



WHALES TALES

Saturday 4th March, 2023

Saturday 11th March

Next Saturday we have a couple of events occurring:

Whales Challenge #3

The 3rd and final Whales Challenge for the season will see the White & Maroon teams go head-to-head to claim the overall win for the season, having both won one Challenge each so far this season.

Remember to wear your team colour cap and help your team come out on top.

Timing System trial

Whilst we use the Dolphin timing system for club races we are going to trial another wireless timing system next Saturday during club races. This system, Wylas, is similar to the Dolphin system however has an added benefit where touch pads can be linked to the system. We are trialling the Wylas system to see if it could be an alternative to the current Swimming NSW timing system used when we hire the touchpads for SwimFest.

We expect a bit of a learning curve on the morning, but from a timekeeper's point of view it works the same way – press the button when your swimmer touches the wall.

Trophy Return

Do you have perpetual trophies from last season to return? Time to dust them off and bring them back to the club room to prepare for the presentation.

Lions Club Award

Each month the Committee votes for the Lions Club Award – the club's Volunteer of the Year. You can nominate a club member to recognise their service online [here](#).

P-Plate Award

The P-Plate Award recognises (or perhaps highlights) the "Silly Mistake of the Year". Have you seen a swimmer, spectator or official 17 years or over do something silly? Nominate the person [here](#).

Club Uniforms

Order your club uniforms online [here](#).

5 to 8 Year Meet – 1st April

The Metro South West 5 to 8yrs Development meet is on at Guildford Swimming Centre on Saturday, 1st April. This is a great little meet, usually over in a couple of hours, so don't be an April Fool and [enter](#) today!

Masters Meets – State & Nationals

All Masters swimmers are encouraged to represent our club at the upcoming NSW State & Nationals Masters meets.

The NSW State Long Course Championships will be held on Saturday 1st April & Sunday 2nd April at SOPAC. Entries close on Friday 24th March.

National Championships will be held from Tuesday 18th April to Sunday 23rd April in Hobart. Entries close on Thursday 23rd March.

Entries for both meets can be submitted through Swim Central.

Lucky Door Prize

The Lucky Door prize is drawn again this morning. You could win your choice of a Speedo kickboard, flipper bag or pair of Opal Mirror goggles. How do you win? You must be in attendance at the Championship presentation when your name is called to win.

NSW Senior Metropolitan Results

Matthew Vicic swam two new personal best times at the NSW Senior Metropolitan Championships last weekend. Matt took 3.61 seconds off his 200m Butterfly, finishing in 2:34.06. He also took 0.35 seconds off his 100m Backstroke, with a new PB of 1:13.49. In Matt's other events, he was just 0.22 outside his 100m Butterfly PB and 0.30 outside his 100m Freestyle PB. Congratulations Matt on your swims.



Junior Swimmers Results

The fantastic swimming and results in the 15m, 25m & 33m races continue. Congratulations to the following swimmers on breaking the times for these events:

33m Freestyle

Caleb Mackie

33m Backstroke

Conner Mackie

Changes to Swimming Rules

Swimming NSW has made changes to its GENERAL RULES, SWIMMING RULES, OPEN WATER & MULTI CLASS SWIMMING RULES to align with the recent World Aquatics rule changes that came into effect on 1 January 2023.

Some rule changes relate to technical official duties and responsibilities, e.g. Starter, Inspector of Turns & Judges of Stroke. However, there are some changes to the start and stroke rules that affect swimmers. These changes are:

The Start

Any swimmer initiating a start before the starting signal may be disqualified.

Previously the rule read Any swimmer starting before the starting signal has been given, shall be disqualified.

Backstroke

When using a ledge at the start, at least one toe of each foot must be in contact with the end wall or face of the touchpad. Bending the toes over the top of touchpad is prohibited.

Previously the rule read the toes of both feet must be in contact.

Other wording changes for backstroke have removed the wording "in his respective lane" from the rules. However, it is still a requirement for a swimmer to finish in their respective lane.

Breaststroke

All movements of the arms shall be simultaneous without alternating movement.

All movements of the legs shall be simultaneous without alternating movement.

Previously the rules required the arms and legs respectively to be on the same horizontal plane.

Medley

Leaving the wall on the back during the freestyle portion is permissible but no kicking action is permitted until the swimmer has returned past the vertical to the breast at which point kicking, including a butterfly kick(s) may commence.

The existing rule was deleted and a change in wording to clarify what is permissible.

The Race

A swimmer swimming over the course alone shall cover the whole distance to qualify. A swimmer who does not complete the whole distance in accordance with the relevant FINA rules shall be disqualified.

Previously a swimmer not completing the course would be treated as Did Not Finish, however, will now be Disqualified.

We recommend that you take time to review all other changes to Swimming NSW Rules. The new rules can be found on the [Swimming NSW website](#).

Upcoming Meet Calendar

Check the [website](#) for the full list of upcoming meets, closing dates, programs and qualifying times.

MEET NAME	MEET DATE	ENTRY CLOSING
NSW State Open Championships	10 th March to 12 th March	Closed
NSW Junior State Age Championships	25 th March & 26 th March	14 th March
NSW State Masters Championships	1 st & 2 nd April	24 th March
Metro South West 5-8yrs Meet	1 st April	21 st March
Australian Masters Championships	18 th – 22 nd April	23 rd March

