



# LCSC Rules and Procedures

## AGE CATEGORY

The age category for members shall be their age as at the 31st December that falls within the current summer season. Age categories apply to the Summer Club and Club Championships as published in the Race Program and is used to determine the Trophy point scores.

## SATURDAY MORNING CLUB (7am to approx 9:30am)

### Length of Season

The summer season is determined by the committee and published on the LCSC website. It commences after the end of the October school holidays and continues till the end of March. There is a break over the Christmas and New Year holiday period.

### Length of Races

Length of Races are published in the Summer Race Program and are 25m, 50m, 100m and LONG (200m or 400m). The order of races will be decided by the Race Secretary.

### Point Score

Swimmers may enter a maximum of three events, one in each stroke according to the program displayed on the notice board. Points are awarded according to the difference between graded time and recorded time (the time recorded on the day) calculated on the following basis:

### Recorded Time compared to Graded and the Points awarded in the Point score

Time	25m	50m	100m	200m	400m
Decrease of more than 8 secs	10	10	10	10	10
Decrease of 5.01 seconds to 8 seconds	10	10	10	10	9
Decrease of 3.01 seconds to 5 seconds	10	10	10	9	8
Decrease of 2.01 seconds to 3 seconds	10	10	9	8	7
Decrease of 0.01 seconds to 2 seconds	9	9	8	7	6
Equal to graded time or up to 0.2 seconds increase	7	7	7	6	5
Increase of 0.21 seconds to 1 second	5	5	4	3	3
Increase of 1.01 seconds to 2 seconds	3	3	2	2	2
Increase of more than 2 secs	1	1	1	1	1
Start in event	1	1	1	1	1

### Recorded Times

For members who have been in the club the previous season, their graded times for the various strokes and distances shall be the average of the last 3 swims of the previous season. If the stroke



and distance has been swum only twice, the average is calculated on 2 swims. This average is used to grade the swimmers for the start of the swimming competition.

For new swimmers, their first three times in each stroke and distance are recorded. These times are then used for future grading.

If after 3 consecutive weeks the swimmer has not reached his/her graded time for that particular stroke and distance, the next fastest time achieved in those 3 weeks becomes the new graded time. When a swimmer progresses from one distance to a greater distance, the new graded time is calculated from the Fawcett chart. If the new time swum exceeds (is slower than) 2 seconds or more than the graded time, then the new time becomes the new graded time.

### Distance Progress

If a swimmer in a 25metre distance event reaches an achievement of one metre per second on more than one occasion during the season, then that swimmer must progress to the next longer distance. Exemption from this rule may be given by the Club committee.

If a swimmer elects to compete in a longer distance and does not achieve one metre per second in a 50metre distance, then that swimmer is not prevented from returning to swimming the shorter 25metre distance during the season.

### Entries

Each Saturday morning swimmers may enter a maximum of three events (each of a different stroke) via Swim Central. Saturday morning club starts 7.00am. Entries will be received by 6:00pm on the Thursday preceding the Saturday club. Late entries may be accepted at the discretion of the Race Secretary or his/her delegate.

### Meet Procedure

Swimmers entered in any particular event are to assemble at the deep end of the pool, adjacent to Lane 1. Names of swimmers in each heat and lane number will be called out by the marshal. 25m events are also marshalled at the deep end of the pool unless otherwise announced. Times are recorded by the timing system, timers recoding sheet and judges' placing's are used as a double check on times.

### Disputes

Any dispute that arises at Saturday morning club shall be determined by the Saturday morning club race secretary or his or her delegate(s) for the day, and that person(s) decision shall be final.



## ROMA EDMUNDS MEMORIAL MILE

### Eligibility

- a. Only first claim members are permitted to enter the Roma Edmunds Memorial Mile. Other non-eligible swimmers will only be approved to compete upon application to the committee.
- b. Only members who have recorded three 100m freestyle or three 50m freestyle swims at Saturday Club or other interclub carnivals in the current season will be eligible for handicapping results. A members fastest time will be used to calculate their handicap whether this is swum at club or at an external competition.

