

Swimming

Rules

Entry		Entry via Cluster Competition organised by SSCo
Teams/Gender:	<ul style="list-style-type: none"> A team is a minimum of 4 boys and 4 girls and a maximum of 6 boys and 6 girls Each swimmer allowed to compete in maximum 2 individual and 2 relays 	
Event Format	<p>Based on the number of entries, Heats will be swum to identify the 8 fastest swimmers for a Final</p> <p>All swimmers will start their race in the water.</p> <ul style="list-style-type: none"> 25m Backstroke (2 girls & 2 boys) 25 m Breast stroke (2 girls & 2 boys) 25 m Front Crawl (2 girls & 2 boys) 50 m Freestyle (2 lengths) (2 girls & 2 boys) 4 x 25 m Freestyle Relay (4 girls & 4 boys) Mixed Medley Relay (1 Back, 1 Breast 2 x Front Crawl) (2 girls & 2 boys) 4 x 50 m Freestyle Relay (2 boys & 2 girls) 	
Scoring	<ul style="list-style-type: none"> All swimmers who do not qualify for the Final will be awarded 2 points for successfully completing their heat. Further points will be awarded based on the positions in the Finals. Winners of a Final will be awarded 10pts, Runners Up 9pts, 3rd 8pts etc. The winning team will be team with the highest total at the end of the Competition. 	