

# Splash-e

November 2013

## THIS MONTH'S HEROES



**Paul Lemmon** has been awarded this year's NSW Sports Federation MASTERS ATHLETE OF THE YEAR. Paul won 5 Gold, 2 Silver & 1 Bronze at the ILS World Championships in the 45-49 years division.

At the Australian Surf Life Saving Championships he received Gold in the Iron Man & Surf Race, and Silver in the 130 years Taplin Relay. He has numerous other achievements at state & regional level.

Paul, a distinguished member of Ettalong Pelicans Masters swimming club, has also had numerous achievements in the pool.

Pictured with Paul is Jenny Whiteley, a member of Ryde AUSSI Masters, also a finalist for the award.

Congratulations also to the other finalist for the award, Keith Pearce, a 75 year old triathlete who is again competing at world level after overcoming stomach cancer.

## VOLUNTEERS OF THE MONTH

Congratulations to **Helmut Klein** on being our volunteer of the month. Helmut is from Clarence River Masters and has also recently gained his Bronze Medallion. Congratulations Helmut!

Here is a snippet from the nomination:

"Helmut has gone from being a new swimmer to helping others with their Breaststroke and Backstroke, which he has mastered. Helmut is always first to offer help within the club, he has been the clubs Race Secretary and Club Captain for a few years now. He is always encouraging members to participate in carnivals."

To nominate someone as Volunteer of the Month contact: [admin@mastersswimmingsw.org.au](mailto:admin@mastersswimmingsw.org.au)



## YAMBA SURF FIRST

**Helmut Klein**, Clarence River Masters Swimming club member, has made Yamba Surf Club history this month after gaining his surf lifesaving Bronze Medallion. Helmut became the oldest member to gain this award in the clubs 105 year history. Arriving in Australia from Germany in 1963, Helmut was a non- swimmer until just seven years ago. Helmut and his wife, Jan, hosted a German Rotary student who wished to learn to swim whilst in Australia. Helmut went along with her as he had always had an ambition to learn to swim freestyle.

In 2007 he joined the Clarence River Masters swimming club and, three years later, Ray Burr ridge, then one of the clubs coaches encouraged Helmut to have a try at Ocean swimming so he could compete in the Yamba Surf Club Ocean swim, Convent to Main Beach surf classic. This is held every Christmas where many swimmers come from all over to compete. So began Helmut's love of Ocean swimming, which he and Jan now do three to four times a week as well as regular training sessions with the Masters.

In early September, just before his 72<sup>nd</sup> birthday, he completed the compulsory 400m pool test swim inside the required time of 9 minutes. It has taken Helmut a long time to achieve the required time before he could put in his application to gain his Bronze medallion. Helmut joined a training squad mainly comprising of teenagers learning topics such as surf awareness, resuscitation, defibrillation, first aid, radio operations, rescue techniques and patrol operations. The Squad completed its Bronze Medallion assessment in testing surf conditions on Main beach a few weeks ago.

Congratulations to a very accomplished Masters swimming member who contributes so much to our club as well as the Yamba surf club.

## Happy Birthday Myall Masters

Myall Masters is thrilled to be celebrating their 10<sup>th</sup> birthday and will do it in style on Saturday 8<sup>th</sup> February. This is a BPS meet but the pool is unsurveyed so we are going purely for the fun of it (and hopefully some cake!) no records but points!



Unusually for a summer meet it is a short course pool & there are **25m events** available. Spread the news around any new members who are unsure of their racing ability-this will be a great introduction to the fun and friendship of MSNSW.

This is in the delightful town of Tea Gardens on the North Coast, not a long drive for metro members so it is hoped that entries will exceed expectations. Myall have been working hard on qualifying officials within their ranks so hope to count on your support and there should be birthday cake. (Did I mention that already?)

