

BLUE LAKE Y SWIM CLUB

MEMBER HANDBOOK



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WELCOME TO THE BLUE LAKE Y SWIM CLUB

The Committee and Members of Blue Lake Y (BLY) Swim Club would like to extend a warm welcome to all new families and swimmers joining the club for the first time. We all hope you have an enjoyable association with our club and enjoy the swimming.

BLY Swim Club Inc. was formed in 1980 and is a not for profit organisation. BLY has been successfully competing at various meets and carnivals since this time with swimmers of all levels achieving well at local meets, State and National events.

We are an affiliated member of Swimming SA who is the peak body for the administration of competitive swimming in South Australia. BLY and its registered members are bound by the Constitution and By Laws of the Club, Rules of Swimming SA, Swimming Australia and FINA. Copies of these are available in our clubrooms.

BLY aims to encourage every swimmer to develop into happy, healthy young individuals who are confident, focused and self-motivated. We aim to achieve this in a fun, safe, vibrant family focussed environment with a goal of extending our swimmers' skills and achievements in and out of the pool.

We encourage all our members to strive for excellence, develop the 'attitude to achieve' by focusing on improvements in personal best times and attainment of personal goals.

Our club relies on the support of Parents and Swimmers to assist us in achieving these goals and the Committee would like to take this opportunity to thank you all in advance.

This is **our** club. Every suggestion of improvement, offer of help, every dollar of sponsorship or fundraising is welcome.

Blue Lake Y Swim Club Committee

GENERAL INFORMATION

This handbook has been designed to assist you with becoming a new member of the club, so please read it carefully. However, it cannot cover everything, so please do not hesitate to talk to the Committee, Coaching Team and other club members if you have any questions.

COMMUNICATION

The committee will aim to communicate with members through a range of mediums.

Primarily, the club utilises TeamApp. You can download TeamApp to compatible smart phones and tablets. It is designed to send alerts and messages direct to the device on which it is installed. Alternatively, you sign up through the TeamApp webpage and receive all notifications to your email address.

The TeamApp website can be accessed here: <https://www.teamapp.com/>. Once installed search for BLY and request to join the membership.

Other forms of communication include:

- Our website: www.bluelakekeyswimclub.com.au
- Facebook: <https://www.facebook.com/BlueLakeYSwimClub/>

COMMITTEE MEMBERS

The Blue Lake Y Committee has a broad range of skills, enthusiasm and passion, and aims to create a vibrant family focused environment. We are all parents of swimmers who volunteer to ensure the club is a viable, well run organisation with the well-being of the swimmers the number one priority. You can find a current list of committee members and contact details on our website and on TeamApp.

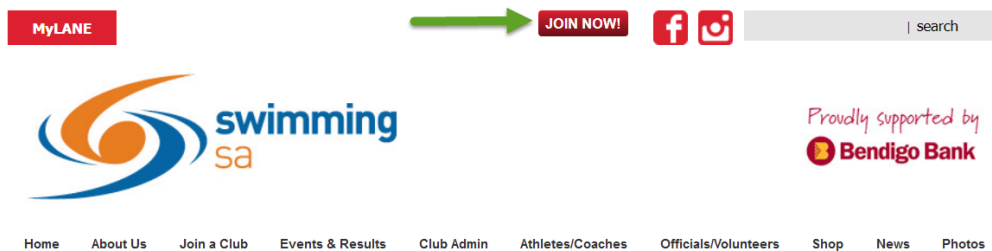
Committee meetings are monthly and all members are welcome to submit agenda items and attend meetings.

All the committee members are here to help all members of the Club. If you have any questions please do not hesitate to contact any of the BLY's Committee Members.

JOINING THE CLUB

Each swimmer (whether competition or recreational) **must** be registered with Swimming SA. It is also a requirement of Swimming SA that at least one parent of minor swimmers be registered. Current fees can be sourced on the SwimmingSA website here: <http://sa.swimming.org.au/page.php?id=155>

Registration into the Blue Lake Y Swim Club can be done online through the SwimmingSA website: <http://sa.swimming.org.au/>



Click on the Join Now link on the SwimmingSA homepage and follow the instructions.

Region: Select South East

Club: Select Blue Lake Y

Once you have registered your swimmer, you will need to add an additional member, and register a parent/guardian also.

