

## Frequently Asked Questions

### ❖ As a new competitor, what events should I enter?

- ❖ Club members who are new to competitive swimming should enter our club race nights, as well as novice inter-club carnivals and Gold Coast Zone carnivals. The Club League competition held in May/June is a series of meets aimed at swimmers aged 12 and under and is a club team competition rather than an individual competition. For further advice, you can contact our coaching staff at [coach@raumatiswimming.co.nz](mailto:coach@raumatiswimming.co.nz).

### ❖ What are the other types of events?

Inter-club meets: Novice meets (for new swimmers 8 & over who have swum in no more than 3 meets); Gold Coast Zone meets (open to all swimmers in clubs north of Johnsonville); signature meets (meets run by specific clubs and open to all swimmers); Club League (a club team competition for 12 & under swimmers who haven't qualified for national meets)

Regional championships: Wellington Winter champs (SC) in late August and Wellington Summer champs (LC) in January. Open to all swimmers who meet the qualifying times in specific events within the qualifying period.

National meets: NZ Summer champs (open to all qualifying swimmers); NZ Junior Nationals (open to qualifying swimmers aged 12 and under); NZ Age Groups ("NAGs" - open to qualifying swimmers aged 13 and over); Division 2 competition ("Div 2" - for swimmers aged 13 and over who have not reached the qualifying criteria for NAGs or Youth & Opens); NZ Youth & Opens (open to all qualifying swimmers); NZ Spring meet (open to all qualifying swimmers). These meets are held in February-April, other than Spring meet which is held in September. They take place at venues throughout NZ, other than Juniors which takes place simultaneously in Auckland, Wellington and Christchurch.

A fuller explanation is found in the Swimming Wellington Handbook.

### How do I get a copy of the Swimming Wellington handbook?

These are produced annually by Swimming Wellington and contain information relating to the upcoming swimming calendar, useful contacts, and other swimming information. It is generally handed out by the club's race secretary to each competitive swimmer during Wellington Winter SC Champs. Contact [racese secretary@raumatiswimming.co.nz](mailto:racese secretary@raumatiswimming.co.nz) for more details.

### ❖ How do I enter a meet?

- ❖ Flyers for swimming meets will be posted on the notice board poolside, with a brightly coloured star identifying who should enter (eg a novice meet). The closing date for entries will be given. Entry envelopes are found beside the notice board, and completed envelopes and payment should be placed in the

green post box marked "Entries" on the opposite wall of the pool. Shortly you will be able to enter on line. You can already internet bank entry fees. These go to the treasurer and should be referenced entry fee. Flyers will also be posted on the club website. For advice on which events to enter at a meet, the best person to talk to is your child's coach, prior to a training session. Or you can also contact the race secretary or your child's coach.

❖ **What should I take to a swim meet?**

- ❖ You will be in the water for the warm-up session as well as several races, so 2-3 towels are advisable. You should also take warm clothing such as a thermal and beanie to keep warm. It is also important to keep you feet warm and protected, so slip-ons shoes, slippers or Ug boots are good. Easy to eat snacks (bananas, rice crackers, muesli or energy bars, nuts) are essential, as well as water or sports drinks. There can be lengthy waits between events, so take something to pass the time (a book, cards, I-pod or Gameboy etc). If you are taking electronic gear, its safe-keeping is the swimmer's responsibility. Of course, don't forget your togs, Raumati cap and goggles, and it can be a good idea to have a spare set of goggles as well.

❖ **What do I wear to a swim meet?**

- ❖ You should always wear your Raumati uniform, which consists of shirt, jacket, track pants and shorts whenever you are representing the club at events. For more information on uniforms contact Christine Norris on 04 905 2275.

❖ **Where do I sit at swim meets?**

- ❖ All swimmers are expected to sit together and at many swim meets a seating area will be designated for each club. We ask that only the team manager(s) and coach(es) sit with the team, as there are usually space restrictions and swimmers need to be easily available to the team management for instructions during the meet. Parents who are not acting as officials for the meet are to sit in the public seating area.

❖ **What is club race night?**

- ❖ Race Nights are held about four times a year, on a Tuesday night, commencing at 7pm. We endeavour to finish by 8.30. Club race nights aim to give swimmers a taste of competitive swimming, as well as to give swimmers the opportunity to improve their times. The events to be held at race night will be posted on the notice board and you will need to enter as instructed, by the date advised. The flyer will also go on the club website. A list showing each swimmer's entries will be placed on the notice board a couple of days before race night. Any scratchings must be received by the race secretary before 4pm on the day of Race Night or a penalty fee may be charged. Points from entering club race nights and from achieving PB (personal best) times will count towards trophies at the annual club prize giving.

❖ **What do I need to do on club race nights?**

- ❖ Swimmers should note the numbers of the events they have entered – a good way to do this is to write it on the back of their hand. The marshalling area is down by the tyre pool – when swimmers see the number of their event displayed on the number stand, they should quickly head to the marshalling area. Unless you are a new swimmer, the marshal will not go looking for you! Once there, the swimmer's name will be called and they will be placed into heats and told which lane they are swimming in. Each swimmer is given a slip of paper showing their details and must give that to the timekeeper in their lane before they swim. There will be plenty of guidance given to new swimmers!

