



# MODERN PENTATHLON 2014 COMPETITION RULES

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## 3. EVENT RULES SWIMMING

### PART A THE EVENT

#### 3.1 PRESENTATION OF THE EVENT

##### 3.1.1 The Swimming Event

The Swimming event is a free-style event. Pentathletes may swim and change any stroke or style. At the turning and at the finish, the pentathlete must touch the end of the pool with some part of his body.

##### 3.1.2 The Distances

| Age  | Individual | Relay    |
|--|------------|----------|
| Senior, Junior<br>Under 19 (YA), Under 17 (YB) | 200 m      | 2 x 100m |
| Under 15 (YC), Under 13 (YD)                   | 100 m      | 2 x 50 m |
| Under 11 (YE), Under 9 (YF)                    | 50 m       | 2 x 25 m |

#### 3.2 AUTHORITIES

At all official UIPM competitions there must be a Swimming Director, a Referee, a Starter, a False Start Auxiliary, a Chief Inspector of Turns, Inspectors of Turns, Arrival Judges, Clerks of the Course, a Chief Timekeeper, Timekeepers and an Announcer. Upon a question of fact, a decision by the relevant official is final.

##### 3.2.1 The Swimming Director

- i) appoints all the afore-mentioned officials and is responsible for managing and coordinating the activities of all the officials appointed;
- ii) decides on any verbal complaints received from pentathletes/team representatives relating to the event in progress.

##### 3.2.2 The Referee

- i) holds the responsibility for the enforcement of the UIPM Competition Rules and may intervene in the event at any stage to ensure the observance of all UIPM Rules;
- ii) determines placing by consultation with the automatic officiating equipment, if available and operating. If no automatic officiating equipment is used he/she determines placing when the decision of the Arrival Judges at the finish and the times recorded do not agree;
- iii) at the beginning of each heat, signals to the pentathletes by a series of short whistles that they are invited to remove all clothing except for swim wear, and then by a long whistle thereafter that they must take their positions on the starting block;
- iv) when the pentathletes and officials are ready to start, indicates to the Starter with a stretched out arm that the pentathletes are now under the Starter's control;
- v) gives the "clear watches" signal to the time keepers after all the data from the previous heat are collected.

##### 3.2.3 The Starter

- i) has full control of the pentathletes from the time the Referee turns the pentathletes over to him;
- ii) reports a pentathlete to the Referee for delaying the start, for wilfully disobeying an order or for any other misconduct taking place at the start;
- iii) has power to decide whether the start is fair, subject only to the control of the Referee. Once the start signal has been given the Starter must not change his opinion and must not recall the pentathletes;
- iv) must stand on the side of the pool within approximately five (5) meters of the starting end so that the Timekeepers can see and the pentathletes hear the start signal.

3.2.4 The **False Start Auxiliary** is responsible for handling the false start rope when indicated by the starter.



- 3.2.5 **The Chief Inspector of Turns**
- i) ensures that the Inspectors of turns fulfil their duties during the event;
  - ii) receives their reports if any infringement has occurred and presents the reports to the Referee immediately.
- 3.2.6 **The Inspectors of Turns**
- i) shall be assigned for two lanes at the far end of the pool and ensures that the pentathletes comply with the relevant rules for turning;
  - ii) reports any violation to the Chief Inspector of turns.
- 3.2.7 **The Clerk of Course**
- i) assembles the pentathletes prior to each heat;
  - ii) check swimsuits, refusing any pentathlete with nonconforming swimwear to go to the start;
  - iii) will refuse any pentathlete who has used oil or another fat solution on their bodies to go to the start;
  - iv) is responsible for ensuring that the pentathletes are ready for the Starter prior to each heat.
- 3.2.8 **The Arrival Judges** register the order of arrival of the pentathletes.
- 3.2.9 **The Chief Timekeeper**
- i) assigns the positions of all the Timekeepers at the starting end of the pool and assigns the lanes for which they are responsible;
  - ii) designates two additional Timekeepers, either of whom must be directed to replace any Timekeeper whose watch did not start or stopped during the event, or for any other reason is not able to record the time;
  - iii) collects from each Timekeeper a card showing the time recorded and, if necessary, inspects their watches;
  - iv) examines and records the official time on the card for each lane.
- 3.2.10 There must be at least two **Timekeepers** appointed for each lane in all official UIPM competitions. It is Timekeepers' responsibility to:
- i) take the time of the pentathletes in their lane;
  - ii) start their watches at the start signal and stop it when the pentathletes in their lane touch the end of the pool, having completed the race;
  - iii) record the times of their watches on the card for their lane and, if requested, present their watches for inspection;
  - iv) must not clear their watches until they have received the "clear watches" signal;
  - v) act as Inspector of Turns at their end of the pool.
- 3.2.11 **The Announcer** keeps the pentathletes and spectators informed about the course of the event. In particular, the Announcer presents the athletes before each heat, broadcasts the swimming times of the pentathletes from the previous heat, announces any false starts and after the last heat, declares the results after two events.

### **3.3 ORGANISATION AND SCHEDULE OF EVENTS**

#### **3.3.1 Heats and Lanes**

- i) The pentathletes or teams will be placed according to their PWR swimming time. In Swimming Relay competitions the start lists will be arranged according to the swimming times: first by the previous Individual competition and if there is no individual competition, then by swimming times from their PWR.
- ii) If the pentathlete is not in a PWR, the heats for Swimming will be composed based on the swimming times on the entries.
- iii) The TD/NTO can authorise an entry time in case of absence of coach.
- iv) In the Final they will swim according their time in the qualifications. In each heat the pentathlete with the best time will swim in the centre lane of the pool.
- v) The number of pentathletes in each heat must remain as equal as possible, with the later heat(s) containing more athletes if need be.