Upon completion of registration the Club Registrar will be forwarded your member identification card; once received we will forward to you. The identification card is required to be carried by the swimmer at all swimming events as identification and proof of registration. Swimming Australia Officials can ask for identification at any time when a swimmer is participating. It is also used to gain entry into some meets.

If you have any questions regarding the above please do not hesitate to contact our Club Registrar.

CLUB MEMBERSHIP FEES

Club Membership fees are payable upon joining BLY and are current from 1st May to 30th April.

Fees are:

1 Swimmer/Parent	\$30.00 per annum
Family	\$100.00 per annum

Every swimmer and at least one parent of children under the age of 18 must be a member of BLY Swim Club. This is a requirement of Swimming SA in order to ensure that the club remains insured under JTL Insurance, Swimming SA overriding Insurance Agency.

Upon joining you will be invoiced the appropriate amount. Payment can be made via direct deposit to the following account:

Bank: Bendigo Bank
BSB: 633-000
Account Number: 157576695
Account Name: Blue Lake Y Amateur Swim Club Inc.

Please ensure that when making payment that you reference the relevant invoice number.

If you have any questions regarding payment please do not hesitate to contact our Club Treasurer on blytreasurer@gmail.com

MEMBERSHIP FORMS TO BE COMPLETED

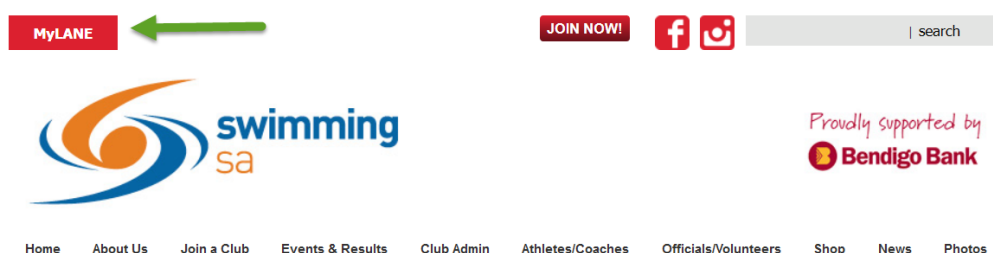
Upon joining, the club requires both the parent/guardian and the swimmer to read, complete and sign the following forms:

- Registration and Medical Form
- Code of Conduct
- Pick Up and Drop Off Policy

All of these forms are downloadable from our web page at www.bluelakekeyswimclub.com.au or copies are available through request by emailing the Secretary.

MY LANE

My Lane can be accessed using the log in details you created when registering with the club. It can be accessed at the top of the SwimmingSA home page.



My Lane allows you to update your contact details, view swimming results and meets attended.

CODE OF CONDUCT

PARENT/GUARDIAN CODE OF BEHAVIOUR

- Remember that children participate in sport for their enjoyment, not yours
- Encourage children to participate, do not force them
- Teach your child that honest effort is as important as victory
- Focus on the child's efforts and performance rather than winning or losing
- Encourage children always to play according to the rules and to settle disagreements without resorting to hostility or violence.
- Never ridicule or yell at a child for making a mistake or losing a competition
- Remember that children learn best by example
- Appreciate good performances and skilful plays by all participants
- Applaud good swims by your child, their team and opposition
- Support all efforts to remove verbal and physical abuse from sporting activities
- Respect officials' decisions and teach children to do likewise
- Show appreciation for coaches, officials and administrators. Without them your child would not participate
- Discuss any issues that arise during a competition with your child's coach/and or Club Committee in the appropriate forum

- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion

SWIMMERS CODE OF BEHAVIOUR

- Follow the rules of Swimming Australia at all times
- Swim and train for the fun of it, not to please your parents or coaches
- Give your best at all times and work hard to improve yourself
- Be a good sport; cheer all other good performances of both your team and opposition
- Never argue with an official; ask your coach to make the necessary enquiries and use the appropriate rules and guidelines to resolve a dispute
- Control your temper; verbal or physical abuse is not acceptable
- Work equally hard for yourself and/or your team
- Treat all swimming participants as you would like to be treated
- Do not bully or take unfair advantage of another competitor
- Never show off or brag
- Cooperate with your coaches, team mates, opponents, management, event staff and officials
- Participate for your own enjoyment and benefit, not to satisfy the expectations of others
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, ethnicity, cultural background or religion

Both of the above are included in this handbook for your reference. It is a requirement that both swimmers and parents sign and agree to abide by the Code of Conduct upon becoming members. These forms need to be handed in to the Club Secretary at time of joining.

