



Electric Eels Swimming Club

Season 2023/2024

Handbook

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Welcome

The Electric Eels Swimming Club (EESC) welcomes you back for the 2023/2024 swimming season at the Zillmere State School Pool. If you are new to the club or are coming back this season, we hope you enjoy the fun packed and exciting swimming season that the Electric Eels Swimming Club has ahead.

The Electric Eels Swimming Club has been in existence since 1975 and have held club nights at the Zillmere State School Pool for the majority of this time. Our club has a long and proud history of providing fun and fitness through swimming for our children in our local community and we look forward to continuing this tradition. Through the hard work of our committee, volunteers and the generosity of our sponsors and partners we will have an exciting season of club nights and carnivals.

We wish all our swimmers and their families an electrifying season and look forward to seeing you on the pool deck.

The Electric Eels 2023/2024 Committee

Role	Name	Email
Presidents	Ben Iser	president@electriceels.org.au
Vice-President	Steve Suhr	vice.president@electriceels.org.au
Secretary	Tina Rushton	secretary@electriceels.org.au
Treasurer	Tanya O'Connor	treasurer@electriceels.org.au
Race Secretary	Tamika Waterhouse & Nat Coates	race.secretary@electriceels.org.au
Marketing & Social Media Coordinator	Danielle Fowler	info@electriceels.org.au
Canteen Coordinator	Margie Tigarea	canteen.manager@electriceels.org.au
Fundraising, Grants & Sponsorships Coordinator	Louise DuRietz	fundraising.manager@electriceels.org.au
Volunteer Coordinator	Alyssa Heim	volunteers@electriceels.org.au

Communication

The main form of communication between committee and members is via email. Please ensure that the email used on the membership form is regularly monitored and that the domain [electriceels.org.au](https://www.electriceels.org.au) is whitelisted. Electric Eels also uses the Team App (https://www.teamapp.com/?_detail=v1), Facebook (<https://www.facebook.com/ElectricEelsSwimmingClub>) and Instagram (https://www.instagram.com/electric_eels_sc) for additional communication. Swimmers' times can be accessed via the Meet Mobile app (<https://www.active.com/mobile/meet-mobile-app>) and are also emailed each week.

Membership

Types of Membership

Electric Eels offers several membership options as follows:

Club membership (non-competitive) - this membership enables swimmers to participate in Club Nights and “friendly” meets throughout the swim club season (October 2023 - March 2024). Non-competitive membership is applied for via online form and payment is made direct to club via direct deposit or square.

Club membership (competitive) - this membership is registered with Swimming Queensland and, in addition to club nights and friendly meets, enables participation at competitive meets throughout the year. You can find out more information about competitive swimming here <https://qld.swimming.org.au/your-membership> and apply for membership here <https://swimcentral.swimming.org.au/>.

Second Claim - this membership is for swimmers who are swimming competitively at other clubs/school but wish to participate in Club Nights and represent the Eels at friendly meets throughout the season. Second claim memberships can be purchased through Swim Central here <https://swimcentral.swimming.org.au/>.

Casual - Small one-off membership fee which allows swimmers to swim on club nights, for a fee, and to participate in friendly meets. Casual members will NOT be eligible for Club Championships, or for any medals/points at Trophy presentations.

Swim School Affiliation

The Electric Eels are lucky to have the Electric Eels Swimmer Development program run by Gary Conomos' WET Swim School operating out of Zillmere State School. Coaches are employed by WET Swim School to develop and facilitate learn to swim classes and squad training. The coaches work closely with the Electric Eels and often attend club nights, friendly & competitive meets.

We encourage members to organise their training at Zillmere pool. Squad and learn to swim classes run throughout the year. Contact WET Swim School on bookings@electriceels.org.au for more information.

Photography

Photographs may be taken during club nights and at events/meets. These may be used for the club website and social media.

Photography policy

The Club does not prohibit the photography (still & video) or the capturing of images of swimmers providing:

- Photographs or images are primarily of immediate relevance to the photographer (e.g. parent/child, club photographer)
- Photographs or images are not published on the Internet without the knowledge and consent of the parent/guardian (please see consent section below).
- All children in the photograph or image are appropriately dressed
- The photograph or image does not intentionally expose any person to ridicule or contempt and is not likely to cause distress, upset or embarrassment to a child - either now or in the future
- Photographs or images are not considered indecent
- Photographs or images are for private use only
- Photographs or images are not used for commercial purposes
- Photographs or images are associated with the primary activity of swimming and activities around the pool deck

Photography is **not permitted** in (or close to) change rooms.

Photograph or image use for coaching purpose

Coaches may utilise photographic and video images for the purposes of coaching.

Photograph or image use for club purposes

Photographic images are used in a positive way to promote the Club and the achievements of its members. Photographs and images will often be placed on the Club website and social media accounts. If you do not wish for your child to be photographed, please refer to the consent section below.

Vigilance and reporting

It is the responsibility of all parents and/or guardians to be vigilant and report any concerns regarding perceived inappropriate photography or image use to the committee.

Consent

It is the responsibility of all parents and/or guardians to advise coaches or the committee if they do not want their child to be photographed or an image of their child placed on the website or social media accounts. Please email info@electricceels.org.au to advise if you do not consent to the taking or use of photographs of your child.

Club Captains

Senior and Junior Captains are selected each season to provide encouragement and support to our swimmers.

Senior Captains

Senior Captains are responsible for:

- contributing to a supportive atmosphere by mentoring and encouraging younger swimmers,
- providing support during the 12.5m events (in the pool),
- leading and organising teams for relays,
- helping Junior Captains handout drinks to volunteers,
- leading cheers at 'friendlies',
- assisting committee in any other required tasks on club nights and at friendly meets.

Senior Captains are selected at the start of each season by the committee with consideration of following criteria:

- Swimmer is at least 13 years of age at the beginning of the season,
- Swimmer was a member during the previous season,
- Swimmer has demonstrated leadership through offering to help at club nights and/or friendly meets,
- Swimmer has contributed to a friendly and supportive environment by encouraging and congratulating others, actively participating in club nights (e.g. cheering, engaging with others).

Junior Captains

Junior Captains are responsible for:

- contributing to a supportive atmosphere by encouraging and cheering on swimmers,
- helping Senior Captains handout drinks to volunteers,
- assisting Senior Captains in organising relays,
- assisting committee in any other required tasks on club nights and at friendly meets.

Junior Captains are selected at the start of each season by the committee with consideration of following criteria:

- Swimmer is at least 10 years of age at the beginning of the season,
- Swimmer was a member during the previous season,
- Swimmer has demonstrated leadership through offering to help at club nights and/or friendly meets,
- Swimmer has contributed to a friendly and supportive environment by encouraging and congratulating others, actively participating in club nights (e.g. cheering, engaging with others).

Nominations will be called for in the first week of the season for the committee to consider.