## Butterfly Master Class for Wett Ones



On Saturday 23 November Wett Ones, Sydney were given a wonderful opportunity to brush up on their butterfly skills with the Butterfly Master Class given by world record breaking butterfly champ **Matt Jaukovic**. Ten swimmers attended the session and were greatly inspired to work on their butterfly techniques. Many thanks go to Matt for yet another fabulous Masterclass.



## The Delightfully Damp Dawny Cockatoo Island Challenge



On 17 November I did the Dawn Fraser Cockatoo Island Challenge, a 2.4 km swim around Cockatoo Island. The Island serves as an industrial museum, so swimmers were treated to visions of cranes and warehouses en route. Many in Sydney won't swim in the harbour believing it dirty and full of dead things. Not true! It may be a bit murky but the water is no corpse encounters. warmer in than out with temperature at 20 degrees experienced a rain squall around. What fun!



This is my third Dawny swim and I am afraid my last. We are heading North of England next year. I guess next summer will also see me squally rain (but very cold water) in the Lake District in Cumbria

good. Definitely Today it was the water and we on the way back to the swimming in



This is my first swim of the season and it was great to see my ocean swimming chums again. I have missed them over the winter. This swim was also special because husband Sid participated in the 1 km event. But he was still there at the end to cheers us in.

As usual the swim the water. The waves and close together as needs to be completed Sydney Harbour start. We sighted on a crane as instructed by the organisers', to take us around to the island, then swam single file under a bridge at the ferry landing and back of the island. As we came around the other side the squall upon us. The sea got choppy and visibility was poor. As usual I lost



started in were large the swim before the ferries bloody big back of the along the descended my

bearings swimming back from the island. Added to this there was tide which added a bit of distance to my swim. Arriving at the were plenty on hand to help us out of the water. Then it was a from one of the sponsors and some fruit before heading off to a breakfast number two. Coffee and a doughnut, a right nice treat!

**Lindy Woodrow**



a pull from the jetty there quick massage café for

## AMAZING SWIMMING POOLS

### A mid-week swimming treat (or two)



This week Sid and I decided to have some time in lieu and set off on a mid-week, afternoon truant. We decided to go for a swim at the Drummoyne Olympic Pool, or Crummy Drummy as labelled by Mr Ocean Swims Paul Ellercamp. To me it's not at all Crummy, more Scrummy in fact. However my vision impairment means I don't notice the reputed low cleanliness standards of the changing rooms! The Drummy is set against the bay in Drummoyne and has a lovely vista. The 50 metre heated pool is saltwater which provides a great swimming boost. So I can feel pleased with my swimming with thoughts like: "I was swimming well today" and "I'm really fit at the moment," conveniently forgetting the saltwater factor.

We went on Tuesday afternoon. The pool was almost deserted and we had a lane each, what luxury. I had a modest swim trying to be nice to my swimmer's shoulder. I used some toys to take the strain off my shoulder, nice light bendy flippers and a miracle kickboard that purports to do wonders for the core. Sid managed to do his whole swim freestyle. Well done Sid! We had a lovely swim, peaceful, warm and tranquil. On arriving home we discovered I had left aforementioned miracle kickboard on the poolside. "Oh no! this means we have to go back tomorrow" (I'll remember this trick!). So, on the following day we had another mid-week truant to retrieve the miracle kickboard. It wasn't there. Somebody had obviously recognised its supersonic core developing properties unparalleled by other kickboards, and snaffled it. Oh well, might as well have a swim then. This time we swam in the morning and it was a lot busier with the local kiddies having their learn-to-swim classes. It was still uncrowded though with around two swimmers per lane. Today Sid's progress continues and he completed a longer session in freestyle. I put in a 2.7 km swim and emerged brimming with endomorphs and happy feelings.



I am savouring these wonderful Sydney outdoor 50 metre pools. These swimming delights will be replaced by different swimming experiences next year with summer swimming in the UK. I'm also enjoying the truanting!