### Entries

- a. Entries for the Roma Edmunds Memorial Mile will be accepted by the Race Secretary via Swim Central no later than 1 week prior to the event. Entries open 2 weeks prior to closure. The heat listing is placed on the Notice Board on the Saturday prior to the event.
- b. To be eligible for a gold or silver medal a swimmer must swim in their allocated heat and have recorded three 100m freestyle or three 50m freestyle swims in the current season.

### Awarding of Medals

- a. A gold medal is presented to the swimmer with the fastest overall time.
- b. A silver medal is presented to each heat winner except:
  - i. When the handicap winner comes first in a heat. The silver medal then goes to the second place getter.
  - ii. In the heat where the fastest time is recorded. The second place getter receives the silver medal.
- c. All other eligible competitors receive bronze medals.

### Handicap Time

- a. The handicap time is calculated from the fastest 100metres up to and including the date when entries close. If 100metres has not been swum, this time is calculated from the Fawcett chart.
- b. Only members who have recorded three 100m or three 50m freestyle swims at Saturday Club or other interclub carnivals in the current season will be eligible for handicapping. A members fastest time will be used to calculate their handicap whether this is swim at club or at an external competition.
- c. The handicap time is calculated as the 100m time multiplied by a factor of 20.25. When dealing with hundredths of a second up to 50 the fraction is disregarded, and for 51 to 99 the time is taken to the next slower second. The first heat contains the slowest graded swimmers and the last heat contains the fastest graded swimmers.
- d. At the discretion of the Handicapper a swimmer may be placed into a faster or slower heat when their time from previous mile swims or current form justifies this.



## CLUB CHAMPIONSHIPS

### Eligibility

Only first claim members and those who have recorded three swims at Saturday Club will be eligible for the club championship points, trophies and records. All other members and/or visiting swimmers are deemed to be non-eligible swimmers and can participate in the club championships for the purposes of receiving qualifying times only. Visiting swimmers will only be approved to compete upon application to the committee.

### Entries

Entries for Club Championships are to be made via Swim Central or alternatively as advertised on the program.

### Qualifying Times

Qualifying times apply in Open events for all distances in excess of 100metres. These will be decided by the committee and published in the meet program. The 1500m and 800m Qualifying Times are based on the current year "Roma Edmunds Mile" results and must be less than 32 minutes.

### Opening and Closing of Entries

Entries for Club Championships are accepted by the Race Secretary and must be received as stated on the Race Program. No e-mail or late entries will be accepted.

### Volunteers

Every swimmer will be required to provide a volunteer to help with the running of the meet.

## CLUB TIME TRIALS

### Eligibility

Only first claim members are permitted to enter Club Time Trials unless the committee approves beforehand the participation of other members or visiting swimmers.

### Entries

Entries for Club Time Trials are to be made via swim central or alternatively as advertised on the program.

### Qualifying Times

Qualifying times do not apply for any distance.

### Opening and Closing of Entries

Entries for Club Time Trials are accepted by the Race Secretary and must be received as stated on the Race Program. No e-mail or late entries will be accepted.



## Volunteers

Every swimmer will be required to provide a volunteer to help with the running of the meet.

## TROPHIES

Trophies are awarded at the end of the season for the Combined Point Score, Backstroke, Breaststroke and Butterfly Point Scores in each age group for males and females.

When trophies are awarded on a points basis for Championships, the representative of the club gaining places in the championships are allocated points on the following basis in the applicable age group: 4 points for 1st place, 3 points for 2nd place, 2 points for 3rd place & 1 point for swimming. If there is a tie count, then the person who gains the most points in the Combined Point Score is the winner.

In the championship, if a visitor or non-eligible club member is placed in an event, the swimmers who are placed lower than the visitor or non-eligible club member shall not have their points adjusted.