

## CLUB RACE NIGHT COMPETITION RULES

1. Normal entry is \$4.20 each swimmer per meet, \$2 goes to the club to help fund the race night prizes.
2. Swimmers should be registered to swim 15- 30 minutes before the advertised start time.
3. Friday Race Nights commence at 6.30pm and will start on time in order to complete the meet at a reasonable hour.
4. Registered swimmers only will be allowed to compete, except on the first night for a new member trying out or if invited by the committee.
5. There are 3 grades of competition; A, B & C and time qualifications will be in place in order for a swimmer to advance to the next grade

### 6. GRADES AND COMPETITION DISTANCE

#### A GRADE:

100 metres freestyle (78 seconds)	1: 18.00
100 metres breaststroke (98 seconds)	1: 38.00
100 metres butterfly (86 seconds)	1: 26.00
100 metres backstroke (88 seconds)	1: 28.00

#### B. GRADE:

50 metres freestyle (40 seconds)	40.00
50 metres breaststroke (50 seconds)	50.00
50 metres butterfly (43 seconds)	43.00
50 metres backstroke (44 seconds)	44.00

#### C. GRADE:

25 metres freestyle (24 seconds)	24.00
25 metres breaststroke (30 seconds)	30.00
25 metres butterfly (26 seconds)	26.00
25 metres backstroke (26 seconds)	26.00

#### I.M.

Only swimmers who are in two B Grade events should swim 100 I.M.  
Only swimmers who are in four A Grade events should swim the 200/ 400 I.M.

7. **Point system** (Club races only):
  - 1 point for each event completed.
  - 2 points for between 1 and 2 seconds slower than P.B.
  - 3 points for swimming equal to or within 1 second slower than P.B.
  - 4 points for swimming a new P.B.
8. Swimmers must attend at least 30% of club nights to be eligible for point score awards.
9. To achieve 100% attendance award the swimmer must swim at least 1 swim at every club night for the year.