

# IGSA Sport Swimming Rules & Guidelines 2025

Date	Event
7 March 2025	IGSA Sport swimming & diving spectator numbers due by 5pm
7 March 2025	IGSA Sport swimming Meet Manager entries due by 5pm
12 March 2025	IGSA Sport swimming & diving final changes due <b>NO LATER</b> than 8am
<b>14 March 2025</b>	<b>IGSA Sport Swimming &amp; Diving Carnival – SOPAC, Homebush</b>
17 March 2025	IGSA Sport swimming & diving carnival feedback forms due
18 March 2025	NSW CIS swimming additional nominations due for events not swum at IGSA Sport
31 March 2025	IGSA Sport swimming & diving post carnival meeting, 10am
7 April 2025	NSW CIS swimming & diving entries, officials & extra events due
5 & 6 May 2025	NSW CIS Swimming & Diving Carnival
22-23 May 2025	NSW All Schools Swimming & Diving Carnival

<b>Convener &amp; NSWCIS Representative</b>	Mark Heathcote, Meriden
<b>Representative Team Managers</b>	Michael Garrett-Meade, Ascham Olivia Kapocius, Meriden School

## Divisions 2025

Division 1 (Heat 3)		Division 2 (Heat 2)		Division 3 (Heat 1)	
Lane	School	Lane	School	Lane	School
1	Kincoppal – Rose Bay	1	Canberra Girls Grammar	1	Frensham
2	Meriden	2	Danebank	2	Loreto Kirribilli
3	MLC School	3	Kambala	3	NEGS
4	PLC Sydney	4	Loreto Normanhurst	4	PLC Armidale
5	Pymble Ladies' College	5	Monte Sant' Angelo	5	SCEGGS
6	Ravenswood	6	Queenwood	6	St Vincent's College
7	St Catherine's	7	Roseville College	7	Stella Maris
8	Wenona	8	St Scholastica's	8	Tara School
9	Abbotsleigh	9	Ascham School		

## Trophies Presented

### Overall Trophies

Most Improved School

The school who improves their position in the final point score by the most places. If equal, then the schools will be declared joint winners.

Annabelle Williams Shield

Combined total of multi-class point score.

Lorraine Crapp Shield

Combined total of junior, intermediate and senior point scores (excluding multi-class points).

Mary Webster Cup

Combined total of junior, intermediate and senior point scores (including multi-class points).

### Divisions

Division 1

Taken from heats  
Combined total of senior, intermediate and junior point score.

Division 2

Combined total of senior, intermediate and junior point score.

Division 3

Combined total of senior, intermediate and junior point score.

### Finals Results

Junior

Taken from finals only

Combined total of junior point score.

Intermediate

Combined total of intermediate point score.

Senior

Combined total of senior point score.

## Relays

Junior Freestyle Relay	Junior Medley Relay
Intermediate Freestyle Relay	Intermediate Medley Relay
Senior Freestyle Relay	Senior Medley Relay
6 x 50m All Age Relay	

## Individual Champions

Junior	Student with highest individual point score <b>(best 3 individual events)</b>
Intermediate	Student with highest individual point score <b>(best 3 individual events)</b>
Senior	Student with highest individual point score <b>(best 3 individual events)</b>

## Trophies & Results 2024

All trophies are to be returned on or before the day of the carnival – CLEANED and ENGRAVED.

Mary Webster Cup	PLC Sydney <i>Combined total of junior, intermediate and senior point scores (including multi-class points).</i>
Lorraine Crapp Shield	PLC Sydney <i>Combined total of junior, intermediate and senior point scores (excluding multi-class points).</i>
Annabelle Williams Shield	PLC Sydney and St Vincent's College <i>Combined total of multi-class point score</i>
Most Improved - <i>Donated by Kincoppal Rose Bay</i>	St Scholastica's College <i>The school who improves their position in the final point score by the most places. If equal, then the schools will be declared joint winners.</i>

### Taken from finals only - Combined total of point score in each section

Junior Point Score	PLC Sydney and Pymble Ladies' College
Intermediate Point Score	PLC Sydney
Senior Point Score	Pymble Ladies' College