COACHING TEAM

Our coaching staff consists of two qualified coaches and volunteer assistant coaches. Our qualified coaches have a Bronze Level Coaching Certificate and are professional members of Australian Swimming Coaching and Teaching Association (ASCTA). Our assistant coaches are skilled competitive swimmers who have completed Competitive Strokes courses and have experience at competing at a range of levels.

The Coaching Team is co-ordinated by a Coaching Co-ordinator. Please feel free to contact the co-ordinator regarding any training or coaching enquiries.

TRAINING

The Club caters to swimmers who want to swim competitively or for fitness with the aim to improve stroke technique, overall performance and fitness. Skills taught include all four competitive strokes, starts and turns.

TRAINING VENUES

BLY is lucky to have access to two training venues over winter and summer. During the transition from winter to summer the venue may vary slightly; especially in the early mornings when the chill factor is still present. Please ensure that you refer to TeamApp, the web page or newsletter for training times. If there are any late changes these will be published on TeamApp or emailed.

Please ensure you introduce yourself to the Proprietors of both centres. Ensure that manners are used at all times and respect is shown to the general public who are utilising the pools. Remember that you are representing the Club at all times.

Winter:

This season runs from May to October and sessions are held at **Swimskool**, Keegan Street, Mount Gambier. This is an indoor heated 4 lane 25 metre pool that is privately run by Viv Peate. Our clubrooms are also located at this site; these can be accessed during afternoon training sessions.

BLY Swim Club hires Swimskool for sessions in the evenings four to five days per week and mornings two to three days per week. Members will be made aware of days of training via TeamApp, email, web page, newsletter and notice board outside the clubrooms.

Each swimmer or parent will need to sign the Sign In Sign Out form before and after training sessions. Fees will be charged per term based on the squad swimmers are in. Invoices will be forwarded via email each term. Payment is required fourteen days after receipt via direct deposit into the Club's account; when paying please use the invoice number as reference.

Summer:

Training is from October to March and is held at the **Mount Gambier Aquatic Centre**, Margaret Street and is an outdoor 50m heated pool with 8 lanes. It is owned by the Mount Gambier City Council and managed by Peter Collins.

The Aquatic Centre kindly allocates our club two lanes for each training session. Cost of admission is \$4.00 per swimmer per session, or you can choose the option of purchasing a season pass that allows unlimited admission during the summer season (not just for training). If you wish to purchase a season pass please contact the Aquatic Centre Staff.

Upon arrival admission is payable to the Aquatic Centre staff. The swimmer is required to sign in the Centre Admission Book stating their name and ticking the BLY and season pass holder column if applicable. In the morning this book is located in the Life Guard's Room near the pool and during the day on the front counter.

Summer Fees will be charged per season and invoices will be forwarded via email at the commencement of the summer season.

TRAINING SESSION

Training times will vary depending on time of year. Training times will be placed on Team App and the monthly newsletter. Any late changes will be announced via Team App.

Each swim session is planned ahead of time to best meet the needs of the group at training. Swimmers will develop at different rates and have different abilities – this is taken into account for each session. Therefore it is important if the swimmer is unable to attend a training session that you please make the Coaching Team aware. If the swimmer becomes unwell please contact the Coach.

TRAINING EXPECTATIONS

In order to establish a distraction and productive training environment that will encourage and develop skills all swimmers will be expected to:

- Abide by the below guidelines and Club Code of Conduct
- Be on deck in the allocated areas 10 minutes prior to session starting
- Proceed to allocated lane and ensure net bag is placed ready to be used, drink bottle is available, goggles and caps are on and swimmer is ready to start at session commencement time to undertake the warm up
- Enter the pool in a safe and appropriate manner – **do not** jump in feet first
- Use legal tumble turns and streamline at both ends of the pool
- Undertake legal strokes from wall to wall, pushing off the wall at the start and finishing hard into the wall at the end of each required distance
- Move to the side of the lane and up the lane rope when the set is finished to allow other swimmers to finish hard at the wall
- Perform drills as instructed
- No hanging or sitting on lane ropes during sessions
- Be respectful and listen to the coaching team
- Be respectful and listen to Pool Management at both centres
- Be respectful to other swimmers
- Be respectful to the general public utilising the swimming centre
- Leave the pool promptly at the completion of each session with all equipment
- Remember you are representing the Club at all times; set a good example

