

WEST WALLSEND INDOOR  
SWIMMING CLUB INC

## West Wallsend Heated Pool

[www.swimming.org.au](http://www.swimming.org.au)

Edden Street West Wallsend  
Phone/fax: 49554111

**Email address:**  
[wwiasci@bigpond.com](mailto:wwiasci@bigpond.com)



**We cater for swimmers of all ages and abilities**



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# INFORMATION BOOKLET

## WEST WALLSEND INDOOR SWIMMING CLUB INC















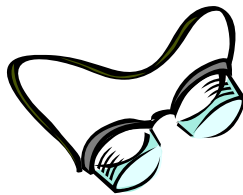
## WEST WALLSEND INDOOR SWIMMING CLUB INC

### GENERAL

1. Must not push off from the bottom.
2. Must do correct stroke.
3. Must not pull on lane rope.
4. Must finish in lane in which they started remain in the water in their lanes at the finish of events. On signal from the referee competitors can leave the water by the side of the pool.

These BASIC rules are offered to you in the hope that they may assist someone in the upcoming Club Championships.

If you wish to know more details about rules of swimming, please do not hesitate to ask office bearers.



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4. If a swimmer requires a time for a carnival entry and is unable to gain that time in their normal grade swim he/she may make application to swim the required stroke and/or distance. If granted no points will be given for that swim.
5. Swimmers and their siblings who are away at Country, State, Nationals, School State or School Nationals when club night is on will be credited with a Freestyle swim.
6. Point scores can be won by first or second claim members.

### POINTSCORE

Points are allocated as follows:

- 4 points are equal to best time
- 5 points for up to .99 secs faster than best time
- 6 points for up to 1.00 to 1.99 secs faster than best time
- 7 points for 2.00 secs or more faster than best time
- 3 points for up to .99 secs slower than best time
- 2 points for 1.00 to 1.99 secs slower than best time
- 1 point for 2.00 secs or more slower than best time

**N.B.** Best time is the fastest time swum by the swimmer for the stroke and distance at club during the current season.





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WEEK	A GRADE	B GRADE	C GRADE	D GRADE	E GRADE
1	EV5 100m f/s EV10 100m brs EV15 100m fly	EV4 100m f/s EV9 50m brs EV14 50m fly	EV3 50m f/s EV8 50m brs EV13 50m fly	EV2 25m f/s EV7 25m brs EV12 25m fly	EV1 12.5m f/s EV6 12.5m brs EV11 12.5m fly
2	EV5 50m f/s EV10 200m IM EV15 100m bks	EV4 50m f/s EV9 200m IM EV14 50m bks	EV3 50m f/s EV8 100m IM EV13 25m bks	EV2 25m f/s EV7 50m IM EV12 25m bks	EV1 12.5m f/s EV6 25m f/s EV11 12.5m bks
3	EV5 100m f/s EV10 100m bks EV15 50m brs	EV4 100m f/s EV9 50m bks EV14 50m brs	EV3 100m f/s EV8 50m bks EV13 25m brs	EV2 50m f/s EV7 25m bks EV12 25m brs	EV1 12.5m f/s EV6 12.5m bks EV11 12.5m brs
4	EV5 100m f/s EV10 100m brs EV15 100m fly	EV4 50m f/s EV9 100m brs EV14 100m fly	EV3 50m f/s EV8 50m brs EV13 50m fly	EV2 25m f/s EV7 25m brs EV12 25m fly	EV1 12.5m f/s EV6 12.5m brs EV11 12.5m fly
5	EV5 50m f/s EV10 200m IM EV15 50m bks	EV4 50m f/s EV9 200m IM EV14 50m bks	EV3 50m f/s EV8 100m IM EV13 25m bks	EV2 25m f/s EV7 50m IM EV12 25m bks	EV1 12.5m f/s EV6 25m f/s EV11 12.5m bks
6	EV5 100m f/s EV10 100m bks EV15 50m fly	EV4 100m f/s EV9 100m bks EV14 50m fly	EV3 100m f/s EV8 50m bks EV13 25m fly	EV2 50m f/s EV7 25m bks EV12 25m fly	EV1 12.5m f/s EV6 12.5m bks EV11 12.5m fly
7	EV5 50m f/s EV10 100m brs EV15 100 fly	EV4 50m f/s EV9 100m brs EV14 50m fly	EV3 50m f/s EV8 50m brs EV13 50m fly	EV2 25m f/s EV7 25m brs EV12 25m fly	EV1 12.5m f/s EV6 12.5m brs EV11 12.5m fly
8	EV5 100m f/s EV10 200m IM EV15 100m brs	EV4 50m f/s EV9 200m IM EV14 50m brs	EV3 50m f/s EV8 100m IM EV13 25m brs	EV2 25m f/s EV7 50m IM EV12 25m brs	EV1 12.5m f/s EV6 25m f/s EV11 12.5m brs