**Lindy Woodrow**



## USEFUL LINKS

If you are travelling and want to find a local pool. Look at this site. It lists **pools world-wide:**  
<http://www.swimmersguide.com/>

## MASTERS SWIMMING NEWS

### **Job Opportunity – Sports Development Officer**

**Applications close December 9** A vacancy has been determined by the Board of MSNSW for a Sports Development Officer who will work with the information gathered in the above project and alongside the team of dedicated members who are keen to grow our sport. At this stage it will for one day a week and the ideal candidate will have an overriding passion for masters swimming and experience in marketing/promotion.

Please contact our office for more information. Email: [admin@mastersswimmingnsw.org.au](mailto:admin@mastersswimmingnsw.org.au)

**As the end of the year approaches there are many things to do. In the appendix we have included some important forms and documents:**

- Club Coaching report 2013
- Club Committee Notification form 2014
- Club registration form 2014
- Coach of the year nomination form 2013

# OPEN WATER SWIMMING

## Open water swims NSW coming up

It's time to get training for the open water swimming season. Here's what's on offer for the rest of 2013: If I have missed any drop me an e-mail [lindy.woodrow@gmail.com](mailto:lindy.woodrow@gmail.com)

**Dec 7**                      **North Curl Curl**  
3 Points Challenge, 2km swim (9am), Biathlon (10:15am)  
<http://www.oceanswims.com/Events.asp?EventID=516>

**Dec 8**                      **Bilgola**  
Bilgola Ocean Swim, 1.5km (11am)  
<http://www.oceanswims.com/Events.asp?EventID=505>

**Dec 14**                    **Newcastle**  
Nobbys-Newcastle Ocean Swim, 2km (8am)  
<http://www.oceanswims.com/Events.asp?EventID=557>

**Dec 15**                    **Manly**  
Manly LSC Blue Dolphins Ocean Swims, 1km (09:30), 2km (10:30)  
<http://www.oceanswims.com/Events.asp?EventID=567>

**Dec 21**  
Vlad Swim, Balmoral Beach, 5km or 10km.  
<http://www.balmoralswim.com/>

**Dec 29**                    **Yamba**  
Yamba Ocean Swims, 700m (10am), 2km (11am), Dash for Cash (12 noon)  
<http://www.oceanswims.com/Events.asp?EventID=564>

**Jan 5**                      **Black Head**  
Head2Head Swims, 1.5km (10:30am), 700m (9:15am), 10km paddle (9am)  
<http://www.oceanswims.com/Events.asp?EventID=508>

**Jan 5**                      **Newport**  
Pool to Peak Swims, 2km (10am), 800m (9am)  
<http://www.oceanswims.com/Events.asp?EventID=513>

**Jan 5**                      **Evans Head**  
Evans Head, North Coast, 2km (10:15am), 750m (9:30am)  
<http://www.oceanswims.com/Events.asp?EventID=486>

**Jan 12**                    **North Bondi**  
The Roughwater, 2km (10:30am), 1km (9:15am)  
<http://www.oceanswims.com/Events.asp?EventID=514>

**Jan 12**                    **Avalon**  
Avalon Beach Surf Swim, 1.5km (10:30am)  
<http://www.oceanswims.com/Events.asp?EventID=509>

**Jan 19 2014**                      **Mona Vale**  
Warriewood-Mona Vale Ocean Swim, 1.6km (10am)  
<http://www.oceanswims.com/Events.asp?EventID=511>

**Jan 26**                                **Newcastle Harbour**  
Newcastle Harbour Swim Classic, 1.4km (8:30am), 700m (8am)  
<http://www.oceanswims.com/Events.asp?EventID=569>

**Jan 26**                                **Palm-Whale Beach**  
The Big Swim, 2.5km (10am), The Little Big Swim, 1km (9am)  
<http://www.oceanswims.com/Events.asp?EventID=512>

## Safety in the Ocean

The ABC has a very interesting article and video about the dangers of ocean swimming. According to research rips are responsible for more deaths than sharks or bushfires.