TRAINING EQUIPMENT

All swimmers should have the following equipment for training:

- 1 Cap *
- 1 Net Bag
- 2 Pairs of Goggles *
- 1 Kick Board *
- 1 Water Bottle *
- 1 Pull Buoy
- 1 Stretch Cord
- 1 Rubber Ankle band/strap
- 1 Pair of paddles
- 1 Pair of Fins *

If you have any questions regarding the above please ask the Coaching Team. Items with a * are essential for training sessions. Other items can be purchased over time.

TRAINING FEES

Training fees are charged on a per season basis dependent on the squad a swimmer is allocated to.

2017/18 Summer Season fees have been set according to the following squads:

Squad 1A - \$40	Squad 2B - \$120
Squad 1B - \$60	Squad 2C - \$60
Squad 2A - \$80	

2018 Winter Fees have been set according to the following squads. These fees are per term:

Squad 1A - \$60	Squad 2B - \$120
Squad 1B - \$80	Squad 2C - \$80
Squad 2A - \$100	

Swimmers will be invoiced at the beginning of the Summer Season via email with payment due fourteen days after invoice. During the Winter Season swimmers will be invoiced each term. Training fee payments can be made via direct deposit into the following account:

Bank: Bendigo Bank
BSB: 633-000
Account Number: 157576695
Account Name: Blue Lake Y Amateur Swim Club Inc.

Please ensure that when making payment that you reference the appropriate invoice number.

With these fees there will be no extra charge if swimmers move up into a higher squad during the season or term as fees are paid at the start of the season or term. As these fees are per season or per term there will be no refunds/credits for non attendance for sessions.

Any request for waiving or refunding fees (due to moving away, injury etc) will be reviewed on an individual basis.

Please note that admission to training venues is billed separately as outlined in the Training Venues section of this manual.

HARDSHIPS

Case of financial hardship can be forwarded to the Chairperson or Treasurer in writing. Reviews of hardship will be managed with the utmost discretion, sensitivity and confidentiality.

NON PAYMENT

If training fees are not paid within the required time frame there will be one warning and payment requested in seven days. If payment is not made within 7 days of the warning then the swimmer will be requested not to attend training until payment is made.

TEAM UNIFORM

BLY's historical club colours are red, black, white and blue; with blue representing the Blue Lake. However, due to the difficulty and extra cost of the fourth colour it does not appear much in our uniform.

In 2011 we updated our club t-shirt, caps, bathers, deck coats and introduced a club hoodie. Also available for purchase is a club broad brim red hat with club logo.

Bathers worn for training can be of any style and the swimmer's own choice. Purchasing a good quality pair of bathers, such as Funkita, Speedo, Arena etc, that are chlorine resistant are a great investment as they will last a lot longer. Please keep in mind bathers should be appropriately worn.

Competition swimwear will need to comply with the FINA swimsuit competition guidelines for age group events. This information is available on the SwimmingSA web page and it is recommended that swimmers and parents are aware of these guidelines as these have changed several times in the last few years. 11 and Under Swimsuit Rules apply for Victorian meets. This information can be found on the Swimming Victoria website.

Our Club Uniform for Swim Meets consists of the following:

- Club Swimming Cap (compulsory)
- Club Polo Shirt (compulsory)
- Black Shorts / Track Suit Pants (compulsory)
- Club Hoodie (optional)
- Black or Red or Blue Deck Coat (optional)
- BLY Sun Hat or Broad Brim Hat (compulsory for outdoor meets)

Club uniform information, prices and orders can be discussed with our Uniform Officer, with an information sheet available on TeamApp.

SWIM MEETS

BLY MEETS

Each year the BLY Club hosts an annual two day carnival. Please set aside the dates in your calendar. To ensure the smooth running of both carnivals we need all hands on decks. Allocation of jobs will occur closer to the time. All funds raised go back into the swim club to further develop our swimmers and Coaching Team. BLY would like all of our swimmers to attend this carnival.

