

# Tips for Competitive Swimming

## Several Weeks Prior

Attend training sessions!

Practice

- Diving with goggles
- Starting positions i.e. Grab start, track start, slingshot
- Turns e.g.
  - Breaststroke and Butterfly touch with two hands; at HH you can reach up and grab the edge with both hands to turn, but at other pools the ends may be too high
  - Backstroke count strokes from the flags, roll on to front and tumble turn. NB. If you roll over too far out from the wall, you are not allowed to kick in, so consider staying on your back, touching and performing a swivel turn
  - Medley changeovers
- Finishes
  - Backstroke, stay on back to touch
  - Breaststroke and Butterfly touch with two hands
- Relay Changeovers
- Backstroke Relay Changeovers: 2<sup>nd</sup> to 4<sup>th</sup> swimmers start with a dive and must immediately turn onto the back i.e. no stroke or kick while on the front.

Look up MSA Website [www.mastersswimming.org.au](http://www.mastersswimming.org.au) under Rules and Policies(Quick Links – Rules) for more detailed information on the technicalities of each stroke, starts, false starts, turns, finishes etc.

## Days prior

- Eat well
- Drink plenty of non-alcoholic fluids
- Check program on MSV Website ([www.mastersswimmingvic.org.au](http://www.mastersswimmingvic.org.au)) to ensure that you have been entered correctly. Contact the Meet Director asap if there are any mistakes
- Print out, or record event number, heat number and lane number and consider putting these on a lanyard (see below) to wear, particularly if doing several events, or poor memory!
- Try to get a good night sleep beforehand



# Tips for Competitive Swimming

## What to bring on the day

- Bathing suits x 2 pairs, change after warm up (if wearing a suit, allow an extra 10-15 minutes to put it on!)
  - Towels x 2-3, chamois
  - Goggles x 2 pairs NB. Indoor/outdoor pool
  - Caps x 2
  - Nose clip if necessary
  - Thongs
  - Deck coat/dressing gown/warm jacket – even if indoors, the marshalling area and pool deck can get quite cold
  - T-Shirts – short sleeved and long sleeved (dress in layers)
  - Tracksuit
  - Dry clothes for pub afterwards!
  - You may need two bags, one for wet things
  - If outdoors remember hat and sunscreen and ?bring a rug to sit on
  - Food – plenty of high energy snacks for in between events e.g. dried fruit and nuts, jellybeans, jellybabies, bananas, chocolate, honey, sandwich if lunch break
- Drinks – energy drinks and water

## Competition Suits

FINA regulations state;

“In swimming competitions, the competitor must wear only one swim suit in one or two pieces which shall not cover the neck, extend past the shoulder, nor past the ankle. No additional items, like arm bands or leg bands shall be regarded as parts of a swimsuit.”

“A competitor is allowed to wear only one swim suit and one swimsuit only with nothing underneath the swimsuit. That is no briefs or bikini bottoms are allowed for modesty. The suit is not to have any sleeves and must not extend past the shoulder.”

Competition suits should have a FINA approved label attached.

As an extra note, no “zip-up suits” for females, i.e suits that come to the knee are still banned if they zip at the back.

NB. It is not advisable to wear a competition suit for the whole day, as you may become very cold and stretch the suit unnecessarily.

Consider one or two events to wear your suit in and change accordingly for these.

# Tips for Competitive Swimming

## What to do on the day

- Expect to feel nervous
- Arrive early at venue
- Find the Marlins' area – look for the banner!
- Check the final program for any changes and report any errors to Meet Director asap.
- Remove ALL jewelry (except rings) and watches, if worn. No additional items covering the body are allowed. NB. You will be disqualified if you wear a watch. If you have a bangle which cannot be removed, or taping on the body for medical reasons, see the Meet Referee before the meet to avoid being disqualified.
- Have a warm-up swim, conclude with dives, turns and finishes
- Change into dry bathers/suit

## Marshalling

- NB. Many events now operate with self-marshalling. Marshall well before your event if possible – listen for announcements, watch marshalling board, or keep an eye on which heat is swimming. Shorter races go very quickly!
- Ask around, if anyone else is in a heat close to yours, go down together
- Take cap, goggles, thongs, towel, t-shirt, jacket
- You must marshal for each event
- If you have a relay immediately after your individual heat, let the relay team captain know and stay downstairs (MSAC)
- Have your name ticked off and wait where you are told
- Officials may lead you out to the pool deck
- Tubs may be available for your clothes and towel
- Once previous event finishes, wait behind your block
- If you plan to enter from the side of the pool, or start in the water, let the officials know

## The Start

- **Long whistle**

Mount block or pool edge with toes of at least one foot over the front of block/pool edge, in a ready position

If starting in the water, jump in and hold onto the edge

- **Take your marks**

Get into starting position and do not move

- **Starting signal**

Dive in/ push off and start swimming, NB. Rules for what is allowed underwater

For backstroke events, there will be two whistles;

- first whistle, jump (do not dive) into the water

- long whistle, grab the starting grips on the block with hands and place both feet on the wall

## Swim

- Be mindful of technicalities of each stroke
- Keep a count of the number of laps
- With distances of 400m and over, you will receive a whistle/bell when you have two laps to swim
- Watch out for the piano!

# Tips for Competitive Swimming

## The Finish

- When you finish, touch the end high and firmly, especially if electronic timing is being used
- Move away from the end immediately and hang on to the lane rope, about a metre along and gasp for air. (You may be able to see your time, if there is an electronic scoreboard)
- Wait in the water until the referee indicates to leave the water by giving two short blasts on the whistle, unless told otherwise
- If “starting over the top” the referee will not give the two shorts blasts and the next race will commence while you are still in the water, so stay as still as possible and keep away from the touch pads
- Clear the pool i.e. Those in lanes 0-4 move across to one side of the pool and 5-9 go to the other side to get out. (Don't get out over the ends when electronic timing is being used)
- If possible, do a cool down swim until your breathing and heart rate return to normal

## Results

- If “Meet Manager” program is being used, interim results will be available shortly after the finish of all heats in that event
- You have 30 min. to lodge a protest, which will cost \$30, but is refundable if you are successful!
- Once the results are finalized, sign for and collect your medal/ribbon!

## Relays

- Check emails in the days leading up to meet for relay teams
- Check the club board when you arrive at the pool for heat and lane numbers
- First swimmer is the captain and responsible for getting the team organized to marshal
- Let captain know of your whereabouts leading up to your event
- All 4 swimmers must be ticked off in Marshalling room
- The order for a Medley Relay is Backstroke, Breaststroke, Butterfly, Freestyle
- Short course (25m pool) 4 x 25m relays and Long course (50m pool) 4 x 50m relays
  - First and third swimmer start at one end of the pool and second and forth swimmer, start at the other
  - Consider swapping towels with someone who is starting at the end you will be finishing at
- If you are the starting swimmer – no false start is allowed.
- Incoming swimmers aim to touch high on the wall at finish, to make it easier for next swimmer
- Try to avoid taking an extra stroke if you are short of the wall, as it can confuse the swimmer on the block
- Outgoing swimmers make sure previous swimmer has touched before you leave the block, they have sensors!
- If you are 1st to 3rd swimmer, you need to clear the pool asap and must have cleared before next swimmer arrives at wall. Take care of swimmers in other lanes that may be finishing or starting,
- Captain collects and signs for the medals/ribbons

**Cheer loudly for your team mates and have fun!!**