year 8	Swimmers Breaststroke 2x Lengths 91. Girls Year 4 92. Boys Year 4 93. Girls Year 5 94. Boys Year 5 95. Girls Year 6 96. Boys Year 6 97. Girls Year 7 98. Boys Year 7 99. Girls Year 8 100. Boys Year 8	Freestyle 4x25 Relay Mixed 101. Year 4/Year 5 102. Year 6 103. Year 7 104. Year 8 These relays to be held if time allows.

Swimmers Rules

Breaststroke:

- Touch wall with both hands simultaneously at each end (so this includes turning).
- No tumble turns in breaststroke
- Feet must remain under water during entire swim (including turning)
- No freestyle or other strokes accepted, must resemble breaststroke consistently

Backstroke:

- When turning, tumble-turns are accepted however no more than one freestyle arm will be allowed, so make sure the swimmers are close enough to the wall when they roll over onto their stomachs. Stroke must resemble backstroke consistently.

Freestyle

- Tumble-turns accepted, remind swimmers that they need to make contact with the wall, so ensure they are close enough when tumbling. Tumble-turns that do not make contact with the wall are not allowed as the wall must be touched (hands or feet) at either end.
- Stroke must resemble freestyle consistently

Butterfly:

- Wall must be touched with both hands simultaneously at Each end of the pool (including turning)
- No tumble-turns accepted
- Stroke must resemble butterfly consistently