Club Night Calendar

	<i>Freestyle</i>	<i>Breaststroke</i>	<i>Backstroke</i>	<i>Butterfly</i>	<i>Medley/Relay</i>
2023					
#1 Oct 6 th	Yes	Yes	Yes	Yes	-
#2 Oct 13 th	Yes	Yes	Yes	-	100IM
#3 Oct 20 th	100m	Yes	-	Yes	100IM
#4 Oct 27 th	Yes	-	Yes	100m	Relay
#5 Nov 3 rd	200m	Yes	Yes	-	100IM
#6 Nov 10 th	Yes	100m	-	Yes	100 & 200IM
#7 Nov 17 th	Yes	-	100m	Yes	Relay
#8 Nov 24 th	Yes	Yes	Yes	-	100 & 200IM
#9 Dec 1 st	Yes	Yes	200m only	Yes	100IM
2024					
#10	Electric Eels Sprint Night - 25m All Strokes (12.5m will still be swum also)				
THURSDAY					
Jan 25 th					
#11 Feb 2 nd	Yes	Yes	Yes	100m	-
#12 Feb 9 th	Yes	Yes	Yes	200m only	Relay
#13 Feb 16 th	100m	Yes	-	Yes	100IM
#14 Feb 23 rd	Yes	200m only	Yes	Yes	100IM
#15 Mar 1 st	Yes	100m	Yes	-	100 & 200IM
#16 Mar 8 th	Yes	Yes	-	Yes	Relay
#17 Mar 15 th	Yes	-	100m	Yes	100 & 200IM
Saturday 23rd March - Club Championships					

Please note:

Each stroke labelled Yes above is swum at 12.5m, 25m & 50m distances. Additional longer distances are scheduled throughout the season. The order of strokes may change each week, please refer to the club night program for order of events.

Calendar subject to change depending on weather cancellation or other circumstances.

Friendly Meets Calendar

The following friendly meets have been arranged for 2023-2024.

Date	Meet	Meet type
Saturday November 11 th 2023	Clayton Owen Shield - Somerset Hills	Open to all EELS swimmers
Saturday November 18 th 2023	KLM Shield - Virginia	Selected individual meet
Saturday November 25 th 2023 - TBC	Nundah X	Selected Individual meet
Saturday 4 th February 2024 - TBC	Bronte Barrett - Samford	Open to all EELS swimmers
TBC	Wayne Swan Meet - Home meet	TBC
Saturday 2 nd March 2024	Proposed Competitive Meet - Zillmere Home Meet	** To Be Confirmed***

Electric Eels Swimming Club participates in two types of friendly meets with other local swim clubs.

The first is open to nominations from all members. These meets present a great opportunity for all swimmers to experience a friendly competitive environment. Generally, all strokes are swum across all age groups. Typically, the 9 years & under age groups compete in 25 metre races in each stroke and the 10 years & over age groups compete in 50 metre races in each stroke. These meets often include team relays. The relay teams are selected from the list of nominated swimmers by the Race Secretary/Head Coach using times achieved at club nights.

The second type of meet involves a selected team being chosen to represent the club. Teams are chosen according to age criterion and on the times achieved at club nights. Emails are sent to the families of those selected to confirm availability. Please peruse the club calendar and inform the Race Secretary of your availability for those friendly meets where a club team will be selected. Families with swimmers who are unable to attend are requested to reply promptly so that other swimmers may be considered for selection.

Competitive Meets

Information regarding competitive carnivals will be available on the club Facebook page via email communication, and the TEAM app, and are available to all competitive members depending on the eligibility requirements for each carnival. Competitive swimmers are encouraged to regularly check the [approved meet calendar](#) and on Swim Central. The cost for competitive carnivals is the responsibility of individual members and registration occurs through swim central <https://swimcentral.swimming.org.au/>.

Club Nights

Weekly Program

EESC Club nights are programmed for every Friday night of Term 4 & Term 1 of the Catholic school year. (Refer to [Club Night Calendar](#)).

The aim of club nights is to create an environment of fun where each swimmer is challenged to strive for continuous improvement with their own times.

The gates open at 5.15pm. A supervised warm up session is offered between 5.30pm and 5.50pm. The competition program commences at 6.00pm.

Nominations

Nominations for the 2023-2024 season will be completed via an “Opt Out” process.

Each swimmer will automatically be nominated for all events for which they are eligible. Every Tuesday an entry list for the club night on that week will be emailed to all members. Families with swimmers who are unable to attend that club night need to contact the Race Secretary as early as possible via email - race.secretary@electricceels.org.au - so that those swimmer(s) can be removed from the program for that week. The smooth running of each club night depends on families co-operating with this process. A final program will be emailed to all families Friday morning.

Families who have a swimmer who wishes to nominate for the first time for an additional event - a new stroke or a medley are requested to send an email message to the Race Secretary prior to midday on the Thursday prior to the following club night. Casual members need to email the Race Secretary their intention to swim by Thursday evening to be seeded in the program. If a casual member does not pre-nominate, they may be still able to swim, however, it can't be guaranteed that it will be in their appropriate heat.

Eligibility Criteria

Electric Eels Swimming Club uses a binary method of determining which stroke &/or distance for which a swimmer is eligible. In general, swimmers at their first club night meet are required to swim each stroke at the either the 12.5 metre or 25 metre distance until they either:

- swim the designated distance under the qualifying time (see the table below); OR
- are assessed by the Head Coach as being proficient enough in that stroke to graduate to the next level.

In some circumstances, swimmers who are transferring from another club are able to swim in either a 25 metre or 50 metre event on their first club night meet if they are able to provide times from other competition meets.

To graduate from 25m to 50m swimmers must either:

- swim the 25m under the qualifying time (see table below) OR
- request to be graduated to 50 metres based on the expectations of their school at school swimming championships meet/carnival. For example, a swimmer 10 years of age who is considered to be proficient in Freestyle but has been unable to swim 25 metres under 24.00 seconds (eg. A PB of 25.50 seconds) may request to be graduated to 50 metres based on his/her being required to swim 50m in friendly meets and/or school swimming carnivals. The request will be referred to the Head Coach who will assess their capability and make a recommendation to the Management Committee.

To graduate from 50 metre to 100 metre events swimmers must achieve the qualifying time.

Swimmers who have graduated to a longer distance (from 25 metres to 50 metres or from 50 metres to 100 metres) may revert swimming the shorter distance. However, if they choose to swim the shorter distance, they will only be eligible for 1 point regardless of the time achieved.

Swimmers must qualify for 25 metres in all four strokes before becoming eligible to swim in the 100 metre Individual Medley. Promotion to the 200 Individual Medley is based on swimming under the qualifying time for the 100 metre Individual Medley.

Qualifying times for individual strokes:

	Freestyle	Backstroke	Breaststroke	Butterfly
12.5m	18	22	Proficiency based only	
25m	25	29	30	27
50m	45	52	55	48

Qualifying times for Medley:

100m Medley (4 x 25m)	Qualified for 25m in all strokes
200m Medley (4 x 50m)	1:40.00

Points Scoring

Points are awarded to each swimmer on the following basis:

- 1pt - more than 2.5sec SLOWER than PB
- 2pts - 1.51-2.50 sec SLOWER than PB
- 3pts - 1.50 - 0.51 sec SLOWER than PB
- 4pts - 0.5 sec SLOWER to 0.5 sec FASTER than PB (also for first swim at new distance)
- 5pts - more than 0.51 sec FASTER than PB

These points are accumulated over the season and each swimmer is awarded a points trophy at the 2023 Trophy Presentation Event.

