

An underwater photograph of a swimming pool lane. The water is clear and blue. A swimmer's wake is visible in the foreground, moving away from the viewer. Lane lines are visible on the pool floor and extending into the distance. The ceiling of the pool is visible at the top, with lights and structural elements.

Swimming Times Record Booklet

Swimming Times

Date/Venue:					Other
	25m	50m	100m	200m	
Freestyle					
Breaststroke					
Backstroke					
Butterfly					
IM					

Date/Venue:					Other
	25m	50m	100m	200m	
Freestyle					
Breaststroke					
Backstroke					
Butterfly					
IM					

Date/Venue:					Other
	25m	50m	100m	200m	
Freestyle					
Breaststroke					
Backstroke					
Butterfly					
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Welcome to swimming! Here's how to get involved in Club and Area competition...

- 1. Club Night** – Your first introduction to competition may be club night races at your registered swim club. Your club may conduct time trial races each week of various stroke and distance with the aim being to improve on your personal best time.

Clubs often finish the season with club championship races where competitors are split into age groups to race head-to-head for points. Talk to a committee member for information about the activities offered by your club.

- 2. Weekend Meets** – On most weekends throughout the year, meets (swimming carnivals) are held at pools all over NSW. These meets are hosted by local swim clubs and area associations to provide stepping stones for athletes to qualify for higher levels and raise money for the club or Area. There are two main types of meets held by local clubs.

- i. Development Events/Meets**

These events are entry level for developing swimmers without official times and for new competitors. These meets may have “Break Times” listed on their programs, which are times that the competitor cannot be faster than. This effectively eliminates the fast and seasoned competitors. These events are a great starting point for all new club members and recreational competitors.

- II. Qualifying Events/Meets**

These events are for athletes looking for a little bit more of a challenge and potentially to push forward into higher levels of competition. These events may have “Qualifying Times” listed on their programs, which are times that the competitor must be faster than to enter. Times can be achieved at various events. Ask your club if their times are official or not. These events are standard and all members can compete provided they meet the applicable qualifying times.

- 3. Combination Meets**

Combination meets will be a meet that has Development and Qualifying races at the same event. Clubs often choose to host these to encompass everyone.

- 4. Area Championships**

Each Area association may host an Area Championship event in both short course (25m/winter) and long course (50m/summer) format. This is the premier event for each Area, each season.

Beyond Area championships, Swimming NSW and Swimming Australia offer higher levels of competition such as Country Regionals, NSW Country Championships, Metropolitan Championships, NSW State Championships and Australian Age/Club Championships.

For information on all these types of competitions, talk to your swim teacher, coach, club committee, or visit www.nsw.swimming.org.au and www.swimming.org.au