



SWIMMING - MACKILLOP CHAMPIONSHIPS

1. General Rules		Refer to NSWCPS General Rules
2. Eligibility	1	<p>a Students turning 8 - 13 in year of the competition are eligible at the discretion of their Diocese.</p>
		<p>b</p> <p>i) A competitor whose significant birthday occurs during the current year is eligible for that age division only. Competitors shall ONLY enter ONE age or gender division, including relays and Multi Class events.</p> <p>ii) Competitors must compete in their own age division:</p> <ul style="list-style-type: none"> ● 8 years, 9 years, 10 years, 11 years, 12 years, 13 years ● Junior: 8, 9, 10 years ● Senior: 11, 12, 13 years. <p>ii) Relay events:</p> <ul style="list-style-type: none"> ● All competitors in any relay team must be enrolled in the same school ● Age Divisions: Junior & Senior ● Events are conducted in boys and girls divisions except small school relays (Peter Dobson & Earl McGee). <p>iii) Multi Class:</p> <ul style="list-style-type: none"> ● Junior (8, 9 & 10 years) ● Senior (11, 12 & 13 years) ● Multi Class competitors may also participate in standard events.
		<p>c</p> <p>Standard Events</p> <ul style="list-style-type: none"> ● 100m Freestyle (Opens) ● 50m Freestyle (8 years, 9 years, 10 years, 11 years, 12 years, 13 years) ● 50m Backstroke (Jnr, 11, 12/13) ● 50m Breaststroke (Jnr, 11, 12/13) ● 50m Butterfly (Jnr, 11, 12/13) ● 200m Individual Medley (Jnr & Snr) ● 4 x 50m Freestyle Relay (Jnr & Snr) ● Peter Dobson relay - an open event for schools with an enrolment of less than 54 but more than 25 students. ● Earl McGee relay - an open event for schools with an enrolment of not more than 25 students. All children in any relay team must be enrolled in the same school. <p><i>Note: Multi Class competitors may also participate in standard events.</i></p>
		<p>d</p> <p>Multi Class Events</p> <ul style="list-style-type: none"> ● 100m Freestyle (Opens) ● 50m Freestyle (Jnr & Snr) ● 50m Backstroke (Jnr & Snr) ● 50m Breaststroke (Jnr & Snr) ● 50m Butterfly (Jnr & Snr) <p><i>Note: Multi Class competitors may also participate in standard events.</i></p>
		<p>e</p> <p>Eligible students enter through the Diocesan pathway</p> <p>1. Diocesan/Regional entries -</p> <p>i) Canberra/Goulburn navy and gold (2 entries per event)</p>

			<p>ii) Parramatta gold and royal blue (4 entries per event)</p> <p>iii) Sydney East gold & green (2 entries per event)</p> <p>iv) Sydney Inner West red & gold (2 entries per event)</p> <p>v) Sydney South green & red (2 entries per event)</p> <p>vi) Wagga Wagga light blue, navy and red (2 entries per event)</p> <p>vii) Wollongong red and white (2 entries per event)</p> <p>2. Additional entries may be considered under exceptional circumstances by the MacKillop Sport Council.</p>
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		f	<p>Competitors in Multi Class events Eligible students enter through the Diocesan pathway.</p> <p>i) Each competitor in Multi Class events <u>must</u> have current classification documentation (national, provisional or review status) for their disability category and appear on the Swimming Australia Masterlist or Sport Inclusion Australia Masterlist to be able to compete at NSWPCS MacKillop Championships and NSWPSA Swimming Championships.</p> <p>ii) Swimmers receive a class for each stroke discipline, and a prefix denotes the class: S - Freestyle, Backstroke & Butterfly, SB - Breaststroke & SM - Individual Medley.</p> <p>iii) Competitors without valid classification, must apply for special consideration in writing to their Diocesan Representative. Exhibition competitors will not place or medal.</p> <p>iv) Max entries</p> <ul style="list-style-type: none"> • Junior (8,9,10) event (as per 2e) • Senior (11,12,13) event (as per 2e).
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3. Venue	1	a	50m swimming pool with a minimum of 8 lanes and minimum depth 1.8 m (indoor facility preferable). Generally held at SOPAC Homebush.
		b	Automatic timing if available.
		c	All spectators, competitors & officials must abide by the conditions of entry of the venue.
		d	Onsite parking is available on the day. Patrons may be required to walk a considerable distance from the parking area to the grandstand seating.
		e	A seating area will be allocated for each Diocese & Region, please refer to CSNSW Sport Portal .