- vi) The LOC must indicate at the Technical Meeting how many swimmers will be in each heat and which lanes, if any will not be used.
- vii) In a pool with an even number of 6, 8 or 10 lanes, the central lane will be 3, 4 or 5. The pentathlete having the next fastest swim time is to be placed on his left, then alternating the others right and left in descending order by their swimming times.
- viii) The athletes are assembled by heats in the Call Chamber and then conducted in a parade to the starting line, beside the starting blocks. In this place they are presented individually (at least lane, name and nation) by the Announcer, starting at lane 1.

### 3.3.2 Control in the Call Room

Pentathletes with nonconforming swimwear will not be authorised to compete unless they change to appropriate swimwear before the start of the presentation. Disqualification will be applied if a pentathlete refuses to comply with this rule. Pentathletes with oil or grease on the body will be disqualified immediately.

## 3.4 CONDUCT OF THE COMPETITION / JUDGEMENT OF THE PERFORMANCE

### 3.4.1 The Start

- i) The start begins with a dive. On the long whistle from the Referee the pentathletes must step on the starting block and remain there. On the Starter's command "Take your Marks" the pentathletes must immediately take up a starting position with at least one foot at the front of the starting block. When all competitors are stationary, the Starter gives the start signal by using a start pistol, horn, whistle or command.
- ii) In the case of a false start, the responsible pentathlete will be penalised and it will be announced during the course of the heat which pentathlete or team will be penalised. Such a false start is given
  - a) if a pentathlete jumps or falls into the water before the command "Take your Marks";
  - b) if after the command "Take your Marks" any pentathlete jumps or falls into the water before the start signal; In this case the false start rope will be used;
  - c) if a pentathlete begins their start movements prior to the start signal.
- iii) A pentathlete that is injured may start in the water holding the rail of the pool. A pentathlete whom, in the opinion of the referee, has been fouled in such a way that they have been impeded, must be allowed to swim again after an appropriate period of rest.

### 3.4.2 The Finish

After finishing, the pentathlete must stay in the water, in the assigned lane, until the Referee has given permission to leave the water by using a whistle and hand sign.

- i) The pentathlete is not allowed to leave the water by the front side.
- ii) The pentathlete is not allowed to leave the swimming line before the Referee's command.
- iii) As soon as the last heat is over, the Referee blows the whistle and the pentathletes must exit the pool. The Referee can then confirm that the competition is finished and gives permission for the pool to be open to all pentathletes.

## 3.5 SCORING OF POINTS

**Points and positions** are decided by actual time. At Category A official UIPM competitions an electrical timing device registering 1/100 seconds is compulsory.

### 3.5.1 Recording of Times

- i) When automatic judging and timing equipment approved by FINA is provided, it must be used to determine the winner, placing and times for each lane. The results and time so determined have precedence over the decisions of the Timekeepers.
- ii) In the case of a breakdown or mechanical failure of the Automatic Officiating Equipment, the Timekeepers' decisions will take precedence and reference must be made to all manual times recorded in that particular heat.
- iii) When two timekeepers are used for a lane and the times recorded do not agree, then the average time of the two recorded times will be taken. When only one timekeeper is used per lane then his recorded time is to be the accepted time.



### 3.5.2 Calculation of Points

For the purpose of calculating the score, times will be recorded:

02:30.00 – 32 = 250 points

02:30.33 – 65 = 249 points

02:30.66 – 99 = 248 points.

## 3.6 INFRINGEMENTS AND PENALTIES

3.6.1 A pentathlete or team is penalised by **deduction of 10 points** for:

- i) taking a step on the bottom of the pool;
- ii) not touching the end of the pool with some part of the body when turning;
- iii) leaving the swimming lane before the command to leave the lane;
- iv) leaving the water by the front side;
- v) after the last heat is over, entering the water without waiting for the Referee's permission.

3.6.2 A pentathlete or team is eliminated for:

- i) beginning of start movements prior to start signal or jumping or falling into the water after the command "Take your marks" and before the start signal;
- ii) delaying a start, wilfully disobeying an order or for any other misconduct taking place at the start;
- iii) jumping or falling into the water before the command "Take your Marks";
- iv) using any other device that may aid the pentathlete's speed, buoyancy or endurance during the swim, such as webbed gloves, flippers and fins;
- v) incorrect change over in the Relay.

3.6.3 A pentathlete is **disqualified** and their team eliminated for

- i) wilfully, and with intent, pushing, swimming across or obstructing another pentathlete so as to impede their progress or to intentionally gain an early start.
- ii) using oil or grease;
- iii) refusing to wear conforming swimwear.

## **PART B INDIVIDUAL EQUIPMENT**

### 3.7 SWIMWEAR

Only swimwear approved by FINA as set out in its published list of approved swimwear in the preceding and current year may be worn in an UIPM Category A and B official competition.

#### 3.7.1 Conditions

All pentathletes swimwear must be in good condition and non-transparent.

#### 3.7.2 Number of Pieces

In swimming competitions the competitor must wear only one swimsuit in one-piece for male and one or two pieces for female. No additional items, like arm bands or leg bands shall be regarded as part of a swimsuit. No Zipper or other fastening system is allowed.

#### 3.7.3 Dimensions

Swimwear for men shall not extend above the navel or below the knee, and for women, shall not cover the neck, extend past the shoulder, nor shall extend below knee. All swimsuits shall be made from textile materials.

#### 3.7.4 Devices

No swimmer shall be permitted to use or wear any device or swimsuit that may aid his/her speed, buoyancy or endurance during a competition (such as webbed gloves, flippers, fins, etc.). Goggles and caps may be worn.

#### 3.7.5 Tape

Any kind of tape on the body is not permitted unless approved by the Competition Jury, or where applicable, the UIPM Medical Director (in accordance with FINA Rules).



## **PART C EQUIPMENT PROVIDED BY LOC**

### **3.8 THE POOL**

A video camera must be provided by the LOC for recording the starts. In case of discrepancy the video decides.