<http://www.abc.net.au/science/articles/2013/11/28/3900762.htm>

## Need some open water training?

The following organisations offer coaching and ocean swim squads in Sydney. Also watch the web page for information about special sessions provided by our own Stephen De-Lorenzo and Rohan Skea.

### CanToo

Can Too provide training for specific swim events. Participants pledge to raise money for Cure Cancer Australia. Excellent for those new to open water swimming.

<http://www.cantoo.org.au/can-too-swim-and-triathlon/can-too-swim-syd/>

### Vlad Swim

Vlad Swim offers stroke correction, swim for goals and organised ocean swims in various locations around Sydney

<http://vladswim.com.au/>

### Bondifit

Spot Anderson runs the organisation and provides surf swimming for newbies and intermediates on Saturday mornings at Bondi and for beginners on Sundays at Coogee. Check the website for timetables

<http://www.bondifit.com/>

### 4 SEAasons

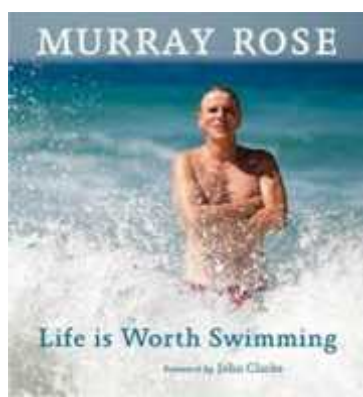
Provides swim training at Bondi on Saturday mornings. Also has a session in Icebergs. Keep an eye on the webpage for new spring timetables..

<http://www.4seasonsswim.com.au/index.php/how-to/ocean>

### Oceanfit

Oceanfit has a range of swimming programmes for all abilities.

<http://oceanfit.com.au/>



## NEW BOOK

The ABC featured Murray Rose in a two part documentary in their Australian Story Program. Murray's autobiography is now available entitled 'Life's Worth Swimming'. Here is the publisher's blurb:

*Life is Worth Swimming* is an intimate glimpse into the personal journey of Australian swimming icon Murray Rose—his life, his stories and his innermost thoughts. Throughout the book, enchanting images—some nostalgic, some recent and many from his private collection—document his life, highlight his words and bring the events described into sharp focus.

Commenting on sport, focus, philosophy and family, this highly engaging and accessible book provides insight and inspiration not only for athletes, but also for anyone who has ever pondered life's important questions.

<https://arbonpublishing.com/product/life-is-worth-swimming/>

## COACHING CORNER

### Swim tips

<http://www.swimsmooth.com/>  
<http://www.totalimmersion.net/>  
<http://www.goswim.tv/>

## CARNIVALS

### Carnivals for 2013 early 2014

**7 December: Wests Auburn** [West Auburn Long Distance Long Course Meet 2013](#)

Ruth Everuss Aquatic Centre, Church Street, Lidcombe.

**18 January: Central Coast** Gosford Swimming Pool, Masons Parade, Gosford, [Central Coast BPS](#)

**2 February: Campbelltown** Gordon Fetterplace Swimming Centre, Bradbury  
[Campbelltown BPS](#)



Ground Floor Sports House,  
6 A Figtree Drive  
Sydney Olympic Park  
NSW 2127

Phone: 02 81 16 9716

Fax: 02 8732 1606

E-mail: [admin@mastersswimming.nsw.org.au](mailto:admin@mastersswimming.nsw.org.au)





## 2013 Annual Club Coaching report

Club Name \_\_\_\_\_

Head coach \_\_\_\_\_

Contact number \_\_\_\_\_ Email address \_\_\_\_\_

**Number of accredited coaches:**

MSA Intro Coach \_\_\_\_\_ MSA Club Coaches (previously Level 1M) \_\_\_\_\_

SAL coach Green \_\_\_\_\_ SAL coach Gold \_\_\_\_\_

SAL coach Bronze \_\_\_\_\_ SAL coach Silver \_\_\_\_\_

Non-accredited coach \_\_\_\_\_

**Club sessions:**

Day	Time	Average no. of swimmers
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Please provide a brief summary of the level of swimmers in the club:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please provide a brief summary of your club participation in competition at interclub, Branch/ National levels & in the Endurance 1000 program:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Any comments, suggestions:

## 2014 MEMBER CLUB COMMITTEE NOTIFICATION

Send to Masters Swimming NSW  
admin@mastersswimmingnsw.org.au  
or PO Box 6941  
SILVERWATER NSW 2128

So that our records can be kept up to date, please complete both sides of this form after your Club's Annual General Meeting.