4. Selection Criteria for MacKillop Team	1	a	<p>Standard Events</p> <p>i) First 3 place-getters from each final qualify for the MacKillop Swimming Team to compete at the NSW Primary School Sports Association (NSWPSSA) State Championships.</p> <p>ii) Where there is a tie for third place in an event, the competitor to progress to NSWPSSA will be decided by a swim off If a tie remains, a coin toss will decide the</p>
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			<p>tie.</p> <p>iii) Students turning 8, 9 or 13 in the year of competition may be selected for the MacKillop team, however, are not eligible for selection in the NSWPSA Team for School Sport Australia Cross Country Championships.</p>
		b	<p>Multi Class events</p> <p>i) Placings for students in Multi Class events will be determined using the Swimming Australia Multi -Class Pointscore (MCPS). The MCPS is based on the World Record (WR) times for each classification.</p> <p>Calculations</p> <p>Each student's performance will be calculated for their respective classification using a base time. $MCPS = 1000 \times (\text{base time} / \text{swim time})^3$ to determine the highest score. All results in each Multi Class event will be converted to a MCPS and the largest MCPS wins, next place second etc.</p>

5. Officials	1	a	<p>i) Students are to report to the nominated Diocesan/Regional Team Manager on arrival and before departure.</p> <p>ii) Any enquiries during the event should be directed to the Diocesan/Regional Team Manager, including protests.</p>
		b	Qualified Swimming officials in key positions assist school staff.

6. Uniform & Footwear	1	a	<p>i) Competitors must wear their Diocese/Regional swim cap.</p> <p>ii) All swimwear must be FINA approved Swimming NSW Rules</p> <p>iii) Men's swimsuits are limited to one (1) suit that covers at most the body surface from hips to knee. Swimsuits may not extend above the waist or below the knees;</p> <p>iv) Women's swimsuits are limited to one (1) suit that is of "open back" and "open shoulder" designs that may extend down to the knee. Swimsuits must not extend below the knees.</p> <p>v) No zippers or other fastening devices are allowed except for a waist tie.</p> <p>(vi) Swimsuits must be of textile material and must not contain any non-textile material such as polyurethane or neopren.</p> <p>ii) Swimwear: Male competitors' swimsuits may maximally cover the area from the navel to the knee. Female competitors' swimsuits may cover from the shoulder to the knee with a keyhole in the back. No zips allowed.</p>
		b	No MacKillop, Polding or NSWPSA uniform may be worn.

7. Format	1	a	<p>The NSWCPSCCC Cross Country Championships consists of 2 carnivals that are conducted concurrently:</p> <ul style="list-style-type: none"> ● NSWCPS - MacKillop (Primary) ● NSWCPS - Polding (Primary).
		b	The NSWCPS Swimming Championships Order of events is a guide only, the Convener reserves the right to alter the program if required (link CSNSW Sport to be provided).

<p>8. Rules</p>	<p>1</p>	<p>a</p>	<p>The NSWCPS Swimming Championship will be conducted in accordance with rules set down by NSWCPS Sports Council, NSWPSA & Swimming NSW rules except where stated otherwise, subject to any variations herein.</p> <p>Unless expressed otherwise by the NSWCPS, the championships will be conducted in accordance with the Rules of New South Wales Swimming Association, including those relating to approved swimwear and method of starting (i.e. one start).</p>
		<p>b</p>	<p>Event Program</p> <p>i) The NSWCPS Swimming Championships Order of events is a guide only, the Convener reserves the right to alter the program if required. (link CSNSWSport to be provided).</p> <p>ii) MacKillop & Polding events will alternate throughout the championships.</p>
		<p>c</p>	<p>Pool Deck</p> <p>i) Only officials and competitors engaged in an event or presentation are permitted on the pool deck.</p> <p>ii) Adults requiring access to the pool deck to assist a Multi Class student must register with the Multi Class Manager in the Announcer's room to be approved and receive an authorising lanyard prior to the swimmer's events.</p> <p>ii) When entering the pool deck, care should be taken to ensure no interference to swimming officials.</p> <p>iii) Once competitors have been marshalled for an event they shall not receive any coaching from parents, coaches or team managers on the pool deck.</p>
		<p>d</p>	<p>Warm Up Procedure</p> <p>i) The competition pool may be accessed for warm up prior to the commencement of events.</p> <p>ii) The diving pool may not be used prior to the first event.</p> <p>iii) All instructions and signage regarding warm up must be adhered to.</p> <p>iv) The following procedure must be followed:</p> <ul style="list-style-type: none"> ❖ Diving is only permitted from lanes 0, 1, 8 and 9 ❖ Lanes 2-7 are for continuous 'circle swimming' only. Entry to these lanes is to be feet first from a sitting position. ❖ Practise of turns is only permitted from lanes 2 <p>iii) The pool deck will be supervised by event staff. Parents and coaches are not permitted on the pool deck during the warm up period or at any time during the meet.</p> <p>iv) The diving (utility) pool may be accessed by competitors for warm up and warm down during the meet only</p> <p>v) Diving will not be permitted in this pool at any time (need to check as relay swimmers want to practise their dive)</p>
		<p>e</p>	<p>Competition Rules</p> <p>i) All events will be timed finals</p> <p>ii) Heats are seeded according to submitted entry times achieved at Diocese/Regional events.</p> <p>Touching the wall</p>