The swimmer with the highest points total accrued during the season receives the Points Champion Trophy - one of the perpetual trophies.

Electrathon

The Electrathon comprises four long distance events (200 metres of each stroke) included in the club night schedule. The Electrathon is designed to present swimmers with an additional challenge and prepare them for school swimming championship meets and representative meets.

Electrathon events are not included in the Club Night Points System. They are instead a part of the EESC Championships Program.

The swimmer's age for all Electrathon races is calculated as the age at the date of the first day of the Electric Eels Club Championships to be held in March 2024.

These events are open to those swimmers who have qualified for the 100M event of that stroke.

The races will be swum as part of the Friday club night program of events and are conducted as a championship race.

The swimmers who accumulate the most aggregate points (as per below) will be awarded the Electric Eels Electrathon medal in their age group at the 2024 Trophy and Breakup Day. To be eligible for an Electrathon medal swimmers over the age of 10 years must compete in at least 2 Electrathon events, 9 years and under only need to compete in 1.

The age groups for the event will be (assuming there are eligible swimmers):

- 7 years & under male & female
- 8 years male and female
- 9 years male & female
- 10 years male & female
- 11 years male & female
- 12 years male & female
- 13 years male & female
- 14 years & over male & female

Electrathon Points system:

1st - 4pts

2nd - 3pts

3rd - 2pts

All other places - 1pt

Team Relays

To foster team spirit and to encourage older swimmers to mentor and support younger team members, Team Relay events have been introduced to the Electric Eels Swimming Club night calendar. Senior Swimmers who are committed to regular attendance at club nights and friendly meets will be selected as team leaders. All swimmers who have qualified for 25 metres Freestyle and have personal best times under 30 seconds will be assigned to a relay team.

On those club nights where team relay events are scheduled there will be one or two races for each team. The teams may be split into two groups (depending on overall numbers) - one group of 25 metre swimmers and one group of 50 metre swimmers.

All team relay events will be Freestyle only events. The total distance swum may vary depending on the number of swimmers available in each team on a designated club night. The teams will race on several occasions over the season as per calendar. The most consistent team will be awarded medals at the 2024 Trophy and Breakup Day.

Parent Volunteers

EELSC club nights can only occur if we have help from our swimmers' parents. Each week we require multiple helpers for:

- Canteen
- BBQ
- Time keeping
- Marshalling
- Refereeing

ALL families are required to assist **on at least 3 occasions** each term. If you prefer a particular role(s), we encourage you to nominate on the membership form prior to the first club night. A roster will be created based on these preferences. If you are unavailable on your assigned night, please contact the volunteers@electriceels.org.au as early as possible to organise a swap.

Club Championships

The 2023-2024 Season Electric Eels Club Championship will be held on the afternoon of Saturday 23rd March 2024.

Eligibility will be based on the following criteria:

AGE

The age for club championships will be the swimmer's age on the day of the championships.

CLUB NIGHT MEET ATTENDANCE

Club members joining at or prior to the beginning of the 2023-2024 season (Friday 06 October 2023) must swim in at least 50% of all club nights to qualify to swim in the club championships.

Swimmers joining the club Term 1 2024, after Thursday 25th January 2024, must swim in at least 50% of Term 1 club nights. Swimmers who join after the middle of Term 1 will be ineligible this season. .

Cancellations due to weather or unforeseen circumstances will not be counted as an available week.

Swimmers who have notified the club that they have been unable to swim due to injury may have those weeks when incapacitated deemed not to count as available weeks at the club committee's discretion.

No 12.5m events will be held at Club Championships. Only swimmers who have qualified for and have swum 25m at least once at a club night meet will be eligible to participate.

EVENTS

4-7yrs: 25m each of Freestyle, Backstroke, Breaststroke, Butterfly

8-9yrs: 25m each of Freestyle, Backstroke, Breaststroke, Butterfly and 100m Medley

10years & over: 50m each of Freestyle, Backstroke, Breaststroke, Butterfly and 100m Medley

AGE CHAMPIONS

To be crowned age champion, swimmers must have qualified for and competed in all strokes and the individual medley (8 years and over only) at club championships.

An age champion will be crowned for all years from 4-13 plus 14yrs & over assuming there are eligible swimmers. Where there is a swimmer in a younger age group (6 & under) who has only qualified for some strokes age champion may still be awarded at the Committee's discretion.

CHAMPIONSHIP POINTS SYSTEM

Points for championship races will be awarded as:

1st - 6pts

2nd - 5pts

3rd - 4pts

4th - 3pts

5th - 2pts

All other places - 1pt

Club Records

Club Records can be broken at Club Nights, Club Championships and at Friendly Carnivals (home and away).

SC Meters-Girls

4-4	25	Free	37.14	16/03/2017	Saoirse O'Neill
	25	Back	58.25	16/03/2017	Saoirse O'Neill
5-5	25	Free	25.61	23/03/2018	Saoirse O'Neill
	25	Back	30.17	8/02/2019	Quinn Leddy
	25	Breast	39.77	23/03/2018	Saoirse O'Neill
6-6	25	Fly	43.76	12/02/2021	Charlotte Robinson
	25	Free	20.81	8/04/2000	A Watson
	50	Free	48.26	18/02/2000	A Watson
	25	Back	25.50	15/12/2000	E Ferraro
	25	Breast	30.16	28/02/2020	Alba Stiller
	25	Fly	27.20	3/03/2017	Leyla Purcell
	100	IM	2:07.85	8/04/2000	A Watson
7-7	25	Free	19.84	21/12/1996	C Devine
	50	Free	43.72	31/01/2020	Saoirse O'Neill
	25	Back	23.44	26/03/2021	Quinn Leddy
	50	Back	53.74	15/11/2019	Saoirse O'Neill
	25	Breast	26.66	18/12/1993	K Rafter
	50	Breast	57.95	12/03/2021	Alba Stiller
	25	Fly	21.20	21/12/1996	C Devine
	50	Fly	49.74	20/12/1996	C Devine
	100	IM	1:58.12	26/03/2021	Alba Stiller
	8-8	25	Free	17.97	26/03/2021
50		Free	39.35	5/02/2021	Saoirse O'Neill
100		Free	1:36.00	27/02/1981	J Woodbridge
25		Back	20.71	26/03/2021	Saoirse O'Neill
50		Back	47.66	26/02/2021	Saoirse O'Neill
25		Breast	21.63	6/03/2022	Alba Stiller
50		Breast	49.66	11/02/2022	Alba Stiller
100		Breast	1:52.66	11/03/2022	Alba Stiller
25		Fly	20.01	26/03/2021	Saoirse O'Neill
50		Fly	45.18	29/01/2021	Saoirse O'Neill

