



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	1
6. Home team to email or Fax results to Executive Officer by Friday following the meet.
7. The eight teams with the highest points will take part in the Final to be held at St Peters College. **The best THREE swims will be used to work out the final eight schools. The date of the final will appear in the program**

POINTS FOR FINAL

INDIVIDUAL	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,

THE TOP 8 SCHOOLS WILL BE CHOSEN TO SWIM IN THE FINAL

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