

SSV INNER NORTH & MORELAND DIVISIONS SWIMMING CHAMPIONSHIPS 2017.

The SSV Inner North & Moreland Divisions Swimming Championship carnival will be held at **FITZROY PUBLIC POOL** on **Wednesday March 8**. The carnival will **commence at 10.00am** and conclude between **2:10pm and 2.30pm**.

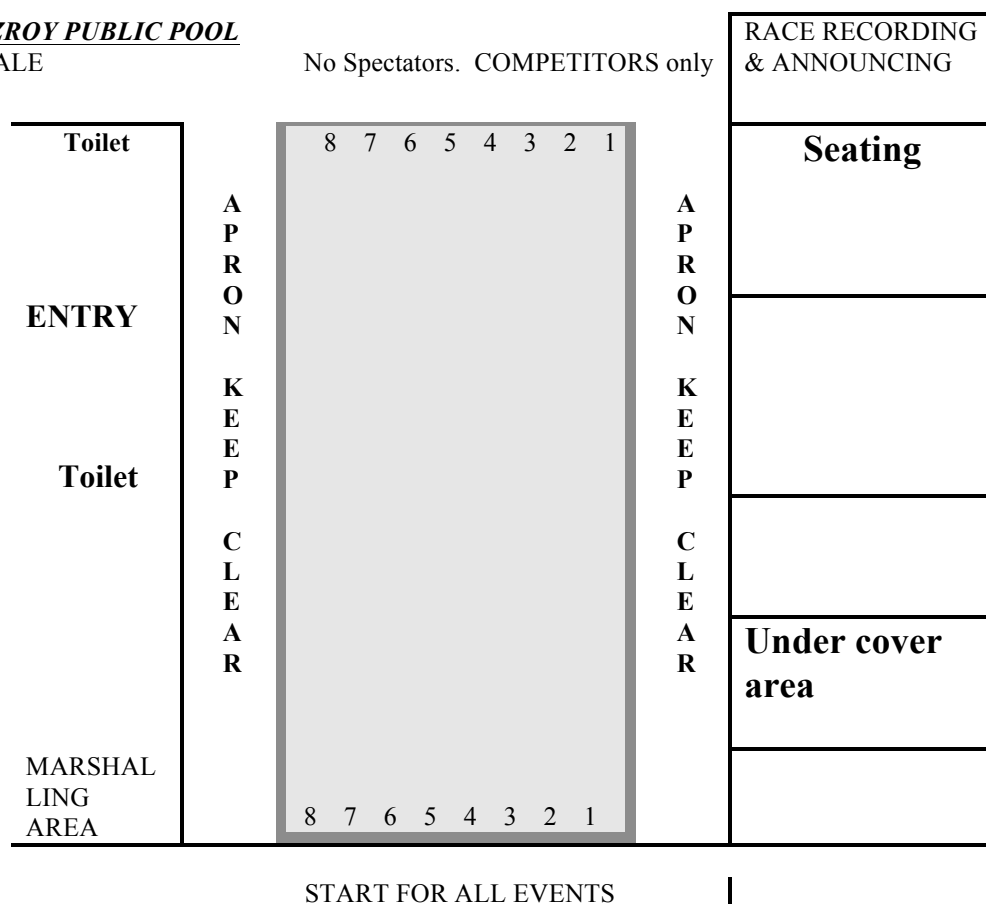
Schools Competing:

SCHOOL	CODE	Seating - Schools choose their own area on the day
PRINCES HILL HIGH SCHOOL	PRIH	
MELBOURNE GIRLS COLLEGE	MGGS	
FITZROY HIGH SCHOOL	FTZS	
UNIVERSITY HIGH SCHOOL	UNIV	
BRUNSWICK S.C.	BSWK	
GLENROY COLLEGE	GLE Y	
PASCOE VALE GIRLS COLLEGE	PASC	
JOHN FAWKNER COLLEGE	JOHF	
COLLINGWOOD P-12 COLLEGE	COLL	
COBURG HIGH SCHOOL.	COBS	
AUSTRALIAN INTERNATIONAL ACADEMY	AIA	
ILIM COLLEGE	ILIM	

Plan of FITZROY PUBLIC POOL

NOT TO SCALE

No Spectators. COMPETITORS only



TEAMS:

Team **LISTS do not need** to be provided. Competitors from schools must report to marshalling area on the day.