9-9	100	Fly	1:51.61	19/03/2021	Saoirse O'Neill	
	100	IM	1:43.00	26/03/2021	Saoirse O'Neill	
	25	Free	15.79	24/11/2017	Meghan Guthrie-Quinn	
	50	Free	35.54	2/02/2018	Meghan Guthrie-Quinn	
	100	Free	1:18.85	2/03/2018	Meghan Guthrie-Quinn	
	200	Free	3:04.30	4/11/2022	Holly Steinback	
	25	Back	19.00	27/11/2021	Saoirse O'Neill	
	50	Back	43.33	11/03/2005	E.Smith	
	100	Back	1:34.87	21/02/2005	E.Smith	
	200	Back	3:28.10	4/12/2020	Anja Fludder	
	25	Breast	20.70	26/11/2022	Alba Stiller	
	50	Breast	45.40	20/11/2022	Alba Stiller	
	100	Breast	1:44.73	24/02/2023	Alba Stiller	
10-10	25	Fly	17.86	27/11/2021	Saoirse O'Neill	
	50	Fly	41.29	2/02/2018	Meghan Guthrie-Quinn	
	100	Fly	1:41.48	28/10/2022	Holly Steinback	
	100	IM	1:33.64	26/03/2021	Anja Fludder	
	200	IM	3:23.09	22/03/2019	Jordi McHugh	
	25	Free	15.33	15/02/2019	Meghan Guthrie-Quinn	
	50	Free	32.77	6/10/2017	Jessie McHugh	
	100	Free	1:13.44	13/10/2017	Jessie McHugh	
	200	Free	2:44.55	25/10/2019	Jordi McHugh	
	400	Free	7:26.84	30/11/2013	Ella Vickers	
	25	Back	18.67	18/11/2022	Saoirse O'Neill	
	50	Back	37.50	26/11/2022	Saoirse O'Neill	
	100	Back	1:26.07	20/10/2017	Jessie McHugh	
	25	Breast	19.44	15/02/2019	Meghan Guthrie-Quinn	
	50	Breast	42.37	24/03/2023	Meili Wu	
	100	Breast	1:40.72	28/02/2020	Jordi McHugh	
	200	Breast	3:33.11	14/02/2020	Jordi McHugh	
	25	Fly	16.72	21/12/1996	L.Brittain	
	50	Fly	37.05	20/10/2017	Jessie McHugh	
	100	Fly	1:33.28	28/10/2022	Saoirse O'Neill	
	200	Fly	3:41.43	28/02/2020	Jordi McHugh	
	100	IM	1:26.85	24/03/2023	Saoirse O'Neill	
	200	IM	3:11.14	8/11/2019	Jordi McHugh	
	11-11	25	Free	14.96	21/03/2014	Emily Lucas
		50	Free	31.39	12/10/2018	Jessie McHugh
		100	Free	1:08.82	21/11/2014	Emily Lucas
		200	Free	2:31.02	30/10/2020	Jordi McHugh
400		Free	5:27.81	5/03/2021	Jordi McHugh	
25		Back	17.05	6/12/2014	Emily Lucas	
50		Back	37.08	14/11/2014	Emily Lucas	
100		Back	1:25.16	21/11/2014	Emily Lucas	
200		Back	2:59.90	4/12/2020	Jordi McHugh	
25		Breast	20.19	25/02/2005	A.Knight	
50		Breast	38.05	5/11/2016	Zara Stone	
100		Breast	1:31.79	13/11/2020	Jordi McHugh	
25		Fly	16.22	28/11/2014	Emily Lucas	
50		Fly	34.34	12/10/2018	Jessie McHugh	
100		Fly	1:26.70	15/03/1985	K.Ezzy	
100		IM	1:21.90	26/03/2021	Jordi McHugh	

12-12	200	IM	2:58.59	14/11/2014	Emily Lucas	
	25	Free	14.64	28/03/2015	Emily Lucas	
	50	Free	29.66	11/10/2019	Jessie McHugh	
	100	Free	1:06.31	18/10/2019	Jessie McHugh	
	200	Free	2:24.16	25/10/2019	Jessie McHugh	
	400	Free	6:39.46	5/03/2021	Anneke Olm	
	25	Back	17.14	27/03/2015	Emily Lucas	
	50	Back	35.45	26/03/2021	Isabella Kendall	
	100	Back	1:22.56	25/10/2019	Jessie McHugh	
	200	Back	2:54.16	4/12/2020	Isabella Kendall	
	25	Breast	19.54	3/12/2005	L.Hanson	
	50	Breast	38.05	5/11/2016	Zara Stone	
	100	Breast	1:25.63	24/03/2017	Sofia Nielson	
	200	Breast	3:06.68	24/03/2017	Sofia Nielson	
	13-13	25	Fly	16.05	28/03/2015	Emily Lucas
		50	Fly	32.91	29/03/2019	Jessie McHugh
100		Fly	1:18.58	22/02/2019	Jessie McHugh	
100		IM	1:16.95	25/03/2022	Jordi McHugh	
200		IM	2:55.33	15/02/2019	Jessie McHugh	
25		Free	13.32	28/03/2015	Jessica Bradley	
50		Free	29.28	27/03/2015	Jessica Bradley	
100		Free	1:04.27	14/11/2014	Jessica Bradley	
200		Free	2:19.80	28/03/2015	Jessica Bradley	
400		Free	5:34.13	5/03/2021	Savannah Cannavan	
25		Back	15.38	28/03/2015	Jessica Bradley	
50		Back	34.07	27/03/2015	Jessica Bradley	
100		Back	1:20.47	14/03/2015	Jessica Bradley	
200		Back	2:47.19	7/02/2020	Jessie McHugh	
25		Breast	18.00	27/02/2015	Jessica Bradley	
50		Breast	39.36	6/10/2017	Sofia Nielson	
100		Breast	1:23.37	27/03/2015	Jessica Bradley	
200		Breast	3:04.69	14/02/2020	Jessie McHugh	
14-14		25	Fly	14.19	28/03/2015	Jessica Bradley
		50	Fly	30.70	28/03/2015	Jessica Bradley
		100	Fly	1:12.93	8/11/2019	Jessie McHugh
		200	Fly	2:56.01	5/02/2021	Caitlin Mahar
	100	IM	1:14.44	28/03/2015	Jessica Bradley	
	200	IM	2:40.80	8/11/2019	Jessie McHugh	
	25	Free	14.06	22/03/1991	L.Wafefield	
	50	Free	29.11	26/03/2021	Jessie McHugh	
	100	Free	1:03.99	20/11/2020	Jessie McHugh	
	200	Free	2:22.98	30/10/2020	Jessie McHugh	
	400	Free	5:02.81	5/03/2021	Jessie McHugh	
	25	Back	16.94	29/03/2014	Amelia Burton	
	50	Back	34.81	19/02/2021	Jessie McHugh	
	100	Back	1:15.47	6/12/2013	Amelia Burton	
	200	Back	2:46.37	28/03/2014	Amelia Burton	
	25	Breast	17.09	24/11/2007	J.Seaborn	
50	Breast	38.77	26/03/2021	Jessie McHugh		
100	Breast	1:24.90	13/11/2020	Jessie McHugh		
200	Breast	3:54.07	14/02/2020	Cloe Westnedge		
25	Fly	15.52	22/03/1991	L.Wakefield		