#### **3.8.1 The Olympic Swimming Pool**

At the Olympic Games the pool must be 50m long and a minimum 21m wide. When touch panels for electronic timing equipment are used on the starting end, or additionally on the turning end, the pool must be of such length that it ensures the required distance of 50m between the two panels. Pools must be 1.80m deep throughout.

#### **3.8.2 Other Pools**

At all other official UIPM competitions, pools of 50m and 25m length may be used upon agreement by the UIPM EB.

#### **3.8.3 Number of Lanes**

- i) The minimum number of lanes in a pool of 50m must be 8. Each must be 2.5m wide with 2 spaces of 50cm width each outside of lanes 1 and 8 respectively.
- ii) Next to each starting block the LOC must provide a box for the athlete to put his clothes before the start.

#### **3.8.4 Starting Blocks**

The height of the starting blocks above the water surface may be from 0.5m to 0.75m. The surface area must be at minimum 0,5m x 0,5m. The surface must be covered with non-slip material. The maximum slope is 10 degrees. The starting blocks must be clearly numbered on all four sides. Lane n°1 is on the right side of the pool, when facing the water from the start top.

#### **3.8.5 Water Temperature**

The water temperature shall have a temperature of 26C (+/- 1C). During the competition, the water in the pool must be kept at a constant level, with no noticeable movement.

#### **3.8.6 False Start Rope**

A false start rope should be hung across the pool not less than 1.20 meters above the water level from fixed points placed 15.00 meters in front of the starting end.



**PART D ANNEXES**

**PENALTY TABLE**

**SWIMMING**

**Appendix 3A**

(Note: for explanation and application, please refer to Chapter 3.6)

| <b><i>The pentathlete infringes the rules and is penalised for:</i></b>   | <b><i>Article</i></b>      | <b><i>Penalty</i></b>                       |
|---|----------------------------|---|
| taking a step on the bottom of the pool   | 3.6.1 i)                   | Deduction of 10 Modern Pentathlon points    |
| failure to touch the end of the pool when turning   | 3.2.6 ii)                  |   |
| leaving the lane or the water before command  | 3.4.2 ii)<br>3.6.1 iii)    |   |
| leaving the water by the front side   | 3.4.2 i)<br>3.6.1 iv)      |   |
| after the last heat is over, entering the water without waiting for the Referee's permission  | 3.6.1 v)                   |   |
| delaying a start, wilfully disobeying an order or for any other misconduct taking place at the start  | 3.2.3 ii)<br>3.6.2 ii)     | Elimination                                 |
| beginning of start movements prior to start signal or jumping or falling into the water after the command "Take your marks" and before the start signal; jumping or falling into the water before the command " Take your Marks"; | 3.4.1ii)<br>3.6.2 ii) iii) |   |
| incorrect change over in the Relay  | 3.6.2 v)                   |   |
| using devices that may aid his speed, buoyancy or endurance (webbed gloves, flippers, fins, tapes etc)  | 3.6.2 iv)<br>3.7.4 3.7.5   |   |
| wilfully, and with intent, pushing, swimming across or obstructing another pentathlete so as to impede his progress   | 3.6.3 i)                   | Disqualification<br>Elimination of the team |
| using oil or grease;  | 3.6.3 ii)                  |   |
| refusing to wear conforming swimwear;   | 3.6.3 iii, 3.7             |   |

**DISTANCES AND POINTS TABLE**

**Appendix 3B1**

| Age  | Individual | Relay    | 250 pts | Each 0.33sec |
|--|------------|----------|---------|--------------|
| Senior, Junior<br>Under 19 (YA), Under 17 (YB) | 200 m      | 2 x 100m | 2:30.00 | +/- 1 point  |
| Under 15 (YC), Under 13 (YD)                   | 100 m      | 2 x 50 m | 1:20.00 | +/- 1 point  |
| Under 11 (YE), Under 9 (YF)                    | 50 m       | 2 x 25 m | 0:45.00 | +/- 1 point  |





POINTS TABLE

SWIMMING: 200m and 2 x 100m  
Men and Women Individual: Seniors, Juniors, Youth A & B  
Relay: Seniors, Juniors, Youth A & B

