



Welcome to the 2020/2021 season!

Please read the important information on (COVID related) changes this season:

What's new?

We will not be offering a free swim or Tadpole swim this term. Only one adult per family will be allowed in the pool area and swimmers must exit the pool via the basketball court when their events have been completed.

The canteen will remain closed for the term however you can bring food for your child to eat on the sidelines.

If you don't nominate or email confirmation of attendance prior to 8pm Thursday night, your child will not be allowed to enter the pool complex.

- No will nominations taken on the night at the pool. Nominations will be done via the online nomination form by 8pm Thursday, the day before or, if needed, by emailing the swim club (ironsideswimclub@gmail.com).

Thank you for your co-operation on this, due to COVID restrictions it is important that we are aware of everyone who will be entering the pool area each club night and so the nominations sheet will also act as our COVID contact tracing register. Please enter your child's race choices each week, and complete contact details for any adult accompanying them, on the nomination sheets – links below:

25m events:

<https://docs.google.com/spreadsheets/d/1Vwhwss4Qvtmnl5wZZo3geevcMdTf-P8IEPdTAnPsbIM/edit?usp=sharing>

50 m events:

<https://docs.google.com/spreadsheets/d/1CNRQMLQ96FX-ZGrnlxLDB39xsEQhdPZjQtAXSNpqNc/edit?usp=sharing>

The program for the night will be displayed on the board inside the pool's entrance, and the night will run as follows:

What remains the same?

Ironsides Swimmers will continue to get the opportunity to participate in a safe, friendly environment in timed 25m or 50m races in various strokes.

Due to COVID restrictions, only 84 people will be allowed in the pool complex at one time. Therefore, in term 4 we will run 2 club night sessions, to maximise the number of swimmers who are able to participate in timed events.

5:30pm doors open 25M swimmers (5:45pm start)

6:30pm for 50M swimmers (6:45 pm start).

Please note that the following program may need to change should government guidelines on group gatherings change during coming weeks.

PROGRAM FOR TERM 4: 2020-2021 SEASON

TERM 4: Friday evenings 16 October to 4 November

Session 1 5:30pm doors open 25M swimmers (5:45pm start)		FS	BK	BS	FLY		
		25 m	25	25	25		
16 Oct	First night of season	✓	✓	✓	✓		
23 Oct		✓	✓	✓	✓		
30 Oct		✓	✓	✓	✓		
6 Nov		✓	✓	✓	✓		
13 Nov		✓	✓	✓	✓		
20 Nov		✓	✓	✓	✓		
27 Nov		50 m Q	✓	✓	✓		
5 Dec		✓	✓	✓	✓		
Session 2 6:30pm doors open 50m swimmers (6:45pm start)		FS	BK	BS	FLY	100m	Qualifier event
16 Oct	First night of season	✓	✓	✓	✓	FS	IM
23 Oct		✓	✓	✓	✓	100 IM	BK
6 Nov		✓	✓	✓	✓	BK	BS
13 Nov		✓	✓	✓	✓	BS	100IM
20 Nov		✓	✓	✓	✓	100IM	200IM
27 Nov		✓	✓	✓	✓	200IM	200FS
4 Dec	Last night of Term 4 club nights	✓	✓	✓	✓	200FS	

Club night nominations

Nominating for Ironside Swim club is done via the online nomination forms.

This is the 25m events nomination link:

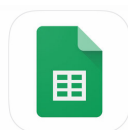
<https://docs.google.com/spreadsheets/d/1Vwhwss4Qvtmnl5wZZo3geevcMdTf-P8IEPdTAnPsbIM/edit?usp=sharing>

This is 50m (also 100m and 200m qualifiers) events nomination:

<https://docs.google.com/spreadsheets/d/1CNRQMLQ96FX-ZGrnlxLDB39xEQhdPZjQtAXSNpqNc/edit?usp=sharing>

These forms are Google sheets and are easily editable. You can access the sheet from your PC via the link (nomination email sent every week), or from your phone. If using your phone or tablet, you will need to download the free google sheets app in order to edit the form.

- Download the google sheets app "Sheets" onto your phone



Google Sheets
Google, Inc.

- Open the app, it will then ask you to login or create a login. Once logged in, it should stay logged in. Android phones may not require a login.
- Simply click on the nomination form link and the nomination form should automatically open in the app.
- Find your name in the list OR add your name to the bottom of the list.
- Tick the check boxes against the swims you would like to swim for that Friday night.

The Nominations will be removed each week. *The program does change each Friday night, so be sure to check the columns prior to nominating.*

From week 2 of club nights onwards, highlighted yellow boxes on the nominations sheet indicate you are eligible to swim that event – please refer below for further information about eligibility and qualifying times.

Cut off for nominations is 8pm the Thursday night before. Nominations will not be taken on the night!

Parents, please respect the volunteers who make this all happen, and work to the timeframes. If you have any questions or would like to cancel your nomination you can also email the race secretary: ironsideswimclub@gmail.com Please try to use the links provided above before sending an email.

There will be no nominations taken on the night, as the program will already be printed and ready to go. The program will be displayed on the board inside the pool entrance.

Qualifying times for advancing to 50m

Stroke	25m Qualifying Time
Freestyle	23 seconds
Backstroke	27 seconds
Breaststroke	29 seconds
Butterfly	27 seconds

Swimmers 9 years and over are eligible to swim 50m FS, and 25m of all other strokes until the qualifying time has been reached. **Swimmers 10 years** and over are eligible to swim all strokes 25m **or** 50m.

You can also swim 50m FS if you happen to turn 9 in term 1 of the swim club season before club championships – that is, by the end of Term 1, 2021. Also, if you happen to turn 10 in term 1 of the swim club season before club championships you can swim 50m of all other strokes. This gives those swimmers a chance to practice the 50m distance prior to championships.

Once you have met one of the qualifying criteria above that event will be highlighted in yellow on the nomination form.

Point allocations

At the beginning of every season all swimmers start with 0 points and no times against their name.

The first time you swim an event, the time becomes your personal best time (PB) for that event. And then every subsequent time you swim that event, the time gets compared against your PB and you are awarded points. Those points range from 1-7 depending on how well you do. The more you swim, the more points you are awarded and then at the end of the season, those points are totalled and you are awarded a Points medal!

	Points
Improving PB by 2.5 seconds or more	7
Improving PB by 1.5 – 2.5 seconds	6
Improving PB by 0.5 – 1.5 seconds	5
Within 0.5 over or 0.5 under PB	4
0.5 – 1.5 seconds over PB	3
1.5 – 2.5 seconds over PB	2
Greater than 2.5 seconds over PB	1

Club Championships Nomination eligibility

	IM	FS		BK		FLY		BS		FS
100m		25	50	25	50	25	50	25	50	100

										m
6 & u		✓		✓		✓		✓		
7		✓		✓		✓		✓		
8	✓	✓		✓		✓		✓		✓
9	✓		✓	✓		✓		✓		✓
10	✓		✓		✓		✓		✓	✓
11	✓		✓		✓		✓		✓	✓
12	✓		✓		✓		✓		✓	✓