15-15	50	Fly	31.57	26/03/2021	Jessie McHugh
	100	Fly	1:12.66	19/03/2021	Jessie McHugh
	200	Fly	2:51.49	5/02/2021	Jessie McHugh
	100	IM	1:13.29	26/03/2021	Jessie McHugh
	200	IM	2:39.69	27/11/2020	Jessie McHugh
	25	Free	13.83	10/04/1992	L.Wakefield
	50	Free	29.60	14/10/2016	J.Bradley
	100	Free	1:05.76	11/11/2016	J.Bradley
	200	Free	2:32.24	6/03/1992	L.Wakefield
	400	Free	5:54.76	5/03/2021	Cloe Westnedge
	25	Back	15.92	3/10/2016	J.Bradley
	50	Back	34.65	14/10/2016	J.Bradley
	100	Back	1:18.49	24/02/2017	Jessica Bradley
	200	Back	3:05.35	4/12/2020	Cloe Westnedge
16-16	25	Breast	18.75	13/12/1991	M.Fraser
	50	Breast	38.51	27/11/2021	Jessie McHugh
	100	Breast	1:29.66	22/03/1991	K.Young
	200	Breast	3:24.02	14/02/2020	Ashley Streek
	25	Fly	15.29	10/04/1992	L.Wakefield
	50	Fly	31.16	27/11/2021	Jessie McHugh
	100	Fly	1:18.22	4/11/2016	J.Bradley
	200	Fly	3:23.28	28/02/2020	Ashley Streek
	100	IM	1:19.86	12/12/1991	M.Fraser
	200	IM	2:52.14	18/11/2016	Jessica Bradley
	50	Free	30.95	10/02/2017	Danielle Nielson
	100	Free	1:10.63	17/02/2017	Daniella Nielsen
	50	Back	34.11	10/02/2017	Danielle Nielson
	100	Back	1:27.44	10/03/2023	Hayley Fowler
50	Breast	44.17	29/03/2019	Michellie Childs	
100	Breast	1:34.99	17/02/2017	Daniella Nielsen	
50	Fly	33.29	10/02/2017	Danielle Nielson	
100	IM	1:18.25	10/02/2017	Danielle Nielson	

SC Meters-Boys

4-4	25	Free	37.83	16/03/2017	Thomas Kennedy
	25	Back	36.91	24/02/2017	Thomas Kennedy
	25	Breast	52.41	24/03/2017	Thomas Kennedy
5-5	25	Fly	41.75	24/03/2017	Thomas Kennedy
	25	Free	23.59	19/02/1993	L. Kelly
	25	Back	27.92	23/10/2015	Aidan Forde
6-6	25	Breast	31.57	12/03/1993	L. Kelly
	25	Fly	27.89	12/03/1993	L. Kelly
	25	Free	20.61	27/03/2007	W Reid
	50	Free	49.58	28/03/1998	J Aitkinson
	25	Back	25.93	24/03/2023	Harrison Whiteway
7-7	25	Breast	27.45	11/02/2017	Clint McHugh
	25	Fly	26.71	18/11/2005	A Lascu
	100	IM	2:08.63	17/02/2023	Harrison Whiteway
	25	Free	18.70	26/03/1999	J Atkinson
	50	Free	39.94	7/12/2012	Noah Eade
	100	Free	1:36.00	12/02/1999	J Atkinson

8-8	25	Back	23.39	24/03/2012	Noah Eade
	50	Back	51.89	7/12/2012	Noah Eade
	100	Back	1:57.88	1/02/2013	Noah Eade
	25	Breast	25.49	31/03/1995	B Galloway
	50	Breast	56.70	11/02/1983	R Taylor
	25	Fly	21.72	27/03/1999	J Atkinson
	50	Fly	51.87	26/02/1999	J Atkinson
	100	IM	1:49.75	30/11/2012	Noah Eade
	25	Free	17.23	15/03/2008	L.Young
	50	Free	37.30	27/10/1980	J.Morrison
9-9	100	Free	1:25.90	28/02/1986	D.Collins
	200	Free	3:12.65	6/12/2013	Noah Eade
	400	Free	6:52.59	30/11/2013	Noah Eade
	25	Back	21.28	26/03/2021	Thomas Kennedy
	50	Back	45.66	31/01/2014	Noah Eade
	100	Back	1:43.70	10/10/1980	C.Jeavons
	200	Back	3:35.64	31/01/2014	Noah Eade
	25	Breast	23.34	30/03/1996	B. Galloway
	50	Breast	49.30	24/03/2000	J.Atkinson
	100	Breast	1:56.08	12/03/2021	Thomas Kennedy
10-10	200	Breast	3:55.71	19/02/2021	Thomas Kennedy
	25	Fly	19.17	24/03/2012	J. Bayliss
	50	Fly	46.10	31/01/1986	D.Collins
	100	Fly	2:06.02	6/12/2013	Noah Eade
	100	IM	1:42.55	18/02/2000	J.Atkinson
	200	IM	3:35.90	25/02/2000	J.Atkinson
	25	Free	16.17	24/03/2012	D. Ryan
	50	Free	35.15	23/03/2013	J. Bayliss
	100	Free	1:21.20	25/02/1983	A.Pearce
	200	Free	3:04.61	25/10/2019	Clint McHugh
10-10	25	Back	19.30	23/03/2013	J. Bayliss
	50	Back	41.53	29/03/2014	Noah Eade
	100	Back	1:37.00	9/10/1981	C.Jeavons
	25	Breast	21.75	5/12/2008	L.Young
	50	Breast	48.57	21/02/2020	Clint McHugh
	100	Breast	1:47.53	28/02/2020	Clint McHugh
	25	Fly	17.90	5/12/2008	L.Young
	50	Fly	40.40	16/12/1995	R.Morabito
	100	Fly	1:39.23	2/02/1996	R.Morabito
	200	Fly	4:15.57	21/03/2014	Noah Eade
10-10	100	IM	1:31.06	4/04/2009	L.Young
	200	IM	3:23.89	28/03/2014	Noah Eade
	25	Free	15.09	21/03/2014	Jamie Bayliss
	50	Free	32.80	4/12/2015	Noah Eade
	100	Free	1:13.73	4/12/2015	Noah Eade
	200	Free	2:42.44	4/12/2015	Noah Eade
	400	Free	5:36.03	4/12/2015	Noah Eade
	25	Back	18.75	6/12/2013	Connor Eade
	50	Back	38.69	6/12/2013	Connor Eade
	100	Back	1:25.60	6/12/2013	Connor Eade
200	Back	3:07.25	31/01/2014	Connor Eade	
25	Breast	20.02	4/12/2015	Noah Eade	