Appendix 3B2

| time           | pts | time           | pts | time           | pts        | time           | pts | time           | pts | time           | pts | Time           | pts |
|----------------|-----|----------------|-----|----------------|------------|----------------|-----|----------------|-----|----------------|-----|----------------|-----|
| 1.53.66        | 359 | 2.08.66        | 314 | 2.23.66        | 269        | 2.38.66        | 224 | 2.53.66        | 179 | 3.08.66        | 134 | 3.23.66        | 89  |
| 1.54.00        | 358 | 2.09.00        | 313 | 2.24.00        | 268        | 2.39.00        | 223 | 2.54.00        | 178 | 3.09.00        | 133 | 3.24.00        | 88  |
| 1.54.33        | 357 | 2.09.33        | 312 | 2.24.33        | 267        | 2.39.33        | 222 | 2.54.33        | 177 | 3.09.33        | 132 | 3.24.33        | 87  |
| 1.54.66        | 356 | 2.09.66        | 311 | 2.24.66        | 266        | 2.39.66        | 221 | 2.54.66        | 176 | 3.09.66        | 131 | 3.24.66        | 86  |
| <u>1.55.00</u> | 355 | <u>2.10.00</u> | 310 | <u>2.25.00</u> | 265        | <u>2.40.00</u> | 220 | <u>2.55.00</u> | 175 | <u>3.10.00</u> | 130 | <u>3.25.00</u> | 85  |
| 1.55.33        | 354 | 2.10.33        | 309 | 2.25.33        | 264        | 2.40.33        | 219 | 2.55.33        | 174 | 3.10.33        | 129 | 3.25.33        | 84  |
| 1.55.66        | 353 | 2.10.66        | 308 | 2.25.66        | 263        | 2.40.66        | 218 | 2.55.66        | 173 | 3.10.66        | 128 | 3.25.66        | 83  |
| 1.56.00        | 352 | 2.11.00        | 307 | 2.26.00        | 262        | 2.41.00        | 217 | 2.56.00        | 172 | 3.11.00        | 127 | 3.26.00        | 82  |
| 1.56.33        | 351 | 2.11.33        | 306 | 2.26.33        | 261        | 2.41.33        | 216 | 2.56.33        | 171 | 3.11.33        | 126 | 3.26.33        | 81  |
| 1.56.66        | 350 | 2.11.66        | 305 | 2.26.66        | 260        | 2.41.66        | 215 | 2.56.66        | 170 | 3.11.66        | 125 | 3.26.66        | 80  |
| 1.57.00        | 349 | 2.12.00        | 304 | 2.27.00        | 259        | 2.42.00        | 214 | 2.57.00        | 169 | 3.12.00        | 124 | 3.27.00        | 79  |
| 1.57.33        | 348 | 2.12.33        | 303 | 2.27.33        | 258        | 2.42.33        | 213 | 2.57.33        | 168 | 3.12.33        | 123 | 3.27.33        | 78  |
| 1.57.66        | 347 | 2.12.66        | 302 | 2.27.66        | 257        | 2.42.66        | 212 | 2.57.66        | 167 | 3.12.66        | 122 | 3.27.66        | 77  |
| 1.58.00        | 346 | 2.13.00        | 301 | 2.28.00        | 256        | 2.43.00        | 211 | 2.58.00        | 166 | 3.13.00        | 121 | 3.28.00        | 76  |
| 1.58.33        | 345 | 2.13.33        | 300 | 2.28.33        | 255        | 2.43.33        | 210 | 2.58.33        | 165 | 3.13.33        | 120 | 3.28.33        | 75  |
| 1.58.66        | 344 | 2.13.66        | 299 | 2.28.66        | 254        | 2.43.66        | 209 | 2.58.66        | 164 | 3.13.66        | 119 | 3.28.66        | 74  |
| 1.59.00        | 343 | 2.14.00        | 298 | 2.29.00        | 253        | 2.44.00        | 208 | 2.59.00        | 163 | 3.14.00        | 118 | 3.29.00        | 73  |
| 1.59.33        | 342 | 2.14.33        | 297 | 2.29.33        | 252        | 2.44.33        | 207 | 2.59.33        | 162 | 3.14.33        | 117 | 3.29.33        | 72  |
| 1.59.66        | 341 | 2.14.66        | 296 | 2.29.66        | 251        | 2.44.66        | 206 | 2.59.66        | 161 | 3.14.66        | 116 | 3.29.66        | 71  |
| <u>2.00.00</u> | 340 | <u>2.15.00</u> | 295 | <b>2.30.00</b> | <b>250</b> | <u>2.45.00</u> | 205 | <u>3.00.00</u> | 160 | <u>3.15.00</u> | 115 | <u>3.30.00</u> | 70  |
| 2.00.33        | 339 | 2.15.33        | 294 | 2.30.33        | 249        | 2.45.33        | 204 | 3.00.33        | 159 | 3.15.33        | 114 | 3.30.33        | 69  |
