

Guidelines for swimmers attempting the various distances.

*These are not meant to replace the Rules of Swimming
but to serve as minimal standards in Club competition.*

- At the 15 metre distance (including 30 metre medley), swimmers must be able to complete the course without assistance or pulling on the lane rope (or side of pool).

For the form strokes, a reasonable attempt at the stroke is expected. That is:

1. In **breaststroke**, swimmers are expected to swim on the breast and to use both arms together;
2. In **backstroke**, swimmers are expected to swim on the back;
3. In **butterfly**, swimmers are expected to swim on the breast and should attempt to use two arms together over the water.

Swimmers who do not swim the stroke to this minimum standard will have their cards marked "IS" (Incorrect Stroke) and will earn 1 point for the swim.

A swimmer who cannot complete the course in 15 metre swims (including 30 metre medley), will have their race entry card returned to them for reuse at a later date.

- At the 25 metre distance (including 50 metre and 75 metre medley), swimmers must attempt to use their arms and legs correctly for the stroke.

Before being granted an upgrade to 50 metres (or 100 metres medley), swimmers must satisfy the Referee that they can swim the stroke correctly. The Referee will advise swimmers of any irregularities. Only serious rule infractions will result in disqualification with the race entry card marked with a "DQ".

A swimmer who cannot complete the course will have their entry cards marked "DNF" which shall be retained by the Club.

- For distances of 50 metres and over (except 75 metre medley), swimmers must swim according to the rules of swimming.

Rule infractions will result in disqualification and the race entry card will be marked with a "DQ".

A swimmer who cannot complete the course will have their entry cards marked "DNF" which shall be retained by the Club.