The club contact details and the details of your club's main contact person may be circulated to all clubs, posted on the website and given to potential members.

*It is up to the club registrar to update the information on your IMG administration page.*

CLUB NAME	_____
Club Mailing Address	_____
	Postcode _____
Club Email	_____
Club Website	_____

Who is your club's main contact person?  Secretary  President  Other .....

CLUB SECRETARY	_____
Mailing Address	_____
	Postcode _____
Email	_____
Phone	Home _____ Work _____
	Mobile _____ Fax _____

CLUB PRESIDENT	_____
Mailing Address	_____
	Postcode _____
Email	_____
Phone	Home _____ Work _____
	Mobile _____ Fax _____

The following information is required for contact between the MSNSW Board, NSW Club Development Project Team, Coaching Director, Endurance Recorder and Club Officers. Please provide a daytime phone number.

Treasurer	_____
Phone	Email

Registrar	_____
Phone	Email

Race Secretary	_____
Phone	Email

Top Ten Recorder	_____
Phone	Email

Endurance Recorder	_____
Phone	Email

Head Coach	_____
Qualification	Level
Phone	Email

Safety Officer	_____
Phone	Email

Newsletter Editor	_____
Phone	Email

These changes take effect from ..... [date]



The NSW Association of AUSSI Masters Swimming Clubs Inc  
ABN: 42 468 116 472

## MEMBER CLUB REGISTRATION FORM 2014

2014 Member Club Registration Fee **\$50** OR discounted to **\$40** if paid by **31/12/13**  
Please make payment to "Masters Swimming NSW" by cheque OR  
**EFT ANZ BSB: 012 129 A/C # 1979 94001 Ref: Member Club fee & Club Code**

Do you need a TAX INVOICE?                      Yes                      No                      (Please circle)  
If yes, please provide ABN

**NAME OF CLUB** \_\_\_\_\_

**CLUB MAILING ADDRESS** \_\_\_\_\_  
Post Code \_\_\_\_\_

**CLUB EMAIL** \_\_\_\_\_

**CLUB WEBSITE** \_\_\_\_\_

**CLUB VENUE** \_\_\_\_\_

**VENUE ADDRESS** \_\_\_\_\_

**SWIM TIMES** \_\_\_\_\_

**CLUB COLOURS** \_\_\_\_\_

**CLUB CONTACT** \_\_\_\_\_

**PHONE:**                      Home \_\_\_\_\_                      Work \_\_\_\_\_

Mobile \_\_\_\_\_                      Fax \_\_\_\_\_

***This club agrees to abide by the Constitution, By-Laws and Rules of  
Masters Swimming Australia Inc. and  
The NSW Association of AUSSI Masters Swimming Clubs Inc***

*Signed* \_\_\_\_\_                      *Officer 1*                      *Date* \_\_\_\_\_  
\_\_\_\_\_                      *Officer 2*                      \_\_\_\_\_

Send completed form to Masters Swimming NSW  
**admin@mastersswimmingnsw.org.au**  
or P O Box 6941  
SILVERWATER NSW 2128



## 2013 COACH OF THE YEAR NOMINATION FORM

Clubs and members are invited to nominate a coach for the 2013 Coach of the Year Award.

### Eligibility

Only achievements for the period of 01 January to 31 December 2013 will be considered as part of the application.

