

ATLANTIS MASTERS SWIMMING CLUB



INTERCLUBS and STATE CUPS

What's it all about?

Most of the clubs long standing members will know all about these, but I recently had the question asked "What are the "Interclub's" and how do they work?"

So I thought I would reprint a previous short article (well, it was meant to be short) I had prepared on Interclub's, in the hope that we can attract more of our "newer" and maybe even some of our long standing and dare I say "older" (more about that later) to this year's Interclub series.



What are they?

Well, they simply a series of Seven indoor pool events organised by the SA Branch of Masters Swimming. Whereby each SA club competes for points against each other:

- Three are for separate State Cups; these are a Long Course (50m pool), Short Course (25m Pool) and a Long Distance events.
- The other four events go to make up the Interclub Trophy, where the club with the highest total points score over these four competitions are that years Interclub Champions.

The individuals who also gain the most points in each of the State Cups and over the Interclub series in THEIR age groups, are also awarded medals.

Each of the seven events are made up of various individual races of different distances and strokes as well as a series of male, female and mixed relays. Each of the individual events is supervised, electronically timed races where you, the individual, race against your own time.



How Are They Organised?

OK, so you may have a bit of competition from someone alongside you, who may either be male or female, younger or older than you are. This is not only to give you the encouragement/competition to try to swim faster and thereby improve your times, but it means that the heats run more efficiently as all swimmers in that heat all swim around the same time ...So how does that work?

Well, the nomination form you fill in when nominating which swims you want to do (maybe three or four swims depending in the event), is collated with all the other entries submitted, firstly into events and then into heats according to the individuals nominated times. This helps to keep most of the heats running at an even time. i.e. so you do not have most swimmers finish and have to wait in the water whilst a much slower swimmer finishes. The only exception is when you may have a first timer who did not know their time and ends up out of sync with their heat times. But this of course (should) only happens the first time as after that they (you) will have a recorded time to nominate next time you swim that event.

Obviously as the heats progress they get faster and faster.



How they run

All of this year's Interclub's are going to be run at the S.A. Aquatic and Leisure Centre at Marion

Entry will/should be through the "Event" entry which is located about 20m to the left of the Main entrance. If this is closed enter through the Main entrance and tell reception that you are a Masters swimmer. Pool entry fee is included in your nomination fee.

CHANGE ROOMS (there are more than one for each sex) are located up and down the central passage way.

When you enter the pool area you will see the officials gathering near the Eastern end of the main pool. ATLANTIS club usually gathers on the opposite side of the pool.

Somewhere near the end of the pool where the Officials are gathering you should see a table, on this table you should find copies of a printed program of all that day's events. Take a copy for yourself.

Inside this program you will see a list of the day's events, in the order in which they will be run. In each event you will see a list of heats, starting with the slowest and progressing to the fastest competitors in each event. Look for the events you have nominated for, and then look through the heat numbers to find your name, check that the time is the same as that which you nominated. You will also see that there is a Lane number alongside your name. This is the lane you will be swimming in in this event.

MAKE A NOTE OF THE EVENT NUMBER, YOUR HEAT NUMBER AND YOUR LANE NUMBER.

Hint: either highlight it in your program and/or, write it on the front cover of the program or on the back of your hand.

The events are well organized, all you will have to do is to listen to the PA system for advice.

If you want a warm up swim before your event you can either get there early, or have a swim in the competition pool before the interclub starts ie 8:00 - 8:30. or warm up in the assigned lane just before your event. The same lane will also be used for cool down (after your heat). There may be lanes available for these purposes in an adjacent pool; swimmers will be advised on the day what is available.



How are the events marshalled?

Marshalling usually takes place on the pool deck on the opposite side from starting officials. There will be a white board on pool deck around this area which will show what Event and what Heat numbers are being called for marshalling. Announcements may also be made over the PA system.

NOTE: IT IS YOUR RESPONSIBILITY TO BE THERE WHEN CALLED.

If you are not, you may miss out on your event. Officials WILL NOT chase you up if you are not there when called

Gather around to this area well before your heat is called and wait until your heat number is being marshaled.

One of the Marshalling officials will call swimmers by heat numbers then lane number. When your name is called, Identify yourself to the marshal, they will then appoint a seat to you. When you go to the marshalling area make sure you know your heat and lane number, you have your swim hat, goggles and of course your bathers on. You will not have the time once marshaled, to go running off for these items.