In all events, a turn must be made from the wall and it is not permitted to take a stride or step from the bottom of the pool.

(a) Breaststroke

At the turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level. At the last stroke and at the finish an arm stroke not followed by a leg kick is permitted. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

(b) Backstroke

Some part of the swimmer must break the surface of the water throughout the race. It is permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 metres after the start and each turn. By that point the head must have broken the surface.

A swimmer shall swim upon his/her back throughout the race. The normal position on the back can include a roll movement of the body up to, but not including 90 degrees from horizontal. The position of the head is not relevant.

Upon the finish of the race and at the touch at the finish of the backstroke section in the Individual Medley, the swimmer must touch the wall on the back in his/her respective lane.

(c) Butterfly

At the turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level.

(d) Freestyle

When turning or finishing a race the swimmer is required to touch the wall of the pool or course with any part of the body, not necessarily the hand. However, at the finish of the race it is necessary for contact to be made with the wall of the pool. A hand touch is not obligatory.

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Coaching

i) Event officials only are permitted on any part of the pool deck at any time. Parents and coaches will not be permitted on the pool deck or in the marshalling areas at any time during the competition.

ii) Once participants are in the hands of officials controlling the event (i.e. the marshalling area) they shall not receive any coaching or advice.

iii) Electronic devices such as mobile phones and iPods are not permitted in any part of the competition or marshalling area and may be confiscated.

iv) Breach of these rules may result in disqualification from ALL remaining events.

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Electronic Timing and Results

i) Times and places on the electronic scoreboard are unofficial.

ii) Official results will be displayed on the results noticeboard.

	<p>iii) Live results may be available on the Hy-Tek Meet Mobile App.</p> <p>iv) Full event results will be uploaded to CSNSW Sport at completion of the event.</p> <p>v) In the case that the swimmer does not activate the electronic touchpad, the manual time will be used and places awarded accordingly. This may be denoted by 'J' on the official result.</p>
h	<p>Disqualification</p> <p>i) Notification of the disqualification of any competitor will be via the Meet Referee with the official results posted on the noticeboard and appear on Meet Mobile.</p>
i	<p>Starts</p> <p>Method of starting</p> <p>Competitors shall be placed in their lanes and one half pace behind the starting position by the Check Starter.</p> <p>The procedure will then be:</p> <p>(a) The start in freestyle, breaststroke, butterfly and individual medley races shall be with a dive. On the long whistle from the Referee the swimmers shall step onto the starting platform and remain there. On the Starter's command they shall immediately take up a starting position with at least one foot at the front of the starting platform. The position of the hands is not relevant. When all swimmers are stationary, the Starter shall give the starting signal. (SW4.1).</p> <p>(b) The start in backstroke races shall be from the water. At the Referee's first long whistle the swimmers shall immediately enter the water. At the Referee's second long whistle the swimmers shall return without undue delay to the starting position. When all swimmers have assumed their starting positions, the Starter shall give the command "Take your Marks". When all swimmers are stationary, the Starter shall give the starting signal. (SW4.2)</p> <p>(c) The starting signal shall be with a hooter or gun blast.</p> <p>i) A one (1) start rule, in all events shall be used for these Championships.</p> <p>ii) Any swimmer starting before the starting signal has been given, shall be disqualified and be withdrawn from the event (this is at the discretion of the referee). If the starting signal sounds before the disqualification is declared, the race shall continue and the swimmer or swimmers shall be disqualified upon completion of the race. If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining swimmers shall be called back and start again. The Referee repeats the starting procedure beginning with the long whistle (the second one for backstroke) (SW4.3).</p>
j	<p>Protests:</p> <p>i) All protests must be lodged in writing by the Diocesan Team Manager, to the Carnival Convenor within 15 minutes after the posting of results of the event/conclusion of event.</p> <p>ii) The Disputes Committee - i.e. Convenor, Track/Field Referee and a representative from the NSW Catholic Schools Sports Council shall deal with all protests.</p>
k	<p>Awards:</p> <p>i) Participants: awarded a Certificate of Participation.</p>

