



MANLY SWIMMING CLUB

INFORMATION PACK - SEASON 2009/10

Welcome to Manly Swimming Club. The Club was formed in 1905, and this will be our 104th season!!

The following information is supplied for the benefit of our members. For additional information, contact one of the Committee members.

FEES

Manly Council and the Swimming Club have a contract in place regarding conditions of hire and conduct during our use of the pool. All members of the club must be financial in order to be covered by insurance. This includes non-swimming members. This fee is a nominal \$15.00 and will provide insurance cover for the season. We are relying on your co-operation as the committee has signed the hire agreement with the council and has undertaken that all members be insured. Without this agreement, we are not able to operate the club.

Fees for the season 2009/10 will be:

One swimmer	- \$60.00
Two swimmers	- \$120.00
Three swimmers	- \$170.00
Family (four swimmers)	- \$200.00
Family (five swimmers)	- \$245.00
Non- swimmers	- \$15.00 (see above)

Manly Swimming Club is affiliated with Warringah Swimming Association (WASA) and Swimming New South Wales Inc. Each member is capitated (registered) with Swimming N.S.W at a cost of \$42.00 per swimmer and includes public liability insurance cover. A capitation number is required to enter external carnivals.

FUNDRAISING

Membership fees cover the costs of running the Club. Weekly and seasonal raffles are held to raise funds for Presentation Day trophies. In addition special raffles are held to help fund State and National swimmers. Please support these raffles. Our major fundraiser this season will be held during our Christmas Relay day.

If you are able to donate any prizes (nothing is too small) for our raffles, then please see any member of the Committee.

POOL RULES

Manly Council grants the Club the use of the pool each Saturday morning. The Council has requested that we obey the standard pool rules and leave the pool surrounds neat and tidy for the public's use in the afternoon. In particular, please remind your children **that climbing on the pool covers and lane ropes is prohibited.**

Please take note of any instructions issued by Manly Pool Management and Staff as your safety, and that of others, is paramount.

MEMBERSHIP & AGES

There are four categories of membership for both male and female:

Tiny Tots – 15 metres, swim aids may be used

Juvenile – 25 metres, 33 meters

Junior (up to and including 17 years) 50 metres and up

Seniors (over 17 years).

Members, other than seniors, *swim at the age they are on 1st October* each year for championships. This is only relevant for *championship events*. Handicap races are based on times swum the previous week.

CLUB RACES

All regular weekly races are *handicapped*. Swimmers start from *GO* or a number called by the starter. If a swimmer starts moving on the blocks before *GO* or their number, they will be disqualified. In fairness to all competitors, and to avoid any disputes, this rule is strictly enforced, especially for Championships. However, for new swimmers, a warning may be given for the first couple of races.

Tiny Tots and Juveniles – to ensure fair allocation of points, younger swimmers will be allowed to retain their points when moving to up to a longer distance, **PROVIDED THEY DO SO BEFORE THE END OF DECEMBER 2009.**

Swimmers may progress upwards after this date, but will not be allowed to combine points for all events

15 metre and 25 metre Freestyle races will start from the shallow end of the pool. All other events start at the deep end.

Once a swimmer is competing in a 50m style, they are no longer eligible to swim 25m or 33m in that particular stroke. Juniors are eligible to swim in the 200m / 400m freestyle, provided they can swim the distance in a reasonable time (less than 8 minutes for 400 metres) and there is a vacancy for them.

ENTRIES AND CUT-OFF TIMES

Entries for 200m / 400m close at 8:20am. Entries are taken inside the Club room. There is a limit to the number of heats, so first entered gets to swim.

Entries for 15m, 25m & 33m freestyle and the 25m style close at 8:50am and entries for 50m & 100m junior and senior as well as the open style events close at 9:15am sharp.

NO LATE ENTRIES CAN BE ACCEPTED.

CHECK THE PROGRAM FOR CHAMPIONSHIP DATES AND ENTRY TIMES.

An announcement is made over the PA system to call each race, and swimmers should immediately report to the marshal. Races cannot be held up if a swimmer fails to report to the marshal. Please tell the marshal if you cannot swim in later races.

ONLINE ENTRIES

Online entries can be submitted via the website www.manlyswimclub.org.au
The cutoff time for online entries is 6.00pm on the preceding Thursday.
Entries after this time must be done in person at the pool on Saturday morning.

POINTSCORE SYSTEM

Points are awarded for all races swum. These points are tallied for each event for the season. A winner in each event for the season is then determined. These winners receive a trophy on Presentation Day.

Points will be awarded as follows:

1st place	5 points
2nd place	3 points
3rd place	2 points

All other competitors in the race receive one point for starting.

The first swim of the season in each race is a time trial to establish a handicap and no points will be awarded.

