

Savannah-Chatham County Public Schools

Middle School Athletics Guidelines

Swimming 2009-2010

Length of Season:	November - January
Coaches' Meeting:	August 28 TH – SAA Library
1st Practice:	November 9 TH
Practice Days:	Monday, Wednesday, & Thursday
First Meet:	Thursday, December 10 TH
Eligibility / Roster Due:	December 1st
Meet Days:	Thursdays
Location of Practice & Meets:	Chatham County Aquatic Center
Usual meet start time:	5:30 PM
Usual meet ending time:	7:00 PM
Eligibility Requirements:	Refer to Policy IDF and Eligibility section of Handbook for all eligibility information
Grades participating:	6 th , 7 th , and 8 th
Swimsuits:	Each swimmer will be responsible for purchasing their own suit.



Other Information:

- ▶ Swimmers are permitted to compete in all 7 events.
- ▶ NFHS rules will govern the conduct of the Meet.
- ▶ All swimmers leaving their marks before the starting sound shall be charged with a false start. Any swimmer charged with two false starts will be disqualified.
- ▶ The command for starting a race is "Take Your Mark" When the starter sees that the swimmers are completely motionless, the starter begins the race with a whistle or pistol shot.
- ▶ A swimmer may start in the water, but must have at least one hand on the wall or the starting block.
- ▶ Breaststroke and butterfly turns and finishes must be made with both hands simultaneously.
- ▶ Breaststroke kick may not be used in fly. Dolphin kick and scissor kick may not be used in breaststroke.
- ▶ Backstroke Turns: A swimmer may roll over to the stomach on the last stroke into the wall. The hand does not have to touch the wall, but the feet do. This technique may not be used at the finish of the backstroke or during the Individual Medley.
- ▶ In relays, if a competitor leaves the starting platform before the previous swimmer on the competitor's relay team finishes, the team shall be disqualified.

LIST OF EVENTS:

- 100 meter medley relay
- 25 meter freestyle
- 100 meter individual medley
- 25 meter butterfly
- 25 meter backstroke
- 25 meter breaststroke
- 100 meter freestyle relay