		<p>ii) Finals: 1st, 2nd and 3rd placegetters will be presented with a medal.</p> <p>Finishing Procedure & Presentation</p> <p>i) As there are two heats, competitors will be asked to remain in the presentation area following their race until the official results are available.</p> <p>ii) 1ST, 2ND and 3RD place getters in the event will be required to remain for presentation. All other competitors will be directed to return to their team area.</p> <p>Students are required to wear a shirt during the presentation, preferably a 'diocesan team' shirt.</p>
	l	<p>Multi Class Events</p> <p>i) Hearing aids will be removed on the start blocks or one minute prior to the start or after all final instructions have been given, whichever is the latter.</p> <p>Swimming lights will be used to start the race.</p> <p>ii) Vision impaired competitors may elect a 'tap start' and also may require a 'tap finish' (use of a soft pole tap device or pool noodle.)</p> <p>Removal of prosthesis</p> <p>Some swimmers are entitled to receive exceptions to the swimming rules and other considerations based on their classification. The exceptions prevent classified swimmers from being disqualified during Multi Class (MC) competition. These exceptions are determined during the classification process and are identified by a system of codes known as the Swimming Codes of Exceptions.</p> <p>Adults requiring access to the pool deck to assist a Multi Class student must register with the Multi Class Manager in the Announcer's room to be approved and receive an authorising lanyard prior to the swimmer's events.</p>
	m	<p><u>Protests</u></p> <p>i) All protests must be submitted in writing by the Diocesan Team Manager to Carnival Manager, on the official protest form, within fifteen (15) minutes of the posting of the official result on the noticeboard.</p> <p>ii) Note that times on the scoreboard at the completion of a race are not official.</p> <p>iii)The Protest Committee shall consist of Referee, Carnival Manager relevant official and a designated NSWCPs official.</p> <p>iv) The medal presentation for an event may be delayed where a protest has been submitted.</p>

9. Medical	1	a	First Aid personnel are on duty in the First Aid room on level one.
		b	It is the responsibility of the parent/guardian to inform team management of any current or ongoing medical condition or injury which may affect participation at the championships.
		c	Competitors should ensure that they have an adequate level of hydration before, during and after their event
		d	Students participating at outdoor venues are to be advised to use adequate sun protection, e.g. an SPF50+, broad spectrum, water resistant sunscreen reapplied regularly and a hat where appropriate
		e	i) It is the responsibility of the parent/guardian to inform team management of any

			<p>concussion recently sustained</p> <p>ii) Any student who has sustained a recent concussion injury may not return to contact/collision activities until the resolution of all symptoms.</p> <p>iii) A medical clearance must be provided to your Diocesan Representative 5 days prior to the Polding selections.</p> <p>iv) Each sport may have specific guidelines from the National Sport Organisation in relation to returning to play after a concussion. For further information refer to Sports Medicine Australia</p>
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7. Photography			<p>i) Media exposure at this event may result in your child's name, school details and/or photograph appearing in media forms or on websites including Diocesan and CSNSW Sports portal promoting sport in Catholic schools</p> <p>ii) If you have a concern with this occurring, please contact the team management immediately</p> <p>OPERATIONAL GUIDELINES</p> <p>i) Parents of students being awarded medals are permitted to take photos of the presentation from the designated area. Please wait at entry alcove on the Eastern side of the presentation area until your child's presentation and vacate the area quickly.</p> <p>ii) Access from other parts of the pool deck will not be permitted.</p>
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11. Code of Conduct	1	a	All players, officials and spectators must abide by the CSNSW Sport Code of Conduct
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9. Weather	1	a	<p>As this event is an indoor event, the event will proceed.</p> <p>i) In the case of inclement weather, the event will go ahead where possible with any program changes required at Convener's discretion in consultation with Carnival Executive. Diocesan managers will be notified of any program changes.</p>
		b	ii) within 48 hours of the scheduled selection date, every effort will be made to conduct the championships,

12. Privacy & Photography	1	a	<p>i) Media exposure at this event may result in your child's name, school details and/or photograph appearing in media forms or on websites including Diocesan and CSNSW Sports portal promoting sport in Catholic schools</p> <p>ii) If you have a concern with this occurring, please contact the team management immediately</p>
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