

RULES FOR 50M / 100M / 200M EVENTS

Same rules as for 25M KEEP GOING but you'll need to turn!!

It is quicker to tumble turn but if you can't do this don't worry you can turn without a tumble.

Freestyle - Just touch the end board as fast as you can (one hand OK) and push off end board with your feet. If tumble turning just touch with your feet when you tumble and push off).

Breast stroke - Touch with both hands at the same time, turn and push off with your feet. Remember to keep in the breast stroke style - arms and legs!

Back stroke - Stay on your back all the time. Touch the wall with your hand. Turn still on your back. Push off with your feet from the board.

Butterfly - Touch with both hands at the same time, turn and push off with your feet. Remember to keep in the butterfly kick and arms going over together.

IM - If you are doing the individual medley. Remember the stroke order. Butterfly and touch both hands, on to back and stay on back until you touch, turn to breast stroke and touch at end with both hands at the same time, then sprint to the end as fast as you can in freestyle.

- WHEN YOU FINISH TRY TO SWIM INTO THE BOARD HARD ENOUGH TO STOP THE PAD.
- REMEMBER DON'T TOUCH THE FLOOR!
- DON'T WORRY IF YOU TOUCH THE ROPES - JUST KEEP GOING!

ONCE FINISHED

Once you have finished. Wait in the water until you are told to get out by the steps. If at the timing board end hold onto the lane ropes not the top of the pad.



WHAT TO DO IN A GALA

When you come to the gala have a smile on your face and come to enjoy it. All the swimmers around you have been to their first gala and so everyone knows what it is like. Even Mike Brett (our head coach) gets nervous and he's been to loads of competitions!

This booklet is to help you to know what will happen and what to do so you have a great time.

All the coaches and judges are there to help you swim to the best of your ability and cheer you on, even if they are not shouting your name out loud they are willing you on because you are part of the Marlin team!

So

ENJOY!



WHAT TO BRING WITH YOU

Swimsuit / Hat / Goggles / Towel
Marlin or other T-Shirt to keep you warm.
Fruit / Pasta / Something to do!



THE WARM UP

You'll just swim up and down the pool to warm yourself up - just like a swimming session. Use this time to practise your strokes, turns and finishes. You will also be allowed to practise your dives. You don't have to dive if you don't want to but remember once you learn to dive you will get a quicker start. Ask if you want someone to watch your finish or check your turn is OK.

WAITING AND BEING CALLED FOR YOUR RACE

Just wait with your friends. Watch other children begin their races then you'll know what to do. The team managers will tell you when to get ready and put you in the groups you are going to swim with. They will look after you. Remember to tighten your goggles and get them comfortable on your face.



THE RACE

Just like in training you'll be shown where to go and where to stand. If you want reassuring on the stroke you are doing just ask! The referee will blow a whistle loudly three times and it is at this point you step onto the blocks and go into racing position. A starting referee will then say 'TAKE YOUR MARKS' and it is at this point that you get yourself ready. A BLEEP will then sound and that's your cue to GO! It is just like a running race on school sports day.

Remember to stay still on the blocks or in the water and only go when the loud BLEEP sounds.

RULES WHEN RACING

- ONCE YOU'VE STARTED KEEP GOING!
- IF YOUR GOGGLES COME OFF KEEP GOING (you can get them after the race!)
- IF YOUR GOGGLES MOVE - NO MATTER HOW UNCOMFORTABLE LEAVE THEM ALONE AND KEEP GOING.
- KEEP DOING THE SAME STROKE THAT THE RACE ASKS FOR
- DON'T STAND UP OR TOUCH THE BOTTOM OF THE POOL WITH YOUR FEET
- THE TIME WILL ONLY STOP WHEN YOU TOUCH THE END



STROKE RULES FOR 25M EVENTS

Freestyle - Just touch the end board as fast as you can. Keep swimming in the same style.

Breast stroke - Breast stroke legs and arms at all times. Touch at the end with BOTH hands at the SAME time!

Back stroke - Stay on your back all the time. Don't worry about banging your head or hand at the end - just keep going. Look for the flags, count your strokes in. Look for the adults at the end they will be shouting. Stretch your arm out and reach for the board.

Butterfly - Your coach will tell you if you can do this race as it is a hard stroke to master. Just keep your arms going TOGETHER and your butterfly kick going. Touch with BOTH HANDS AT THE SAME TIME at the end of the race.

PRACTISE THE RACE AND FINISHES AT HOME FROM ONE WALL TO ANOTHER TO GET IT INTO YOUR HEAD