11-11	50	Breast	44.49	26/11/2022	Eddie Suhr
	100	Breast	1:39.01	4/12/2015	Noah Eade
	200	Breast	3:27.10	19/02/2021	Clint McHugh
	25	Fly	16.28	14/03/2014	Jamie Bayliss
	50	Fly	35.95	4/12/2015	Noah Eade
	100	Fly	1:32.04	17/03/2023	Thomas Kennedy
	200	Fly	3:25.53	21/03/2014	Jamie Bayliss
	100	IM	1:25.33	4/12/2015	Noah Eade
	200	IM	3:02.81	4/12/2015	Noah Eade
	25	Free	14.32	3/12/2010	L.Young
	50	Free	31.58	14/03/2015	Jamie Bayliss
	100	Free	1:08.77	21/11/2014	Connor Eade
	200	Free	2:31.85	28/03/2014	Connor Eade
	25	Back	16.62	6/12/2014	Jamie Bayliss
	50	Back	37.37	14/03/2015	Jamie Bayliss
	100	Back	1:24.73	23/10/2009	B.Flockhart
	25	Breast	19.15	3/12/2010	L.Young
	50	Breast	42.37	3/12/2010	L.Young
	100	Breast	1:32.12	3/12/2010	L.Young
	12-12	25	Fly	15.50	6/12/2014
50		Fly	34.06	14/03/2015	Jamie Bayliss
100		Fly	1:30.46	4/12/1992	T.Inman
200		Fly	3:35.09	21/03/2014	Connor Eade
100		IM	1:23.24	19/03/2011	L.Young
200		IM	2:59.48	21/11/2014	Connor Eade
25		Free	13.62	24/03/2012	L. Young
50		Free	27.70	4/12/2015	Connor Eade
100		Free	1:01.35	4/12/2015	Connor Eade
200		Free	2:26.96	4/12/2015	Connor Eade
400		Free	5:02.10	4/12/2015	Connor Eade
25		Back	16.49	7/12/2012	F. Nicholls
50		Back	32.55	4/12/2015	Jamie Bayliss
100		Back	1:12.58	4/12/2015	Connor Eade
25		Breast	16.90	4/12/2015	Connor Eade
50		Breast	37.11	4/12/2015	Connor Eade
100		Breast	1:20.25	4/12/2015	Connor Eade
25		Fly	14.92	7/12/2012	F. Nicholls
50		Fly	31.53	4/12/2015	Jamie Bayliss
13-13		100	Fly	1:22.50	21/02/2020
	200	Fly	3:28.28	28/02/2020	Chris Curry
	100	IM	1:16.07	26/11/2010	T.Hartley-Wrigh
	200	IM	2:28.39	4/12/2015	Connor Eade
	25	Free	13.13	22/03/2013	F. Nicholls
	50	Free	28.88	26/03/2021	Luca Purcell
	100	Free	1:04.40	10/03/1989	N.McDonald
	200	Free	2:24.50	6/12/2013	Nathaniel Nichols
	25	Back	16.15	23/01/1993	F. Nicholls
	50	Back	34.58	15/03/2013	L.Young
	100	Back	1:15.74	24/03/2017	Caleb Rienecker
	200	Back	2:44.17	24/03/2017	Caleb Rienecker
	25	Breast	16.90	6/12/2013	Jacob Tuxworth
50	Breast	35.76	5/02/2021	Luca Purcell	

14-14	100	Breast	1:22.70	17/03/1989	N.McDonald
	200	Breast	2:59.65	19/02/2021	Luca Purcell
	25	Fly	14.67	23/03/2013	F. Nicholls
	50	Fly	32.43	26/03/2021	Chris Curry
	100	Fly	1:13.02	24/03/2017	Gabriel Lane
	200	Fly	3:04.24	24/03/2017	Gabriel Lane
	100	IM	1:15.88	26/03/2021	Luca Purcell
	200	IM	2:42.19	5/03/2021	Luca Purcell
	25	Free	12.28	28/03/2014	Fraser Nicholls
	50	Free	27.70	9/03/1990	N.McDonald
	100	Free	1:00.10	23/02/1990	N.McDonald
	200	Free	2:21.00	9/02/1990	N.McDonald
	25	Back	14.99	23/03/2007	A.Rodgers
	50	Back	32.51	28/10/2016	A.Bibo
15-15	100	Back	1:09.09	14/11/2016	A.Bibo
	25	Breast	17.22	2/04/1993	S.Smith
	50	Breast	34.04	27/11/2021	Josh Kelly
	100	Breast	1:18.08	28/10/2016	A.Bibo
	25	Fly	13.62	28/03/2014	Fraser Nicholls
	50	Fly	29.39	27/11/2021	Chris Curry
	100	Fly	1:12.02	4/11/2016	A.Bibo
	100	IM	1:10.39	20/10/2016	A.Bibo
	200	IM	2:27.01	5/11/2016	A.Bibo
	25	Free	13.19	18/11/2022	Luca Purcell
	50	Free	26.65	24/03/2023	Luca Purcell
	100	Free	1:00.82	10/02/2023	Luca Purcell
	25	Back	16.77	18/11/2022	Luca Purcell
	50	Back	33.23	26/11/2022	Luca Purcell
16-16	100	Back	1:15.18	27/01/2023	Luca Purcell
	200	Back	2:40.86	18/12/2022	Luca Purcell
	25	Breast	16.27	18/11/2022	Luca Purcell
	50	Breast	34.64	4/02/2023	Luca Purcell
	100	Breast	1:17.85	11/11/2022	Luca Purcell
	200	Breast	2:56.47	17/02/2023	Luca Purcell
	25	Fly	14.76	18/11/2022	Luca Purcell
	50	Fly	29.57	14/02/2020	Zion-Lazarus Laulu
	100	Fly	1:11.90	17/03/2023	Luca Purcell
	200	Fly	3:00.97	3/03/2023	Luca Purcell
	100	IM	1:10.47	24/03/2023	Luca Purcell
	200	IM	2:32.63	24/02/2023	Luca Purcell
	50	Free	27.63	4/12/2020	Zion-Lazarus Laulu
	100	Free	1:01.04	23/10/2020	Zion-Lazarus Laulu
200	Free	2:22.85	30/10/2020	Zion-Lazarus Laulu	
50	Back	34.57	23/10/2020	Zion-Lazarus Laulu	
100	Back	1:18.97	29/11/2019	Brock Bartlett	
50	Breast	38.07	4/12/2020	Zion-Lazarus Laulu	
100	Breast	1:24.00	28/02/2020	Zion-Lazarus Laulu	
200	Breast	3:15.87	14/02/2020	Kameron Nimmo	
50	Fly	29.88	23/10/2020	Zion-Lazarus Laulu	
100	Fly	1:13.39	6/11/2020	Zion-Lazarus Laulu	
200	Fly	2:48.00	28/02/2020	Zion-Lazarus Laulu	
100	IM	1:16.00	6/11/2020	Zion-Lazarus Laulu	

	200	IM	3:01.00	14/02/2020	Kameron Nimmo
18-18	25	Free	12.27	18/11/2022	Zion-Lazarus Laulu
	25	Back	15.05	18/11/2022	Zion-Lazarus Laulu
	25	Breast	16.76	18/11/2022	Zion-Lazarus Laulu
	25	Fly	12.84	18/11/2022	Zion-Lazarus Laulu
19-19	50	Free	26.16	24/03/2023	Zion-Lazarus Laulu
	50	Back	30.99	24/03/2023	Zion-Lazarus Laulu
	50	Breast	35.18	24/03/2023	Zion-Lazarus Laulu
	50	Fly	27.34	24/03/2023	Zion-Lazarus Laulu
	100	Fly	1:06.82	17/03/2023	Zion-Lazarus Laulu
	200	Fly	2:39.88	3/03/2023	Zion-Lazarus Laulu
	100	IM	1:07.19	24/03/2023	Zion-Lazarus Laulu

Appendices

Club Rules

Swimming rules and policies as outlined by Swimming Australia and Queensland Swimming govern the Electric Eels Swimming Club in the aim to provide quality swim experiences for young swimmers and encourage a safe, enjoyable, and accountable environment for everyone involved in swimming.