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WEEK	A GRADE	B GRADE	C GRADE	D GRADE	E GRADE
9	EV5 100m f/s EV10 100m bks EV15 50m fly	EV4 100m f/s EV9 50m bks EV14 100m fly	EV3 50m f/s EV8 50m bks EV13 25m fly	EV2 25m f/s EV7 25m bks EV12 25m fly	EV1 12.5m f/s EV6 12.5m bks EV11 12.5m fly
10	EV5 100m f/s EV10 100m brs EV15 100m fly	EV4 100m f/s EV9 50m brs EV14 50m fly	EV3 100m f/s EV8 50m brs EV13 25m fly	EV2 50m f/s EV7 25m brs EV12 25m fly	EV1 12.5m f/s EV6 12.5m brs EV11 12.5m fly
11	EV5 50m f/s EV10 100m IM EV15 50m bks	EV4 100m f/s EV9 100m IM EV14 50m bks	EV3 50m f/s EV8 100m IM EV13 25m bks	EV2 25m f/s EV7 50m IM EV12 25m bks	EV1 12.5m f/s EV6 25m f/s EV11 12.5m bks
12	EV5 100m f/s EV10 100m bks EV15 50m brs	EV4 100m f/s EV9 100m bks EV14 50m brs	EV3 50m f/s EV8 50m bks EV13 50m brs	EV2 25m f/s EV7 25m bks EV12 25m brs	EV1 12.5m f/s EV6 12.5m bks EV11 12.5m brs
13	EV5 100m f/s EV10 100m brs EV15 100m fly	EV4 50m f/s EV9 50m brs EV14 100m fly	EV3 50m f/s EV8 50m brs EV13 50m fly	EV2 25m f/s EV7 25m brs EV12 25m fly	EV1 12.5m f/s EV6 12.5m brs EV11 12.5m fly
14	EV5 50m f/s EV10 200m IM EV15 50m bks	EV4 50m f/s EV9 200m IM EV14 50m bks	EV3 50m f/s EV8 100m IM EV13 25m bks	EV2 25m f/s EV7 50m IM EV12 25m bks	EV1 12.5m f/s EV6 25m f/s EV11 12.5m bks
15	EV5 100m f/s EV10 50m bks EV15 50m fly	EV4 100m f/s EV9 50m bks EV14 50m fly	EV3 100m f/s EV8 50m bks EV13 25m fly	EV2 50m f/s EV7 25m bks EV12 25m fly	EV1 12.5m f/s EV6 12.5m bks EV11 12.5m fly
16	EV5 50m f/s EV10 100m brs EV15 100m fly	EV4 50m f/s EV9 100m brs EV14 50m fly	EV3 50m f/s EV8 50m brs EV13 50m fly	EV2 50m f/s EV7 25m brs EV12 25m fly	EV1 12.5m f/s EV6 12.5m brs EV11 12.5m fly