### Winner of the final of each relay event

Junior Freestyle Relay	PLC Sydney
Intermediate Freestyle Relay	Abbotsleigh
Senior Freestyle Relay	PLC Sydney
Junior Medley Relay	PLC Sydney
Intermediate Medley Relay	PLC Sydney
Senior Medley Relay	Pymble Ladies' College
All Age Relay	Meriden School

### Taken from heats only - Combined total of junior, intermediate and senior point score in the heats

Division 1	PLC Sydney
Division 2	Ravenswood
Division 3	Ascham

### Student or students with the highest points from three best individual events only

Junior Individual Champion	Megan Chia, Pymble Ladies' College and Ella Clayton, Meriden School
Intermediate Individual Champion	Alexandra Sharp, Wenona
Senior Individual Champion	Mia Fildissis, PLC Sydney

## IGSA Sport Swimming Point Score

Point score applicable for ALL heats and finals

Individual: 13 - 11 - 9 - 7 - 6 - 5 - 4 - 3 - 2 - 1

Relays: 16 - 14 - 12 - 10 - 9 - 8 - 7 - 6 - 5 - 4

6 x 50m relay points will be added to the senior point score.

The open 200m individual medley and open 200m freestyle points will be added to the senior point score.

## IGSA Sport Swimming Representative Team

Three students per event will be selected into the IGSA Sport team for NSWICIS Championships as per the selection process outlined in the IGSA Sport Representative Policy. **A place in this carnival does not ensure selection in the IGSA Sport representative team.**

## Rules of the Swimming Carnival

1. All races to be swum according to the rules of NSW Swimming Inc.
2. Age is taken as at 31<sup>st</sup> December of that year.
3. Each school may enter one competitor / team per event.
4. Age sections:

Junior	14 Years & Under
Intermediate	15 & 16 Years
Senior	17 Years & Over
5. "Swim Ups"
  - a. A student may compete in an age group higher than her own provided this is the only age group in which she enters.
  - b. For representative selections, her times will be recorded in her correct age group.
  - c. If a competitor breaks a record when swimming up an age group it will be recorded against the event that she has competed in.
  - d. For age champion purposes, the student will only be considered in the age bracket in which she has swum not the one that her chronological age would place her.
6. Schools with enrolment numbers MORE than 351 (Years 7 - 12), may enter **two** competitors ONLY in a maximum of 5 events, 1 of which must be a relay AND 1 must be either of the 200m events (either IM or freestyle). All other competitors may enter a maximum of 4 events, 1 of which MUST be a relay, i.e. a maximum of 3 individual events. Competitors may enter more than one relay or 200m event within these restrictions.

Schools with enrolment numbers LESS than 351 (Years 7 - 12), may enter competitors in a maximum entry of (any) 5 events.

In the case of multiclass swimmers, the maximum number of events they may enter is 4 individual multiclass events and 1 relay.
7. The maximum number of relay swimmers per team is 6 in the 4 x 50m events and 8 in the 6 x 50m All Age Relay. Reserves must be submitted with team entries.
8. The 6 x 50m All Age Relay must include competitors from the 12, 13, 14, 15, 16, 17+ years age groups and be swum in this order. Competitors swimming up an age group will be ineligible for this event except for 17 year olds as the final swimmer is 17+. Entries may include 6 reserve swimmers however only 2 can be used.
9. The open 200m individual medley will be conducted as a heat only event (no final). It will be swum in the heats program (morning). The consolidated results will determine the allocation of points towards the final point score.
10. The open 200m freestyle will be swum in the heats session as a timed final. The consolidated results from the three divisional races will determine the allocation of points towards the final point score.
11. The 10 fastest swimmers from the 3 heats will progress to the final of an event. In the event of equal 10<sup>th</sup> fastest - only 9 will swim in the final, however, equal 10<sup>th</sup> place points will be awarded.
12. The next 10 fastest swimmers from the 3 heats will progress to the B final in the 50m freestyle events. No points are awarded for the B finals. In the event of equal 10<sup>th</sup>, in determining the A final then equal 10<sup>th</sup> swimmers will swim in the B final. In the case of equal 20<sup>th</sup> fastest - only 9 will swim in the B final. The B final for the 50m freestyle will be raced immediately before the A final.
13. No changes to entries will be permitted on the day unless accompanied by a medical certificate or letter from the Head of Sport. This must occur prior to the FIRST event and only ONE change per school is permitted
14. Method of starting:
  - a. The start in freestyle, breaststroke, butterfly and individual medley races shall be with a dive from the diving platform, or the wall, or a competitor may start in the water. On the long whistle from the Referee the swimmers shall move to their starting position and remain there. On the