❖ **What does PB mean?**

- ❖ “PB” means “personal best” and refers to the fastest official time a swimmer has recorded in a specific event. In order to have an official time, the event must be swum at a meet correctly overseen by trained officials (timekeepers, referee among others) and at a designated 25m or 50m pool. A PB does not stand if the swimmer is disqualified during the event.

❖ **How do I find out my current times?**

- ❖ Official results from inter-club, regional and national meets are sent to our club race secretary within days of a swim meet, and a print out will usually appear on the notice board at the pool. They will also go on the club website. Results from our Club Race Night will be displayed on the notice board and on the website. Official results are also sent to the “Take your Marks” website [www.takeyourmarks.com](http://www.takeyourmarks.com). Swimming New Zealand has made this database the official repository for all New Zealand swim meet results. You need to register to access the database and there is a one-off membership fee, but up to three family members can be recorded as members on a single registration.

❖ **What do the terms Long Course (LC) and Short Course (SC) mean?**

- ❖ The term Long Course refers to racing held in a 50m pool, while Short Course racing is held in a 25m pool. The swimming calendar is divided into SC and LC events. For our club, the SC focus is from the completion of national events in March/April through to Wellington Winter SC Champs in late August/September. Swimmers then train for and compete in LC events through to Wellington Summer LC Champs in January, when the focus then goes on to national events over February – April.
- ❖ It is possible to convert times swum in a SC pool into a LC time, and vice versa. There is a conversion table in the Wellington Swimming Handbook or club members can contact [racesecretary@raumatiswimming.co.nz](mailto:racesecretary@raumatiswimming.co.nz) for further guidance.

- ❖ **What is the order of swimming strokes in a medley event?**
- ❖ In an individual medley event the order is butterfly, breaststroke, backstroke, freestyle. In a medley relay, the order is backstroke, breaststroke, butterfly, freestyle.
- ❖ **How can I help out as a parent?**
- ❖ Swimming meets will not function without officials, from our club race nights through to national meets. You can begin by being a timekeeper at club race nights – easy to do and you get a seat at the action end of the pool! Testing by the Swimming Wellington officials co-ordinator is available during the year in order to become a qualified time keeper. If you wish, you can be trained as a chief time keeper, IOT (Inspector of Turns), Starter, Referee ... even moving on to being an official at national level.

At club level, you may like to join the committee, help with fundraising events, or coach at Tuesday night swimming. Talk to Paul Norris the club's president or email him at [president@raumatiswimming.co.nz](mailto:president@raumatiswimming.co.nz) .

## **Other swimming terminology**

Competitive swimming can be rather confusing for both swimmers and parents until they have got used to the technical terminology which is used. Below are a range of terms with short explanations.

<b>Timed finals</b>	This means that there are no finals and the winners are announced according to the fastest time after all heats have been completed.
<b>Disqualification (DQ)</b>	The most common reasons why a swimmer is disqualified are that a swimmer has not touched the wall properly when turning or has not used the proper stroke technique (see above).
<b>Over the Top Starts</b>	This means that swimmers stay in the water until the next heat has started. They must stand about a metre away from the end of the pool, next to the lane rope. They must stand still until the next swimmer has dived into the pool and must then exit the pool quickly from the side.
<b>One Start Rule</b>	This means that a swimmer is automatically disqualified for provoking a false start.
<b>Starts and False Starts</b>	On the long whistle from the referee, swimmers mount the starting blocks. The referee will then hand over to the starter who will say 'take your marks'. Once all swimmers are stationery, the starter will either fire a starter gun or press the electronic starter button. In the case of backstroke or medley events, on the long whistle from the referee swimmers will enter the water. On the referee's second whistle swimmers will quickly assume their starting positions. The starter will then say 'take your marks' and, once all swimmers are stationery, will give the starting signal. In the event of a false start, the starter will press the starter button again

and/or the false start rope will be dropped into the water.

<b>Kickboard</b>	A flat rectangular piece of foam used in kick sets.
<b>Pull buoy</b>	A piece of foam that goes between your legs and helps you float whilst doing pull sets.
<b>Paddles</b>	Flat pieces of plastic worn on the hands, usually during pull sets.
<b>Individual Medley or IM</b>	A race comprising all four strokes in the following order - butterfly, backstroke, breaststroke and freestyle (see above).
<b>Touchpad</b>	A board at the end of the pool that acts as a stopwatch. When the swimmer finishes and hits the touchpad, it records the time. Swimmers should not exit the pool by climbing over the touchpad; exit at the side of the pool.
<b>Heats</b>	The divisions of an event in which there are too many swimmers to compete at one time.
<b>Coach</b>	"The king of the pool and the one that is always right"!

If you have other queries you think could appear on this page, please contact [secretary@raumatiswimming.co.nz](mailto:secretary@raumatiswimming.co.nz) .