



John F. Kennedy International School



SGIS JUNIOR SWIMMING CHAMPIONSHIPS

MONDAY, 4th NOVEMBER 2019 – SPORTZENTRUM GSTAAD

Arrival:	09h45	Start:	10h15
Finish:	15h00	Cost:	CHF 25.00 per competitor

Race Procedures and Regulations:

- Categories:** Cat. F: 01.09.2010 – 31.08.2012 Cat. E: 01.09.2008 – 31.08.2010
Cat. D: 01.09.2007 – 31.08.2008 Cat. C: 01.09.2005 – 31.08.2007
- Individual events can be mixed-boys and/or girls for cat. D-F - but must fall within the above age categories. Cat. C are individual girls and boys races. Relay teams **are all mixed** and must have at least one member of the opposite sex.
- Swimmers must obey the starter's instructions. False starts will be repeated, but there will be no disqualification. The starter's commands will be: **"Swimmers Ready", "Take Your Marks" followed by a blast of the whistle.**
- In relay events, swimmers must touch the end of the pool clearly before the next team member leaves the starting block.
- Strokes will not be judged for the purpose of disqualification, but should be as close to regulation as possible. **Please, instruct your swimmers to touch the end of the pool with both hands together when doing breast stroke and butterfly: This applies to all turns and the finish.**
- Each school is allowed to enter only one team per relay event and two competitors per individual event. Swimmers may enter any combination of events within their age category, but individual swimmers may not compete in more than a total of four events.
- For the purpose of determining overall team standings, points will be awarded as follows for individual and relay events:
1st - 7 points, 2nd - 4 points, 3rd - 3 points, 4th - 2 points, 5th - 1 point
- Places will be determined on the basis of best time in the heats. No finals!
- Each school must send the entry list first and then fill in their colour-coded time cards in advance, and bring them to the swim meet.** These cards will be used as your entry forms at the start to be given to the marshals and for results. For relays, the card should have at least the surnames of the swimmers on.
- When an event is announced, all swimmers must report to the marshalling area with their time cards.**
- Immediately at the conclusion of each heat, the competitors must go to their school's designated area where they should await the results of their event and the distribution of prizes.
- Medals will be awarded for first, second and third places in all events. Place ribbons will also be awarded to the fourth and fifth place finishers. In addition, there will be a participation prize for all competitors. A challenge trophy will be presented to the overall team champions - the school that obtains the most points. New record holder will get an extra prize for their performance.