| 2.00.66        | 338 | 2.15.66        | 293 | 2.30.66        | 248        | 2.45.66        | 203 | 3.00.66        | 158 | 3.15.66        | 113 | 3.30.66        | 68  |
| 2.01.00        | 337 | 2.16.00        | 292 | 2.31.00        | 247        | 2.46.00        | 202 | 3.01.00        | 157 | 3.16.00        | 112 | 3.31.00        | 67  |
| 2.01.33        | 336 | 2.16.33        | 291 | 2.31.33        | 246        | 2.46.33        | 201 | 3.01.33        | 156 | 3.16.33        | 111 | 3.31.33        | 66  |
| 2.01.66        | 335 | 2.16.66        | 290 | 2.31.66        | 245        | 2.46.66        | 200 | 3.01.66        | 155 | 3.16.66        | 110 | 3.31.66        | 65  |
| 2.02.00        | 334 | 2.17.00        | 289 | 2.32.00        | 244        | 2.47.00        | 199 | 3.02.00        | 154 | 3.17.00        | 109 | 3.32.00        | 64  |
| 2.02.33        | 333 | 2.17.33        | 288 | 2.32.33        | 243        | 2.47.33        | 198 | 3.02.33        | 153 | 3.17.33        | 108 | 3.32.33        | 63  |
| 2.02.66        | 332 | 2.17.66        | 287 | 2.32.66        | 242        | 2.47.66        | 197 | 3.02.66        | 152 | 3.17.66        | 107 | 3.32.66        | 62  |
| 2.03.00        | 331 | 2.18.00        | 286 | 2.33.00        | 241        | 2.48.00        | 196 | 3.03.00        | 151 | 3.18.00        | 106 | 3.33.00        | 61  |
| 2.03.33        | 330 | 2.18.33        | 285 | 2.33.33        | 240        | 2.48.33        | 195 | 3.03.33        | 150 | 3.18.33        | 105 | 3.33.33        | 60  |
| 2.03.66        | 329 | 2.18.66        | 284 | 2.33.66        | 239        | 2.48.66        | 194 | 3.03.66        | 149 | 3.18.66        | 104 | 3.33.66        | 59  |
| 2.04.00        | 328 | 2.19.00        | 283 | 2.34.00        | 238        | 2.49.00        | 193 | 3.04.00        | 148 | 3.19.00        | 103 | 3.34.00        | 58  |
| 2.04.33        | 327 | 2.19.33        | 282 | 2.34.33        | 237        | 2.49.33        | 192 | 3.04.33        | 147 | 3.19.33        | 102 | 3.34.33        | 57  |
| 2.04.66        | 326 | 2.19.66        | 281 | 2.34.66        | 236        | 2.49.66        | 191 | 3.04.66        | 146 | 3.19.66        | 101 | 3.34.66        | 56  |
| <u>2.05.00</u> | 325 | <u>2.20.00</u> | 280 | <u>2.35.00</u> | 235        | <u>2.50.00</u> | 190 | <u>3.05.00</u> | 145 | <u>3.20.00</u> | 100 | <u>3.35.00</u> | 55  |
| 2.05.33        | 324 | 2.20.33        | 279 | 2.35.33        | 234        | 2.50.33        | 189 | 3.05.33        | 144 | 3.20.33        | 99  | 3.35.33        | 54  |
| 2.05.66        | 323 | 2.20.66        | 278 | 2.35.66        | 233        | 2.50.66        | 188 | 3.05.66        | 143 | 3.20.66        | 98  | 3.35.66        | 53  |
| 2.06.00        | 322 | 2.21.00        | 277 | 2.36.00        | 232        | 2.51.00        | 187 | 3.06.00        | 142 | 3.21.00        | 97  | 3.36.00        | 52  |
| 2.06.33        | 321 | 2.21.33        | 276 | 2.36.33        | 231        | 2.51.33        | 186 | 3.06.33        | 141 | 3.21.33        | 96  | 3.36.33        | 51  |
| 2.06.66        | 320 | 2.21.66        | 275 | 2.36.66        | 230        | 2.51.66        | 185 | 3.06.66        | 140 | 3.21.66        | 95  | 3.36.66        | 50  |
| 2.07.00        | 319 | 2.22.00        | 274 | 2.37.00        | 229        | 2.52.00        | 184 | 3.07.00        | 139 | 3.22.00        | 94  | 3.37.00        | 49  |
| 2.07.33        | 318 | 2.22.33        | 273 | 2.37.33        | 228        | 2.52.33        | 183 | 3.07.33        | 138 | 3.22.33        | 93  | 3.37.33        | 48  |
| 2.07.66        | 317 | 2.22.66        | 272 | 2.37.66        | 227        | 2.52.66        | 182 | 3.07.66        | 137 | 3.22.66        | 92  | 3.37.66        | 47  |
| 2.08.00        | 316 | 2.23.00        | 271 | 2.38.00        | 226        | 2.53.00        | 181 | 3.08.00        | 136 | 3.23.00        | 91  | 3.38.00        | 46  |
| 2.08.33        | 315 | 2.23.33        | 270 | 2.38.33        | 225        | 2.53.33        | 180 | 3.08.33        | 135 | 3.23.33        | 90  | 3.38.33        | 45  |



