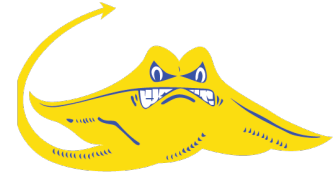




ROCKINGHAM SWIMMING CLUB Inc.
Est. 1946



COMPETING AT A SPLASH n DASH

The first thing you need to do is . . . relax! Splash n Dash competitions are a fun learning experience. Just have fun and go hard. Give it your best effort and you can be proud of your results.

What do I need for a Splash n Dash?

You'll need to have:

- bathers
- goggles
- swimming cap (your Club one if you are part of a club)
- towel
- warm clothing
- some healthy snacks and water
- marker pen for writing events on your arm.

When do I arrive and what do I do when I arrive?

Please arrive at Aqua Jetty at about 11.45am. You will need to pay for pool entry, then come through to the 25m (indoor) lap pool.

At 12.00pm, we'll start a warm up. If your own club coach is there, please listen to them, or you can join in with the Rockingham swimmers to get ready for racing.

How and why do I write events on my arm?

We will have posted a running sheet on the noticeboard near the 25m pool. Go there to check your event, heat and lane numbers. Generally swimmers write this information on their arm with a marker pen. There will be a helper in a high Viz top who will be able to help and answer any questions you may have. There is no right or wrong way to do this, but lots of people write it on their arms this way:

E(vent)	H(eat)	L(ane)	S(troke)
1	1	4	50 free
3	1	2	25 back

We do this to help ensure the flow of the events and to help younger swimmers learn how to keep track of their races themselves.

How do I marshal for a race?

Firstly, keep an eye out for your Event number to be displayed on the marshaling board at the end of the 25m pool. Look for the big numbers hanging off a metal stand near the Lifeguards' office door.

When you see your event number, go to the area between the spa and lifeguards' office. There will be a table where you need to go to check in for your race (marshal).

Line up with the other swimmers in your event and get your name checked off the list. Make sure you are marshaled for the correct event number.

You will be told which chair to sit in to wait. There are numbers on the window at the back of the marshaling chairs which show which lane you will be racing in. Make sure you stay in the

same row as the other swimmers in your heat as you will be asked to move forward each time a heat is taken to the starting blocks. This will keep happening until your heat is in the front row. This means that you will be racing next.

What do I do at the start of my race?

When the heat before yours has started, an adult who is check starter for the night will ask your group to walk out in line and stand in the lane you will be racing in behind the timekeepers chairs. Please stay in your place and don't swap around with anyone. The timekeepers in your lane may ask you for your name to check that you are in the right place. When the timekeepers have sat down from the heat before you, move forward and stand next to or just behind the block.

A whistle will be blown to let you know to stand beside the block for a standing start. The starter will say "Take your marks", that is your signal to get into your position to start and be still.

The buzzer will sound and you start your race.

What do I do after my race?

If you finish at the other end to the next race's start (a 25m race), wait for the whistle to signal you to exit the pool, then move quickly to get out of the side of the pool that's closest to your lane. If you finish at the same end as the start of the next race, wait against the wall (or 5m down the lane rope if it's a backstroke race) until that race has started, then quickly move out to the side of the pool.

Talk to your coach. Your coach has things to tell you about your swim.

Check the marshaling board to see if your next event has been called and if there's enough time, get dressed – warm clothes, with shoes and socks if you have a large break.

Who does timekeeping?

The Rockingham Swimming Club has allocated parents of our at the Splash n Dash to do time keeping. We will only have 2 timekeepers on each lane.

We use Dolphin Timers which only require pressing at the END of a race, so don't panic! As the swimmer touches the wall with one hand (freestyle or backstroke) or two hands (breaststroke or butterfly), press one of the black buttons on the side of the timer. That's it. You don't need to reset or do anything else.

What happens if we can't come to the splash n Dash?

If your swimmer is unable to attend (for example, due to illness), please contact the Rockingham Swimming Club by email: rockswim@iinet.net.au immediately so we can scratch your swimmer from the event. This courtesy may allow events to be rearranged, saving some time on the day.

We hope you have a fantastic Splash n Dash. If you have any questions, please don't hesitate to ask our Club Night Co-ordinator (Nerida Taylor), your coach, or one of the other families there on the day.