AGE-GROUPS:

All Ages are as at **DECEMBER 31st 2017**

There are six age groups – **12-13 years, 14 years, 15 years, 16 years, 17 years, and 18-20 years**

EVENTS:

ALL age groups:	Freestyle, Backstroke, Breaststroke, Butterfly - all 50m. Freestyle Relay - 4 x 50m.		
12-20 years OPEN:	100m Backstroke	100m Breaststroke,	400m Freestyle
12-15 years OPEN:	100m Freestyle	200m Freestyle,	200m Individual medley
16-20 years OPEN:	100m Freestyle	200m Freestyle,	200m individual medley,
Medley Relays:	Junior (12-14 years), Intermediate (15-16 years), and Senior (17-20 years) (4 x 50m)		

COMPETITOR RESTRICTIONS:

- *Each competitor is allowed in a maximum of **five (5) INDIVIDUAL events, plus relays**. Competitors may compete in only one age group for which they are eligible. A student can choose to be in an older age group, but this means ALL their events are in this age group. They may compete in an event in the next available age group for which they are eligible PROVIDED there is no 'identical event' in their own selected age group. Any student 20 years or younger is eligible to compete in an 'Open' event.*
- ***Exception of new relay rule.** A student can change to a higher age group for a relay after competing in a lower age group on the day. The student **cannot** however swim the same relay event for more than one age group. They can compete in another relay event if it is a different event type i.e. a 14 yrs 4x50 freestyle and a 16 yrs 4x50 medley.*
- ***'Identical event'** is defined as an event of the same stroke over the shortest distance. If a student wishes to compete in another age group (when they are younger than this age group) they must compete in ALL events at the age group selected.*
- *Each school is allowed a maximum of **Two (2)** competitors in all events for the 50m **12-13yr, 14yr, 15yr, 16yr 17yr and 20yr (18 – 20) age groups**. In **ALL other individual events schools are allowed ONE (1) competitor only**.*
- ***RELAYS:** Schools are allowed **ONE (1)** team in each relay event at ALL age groups.*

THE PROGRAM:

The program allows for heats to be conducted in each of the age groups if required. The first 3 placegetters in **each event and heat** (if conducted) will be awarded ribbons. If there is a heat, the first 3 times of each heat will be obtained and the fastest 3 placegetters overall will be recorded (which will include one as an emergency) for NMR progression to Regional Swimming. If there is no heat, then just the fastest 3 placegetters will be recorded (which will include one as an emergency) for NMR progression to Regional Swimming. Only one school per event is allowed to progress to Region.

SPECIAL NOTES:

1. *Teams must supply all of their own first aid equipment including ice or disposable instant ice packs and sunscreen..*
2. **WARMING UP:**
Swimmers may warm up in the pool until ten minutes before the first event and then during the program the opportunity to warm up is in the additional public lane provided not used in the days competition.
3. **SWIMMING CAPS:** *Schools are to provide their own swimming caps.*

INSTRUCTIONS FOR COMPETITORS:

- Report to the marshalling area SIX events before their own, or as called by the announcer. It is students' responsibility to be prompt for events. **Organisers are warned the Public Address System may be hard to hear at times**, so they must be aware of the progress of the events. Team managers should assist with making sure students report on time please.
- Marshals will direct competitors to the Starter's Marshal, who will place competitors in their correct lanes for the Starter. Students should be informed of their school's lane number **BEFORE** THE CARNIVAL but note that **sometimes this may change in Section B**.
- The **STARTER'S INSTRUCTIONS** will be as follows:
 1. **WHISTLE:** stand on your blocks. (Jump in water for Backstroke.)
 2. **"TAKE YOUR MARKS":** move to front of blocks and assume starting position.
 3. **GUN:** GO!
- Competitors are to remain in the water at the end of events until told to leave the water.
- Placed competitors will receive a place token from the **Judge's runners**. The competitor then exits the pool and takes the token to the **Race Recorders** and the **Ribbon Attendants** will give ribbons to the entitled competitors.
- Non-competitor's to please keep the finishing area clear at all times.

QUALIFICATION FOR NMR REGIONAL CHAMPIONSHIPS:

The TWO (2) fastest competitors on the day, irrespective of which Division (Inner North or Moreland) will be recorded and progress to the NMR Regional Championships. This applies to both individual events and relays. The THIRD (3) fastest competitor on the day in each event will also be recorded as an emergency. If a school has more than one competitor or relay team in any event, only the first competitor or relay team from any one school can progress to NMR Region, not both.