**POINTS TABLE**

**SWIMMING: 100m and 2 x 50m  
Individual Boys and Girls Youth C, Youth D  
Relay Youth C, Youth D**

**Appendix 3B3**

| time           | pts | time           | pts | time                  | pts        | time           | pts | time           | pts | time           | pts | Time           | pts |                |    |
|----------------|-----|----------------|-----|-----------------------|------------|----------------|-----|----------------|-----|----------------|-----|----------------|-----|----------------|----|
| <u>0.50.00</u> | 340 | <u>1.05.00</u> | 295 | <b><u>1.20.00</u></b> | <b>250</b> | <u>1.35.00</u> | 205 | <u>1.50.00</u> | 160 | <u>2.05.00</u> | 115 | <u>2.20.00</u> | 70  | <u>2.35.00</u> | 25 |
| 0.50.33        | 339 | 1.05.33        | 294 | 1.20.33               | 249        | 1.35.33        | 204 | 1.50.33        | 159 | 2.05.33        | 114 | 2.20.33        | 69  | 2.35.33        | 24 |
| 0.50.66        | 338 | 1.05.66        | 293 | 1.20.66               | 248        | 1.35.66        | 203 | 1.50.66        | 158 | 2.05.66        | 113 | 2.20.66        | 68  | 2.35.66        | 23 |
| 0.51.00        | 337 | 1.06.00        | 292 | 1.21.00               | 247        | 1.36.00        | 202 | 1.51.00        | 157 | 2.06.00        | 112 | 2.21.00        | 67  | 2.36.00        | 22 |
| 0.51.33        | 336 | 1.06.33        | 291 | 1.21.33               | 246        | 1.36.33        | 201 | 1.51.33        | 156 | 2.06.33        | 111 | 2.21.33        | 66  | 2.36.33        | 21 |
| 0.51.66        | 335 | 1.06.66        | 290 | 1.21.66               | 245        | 1.36.66        | 200 | 1.51.66        | 155 | 2.06.66        | 110 | 2.21.66        | 65  | 2.36.66        | 20 |
| 0.52.00        | 334 | 1.07.00        | 289 | 1.22.00               | 244        | 1.37.00        | 199 | 1.52.00        | 154 | 2.07.00        | 109 | 2.22.00        | 64  | 2.37.00        | 19 |
| 0.52.33        | 333 | 1.07.33        | 288 | 1.22.33               | 243        | 1.37.33        | 198 | 1.52.33        | 153 | 2.07.33        | 108 | 2.22.33        | 63  | 2.37.33        | 18 |
| 0.52.66        | 332 | 1.07.66        | 287 | 1.22.66               | 242        | 1.37.66        | 197 | 1.52.66        | 152 | 2.07.66        | 107 | 2.22.66        | 62  | 2.37.66        | 17 |
| 0.53.00        | 331 | 1.08.00        | 286 | 1.23.00               | 241        | 1.38.00        | 196 | 1.53.00        | 151 | 2.08.00        | 106 | 2.23.00        | 61  | 2.38.00        | 16 |
| 0.53.33        | 330 | 1.08.33        | 285 | 1.23.33               | 240        | 1.38.33        | 195 | 1.53.33        | 150 | 2.08.33        | 105 | 2.23.33        | 60  | 2.38.33        | 15 |
| 0.53.66        | 329 | 1.08.66        | 284 | 1.23.66               | 239        | 1.38.66        | 194 | 1.53.66        | 149 | 2.08.66        | 104 | 2.23.66        | 59  | 2.38.66        | 14 |
| 0.54.00        | 328 | 1.09.00        | 283 | 1.24.00               | 238        | 1.39.00        | 193 | 1.54.00        | 148 | 2.09.00        | 103 | 2.24.00        | 58  | 2.39.00        | 13 |
| 0.54.33        | 327 | 1.09.33        | 282 | 1.24.33               | 237        | 1.39.33        | 192 | 1.54.33        | 147 | 2.09.33        | 102 | 2.24.33        | 57  | 2.39.33        | 12 |
| 0.54.66        | 326 | 1.09.66        | 281 | 1.24.66               | 236        | 1.39.66        | 191 | 1.54.66        | 146 | 2.09.66        | 101 | 2.24.66        | 56  | 2.39.66        | 11 |
| <u>0.55.00</u> | 325 | <u>1.10.00</u> | 280 | <u>1.25.00</u>        | 235        | <u>1.40.00</u> | 190 | <u>1.55.00</u> | 145 | <u>2.10.00</u> | 100 | <u>2.25.00</u> | 55  | <u>2.40.00</u> | 10 |
| 0.55.33        | 324 | 1.10.33        | 279 | 1.25.33               | 234        | 1.40.33        | 189 | 1.55.33        | 144 | 2.10.33        | 99  | 2.25.33        | 54  | 2.40.33        | 9  |
| 0.55.66        | 323 | 1.10.66        | 278 | 1.25.66               | 233        | 1.40.66        | 188 | 1.55.66        | 143 | 2.10.66        | 98  | 2.25.66        | 53  | 2.40.66        | 8  |
| 0.56.00        | 322 | 1.11.00        | 277 | 1.26.00               | 232        | 1.41.00        | 187 | 1.56.00        | 142 | 2.11.00        | 97  | 2.26.00        | 52  | 2.41.00        | 7  |
| 0.56.33        | 321 | 1.11.33        | 276 | 1.26.33               | 231        | 1.41.33        | 186 | 1.56.33        | 141 | 2.11.33        | 96  | 2.26.33        | 51  | 2.41.33        | 6  |
| 0.56.66        | 320 | 1.11.66        | 275 | 1.26.66               | 230        | 1.41.66        | 185 | 1.56.66        | 140 | 2.11.66        | 95  | 2.26.66        | 50  | 2.41.66        | 5  |