starters command they shall immediately take up a starting position with at least one foot at the front of the starting platform or the wall. The position of the hands is not relevant. Students starting in the water must have 2 feet on the wall and 1 hand on the backstroke bar.

- b. When all swimmers are stationary, the Starter shall give the starting signal. (SW4.1).
  - c. The start in backstroke races shall be from the water. At the Referee's first long whistle the swimmers shall immediately enter the water. At the Referee's second long whistle the swimmers shall return without undue delay to the starting position. When all swimmers have assumed their starting positions, the Starter shall give the command "Take your Marks". When all swimmers are stationary, the Starter shall give the starting signal. (SW4.2)
  - d. The start in relay races shall be with a dive from the diving platform or the wall or a competitor may start in the water. In the case of relays: for a swimmer starting in the water, the swimmer's feet must be on the wall when the incoming swimmers hand touches the wall. The swimmer starting in the water must start on the left of the lane. If swimmer 2 starts in the water, swimmer 1 will not be able to gain an official time.
  - e. The starting signal shall be with a hooter or gun blast.
  - f. A one (1) start rule, in all events shall be used.
  - g. No swimmer will be permitted to swim more than 15m underwater during starts and turns. The race will continue and the swimmer will be disqualified at the finish.
  - h. Backstroke ledges will be used for all backstroke events and the medley relays
15. All competitors must comply with the FINA swimwear rules. The swimwear shall be in good moral taste, not cover the neck or extend past the shoulders, or below the knee with no zippers or other fastening system allowed.
- Refer to FINA rules [www.fina.org/sites/default/files/frsa.pdf](http://www.fina.org/sites/default/files/frsa.pdf).
16. All competitors must wear school swimming caps.
  17. Competitors costumes will be checked in the marshalling area and any incorrect swimsuit will be brought to the referee's attention who may exclude that swimmer.
  18. Competitors wearing strapping tape on the day must present to the referee at 8am in the recording room accompanied by a letter from a physio or doctor.
  19. Any protest must be lodged in writing immediately after the race. Protests may only be lodged by Directors of Sport. All protests will be heard by the IGSA Sport Staff, the IGSA Sport Swimming Convener and Director of Sport from the school or schools involved. The decision will be made during the carnival.
  20. Competitors, spectators, parents and coaches / staff are expected to behave in a safe and responsible manner and to comply with the IGSA Sport Code of Conduct.
  21. Spectators and competitors are requested to be silent at the start of races and until any announcement is finished.
  22. Schools must sit in allocated areas.
  23. Swimmers must return to their school seating and not remain on pool deck with coaches.
  24. No eating or drinking is to take place on pool deck.
  25. Only IGSA Sport approved photographers are allowed on pool deck during the day's events.
  26. Physiotherapy and massage tables cannot be on pool deck.
  27. Only one coach per school is permitted on pool deck and they are required to sit in the "allocated coaching area" provided. One additional coach per school is also permitted to supervise warm down in the utility pool. Coaches will receive their pool deck passes at the coaches briefing held in the recording room.