As each heat is run, swimmers move one seat forward in the rows to the seat just vacated, until you are in the front row.

You will then be escorted by an official onto the pool deck and located behind your lane, check that this is correct. The timekeepers may also check with you to make sure that they have the right swimmer in their lane.



The Event

When the heat preceding yours has finished the starter will blow his whistle to signal the swimmers to clear the water. He will then again blow his whistle, long slow blow; this is the signal for you to take up your starting position.

You can either start from in the water, off the side (adjacent to the starting block) or off the block. If starting from in the water quickly enter (jump into) the water at the pool side (do not dive in pool), brace yourself against the wall and hold onto one of the handles on the starting block. If starting from the block mount it, then position yourself with at least one foot at the front of the block with toes overhanging, the same applies if you are starting from the wall edge.

Make sure you are balanced and steady.

When everyone is in position the starter will instruct you to "Take your Marks" you can then bend over into the starting position.

Once in this position you MUST remain steady, if you move before the starters gun/hooter goes off you will be disqualified.

It is up to the starter to fire the hooter/gun when THEY think everybody is in position and steady, so each time it may be slightly different. **DO NOT TRY TO BEAT THE GUN.**

When the gun/hooter goes off you then dive in (or push off) and swim the required stroke/distance for your event. Remembering to do the CORRECT turns/touches at each end

Once you have finished, wait at the finish end by holding onto the side lane rope and wait until the whistle is blown, this is not blown until ALL the swimmers have completed the distance; this is the signal to clear the water as fast as by the nearest side. **Do not try to climb out over the timing pads.**

NOTE in some competitions where there are a lot of competitors or fast heats, the starter may elect to start the next heat BEFORE the proceeding heat gets the signal to clear the water. This speeds up the competition but it makes it important that you promptly clear the water as soon as the next heat is started. If this procedure is to be used you will be told before the race.

OK, Big relief, your first swim is over, what's next?

Once your swim is over you can go and have a "cool down" swim to get rid of that lactic acid in your system.

But make sure you keep an eye open for the marshalling call for your next event.



The Results

Shortly after the last heat of each event is completed, the results will be posted (stuck-up) somewhere near the competition area.

When you look at the results you will see that they have been collated back into males and females and also into age groups. This is where consideration of your age comes into play, even though in

your swim you may have swum alongside a younger OR older swimmer because your times were similar, now YOUR time is put order with those swimmers of the same sex and age group. So look for your name in your event and age group.



Relays

Relays are usually the last events of the day. All swimmers that nominate for an individual event are encouraged to be available to swim for the club in the relays. If you are not going to be available either because you need to leave before these events or prefer not to swim (why?), PLEASE indicate this on your entry form or if something unexpected has come up since your entry let the CLUB CAPTAIN know so that you name can be omitted during preparation of the relay team lists.

Sometime during the days competition you will/may be notified that you will be swimming in a club relay team

Marshalling for relays. Again it is the team's responsibility to make sure that they are all there when the relays are called and be ready to swim.

It will then be decided by the TEAM members the order of the swim, with the exception of the first swimmer who has to be the swimmer first nominated on the submitted team entry. The other exception is of course if the event is a medley swim in which case the swimmers selected to swim each different stroke have to swim in that order.

In the case where we are only using a 25m pool for a 100m relay swim, alternate swimmers may have to walk to the other end (or pontoon) of the event pool in preparation to start their swim. You will be directed/escorted by an official.



Points

Points are awarded to each swimmer every swimmer get 1 point just for swimming. So every swimmer contributes towards the success of the club regardless of their swimming ability. Of course if you are a winner of your age group you score 5 points, second 4, third 3 fourth 2. Relays are Double point score this is why all members are encourage to nominate for them the more relays teams we can enter the more points we can score.

BUT MOST OF ALL REMEMBER THE MASTERS MOTTO

FOR FUN AND FITNESS.

If any new members would like to try an Interclub event but are a bit apprehensive we can arrange for a "Buddy" to mentor you through the event.

Or if you have any questions or concerns on the day please speak to the Club Captain, Committee member or any another club member.

Enjoy your self
We hope to see you there.