| 0.57.00        | 319 | 1.12.00        | 274 | 1.27.00               | 229        | 1.42.00        | 184 | 1.57.00        | 139 | 2.12.00        | 94  | 2.27.00        | 49  | 2.42.00        | 4  |
| 0.57.33        | 318 | 1.12.33        | 273 | 1.27.33               | 228        | 1.42.33        | 183 | 1.57.33        | 138 | 2.12.33        | 93  | 2.27.33        | 48  | 2.42.33        | 3  |
| 0.57.66        | 317 | 1.12.66        | 272 | 1.27.66               | 227        | 1.42.66        | 182 | 1.57.66        | 137 | 2.12.66        | 92  | 2.27.66        | 47  | 2.42.66        | 2  |
| 0.58.00        | 316 | 1.13.00        | 271 | 1.28.00               | 226        | 1.43.00        | 181 | 1.58.00        | 136 | 2.13.00        | 91  | 2.28.00        | 46  | 2.43.00        | 1  |
| 0.58.33        | 315 | 1.13.33        | 270 | 1.28.33               | 225        | 1.43.33        | 180 | 1.58.33        | 135 | 2.13.33        | 90  | 2.28.33        | 45  | 2.43.33        | 0  |
| 0.58.66        | 314 | 1.13.66        | 269 | 1.28.66               | 224        | 1.43.66        | 179 | 1.58.66        | 134 | 2.13.66        | 89  | 2.28.66        | 44  |                |    |
| 0.59.00        | 313 | 1.14.00        | 268 | 1.29.00               | 223        | 1.44.00        | 178 | 1.59.00        | 133 | 2.14.00        | 88  | 2.29.00        | 43  |                |    |
| 0.59.33        | 312 | 1.14.33        | 267 | 1.29.33               | 222        | 1.44.33        | 177 | 1.59.33        | 132 | 2.14.33        | 87  | 2.29.33        | 42  |                |    |
| 0.59.66        | 311 | 1.14.66        | 266 | 1.29.66               | 221        | 1.44.66        | 176 | 1.59.66        | 131 | 2.14.66        | 86  | 2.29.66        | 41  |                |    |
| <u>1.00.00</u> | 310 | <u>1.15.00</u> | 265 | <u>1.30.00</u>        | 220        | <u>1.45.00</u> | 175 | <u>2.00.00</u> | 130 | <u>2.15.00</u> | 85  | <u>2.30.00</u> | 40  |                |    |
| 1.00.33        | 309 | 1.15.33        | 264 | 1.30.33               | 219        | 1.45.33        | 174 | 2.00.33        | 129 | 2.15.33        | 84  | 2.30.33        | 39  |                |    |
| 1.00.66        | 308 | 1.15.66        | 263 | 1.30.66               | 218        | 1.45.66        | 173 | 2.00.66        | 128 | 2.15.66        | 83  | 2.30.66        | 38  |                |    |
| 1.01.00        | 307 | 1.16.00        | 262 | 1.31.00               | 217        | 1.46.00        | 172 | 2.01.00        | 127 | 2.16.00        | 82  | 2.31.00        | 37  |                |    |
| 1.01.33        | 306 | 1.16.33        | 261 | 1.31.33               | 216        | 1.46.33        | 171 | 2.01.33        | 126 | 2.16.33        | 81  | 2.31.33        | 36  |                |    |
| 1.01.66        | 305 | 1.16.66        | 260 | 1.31.66               | 215        | 1.46.66        | 170 | 2.01.66        | 125 | 2.16.66        | 80  | 2.31.66        | 35  |                |    |
| 1.02.00        | 304 | 1.17.00        | 259 | 1.32.00               | 214        | 1.47.00        | 169 | 2.02.00        | 124 | 2.17.00        | 79  | 2.32.00        | 34  |                |    |
| 1.02.33        | 303 | 1.17.33        | 258 | 1.32.33               | 213        | 1.47.33        | 168 | 2.02.33        | 123 | 2.17.33        | 78  | 2.32.33        | 33  |                |    |
| 1.02.66        | 302 | 1.17.66        | 257 | 1.32.66               | 212        | 1.47.66        | 167 | 2.02.66        | 122 | 2.17.66        | 77  | 2.32.66        | 32  |                |    |
| 1.03.00        | 301 | 1.18.00        | 256 | 1.33.00               | 211        | 1.48.00        | 166 | 2.03.00        | 121 | 2.18.00        | 76  | 2.33.00        | 31  |                |    |
| 1.03.33        | 300 | 1.18.33        | 255 | 1.33.33               | 210        | 1.48.33        | 165 | 2.03.33        | 120 | 2.18.33        | 75  | 2.33.33        | 30  |                |    |
| 1.03.66        | 299 | 1.18.66        | 254 | 1.33.66               | 209        | 1.48.66        | 164 | 2.03.66        | 119 | 2.18.66        | 74  | 2.33.66        | 29  |                |    |
| 1.04.00        | 298 | 1.19.00        | 253 | 1.34.00               | 208        | 1.49.00        | 163 | 2.04.00        | 118 | 2.19.00        | 73  | 2.34.00        | 28  |                |    |
| 1.04.33        | 297 | 1.19.33        | 252 | 1.34.33               | 207        | 1.49.33        | 162 | 2.04.33        | 117 | 2.19.33        | 72  | 2.34.33        | 27  |                |    |
| 1.04.66        | 296 | 1.19.66        | 251 | 1.34.66               | 206        | 1.49.66        | 161 | 2.04.66        | 116 | 2.19.66        | 71  | 2.34.66        | 26  |                |    |



