



## INTER SCHOOL SWIMMING

### RULES

1. Age as at 1st January in the year of competition
2. Starting Time - 4.15 pm
3. **No swimmer may swim in more than one age group for the same stroke.**
4. **POINTS**

Individual Races	8, 7, 6, 5, 4, 3, 2, 1
Relay	16, 12, 8, and 4
5. **TEAM POINT FOR EACH MEET**

1st	4
2nd	3
3rd	2
4th	2
6. Home team to email results to Executive Officer by Friday following the meet.  
All results will be displayed at the SAAS website [www.saas.asn.au](http://www.saas.asn.au)
7. The eight teams with the highest points will take part in the A Final. The second 8 schools will take part in the B Final.  
**All swims will be used to work out the final placings.**

### POINTS FOR FINAL

<b>INDIVIDUAL</b>	A	20, 18, 16, 14, 12, 10, 8, 6
	B	10, 9, 8, 7, 6, 5, 4, 3,

**RELAYS** 30, 27, 24, 21, 18, 15, 12, 9,

There will be TWO swimmers in each individual race which is of two lengths, (25 m)  
Relays 4 x 1 length EXCEPT U/14 Freestyle, 6 x 1

**PLEASE NOTE THAT THERE ARE TWO U14 GROUPS FOR INDIVIDUAL FREESTYLE, BREAST STROKE AND BACK STROKE.**

In the Final Carnival there will be only ONE representative in each race, but there will be an (a) And (b) section, therefore each stroke will have two representatives per school

Updated January 2018