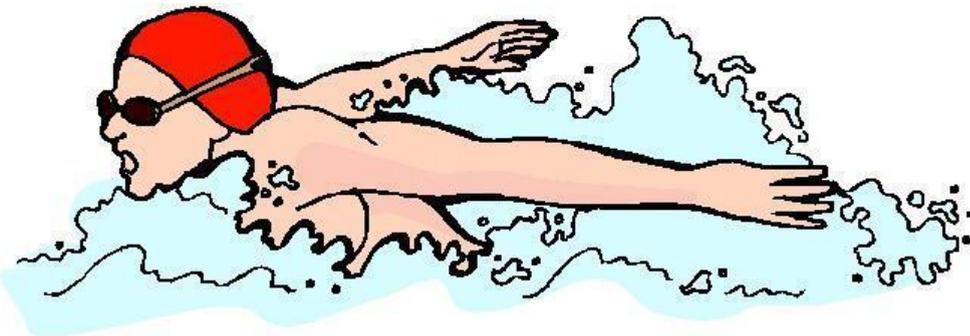




In partnership with
Association of International Schools of Malawi (AIMS)



Will be hosting the Inter-Schools Primary Moonlight
Swimming Gala

Friday 30th January

Warm Up - 1:15 PM

First Race - 2:00 PM

Awards Ceremony - 6:00 PM

Finish Time - 6:30 PM



1. Aims and Objectives

Our aim is to create a friendly, fun environment for children to experience competitive swimming. Our objective is to encourage more students to take up swimming and inspire lifelong involvement in the sport. We would like to ask for the assistance of all coaches/staff in upholding these aims.

2. Event Details

The event is scheduled to start at 2:00pm sharp with warm ups starting at 1:15. Please can all teams be present at the poolside for 1:10pm to allow us to get underway on time. This will allow all of the Blantyre schools to arrive on time.

3. Pool

The pool is 25m x 12m (6 lanes) with a depth of 1.2m throughout with Olympic blocks at both ends. There is a second pool (18m) which is out of bounds for this event – please do not allow students to enter this pool at any time during the event.

We have two fully qualified lifeguards (ILS, LSA) who will be on poolside during the event but please encourage all swimmers and observers to follow the pool rules.

The pool is tested twice a day electronically to determine the amount of acid and chlorine that is required to balance total alkalinity, free chlorine and Ph.

The pool is fitted with a fully automated timing and starting system which is synced with the 'Time Drops App'. We advise all spectators to download this app. Due to the system being wireless, we ask all personal hotspots to be turned off to allow our system to communicate with one another effectively.



4. Age Clarification

The age groups will be U8,U9,U10,Open (U12)

All children must attend a Primary school (*i.e. a Year 7 cannot enter into this competition even if his/her age allows*).

The cut-off date for each age category is the 31st of August for each year (*i.e. a swimmer who is 10 years 0 days old on September 1st would swim in the Open category.*) This aligns with AIMS schools enrollment dates.

Swimmers may swim up an age category but must remain in that age category for the entire gala.

Swimmers may only swim in one category.

5. Relays

The ladder relay will be double-points. The second ladder relay will be non-scoring to encompass our inclusive and fun atmosphere. This will also allow any reserve swimmers travelling to be entered into an extra race. This race however is not exclusively for reserves, and any member of your team (age permitting) can swim.

No swimmer can swim twice in the ladder relay.

6. Certificates and Awards

We will be awarding certificates to 1st place in each race (*not heats*) on A5 gloss paper. This will apply to individual and relay races (except the ladder relays). Each heat winner will receive a 'heat winner' ribbon.

Certificates and medals will be given to the best male/female in each age category. (Calculations shown in point 12).

7. Food and Drink

A braai will be served throughout the Gala. Free, filtered drinking water will be available. The BMIS Student Council will be selling snacks and softdrinks.



8. Housekeeping

There will be a coaches meeting at 1:30pm where any queries or questions can be asked and resolved.

9. Rules and Starting Sequence

Races will only start once there is complete silence before each race. In the interest of finishing the gala on time can you please encourage all swimmers, coaches and parents to follow this rule strictly.

Please ensure swimmers are familiar with the starting sequence (A demonstration will occur before the first race at 1:55pm). Three whistles will be blown to tell the swimmer to come up to the block. One long whistle will tell swimmers to stand on the block (or enter the water if backstroke). The starter will then call "take your mark" followed by a 'beep' to start.

Fina rules (<http://www.fina.org/content/swimming-rules>) will be adhered too unless otherwise stated below. Please explicitly tell your students the following changes.

Disqualifications

Taking into account the children's ages and our inclusive ethos at BMIS, leniency will be applied to disqualifications unless there is a clear and obvious advantage gained.

Where an obvious advantage is gained, and a close finish between two or more students is evident, we will place the student who gained the advantage down a place.

We will not announce DQ's over the PA but will tell teachers and provide them with an electronic DQ document after the event.



10. Scoring

In races that have heats (*please see additional race schedule – your fastest swimmer should be entered as swimmer A to make races more competitive*). Swimmers will be timed individually and collated at the scoring desk to determine the overall winner of that race. I.e. Swimmer B could in theory, win the race if they swim the quickest, even if they are placed in the 'slower' heat.

Each lane will have a minimum of two timers, and a touch pad. We will also have a chief timekeeper who will have an additional stopwatch in case of any mechanical or human error.

Scoring will be as followed. 1st place – 12 points, 2nd place – 11 points, 3rd place – 10 points, and so on down to 12th place – 1 point.

The competitive ladder relay (except the non-competitive ladder event) will be scored as follows: 1st place – 24 points, 2nd place – 20 points, 3rd place – 16 points, 4th place – 12 points, 5th place – 8 points.

11. Lanes and Heats

To create a fun and joyful atmosphere, each school will be placed in the same lane throughout the gala

1. HIS
2. SAIPS
3. BMIS
4. PIS
5. ABC
6. SHJ

Teams will warm up in their respective lanes from 1:15 -1:55 PM. We advise you split the warm up into year/grade levels of 10 minutes each to avoid overcrowding the pool.

A Meet Manager zip file will be sent at least two weeks prior to the competition date so that teams have time to enter their students. There will be three heats:



Race Structure

Heat 1 - Exhibition (not compulsory)
(in freestyle, breaststroke).

Heat 2 - Slower swimmer (scored)

Heat 3 - Faster swimmer (scored)

12. Victor/Victrix Ludorum

In the interest of fairness to all swimmers Victor/Victrix Ludorum awards will be calculated by Meet Manager software. A swimmer will the maximum points over the gala will win the award for males and females. Only individual races (not the ladder relay) count towards this award.

Each victor/victrix will receive a certificate and medal.

13. Schedule of races

A full schedule will be provided in the week before the event. Below are the events each age group will complete.

Individual

U8 races: 25m Back, 25m Free, 25m Breast, 25 fly (one swimmer) 75m IM (no fly)

U9 races: 25m Back, 25m Free, 25m Breast, 25 fly (one swimmer), 75m IM (no fly)

U10 races: 25m Fly, 25m Back, 25m Free, 25m Breast, 100m IM

Open races: 50m Fly, 50m Back, 50m Free, 50m Breast, 100m IM

If time allows, we will have a 30 minute break at 4:30 PM-5:00PM.

We expect the gala to be concluded by 6:30PM.

Relays: Two separate ladder relays - male and female (2 swimmers per sex)

To swim in the correct year/grade order - Y3 Boy, Y3 Boy, Y4 Boy, Y4 Boy etc.