BLY Two Day National Qualifying Meet is held at the Mount Gambier Aquatic Centre and is a national qualifying meet; it is well supported by Metropolitan and Country Clubs from both South Australia and Victoria. It is usually held over the last weekend in November or the first weekend in December, subject to approval from SwimmingSA.

OTHER SWIMMING MEETS

Throughout the season there are several types of events for swimmers to compete in; both summer and winter. These include SAPSASA, Swimming SA and Victoria Winter and Summer Meets, Country Championships, SA State Championships and Open Carnivals in both Victoria and SA. Competing is purely a personal choice, but we encourage all swimmers as they are a lot of fun that help build a great sense of personal achievement and team spirit.

Dates for meets the Club will be targeting will be available on TeamApp and published in our Newsletter. For information on other events please utilise the Swimming SA Handbook or visit the Swimming SA web page at www.sa.swimming.org.au or Swimming Victoria at www.vic.swimming.org.au and click on the events calendar.

If you are unsure of the meets that are suitable please discuss further with the Coaching Team or Committee Member.

MEET NOMINATIONS

All nominations must be paid for at time of lodging and may be done as follows:

Online Entries: Most Swimming SA and Victoria Meets can be entered and paid by utilising the online entries link. Use the swimmer's Swimming SA log in and password to log in; events they are eligible to swim will then be displayed.

Enter one event at time. When all events are entered proceed to the payment section. Payments are made via credit card. A confirmation and receipt will be forwarded to you via the swimmer's registered email address. Online entries for individual events is the responsibility of each swimmer. However, if your swimmer would like to swim in a relay please let our Nominations Officer know and we will try to enter a relay team.

Event Nominations: This form of entry is done by our Nomination Officer. Please complete the electronic Nomination Form on our web page and forward via email to blynominations@gmail.com seven days before the closing date of the meet. Payment of entries will need to be done via electronic transfer at time of entry and a copy of the transaction needs to accompany the nomination form.

If you have any questions regarding the above please do not hesitate to speak to our Nominations Officer or a committee member.

Guide to Swim Meets

What to Bring to a Swim Meet:

- Money for pool entry, program, raffle and food
- Healthy snacks (fruit (no apples), pasta, dry biscuits, muesli bars etc)
- Drinks (2 x water bottles, sports drinks)
- 2-3 towels and plastic bag for wet items at the end of the meet
- 2 pairs of goggles and 2 swim caps (one always breaks!)
- Club Uniform with bathers underneath ready for warm ups
- Spare pair of bathers
- Warm clothes (club hoodie, deck coat, beanie, ugg boots, socks, sleeping bag)
- Hats and sunscreen for outdoor meets
- Change of clothes for after the meet
- Cards, book, games, i-Pods, and the likes to keep you occupied in between events
- Pens and highlighters for marking events in program
- Deck chairs and picnic rugs

What to do at the Meet:

- Make sure you arrive about 10-15mins prior to warm up time
- Find other club members so we can sit together to cheer one another on
- Refer to the program; this contains information regarding warm ups and warm downs, venue, marshalling, time keeping, order of events etc. Highlight the events you are swimming in the program
- Upon arrival the swimmers need to check in with the Team Manager and Coach for warm up instructions
- During the meet swimmers and parents need to keep an eye on the marshalling board and prior to proceeding to marshalling always let the Team Manager know
- During the meet Swimmers need to check in with the Coach before each event is marshalled and immediately after every race they have completed
- If the swimmer needs to leave the team area during the meet they need to let the Team Manager know in case they are required for marshalling
- During the meet refer to the results board for official meet times to record in your achievement book
- At completion of the meet please ensure that all your personal gear is collected and packed away in the appropriate bags
- At completion of the meet all members are to assist with cleaning up the site that was utilised; ensuring that all equipment and rubbish is removed and the area is left as clean as it was found

Most importantly, remember to try your best, encourage, be positive and supportive of all swimmers, relax and have fun.

Please be Sun Smart:

In the summer season when training at the outdoor Aquatic Centre and also when attending swim meets at outdoor pools, sunscreen is recommended. Use a broad spectrum, water resistant SPF 30+ sunscreen. Apply at least 20 minutes before exposure so that cream can be "absorbed" into the skin, for effective protection. Reapply every 2-3 hours, or more often after swimming, or sweating heavily.