To be eligible for consideration the nominee should:

- be a current Masters Swimming Australia Member and have been a member from 01 January 2013
- hold a current Masters Swimming Australia Coaching Accreditation;
- have been actively coaching Masters Swimmers;
- have made an outstanding contribution in coaching and/or towards the development of coaching at Club, Branch and/or National level;
- have undertaken professional development opportunities to improve their coaching skills and/or presented at coaching courses, workshops or clinics;
- have demonstrated a proven capacity to improve the level of performance of Masters Swimmers (i.e. improvement in times, placings at State/National and/or International events, technique development, ability for swimmers to complete a greater distance and/or achievement of a higher level of fitness);
- have designed and implemented an annual plan for their squad;
- have practised and espoused a philosophy of fair play;
- present a positive image of coaching and the role of the coach; and
- demonstrate concern for the development of Masters Swimmers in and out of the sporting arena.

Coaches who have implemented innovative ideas to improve coaching and/or undertaken extra-curricular activities relevant to coaching above the minimum level expected of a Masters Swimming Coach will be viewed favourably.

Nominations must be received at the Branch Office no later than 24 January 2014 to be eligible for consideration.

The club nominating the NSW Branch winner of the 2013 Coach of the Year will be requested to submit a **detailed submission** for the National Coach of the Year Award. A photo will then also be requested.

### Selection Process

The MSNSW Board will review the nominations and select the winner. Any person who is a nominee cannot participate in the selection process. The winner will be presented with their award at the State Championships on 04-05 April 2014 with the perpetual trophy and a replica to be retained by the winner. All nominees will receive a Certificate of Recognition at that time.

### Nominee's Personal Information

Name:

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Address:

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Contact Phone No.:

---

Email Address:

---

Club:

Masters Swimming ID:

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Nominations to be sent (by mail or email) to:  
Masters Swimming NSW P O Box 6941, SILVERWATER NSW 2128  
[admin@mastersswimmingnsw.org.au](mailto:admin@mastersswimmingnsw.org.au)

**Closing date for nominations 24 January, 2014**



# MASTERS SWIMMING NSW CALENDAR 2014

Date/s	Meet			Venue
18 January	Central Coast	BPS	LC	Gosford
01 February	Campbelltown	BPS	LC	Campbelltown
08 February	Myall 10th Anniversary	BPS	SC	Tea Gardens
15 February	North Sydney	BPS	LC	North Sydney
01 March	Cessnock	BPS	LC	Cessnock
23 March (Sun)	Blacktown	BPS	LC	Blacktown
04-05 April (Fri, Sat)	NSW Long Course Championships			SOPAC
12 April	Wett Ones	BPS	LC	Sydney University
23 – 27 April	39th National Masters Swimming Championships		LC	Rockhampton Qld
4 May (Sun)	Manly	BPS	SC	Abbotsleigh School
17 May	MSNSW AGM Sports House			Syd. Olympic Park
24 May	Ettalong Pelicans	BPS	SC	Woy Woy
07 -08 June	Clarence River Masters	BPS	SC	Yamba
21 June	Trinity AUSSI	BPS	SC	Trinity Grammar
05 July	Hunter Festival of Sport		SC	Toronto
20 July (Sun)	NSW Relay Meet		SC	SOPAC
27 July-10 Aug	FINA World Masters Swimming Championships		LC	Montreal, Canada
03 August (Sun)	Seaside Pirates	BPS	SC	Knox Grammar
30 August	Ryde	BPS	SC	Ryde
07 September (Sun)	Hills	BPS	SC	Galston
20 September	Tuggeranong	BPS	SC	Tuggeranong
11 October	Warringah	BPS	SC	Warringah
18 - 19 October	NSW Short Course Championships			Woy Woy
25 October	Lake Macquarie Crocs	BPS	SC	Toronto
08 November	Novocastrian	BPS	LC	Charlestown
16 Nov (Sun)	NSW Long Distance LC Championships			Blacktown
29 November	Raymond Terrace	BPS	LC	Raymond Terrace
06 December	Wests Auburn	BPS	LC	Lidcombe
13 December	Port Macquarie	BPS	LC	Port Macquarie

NSW Branch Point Score Meets abbreviated as BPS

LC = long course SC = short course

*Supported by*



## 2013 IAN MCPHAIL OFFICIAL OF THE YEAR NOMINATION FORM

Clubs and members are invited to nominate a Technical Official for the 2013 Ian McPhail Memorial Official of the Year Award.