**POINTS TABLE**

**SWIMMING: 50m and 2 x 25m  
Individual Youth E, Youth F, Boys and Girls  
Relay Youth E, Youth F**

**Appendix 3B4**

| time           | pts | time                  | pts        | time           | pts | time           | pts | time           | pts | time           | pts | time           | pts |
|----------------|-----|-----------------------|------------|----------------|-----|----------------|-----|----------------|-----|----------------|-----|----------------|-----|
| <u>0.30.00</u> | 295 | <b><u>0.45.00</u></b> | <b>250</b> | <u>1.00.00</u> | 205 | <u>1.15.00</u> | 160 | <u>1.30.00</u> | 115 | <u>1.45.00</u> | 70  | <u>2.00.00</u> | 25  |
| 0.30.33        | 294 | 0.45.33               | 249        | 1.00.33        | 204 | 1.15.33        | 159 | 1.30.33        | 114 | 1.45.33        | 69  | 2.00.33        | 24  |
| 0.30.66        | 293 | 0.45.66               | 248        | 1.00.66        | 203 | 1.15.66        | 158 | 1.30.66        | 113 | 1.45.66        | 68  | 2.00.66        | 23  |
| 0.31.00        | 292 | 0.46.00               | 247        | 1.01.00        | 202 | 1.16.00        | 157 | 1.31.00        | 112 | 1.46.00        | 67  | 2.01.00        | 22  |
| 0.31.33        | 291 | 0.46.33               | 246        | 1.01.33        | 201 | 1.16.33        | 156 | 1.31.33        | 111 | 1.46.33        | 66  | 2.01.33        | 21  |
| 0.31.66        | 290 | 0.46.66               | 245        | 1.01.66        | 200 | 1.16.66        | 155 | 1.31.66        | 110 | 1.46.66        | 65  | 2.01.66        | 20  |
| 0.32.00        | 289 | 0.47.00               | 244        | 1.02.00        | 199 | 1.17.00        | 154 | 1.32.00        | 109 | 1.47.00        | 64  | 2.02.00        | 19  |
| 0.32.33        | 288 | 0.47.33               | 243        | 1.02.33        | 198 | 1.17.33        | 153 | 1.32.33        | 108 | 1.47.33        | 63  | 2.02.33        | 18  |
| 0.32.66        | 287 | 0.47.66               | 242        | 1.02.66        | 197 | 1.17.66        | 152 | 1.32.66        | 107 | 1.47.66        | 62  | 2.02.66        | 17  |
| 0.33.00        | 286 | 0.48.00               | 241        | 1.03.00        | 196 | 1.18.00        | 151 | 1.33.00        | 106 | 1.48.00        | 61  | 2.03.00        | 16  |
| 0.33.33        | 285 | 0.48.33               | 240        | 1.03.33        | 195 | 1.18.33        | 150 | 1.33.33        | 105 | 1.48.33        | 60  | 2.03.33        | 15  |
| 0.33.66        | 284 | 0.48.66               | 239        | 1.03.66        | 194 | 1.18.66        | 149 | 1.33.66        | 104 | 1.48.66        | 59  | 2.03.66        | 14  |
| 0.34.00        | 283 | 0.49.00               | 238        | 1.04.00        | 193 | 1.19.00        | 148 | 1.34.00        | 103 | 1.49.00        | 58  | 2.04.00        | 13  |
| 0.34.33        | 282 | 0.49.33               | 237        | 1.04.33        | 192 | 1.19.33        | 147 | 1.34.33        | 102 | 1.49.33        | 57  | 2.04.33        | 12  |
| 0.34.66        | 281 | 0.49.66               | 236        | 1.04.66        | 191 | 1.19.66        | 146 | 1.34.66        | 101 | 1.49.66        | 56  | 2.04.66        | 11  |
| <u>0.35.00</u> | 280 | <u>0.50.00</u>        | 235        | <u>1.05.00</u> | 190 | <u>1.20.00</u> | 145 | <u>1.35.00</u> | 100 | <u>1.50.00</u> | 55  | <u>2.05.00</u> | 10  |
| 0.35.33        | 279 | 0.50.33               | 234        | 1.05.33        | 189 | 1.20.33        | 144 | 1.35.33        | 99  | 1.50.33        | 54  | 2.05.33        | 9   |
| 0.35.66        | 278 | 0.50.66               | 233        | 1.05.66        | 188 | 1.20.66        | 143 | 1.35.66        | 98  | 1.50.66        | 53  | 2.05.66        | 8   |
| 0.36.00        | 277 | 0.51.00               | 232        | 1.06.00        | 187 | 1.21.00        | 142 | 1.36.00        | 97  | 1.51.00        | 52  | 2.06.00        | 7   |
| 0.36.33        | 276 | 0.51.33               | 231        | 1.06.33        | 186 | 1.21.33        | 141 | 1.36.33        | 96  | 1.51.33        | 51  | 2.06.33        | 6   |
| 0.36.66        | 275 | 0.51.66               | 230        | 1.06.66        | 185 | 1.21.66        | 140 | 1.36.66        | 95  | 1.51.66        | 50  | 2.06.66        | 5   |
| 0.37.00        | 274 | 0.52.00               | 229        | 1.07.00        | 184 | 1.22.00        | 139 | 1.37.00        | 94  | 1.52.00        | 49  | 2.07.00        | 4   |
| 0.37.33        | 273 | 0.52.33               | 228        | 1.07.33        | 183 | 1.22.33        | 138 | 1.37.33        | 93  | 1.52.33        | 48  | 2.07.33        | 3   |
| 0.37.66        | 272 | 0.52.66               | 227        | 1.07.66        | 182 | 1.22.66        | 137 | 1.37.66        | 92  | 1.52.66        | 47  | 2.07.66        | 2   |
| 0.38.00        | 271 | 0.53.00               | 226        | 1.08.00        | 181 | 1.23.00        | 136 | 1.38.00        | 91  | 1.53.00        | 46  | 2.08.00        | 1   |
| 0.38.33        | 270 | 0.53.33               | 225        | 1.08.33        | 180 | 1.23.33        | 135 | 1.38.33        | 90  | 1.53.33        | 45  | 2.08.33        | 0   |
| 0.38.66        | 269 | 0.53.66               | 224        | 1.08.66        | 179 | 1.23.66        | 134 | 1.38.66        | 89  | 1.53.66        | 44  |                |     |
| 0.39.00        | 268 | 0.54.00               | 223        | 1.09.00        | 178 | 1.24.00        | 133 | 1.39.00        | 88  | 1.54.00        | 43  |                |     |
| 0.39.33        | 267 | 0.54.33               | 222        | 1.09.33        | 177 | 1.24.33        | 132 | 1.39.33        | 87  | 1.54.33        | 42  |                |     |
| 0.39.66        | 266 | 0.54.66               | 221        | 1.09.66        | 176 | 1.24.66        | 131 | 1.39.66        | 86  | 1.54.66        | 41  |                |     |
| <u>0.40.00</u> | 265 | <u>0.55.00</u>        | 220        | <u>1.10.00</u> | 175 | <u>1.25.00</u> | 130 | <u>1.40.00</u> | 85  | <u>1.55.00</u> | 40  |                |     |
| 0.40.33        | 264 | 0.55.33               | 219        | 1.10.33        | 174 | 1.25.33        | 129 | 1.40.33        | 84  | 1.55.33        | 39  |                |     |
| 0.40.66        | 263 | 0.55.66               | 218        | 1.10.66        | 173 | 1.25.66        | 128 | 1.40.66        | 83  | 1.55.66        | 38  |                |     |
| 0.41.00        | 262 | 0.56.00               | 217        | 1.11.00        | 172 | 1.26.00        | 127 | 1.41.00        | 82  | 1.56.00        | 37  |                |     |
| 0.41.33        | 261 | 0.56.33               | 216        | 1.11.33        | 171 | 1.26.33        | 126 | 1.41.33        | 81  | 1.56.33        | 36  |                |     |
| 0.41.66        | 260 | 0.56.66               | 215        | 1.11.66        | 170 | 1.26.66        | 125 | 1.41.66        | 80  | 1.56.66        | 35  |                |     |
| 0.42.00        | 259 | 0.57.00               | 214        | 1.12.00        | 169 | 1.27.00        | 124 | 1.42.00        | 79  | 1.57.00        | 34  |                |     |
| 0.42.33        | 258 | 0.57.33               | 213        | 1.12.33        | 168 | 1.27.33        | 123 | 1.42.33        | 78  | 1.57.33        | 33  |                |     |
| 0.42.66        | 257 | 0.57.66               | 212        | 1.12.66        | 167 | 1.27.66        | 122 | 1.42.66        | 77  | 1.57.66        | 32  |                |     |
| 0.43.00        | 256 | 0.58.00               | 211        | 1.13.00        | 166 | 1.28.00        | 121 | 1.43.00        | 76  | 1.58.00        | 31  |                |     |
| 0.43.33        | 255 | 0.58.33               | 210        | 1.13.33        | 165 | 1.28.33        | 120 | 1.43.33        | 75  | 1.58.33        | 30  |                |     |
| 0.43.66        | 254 | 0.58.66               | 209        | 1.13.66        | 164 | 1.28.66        | 119 | 1.43.66        | 74  | 1.58.66        | 29  |                |     |
| 0.44.00        | 253 | 0.59.00               | 208        | 1.14.00        | 163 | 1.29.00        | 118 | 1.44.00        | 73  | 1.59.00        | 28  |                |     |
| 0.44.33        | 252 | 0.59.33               | 207        | 1.14.33        | 162 | 1.29.33        | 117 | 1.44.33        | 72  | 1.59.33        | 27  |                |     |
| 0.44.66        | 251 | 0.59.66               | 206        | 1.14.66        | 161 | 1.29.66        | 116 | 1.44.66        | 71  | 1.59.66        | 26  |                |     |