28. Division ribbons can be collected by school staff during the lunch break at the carnival. Finals medals can be collected by school sport staff at the completion of the carnival. New record certificates will be posted to schools. Trophies will be presented at the end of the carnival.
29. Multi-Class Events:
- Events 5, 13, 28 & 42 will be conducted as multi-class events and scored using the MCPS.
  - All multi-class events are swum in the finals program (afternoon).
  - Where schools have more than 1 swimmer competing in a multiclass event, only one swimmer will receive points being the highest placed swimmer in each event.
  - Multiclass swimmers may enter either all 4 individual multiclass events or 3 individual multiclass and 1 relay.
  - All multi-class swimmers are to have had previous race experience and be adequately prepared to compete. School staff should have knowledge of any special requirements for a swimmer to compete safely.
  - Official classification is required for multi-class swimmers competing at IGSA Sport, NSW CIS and NSW All Schools.
  - Medals will be available to schools as with all other final medals.

### **Warm Up Procedure and Lane Allocation 2025**

Warm-up commences in both the main and utility pools at approximately 7.30am and concludes at 8.15am. ONLY swimmers competing in the medley relay and freestyle events should warm up at this time to avoid overcrowding in designated lanes. At 8.15am, warm up will end in the competition pool and 'walk backs' will start in the utility pool with diving from the eastern end.

Six lanes will be available in the utility pool throughout the day for warm up and cool down. No other swimmers are to use this facility.

Only one school official, either the swim coach or member of the school sport staff (no parents / spectators) are to be on pool deck at their designated lane BEFORE any swimmers from their school enter the water.

Officials are to remain with the swimmers until they have all exited the water as directed by the announcer. School officials must be aware of other announcements that may determine lane usage throughout the meet. This usage may vary at the discretion of the IGSA Sport Swimming Committee.

<u>Competition Pool</u>		<u>Utility Pool</u>	
Lane 0	Tara	Lane 0	n/a
Lane 1	Kincoppal Rose Bay / Canberra Girls Grammar	Lane 1	Frensham
Lane 2	Meriden / Danebank	Lane 2	Loreto Kirribilli
Lane 3	MLC School / Kambala	Lane 3	NEGS
Lane 4	PLC Sydney / Loreto Normanhurst	Lane 4	PLC Armidale
Lane 5	Pymble Ladies' College / Monte Sant' Angelo	Lane 5	SCEGGS Darlinghurst
Lane 6	Ravenswood / Queenwood	Lane 6	St Vincent's College
Lane 7	St Catherine's School / Roseville College	Lane 7	Stella Maris
Lane 8	Wenona / St Scholastica's College		
Lane 9	Abbotsleigh / Ascham School		

**PLEASE NOTE:** A swim coach or staff member from each school is to be present on pool deck during the warm up to supervise swimmers & clear them from the pool.

Once the warm up is over, only one coach per school may remain on pool deck in the designated area.

## Swimming Carnival Duties 2025

**Swimming staff duties** (please ensure all allocated staff are of a capable standard for their role)

School	Heats	Finals
Abbotsleigh	Check Starter (1)	Check Starter (1)
Ascham School	Timekeeper (1)	Timekeeper (1)
Danebank	Timekeeper (1)	Timekeeper (1)
Frensham	Timekeeper (1)	Timekeeper (1)
Kambala	Timekeeper (1)	Timekeeper (1)
Kincoppal - Rose Bay	Timekeeper (1)	Timekeeper (1)
Loreto Kirribilli	Timekeeper (1)	Timekeeper (1)
Loreto Normanhurst	Check Starter (1)	Check Starter (1)
Meriden School	IGSA Convener (1) – all day	Presentations (1) Timekeeper (1)
MLC School	Division Ribbons (1)	Timekeeper (1)
Monte	Marshal (1) Point Score (Patrick)	Marshal (1) Point Score (Patrick)
PLC Sydney	Marshal (1) Timekeeper (1)	Marshal (1) Timekeeper (1)
Pymble Ladies' College	Marshal (1) Timekeeper (1)	Marshal (1) Timekeeper (1)
Queenwood	Timekeeper (1)	Timekeeper (1)
Ravenswood	Timekeeper (1)	Finals Medals (1)
Roseville	Timekeeper (1)	Timekeeper (1)
SCEGGS Darlinghurst	Timekeeper (1)	Timekeeper (1)
Stella Maris	Timekeeper (1)	Timekeeper (1)
St Catherine's School	Timekeeper (1)	Timekeeper (2)
St Scholastica's	Timekeeper (1)	Timekeeper (1)
St Vincent's	Timekeeper (1)	Timekeeper (1)
Tara	Timekeeper (1)	Timekeeper (1)
Wenona	Marshal (1) Timekeeper (1)	Marshal (1) Timekeeper (1)