### **Eligibility**

Only achievements for the period of 01 January to 31 December 2013 will be considered as part of the application.

To be eligible for consideration nominees must be an accredited Masters Swimming Technical Official, be a current member from 01 January 2013 and must have made an outstanding contribution in officiating and/or towards the development of officiating at Club, Branch and/or National level.

*For example:*

- ❖ *Attended courses to enhance knowledge and interpretation of rules;*
- ❖ *Delivered courses to prospective officials;*
- ❖ *Taken the position of mentor to trainee officials.*

The Official of the Year for 2013 should be an individual who has achieved excellence as a **technical** official. Implementation of innovative ideas to improve officiating and extra activities related to officiating, such as leadership, accreditation and professionalism will also be considered.

Nominations must be received by the Branch Office no later than 24 January 2014 to be eligible for consideration.

The club/person nominating the NSW Branch winner of the 2013 award will be requested to submit a **detailed submission** and a photo will then also be requested.

### **Selection Process**

The MSNSW Board will review the nominees and select the winner. Any person who is a nominee cannot participate in the selection process. The winner will be presented with their award at the State Championships on 04-05 April 2014 with a perpetual trophy and a replica to be retained by the winner. All nominees will receive a Certificate of Recognition.

### **Nominee's Personal Information**

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Name:

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Address:

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Contact Phone No.:

---

Email Address:

---

Club:

Masters Swimming ID:

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Nominations to be sent (by mail or email) to:  
Masters Swimming NSW, P O Box 6941, SILVERWATER NSW 2128  
[admin@mastersswimmingnsw.org.au](mailto:admin@mastersswimmingnsw.org.au)

**Closing date for nominations 24 January 2014.**

—JUST A REMINDER—

**SUMMARY OF RULE CHANGES EFFECTIVE FROM 1 JANUARY 2014**

**NO BODY TAPING** allowed unless pre-approved by referee. [Rule SW 10.8M]

Please check the rules on the National website at Rules/Swimwear rules before your next swim meet.

**STARTS**

You can be disqualified for delaying the start by not moving to your starting position after the referee's long whistle without any delay [Rule SW 4.6M]

**BACKSTROKE TURN AND FINISH**

You cannot turn onto your breast and glide before starting your arm stroke into a tumble turn. If you deliberately turn on to the breast and don't tumble you must immediately touch or grab the end wall. [Rule SW6.4].

Some part of your body must be breaking the surface at the finish. [Rule SW 6.3]

**BREASTSTROKE & BUTTERFLY TURN AND FINISH**

When your hands touch the wall together at the turn and at the finish they must not be touching each other. [Rules SW 7.6 & SW 8.4]

**BREASTSTROKE & BUTTERFLY TURN**

After you touch the wall on your breast you can turn anyway you like so long as you leave the wall on your breast. [Rules SW 7.2 & SW 8.1]

**BUTTERFLY START AND TURN**

You can do only one breaststroke kick before your first arm pull. [Rule SW 8.3M]

**BUTTERFLY + BREASTSTROKE KICK**

In 25m to 200m butterfly events, but not IM events, you can do only one breaststroke kick per arm pull. [Rule SW 8.3.1M]

In 400m+ butterfly events, but not IM events, you can do one or two breaststroke kicks per arm pull [Rule SW 8.3.2M]

**FORM STROKE IN FREESTYLE EVENT**

You can only be timed for a nominated form stroke in a freestyle event if that form event is not available at that carnival. [Rule SW 10.17M]