



SGIS JUNIOR SWIMMING CHAMPIONSHIPS

MONDAY, 11. JUNE 2012 – HALLENBAD GSTAAD

Arrival: 10.30

Start: 11.00

Cost: CHF 15.--per competitor

Purpose: To promote friendship and better understanding through competitive swimming.

Race Procedures and Regulations:

1. Categories:

Cat. F	01.09.2002 – 31.08.2004
Cat. E	01.09.2000 – 31.08.2002
Cat. D	01.09.1999 – 31.08.2000
Cat. C	01.09.1997 – 31.08.1999

2. Individual events can be mixed-boys and/or girls- but must fall within the above age categories. Relay teams must have at least one member of the opposite sex.
3. Swimmers must obey the starter's instructions. False starts will be repeated, but there will be no disqualification. The starter's commands will be: **"Swimmers Ready", "Take Your Marks" followed by a blast of the whistle.**
4. In relay events, swimmers must touch the end of the pool clearly before the next team member leaves the starting block.
5. Strokes will not be judged for the purpose of disqualification, but should be as close to regulation as possible.
6. Each school is allowed to enter only one team per relay event and two competitors per individual event. Swimmers may enter any combination of events within their age category, but individual swimmers may not compete in more than a total of four events.
7. For the purpose of determining overall team standings, points will be awarded as follows for individual and relay events:
1st - 7 points, 2nd - 4 points, 3rd - 3 points, 4th - 2 points, 5th - 1 point
8. Places will be determined on the basis of best time in the heats. No finals!
9. **Each school must fill in their colour-coded time cards in advance, and bring them to the swim meet.** These cards will be used as your entry forms as well as for results. For relays, one card with the name of the school will be sufficient.
10. **When an event is announced, all swimmers must report to the marshalling area with their time cards.**
11. Immediately at the conclusion of each heat, the competitors must go to their school's designated area where they should await the results of their event and the distribution of prizes.
12. Medals will be awarded for first, second and third places in all events. Place ribbons will also be awarded to the first through fifth place finishers. In addition, there will be a participation ribbon for all competitors. A challenge trophy will be presented to the overall team champions - the school that obtains the most points.