RULE TOLERANCES POLICY

At all Electric Eels Swimming Club Nights, Club Championships and Hosted Swim Meets:

1. **7 years and under:** All swimmers competing as 7 years and under will **not be** disqualified at any time in accordance with the Swimming Queensland rule tolerances policy.
2. **8 - 9 years:** Rule tolerance applies to swimmers 8 - 9 years in accordance with the Swimming Queensland rule tolerance policy.
3. **10 years and over:** All swimmers 10 years and over not adhering to the swim rules may be disqualified.

BLOCK STARTS

- A. Block starts are permitted at the **deep end** of the pool only. No diving will take place at the shallow end at any time.
- B. Block starts are used for 25 metre and over events in the strokes of Freestyle, Breaststroke, Butterfly, Individual Medley and for the first swimmer of relay events.
- C. A swimmer may start in the water at either pool end but is required to have one hand in contact with the wall or pool bar until the audible starting signal is given. Standing on the bottom of the pool at the time of the start at either end is prohibited.

Block start rules are as follows:

1. Races are to be started with a dive. When the race is called by the Starter, the swimmers must stand immediately behind the block.
2. On the long whistle from the Referee, the swimmers must step onto the starting platform (ie. starting block or pool edge) and remain there.
3. On the Starter's call "Take your marks" swimmers must immediately take up a starting position with at least one foot at the front of the starting platform. The position of the hands is not relevant.
4. The swimmer must be stationary once the "Take Your Marks" call has been given. Any forward movement will be a **false start** and the swimmer will be disqualified.
5. Swimmers must remain stationary. Then the Starter will give the audible starting signal for swimmers to dive/start.
6. Swimmers aged 10 years and over starting before the starting signal has been given will be disqualified.

FALSE STARTS

1. False start means 'breaking' or moving on the blocks before the Starters audible signal is given.
2. If a swimmer breaks at the start of the race, the race will be restarted, with all swimmers eligible to swim. If the same swimmer breaks again in the same race, he/she will be disqualified (if of an appropriate age).

TURNS

1. With all turns (tumble or other) you must touch the wall with some part of your body. Note that breaststroke and butterfly require both hands to touch the wall (or pool bar) at the same time.
2. Your feet must not touch the bottom of the pool at any stage, including turns, or you will be disqualified.
3. Each strokes turns are outlined below.

PULLING ON THE LANE ROPE, RAIL OR SIDE OF THE POOL:

1. Pulling on the lane rope or side of the pool or pool hand rail at any time is not allowed.

OBSTRUCTING:

1. Obstructing another swimmer on the starting blocks or by swimming or moving across another lane or otherwise will disqualify the offending swimmer.
2. The swimmer must remain and finish the race in the same lane in which he/she started.
3. Any swimmer not entered in a race, who enters the water of their own accord where an event is being conducted will be disqualified from their next scheduled race in the meet.

EXITING THE POOL:

1. **Individual races:** Following the completion of a swimmers individual race, the swimmer must wait in their lane until the referees short whistle signal and then proceed to the closest side of the pool by ducking under the lane ropes and making their way immediately to the pool steps or side.
2. **Relay races:** Following the completion of a swimmers portion of a relay race, the swimmer must leave the pool as soon as possible without obstructing any other team's competitor whether via the starting/finishing pool end or by proceed to the closest side of the pool by ducking under the lane ropes and making their way immediately to the pool steps or side. Obstructing another team's competitor will result in disqualification for the offender and their team.

FREESTYLE

1. **Start:** See block start
2. **Underwater:** The head must break the surface of the water within 15m from the start. Swimmers may only do a normal kick or dolphin kick while underwater.
3. **Stroke:** Freestyle means the swimmer may swim any style, except in an individual medley or medley relay event, freestyle means any style other than backstroke, breaststroke or butterfly. Some part of the swimmer must break the surface of the water throughout the race. Standing on the bottom is permissible but a swimmer must not walk (or bounce forward) during freestyle events or during the freestyle portion of medley events.
4. **Turn:** Some part of the swimmer must touch the wall upon completion of each length and at the finish. Two turn techniques are mostly used:
 - a) **Forward Tumble Turn** - The swimmer must touch the wall with some part of their body in their respective lane. The swimmer must push off the wall on their front. Feet may touch the bottom of the pool but no stepping or hopping is permitted.
 - b) **Swivel Turn** - Swimmers must touch the wall with their hand. The swimmer then swivels and pulls their feet up onto the wall to push off on their front

again. Feet may touch the bottom of the pool but no stepping or hopping is permitted.

5. **Finish:** Touch the wall with any part of the body.

BACKSTROKE

2. **Start:** The start in backstroke and medley relay races will be from the water. Following the Starters signal the Swimmers must line up in the water facing the starting end, with both hands holding the starting grips.
3. At the Referee's first long whistle, the swimmers shall immediately enter the water. At the Referee's **second** long whistle, the swimmers shall return without undue delay to the starting position. When all swimmers have assumed their starting positions, the Starter shall give the command 'take your marks'. When all swimmers are stationary, the Starter shall give the starting signal.
4. **Underwater:** Swimmers may only do a normal kick or dolphin kick while on your back underwater. The head must break the surface of the water within 15m from the start.
5. **Stroke:** The swimmer must remain on their back throughout the race except when executing a turn. The normal position on the back can include a roll movement of the body up to, but not including 90 degrees from horizontal. The position of the head is not relevant. Some part of the swimmer must break the surface of the water throughout the race.
6. **Turns: Two turn techniques are permitted:**
 - a) **Reverse Tumble Turn** - The swimmer must touch the wall with some part of their body in their respective lane. Once a shoulder rotates beyond the vertical and the body has left the position on the back, a continuous single or simultaneous double arm pull may be used to initiate the turn. The swimmer can be completely submerged during the turn. The swimmer cannot push off the wall on their front and then roll over. The swimmer must have returned to the position on their back when leaving the wall. Feet may never touch the bottom of the pool.
 - b) **Swivel Turn** - Swimmers must touch the wall with their hand while still on their back. The swimmer then swivels and turns to push off on their back again. Feet may never touch the bottom of the pool. The swimmer cannot push off the wall on their front and then roll over.
7. **Finish:** The swimmer must touch the wall while on their back in their respective lane.