Note: With higher SPF sunscreens a small number of people may be sensitive to some types of sunscreens. If skin rashes occur, choose a brand designed for sensitive skin.

It is important for people who spend as much time outdoors as swimmers to maintain the highest SPF.

CLUB HISTORY

Blue Lake YMCA commenced in 1980 with 15 members, with membership growing between 50 to 60 swimmers by the mid-90s. The club has been managed and supported by a dedicated group of volunteer members including a Committee, supportive team of Parents, Coaches, Officials and swimmers over the past 38 years.

The club changed its name to Blue Lake Y Swim Club when the Mount Gambier YMCA closed. The club held the Y in its name as a reminder of its heritage and the charter that YMCA upheld which incorporating the philosophy regarding young people.

The Blue Lake Y club was named "Club of the Year" for South Australia in 1983, 1986 and 1988.

At the Country Championships Blue Lake Y swimmers won the prestigious Advertiser Shield for 9 consecutive years from 1985 to 1993 and held 64 state Country records including individual and team events.

The club continued its success with swimmers achieving podium finishes at SA State Championships as well as nine swimmers competing at the Australian National Championships; Janelle Snigg, Allan Bilney, Brett Klieve, Damien Burns, Karen McNamara, Sharon Klieve, Tracey Stevens, Henry Crauford and Thomas Bignell.

Brett has been the club's longest serving swimmer and swam in an amazing 21 consecutive Country Championships from 1982-2003.

Since the club's inception many Blue Lake Y swimmers have been selected in the SA State SAPSASA swim team; competing at The Pacific School Games and the SAPSASA interchange competition held throughout Australia.

The club has supported young people with disabilities and saw Sheena Wood compete at the National Wheelchair Games and Kristen Tredrea swim at Inter-district meets.

Blue Lake Y Swim Club has successfully hosted the Country Championships in Mount Gambier on five occasions; 1988, 1993, 2003, 2009 (which was the 50th anniversary of Countries Championship swimming) and most recently in 2015.

LIFE MEMBERS

Steve and Elizabeth Whelan

Heather and Ray Klieve

Charles Wilson Smith

Sue and Eski Freeman

Julie and Graham Robinson

Lee and Ian Humphries

Rocco Bueti

Murray Whelan

Brett Klieve

GLOSSARY OF TERMS

All Ages/Allcomer Events - are open to competitive swimmers of any age/gender.

AOE - Automatic Officiating Equipment (touch pads and buttons).

Approved Event - is an event which has been approved by Swimming SA and conducted under the rules of Swimming SA.

BBB - is an event in which competitors may nominate and swim only one of the following strokes –backstroke, breaststroke or butterfly

BBB/IM - an event in which competitors may nominate and swim only one of the following strokes – backstroke, breaststroke, butterfly or Individual Medley

Break Time - a break time is a time that must not be exceeded for a specific event. A competitor must not enter an event if they have knowingly achieved a time faster than the break time

- **Exceeding a break time** - is when a swimmer swims faster than the published break time and allows them to enter the next level of competition

Combined - where more than one event is swum at the same time; and/or, multiple heats may be combined and swum simultaneously

Dash for Cash- invitation only race; usually one scratch race only with the fastest qualifiers from a designated event, invited by the host club to participate for cash or other incentives

Disqualification (DQ) - when a swimmer has breached the FINA rules of an event

Did Not Achieve Standard (DNAS) - when a swimmer does not achieve the qualifying time for an event

Event - the entirety of a swimming carnival; or, the identifier us to describe a group of races

False or misleading information - is the submission of information that is misleading or deceptive or is likely to mislead or deceive

Female/Women/Girls - events shall be restricted to competitors of that gender.

FINA - International federation governing aquatic sports

FINAL/TIMED FINAL - contest held to determine a winner

- **Final** - events swum with the 8 fastest swimmers to determine medal winners
- **Timed Final** - events swum without heats to determine medal winners

FORMS -

- **Certificate of Performance (blue card):** Used to apply for recognition of a split or lead off time in a race(Only required for backstroke splits at the SAALC)
- **Intent to Swim Form:** Used to indicate a competitors intention to swim for a particular race as defined by the individual meet.
- **Nominated Team Managers Form:** Used by a club to identify their team manager.
- **Relay Team Sheet:** Used by a club to identify the a relay team
- **Withdrawal Form:** Used to indicate a competitors intention to withdraw from a particular race

Handicap - a race or other contest in which certain disadvantages or advantages of time are placed upon competitors to equalise their chances of winning.