No duties – CGG, NEG and PLA

### Schoolgirl assistants

Duty	Heats	Finals
Recording Room	St Catherine's (2)	Meriden (2)
Check Starter	Abbotsleigh (2)	PLC Sydney (2)
Marshalling	Wenona (2)	Pymble Ladies' College (2)

DIVING STAFF DUTIES (capable adult staff)

School	Sessions 1 & 2	Sessions 3 & 4
Abbotsleigh	Presentation & Results (1)	
Meriden		Presentation & Results (1)
MLC School	Diving Marshal (1)	
PLC Sydney		Diving Marshal (1)
Roseville College	Diving Data Entry (1)	Diving Data Entry (1)

Independent – Diving Convener

Swim Coach Briefing 7:30am Recording Room

Swim Duties / Officials Briefing 8:00am Recording Room

## 2025 Swimming Program of Events

Event 1 (heats session)	Open 200m Individual Medley (timed final – no event 1 in finals session)
Event 2	Junior Medley Relay 4 x 50m
Event 3	Intermediate Medley Relay 4 x 50m
Event 4	Senior Medley Relay 4 x 50m
Event 5 (finals session)	<i>Open Para-Swimming Freestyle 50m FINAL ONLY</i>
Event 6	12 Years & Under Freestyle 50m
Event 7	13 Years Freestyle 50m
Event 8	14 Years Freestyle 50m
Event 9	15 Years Freestyle 50m
Event 10	16 Years Freestyle 50m
Event 11	17 Years Freestyle 50m
Event 12	18 Years & Over Freestyle 50m
<i>* A and B finals will be swum in 50m freestyle (B finals will precede A finals)</i>	
Event 13 (finals session)	<i>Open Para-Swimming Backstroke 50m FINAL ONLY</i>
Event 14	12 years & Under Backstroke 50m
Event 15	13 Years Backstroke 50m
Event 16	14 Years Backstroke 50m
Event 17	15 Years Backstroke 50m
Event 18	16 Years Backstroke 50m
Event 19	17 Years Backstroke 50m
Event 20	18 Years & Over Backstroke 50m
Event 21	12 Years & Under Breaststroke 50m
Event 22	13 Years Breaststroke 50m
Event 23	14 Years Breaststroke 50m
Event 24	15 Years Breaststroke 50m
Event 25	16 Years Breaststroke 50m
Event 26	17 Years Breaststroke 50m
Event 27	18 Years & Over Breaststroke 50m
Event 28 (finals session)	<i>Open Para-Swimming Breaststroke 50m FINAL ONLY</i>
Event 29	Junior Freestyle 100m
Event 30	Intermediate Freestyle 100m
Event 31	Senior Freestyle 100m
Event 32	12 Years & Under Butterfly 50m
Event 33	13 Years Butterfly 50m
Event 34	14 Years Butterfly 50m
Event 35	15 Years Butterfly 50m
Event 36	16 Years Butterfly 50m
Event 37	17 Years Butterfly 50m
Event 38	18 Years & Over Butterfly 50m
Event 39	Junior Freestyle Relay 4 x 50m
Event 40	Intermediate Freestyle Relay 4 x 50m
Event 41	Senior Freestyle Relay 4 x 50m
Event 42 (finals session)	<i>Open Para-Swimming Butterfly 50m FINAL ONLY</i>
Event 43	<i>All Age Freestyle Relay 6 x 50m must be swum in the following order 12, 13, 14, 15, 16, 17+ years</i>
Event 44 (heat session)	Open 200m Freestyle (timed final – no event 44 in finals session)

**NB:** Heats are swum in division order - 3, 2, 1. All para events are swum during the finals sessions only.  
**A placing in this carnival does not ensure selection in the IGSA Sport representative team.**