

RULES FOR COMPETITION

1. Once your event has been called or displayed on the event board you are to move to the marshalling area where your name will be checked off and then you will be handed your official entry card and allocated a lane. You must then wait in the designated area and only move when instructed by the Marshall.
2. After the preceding heat commences to swim you will be told to step forward and present your entry card to the Chief time keeper.
3. Whilst the swimmers from the previous heat are clearing the water step forward and stand behind the starting block of your lane.
4. When competitors have placed themselves behind their blocks the starter will announce the event. eg. 10 years and under 50 metre freestyle.
5. The referee or starter will then give a long whistle to signal competitors to take their position on the front of the blocks, or in their starting position for backstroke or when medley relays are being swum.
6. The starter will then give the precautionary command "take your marks" and competitors will immediately take up their starting positions at the front of the blocks, or in the starting position for backstroke. They must then remain stationary.
7. When all competitors are stationary the starter will fire the starting gun.
8. The one start rule will apply at all Western Districts Carnivals. If the start gun has sounded and the race started, swimmers breaking before the gun sounded will be disqualified on completion of the race. If the gun has not sounded swimmers will be asked to leave the pool and will not be able to compete in that race.
9. If the starting signal sounds before the disqualification is declared the race shall continue and the swimmer/s will be disqualified upon the races completion.
10. Competitors must finish in the lane in which they start and will remain in the water in their lanes at the finish of the event. Competitors may only leave the water once they have received instructions from the referee. Competitors are only to leave the water by the side of the pool not the end.
11. In an individual medley the order of strokes is butterfly, backstroke, breaststroke and freestyle. In medley relay events the order shall be backstroke, breaststroke, butterfly then freestyle.
12. In events of 800m and 1500m lap counters will be displayed to advise competitors of the remaining laps to be completed. A whistle will be blown to signal to competitors when they have two laps and 5 metres to be swum for completion of the event.

TIME DISTANCE CONVERSION

25 M	33 ¹ / ₃ M	50 M	66 ² / ₃ M	100 M	
12.60	17.20	28	39.10	62.50	
13.00	17.80	29	40.40	64.80	
13.50	18.50	30	41.80	67.00	
13.90	19.00	31	43.30	69.20	
14.40	19.70	32	44.70	71.50	
14.80	20.20	33	45.70	73.70	
15.30	20.90	34	47.50	75.90	
15.70	21.60	35	48.90	78.20	
16.10	22.30	36	50.30	80.40	
16.50	23.10	37	51.70	82.60	
17.00	23.70	38	53.10	84.90	
17.50	24.30	39	54.50	87.10	
17.90	24.90	40	55.80	89.30	
18.30	25.50	41	57.30	91.60	
18.80	26.10	42	58.60	93.80	
19.30	26.70	43	60.00	96.00	
19.70	27.30	44	61.50	98.30	
20.20	28.00	45	63.00	100.50	
20.60	28.70	46	64.30	102.70	
21.10	29.40	47	65.70	105.00	
21.50	30.10	48	67.00	107.20	
21.90	30.80	49	68.40	109.40	
22.30	31.50	50	69.80	111.60	
22.80	32.20	51	71.30	113.80	
23.30	32.90	52	72.70	116.00	
23.70	33.60	53	74.10	118.20	
24.20	34.30	54	75.60	120.40	
24.70	34.90	55	77.00	122.60	
25.30	35.50	56	78.40	124.80	
25.80	36.40	57	79.80	127.00	
26.40	37.20	58	81.20	129.20	
27.00	38.00	59	82.70	131.40	
27.50	38.80	60	84.20	133.60	
28.20	39.60	61	85.70	135.80	
28.80	40.50	62	87.10	138.00	
29.60	41.30	63	88.50	140.20	
30.20	42.10	64	90.00	142.40	
30.70	43.00	65	91.50	144.60	