Heat: events swum to determine 8 finalists

Individual Medley (IM) - swimmer complete 25m/50m/100m of each stroke in the following order; butterfly, Backstroke, Breaststroke and freestyle

JX - the Australian Junior Excellence Program for 13 and under swimmers, levels attainable according to times and are Gold, Silver, Bronze and Green Levels

Lead Off Time - time given to the competitor who swims the first leg in a relay event. This time is a legal time and can be used to enter an event so long as the swimmer and/or team are not disqualified.

Long Course (LC) - the meet is conducted in a 50m pool.

Male/Men/Boys - events shall be restricted to competitors of that gender.

Marshalling Area: an area where competitors check in before racing and are placed in their event ready to start

Marshall: Official who checks off competitors names prior to marshalling for their events

Meet - a swimming carnival

Meet Manager - software used to setup and conduct competitions

Medley Relay - where four swimmers swim in order of Backstroke, Breaststroke, Butterfly and Freestyle

Mixed - see *All Ages/Allcomer Events* definition

Mixed (Relay's only) - events shall be a relay event and each team must include at least one member of each gender.

Multi-Class (MC) - an event designated for competitors with a physical or intellectual disability who have been classified by Swimming Australia; formerly known as multi-disability (MD)

National Qualifying event - times achieved at these events can be used to enter any swimming event

Non Qualifying event - times achieved at these events can be used to enter Club Carnivals and Swimming SA events; excluding State Championships. These times cannot be used for Swimming Australia events unless SAT timing is used

Open Event - open to any age, may be subject to entry qualifying times

Personal Best (PB)- best time recorded for swimmer

Qualifying Time (QT) - a time is required to enter an event and must have been swum / achieved prior to the event

Race - the actual swim an individual competes in

Recognised Times - shall:

- be swum in a 25m or 50m pool;
- be at a FINA or affiliate endorsed event; and
- have the appropriate Swimming SA officials on pool deck; and
- have the results submitted to Swimming SA in Meet Manager electronic file within 14 days of the event

Record Categories (Short Course & Long Course):

- A South Australian Record can be held by a South Australian registered Swimmer and can be set anywhere providing it is at an approved meet. This is abbreviated to SAR
- A South Australian Allcomers Record can be held by any swimmer provided the record achievement is performed inside the State of South Australia at a registered swimming meet. This is abbreviated to SAA
- A South Australian Country Record can be held by a South Australian registered Swimmer and can be set anywhere providing it is an approved meet. This is abbreviated to SACR.
- A South Australian Country Championship Record can be held by any registered swimmer provided the record achievement is performed at the Country Championships. This is abbreviated to SACCR.

Referee - Official who checks for correct stroke technique, starts, turns, finish and ensures the swimmer abides by Swimming Australia rules

SAALC - SA Aquatic & Leisure Centre

SAL - Swimming Australia Limited; governing body of swimming in Australia

SAT - Semi Automatic Timing (buttons only).

Short Course (SC) - the meet is conducted in a 25m pool.

Skins- Invitation only race. Usually multiple scratch races with the fastest qualifiers from a designated event invited to compete in the knock out elimination competition. The skins format will be published in the carnival program.

Split/s - Is the time/s recorded for a swimmer at a set distance during the race

SSA – Swimming SA Incorporated; governing body of swimming in South Australia

Standard time - the published time must be swum at the event you are swimming; or, has been swum prior to the event as determined by the event organiser.

State Qualifying event - times achieved at these events can be used to enter Club Carnivals and Swimming SA events; including State Championships. Times can only be used for Swimming Australia events if Semi-Automatic Timing is used

Team Manager (Human) - An individual who has been delegated as the official representative of a Club at a meet

Team Manager (Software) - software used to record all your club records, athlete results, training sessions

YPS - the Australian Youth Performance Squad Program

USEFUL LINKS

Here are a number of links that you may find useful:

Blue Lake Y Swim Club: <http://www.bluelakeyswimclub.org.au/>

Swimming Australia: <https://www.swimming.org.au/>

Swimming South Australia: <https://sa.swimming.org.au/>

Swimming Victoria: <https://vic.swimming.org.au/>