BREASTSTROKE

1. **Start:** See Block Start
2. **Underwater:** After the start and turn, the swimmer must remain on their front and can take one arm stroke completely back to the legs. A single butterfly kick is permitted during the first arm-stroke, followed by a breaststroke kick. The head must break the surface of the water before completion of the second arm stroke within 15m from the start.
3. The swimmer must remain on the surface until the next turn or finish.
4. **Stroke:** Swimmers are not to roll onto their back at any time. From the start and throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms must be simultaneous and in the same horizontal plane without alternating movement. Butterfly kick is not permitted in the stroke cycle and is only permitted once underwater at the start and turn.
 - a) The swimmers hands must push forward together from the breast on (under, or over the water). The elbows must be under water (except for the final stroke before the turn, during the turn and for the Final stroke at the finish). The hands shall be brought back on or under the surface of the water. The

hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.

- b) During each complete cycle, some part of the swimmer's head must break the surface of the water. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke. All movements of the legs shall be simultaneous and on the same horizontal plane without alternating movement.
 - c) The feet must be turned outwards during the propulsive part of the kick. Alternating movements or butterfly kicks are not permitted. Breaking the surface of the water with the feet is allowed unless followed by a downward Butterfly or other kick.
8. **Turn:** Both hands must be separated, on the same plane and touch the wall at the same time (as in butterfly). After the touch swimmers may turn in any manner as long as the swimmer is on their front when leaving the wall. Underwater, the swimmer can take one arm stroke completely back to the legs. A single butterfly kick is permitted during the first arm-stroke, followed by a breaststroke kick. The head must break the surface of the water before completion of the second arm stroke within 15m from the start. A tumble turn is not permitted.
 9. **Finish:** Both hands must be separated, on the same plane and touch the wall at the same time (as in butterfly).

BUTTERFLY

1. **Start:** See block start
2. **Underwater:** Swimmers may do dolphin kick while underwater either on their front or side. Swimmers are permitted one double arm stroke that brings the swimmer to the surface of the water. A swimmer's head must break the surface of the water within 15m from the start with your body positioned on your front.
3. **Stroke:** From the beginning of the first arm stroke after the start and each turn, the swimmer's body must be kept on their front. Both arms must be brought forward simultaneously over the water and brought backward simultaneously under the water throughout the race. All up and down movements of the legs must be simultaneous. Alternating kicks or a breaststroke kicking movement is not permitted.
4. **Turn:** Both hands must be separated and on the same plane and touch the wall at the same time (as in breaststroke). Swimmers can turn in any manner and may roll onto their back as long as they are on their front when leaving the wall. A tumble turn is not permitted.
5. **Finish:** Both hands must be separated and on the same plane and touch the wall at the same time (as in breaststroke).

INDIVIDUAL MEDLEY

1. **Order:** The swimmer covers the four swimming styles in the order: Butterfly, Backstroke, Breaststroke and Freestyle. Each of the strokes must cover one quarter (1/4) of the distance.
2. **Turns:** The turn must be made from the wall. Swimmers must not touch the bottom of the pool. The swimmer must touch each end of the pool. Standing on the bottom during the freestyle portion of medley events shall not disqualify a swimmer, but the swimmer must not walk or bounce forward. Each stroke must be completed in accordance with the finish rule for that stroke.
 - **Butterfly to backstroke:** must finish butterfly by touching the wall with two hands at the same time and then push off on back for backstroke.
 - **Backstroke to Breaststroke:** must touch the wall while still on their back.
 - **Breaststroke to Freestyle:** must finish breaststroke by touching the wall with two hands at the same time before pushing off on the front for freestyle.

RELAYS

1. There are two types of relays:

a) Medley relay:

1. Swimmers will cover the four swimming styles in the order: Backstroke, Breaststroke, Butterfly and Freestyle.

b) Freestyle relay:

1. Swimmers will swim freestyle stroke

2. For all relays:

- a) **Starts:** First swimmers must start in accordance with the stroke rules. For subsequent swimmers, swimmers must not lose touch with their feet from the starting platform (blocks or pool edge) before the preceding team-mate touches the wall. Running starts are not permitted. A swimmer must start in the water at the shallow end and may start in the water in the deep end and in both cases is required to have one hand in contact with the wall or pool bar until the audible starting signal is given or the preceding team-mate has touched the wall. Standing on the bottom of the pool during the start at either end is prohibited.
- b) **Turns:** All swimmers must conduct turns in their portion of the race in accordance with stroke rules.
- c) **Finishes:** All swimmers must finish their portion of the race in accordance with the stroke rules.
- d) **Exiting the pool:** Any swimmer that has finished their distance in the relay event must leave the pool as soon as possible without obstructing any other team's competitor. Obstructing another team's competitor will result in disqualification.

REVIEW OF RACE REFEREE DECISION

When clarification and/or review of Race Referee decision is/are sought, club members must approach the Race Referee for clarification and review of decision within 30 minutes of the event finishing.

If not satisfied with the outcome, the club member must notify the Electric Eels Swimming Club Management Committee in writing within 7 days for the matter to be reconsidered. The decision of the Management Committee is final.

Warm Up rules

The safety of our swimmers requires the cooperation and effort of all families and volunteers at the pool. The offering of a warm-up period is for swimmers to practice swimming laps to help them prepare for their races. In short, warm-up time is not a free swim.

ALL PARENTS AND CARERS ARE ASKED TO:

1. Supervise their children in the pool during warm-up. Parents and carers are welcome and encouraged to stand on the pool deck to supervise their children during the warm-up period.
2. Ensure their children understand the pool rules and know their designated lane before to entering the water.
3. Instruct their children to respectfully obey the Electric Eels Club Volunteers if spoken to.

SWIMMER'S RULES:

1. NO DIVING except in Lane 6 the designated dive/walk back lane
2. LANE ROPES: Swimmers must not sit on, climb over, or pull on the lane ropes at any time. Swimmers may swim under the lane ropes.
3. SWIMMERS LANE ALLOCATIONS: (See diagram below)
 - a. LANE 1 (closest to entrance) - NO DIVING. Reserved for 12½ meter event swimmers only. Swimmers must remain in lane 1. Swimmers may hold onto the pool edge, rail or lane rope.
 - b. LANES 2, 3, 4, & 5 (middle lanes) - NO DIVING. Reserved for 25 meter and over event swimmers. To swim multiple laps, swimmers must 'circle the lane' by swimming up the lane as close as possible to the left side lane rope and back on the right.
 - c. LANE 6 (further most from entrance) - DIVING PERMITTED FROM BLOCK ONLY. Reserved for 25m sprint practice with a racing dive (1 x lap). After diving and sprinting 25m, swimmers hop out at the shallow end and walk back to repeat.
4. NO RUNNING ON POOL DECK AT ANY TIME.
5. NO PULLING, JUMPING UP AT OR TOUCHING THE POOL FINISHING FLAGS.
6. NO PUSHING OR PULLING OTHERS INTO THE POOL.
7. NO PUSHING OR PULLING ON OTHER SWIMMERS WHILE IN THE POOL.

Any swimmer not complying with these rules will be asked to exit the pool. Please make the time to discuss these rules with your children before arriving to the pool on club night.

Lane 1	12½ meter event swimmers only. No diving.
Lanes 2 to 5	Lap swimmers. Turn under lane rope. No diving.
Lane 6	Dive (from block only) and Sprint 25m. Walk back. Line up.