Judge's Decision

The judge's decision on finishing order overrides the clocked finish time

Nominated handicap time

For 50m & 100m senior freestyle, 200m or 400m freestyle – junior/senior Swimmers are only allowed to break their nominated time (i.e. be faster) by one second per 50m.

WEB SITE – www.manlyswimclub.org.au

The website is updated regularly with news and information on the club including any swimming program changes, "Splash" (weekly newsletter) and online entries. Wherever possible any changes will be emailed however use the website as a useful reference site. Please remember to let us know if your email addresses changes.

CHAMPIONSHIPS

Championship events are held throughout the season, as per the attached program. Age is as of *1st October that year*. You do not change age groups for the season. For example, if you are ten years old on the 1st October 2009, you swim in the ten year age group at club level for the whole season, even if you turn eleven during the season. Please check with the race secretary if you are unsure of your age group.

Male and female events are held from age 7 and above to Senior. Some events may be combined at the discretion of the Race Clerk.

Age Champions are awarded in each age group (except for 6 Years and under – see below). A swimmer must contest a minimum of five championships to be eligible for Age Champion. In the event that no swimmer in an age group swims five events, no Age Champion will be awarded in that age group.

To be eligible to compete in championships, a swimmer must be a first claim member for the season. You must also have swum in a minimum of 4 club races before the championship is held. Second claim members can compete but can't win a place or a record.

When a member is representing the Club at an external swimming meet on a day when a club Championship is held, then they are eligible to swim at a later date and claim victory and records for the Championship. There are no other exceptions.

The 'One Start Rule' will apply for all Championships. This brings the Club in line with all external swim meets.

Age Groups for each championship are displayed on the club notice board in the club house

NOTES:

All championships are time based. There are no finals.

The 25 metre freestyle championship is restricted to 25 metre swimmers 6 years of age and under. Swimmers who usually swim in the 50 metre freestyle cannot enter the 25 metre championship. Likewise 25 metre swimmers cannot enter the 50 metre freestyle championship.

6 Years and under swimmers may compete in either the 25 metre Freestyle Championship or the 7 Years 50 metre championship, but not both. There is no Age Champion awarded for the 6 Years & Under

The program is subject to alteration at the discretion of the race committee.

On the day of a championship event, no handicap event will be held in the same style/distance, e.g., 50 metres freestyle championship day – there will be no 50 meter handicap held on that day.

CLUB RECORDS

Record times are kept for each event and are displayed in the clubroom for each age group.

Establishing new records - The club is required to follow Swimming NSW Inc protocol wherever a new record is to be established. In general, Swimming NSW Inc procedure demands an appropriate elite-class benchmark time be set for the event. In addition, the swimmer wishing to establish the record must satisfy the Manly Swimming Club qualifying time required to compete in the event. Qualifying times will be set and published by the club committee prior to the event being held. These conditions are designed to ensure the club records are valid in the wider swimming world and that we are conforming to standard club swimming practice.

JOHN KOOREY MARATHON SWIM

The John Koorey Marathon Swim is an important part of the Manly Club calendar. It is a fun event in honour of one of our distinguished life members.

The Marathon swim is held at the end of the season when swimmers should be at their fittest. Swimmers of all ages and abilities have the chance to see how far they can swim continuously in an hour. Certificates are awarded for each swimmer and plaques are given for selected achievements in each age group. There are two starting times, 9am and 10:15am, and a nominal entry fee is charged.

CLUB GEAR

A selection of clothing items are available from the Club Room on Saturday morning.

EXTERNAL CARNIVALS

The Manly Swimming Club encourages its swimmers to participate in District, Metropolitan, State & National swim meets. Forthcoming meets in the 2009/10 season are posted in NSW Swimmer Magazine and will be displayed on the club notice board in the club room, as well in the MSC program under the WAC carnivals column. In consultation with your coach please enter the carnivals you would like to attend using the following guidelines:

- Major and local carnivals are posted in the club and also available online at www.warringahswimming.asn.au and www.nswswimming.com.au.
- Entry cards are to be completed for each carnival. These are available from the Club room.
- Please check your entry card is complete with your details, entry times and capitation number. If you have not received your capitation number, contact the Club Race Secretary.
- It helps to keep a logbook. Record all race times (from Saturday swims and outside meets) in your logbook so you have an accurate, up-to-date record.

- For Metropolitan, State and National events you must have official qualifying times recorded at an authorised meet (e.g. Warringah Association meets) to enter these events. Some other carnivals also require qualifying times but these are listed on the meet information sheet.
- Race entry fees and race cards are to be placed in an envelope with name, meet details and amount enclosed written on the outside. Envelopes can be handed in on Saturday mornings
- Relay teams are entered by the club. The team is decided by the designated club representative at the meet based on the fastest times swum on the night.
- Club closing dates for entries are always earlier than specified by the Warringah Swimming Association or NSW Swimming. The Race Secretary requires all cards by the Club closing date in order to process them in time. No late entries can be accepted