

# WPFG ABRIDGED RULES - SWIMMING - Page 1

## GUIDING BODIES

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## EVENTS

### **INDIVIDUAL:**

50 Meter Freestyle	100 Meter Breaststroke
50 Meter Backstroke	200 Meter Freestyle
50 Meter Butterfly	200 Meter Individual Medley
50 Meter Breaststroke	400 Meter Freestyle
100 Meter Freestyle	800 Meter Freestyle (Women Only *)
100 Meter Backstroke	1500 Meter Freestyle (Men Only *)
100 Meter Butterfly	

### **4 PERSON TEAM RELAY (4 x 50):**

200 Meter Freestyle Relay  
200 Meter Medley Relay  
200 Meter Mixed Freestyle Relay  
200 Meter Mixed Medley Relay  
["Mixed" is a 4-person Relay team with at least one male and one female.]

Awards will be presented to relay teams in 10 year age categories. A relay team will be placed in the appropriate 10 year age category based on the age of the youngest competitor.

The order of events are as follows:

**Day One:** 400 meter freestyle, 50 meter butterfly, 100 meter breaststroke, 200 meter individual medley and 200 meter freestyle relay.

**Day Two:** 800 women's meter freestyle, 1500 men's meter freestyle, 100 meter backstroke, 100 meter freestyle, 200 meter medley relay and 200 meter mixed medley relay.

**Day Three:** 100 meter butterfly, 200 meter freestyle, 50 meter backstroke, 50 meter breaststroke, 50 meter freestyle, 200 meter mixed freestyle relay.

**AGE CATEGORIES: IMPORTANT NOTE:** in Individual Swimming events, competitors shall compete within their actual age category ONLY.

**5 INDIVIDUAL Events Maximum:** Swimming competitors may enter a total of 5 INDIVIDUAL events; and may also enter any Relays for which they are eligible (for example, same gender and mixed in the 200 Meter Freestyle Relay). If a competitor enters all possible Relays (4) and Individual events (5), the total number of events entered is 9.

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### AGE CATEGORIES:

Men's and Women's Individual events will be offered in the following age categories:

18-29	60-64
30-34	65-69
35-39	70-74
40-44	75-79
45-49	80-84
50-54	85+
55-59	

Men's, Women's and Mixed Team Relay events will be offered in the following age categories:

18 +	40 +	60 +
30 +	50 +	

### SCHEDULE/SCORING

This sport will be scheduled over three days.

If an event is scheduled, it will be held, even if all but one scratch.

Scratches will be accepted until the meet begins.

### MEET TYPE:

No-Preliminary Meet

All swimmers compete against the clock.

### GENERAL SPORT RULES for Swimming

**MANDATORY SCRATCH MEETING:** A Scratch Meeting shall be scheduled the day before Swimming begins. Area.

**NO CHANGES, OR ADDS FOR INDIVIDUAL EVENTS OR RELAY TEAMS WILL BE ALLOWED AFTER THIS SCRATCH MEETING AND ONLY THOSE ATTENDING OR REPRESENTED MAY CHANGE OR ADD EVENTS.**

This Scratch Meeting is MANDATORY for the following swimmers and Relay Team Captains.

- 1) All Relay Team Captains.
- 2) All registered swimmers who wish to swim on a relay but have not already been registered on a team. Note: If a swimmer wishes to swim on a relay, he/she should pre-register for that relay as a "Pool Entry" on their original Entry Form. Pre-registered Pool Entries will be given preference at this meeting. Any swimmer that has not pre-registered as a Pool Entry, and is placed on a Relay team at this Scratch Meeting, will be required to immediately go to WPFG Registration and register and pay for that Relay entry; and, return to the Scratch Meeting with that documentation. This is the swimmer's responsibility.

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3) All swimmers who wish to change add or drop any Individual event. These swimmers shall bring with them to the Scratch Meeting, documentation from WPFG Registration showing they have changed or added an Individual event and paid the appropriate fees.

**NOTE: PRE-REGISTERED SWIMMERS WITH NO CHANGES OR ADDITIONS NEED NOT ATTEND THE MANDATORY MEETING.**

At the conclusion of this Scratch Meeting, no other changes or adds will be allowed in Individual events. The final formation of Relay teams will be established at the Scratch Meeting and no changes or adds will be allowed thereafter.

The order of events will start with the oldest women's age category followed by the oldest men's age category followed by the second oldest women's age category followed by the second oldest men's age category etc. and will conclude with the women's open division followed by the men's open division.

### ORDER OF EVENTS

#### DAY ONE

400 Meter Freestyle  
50 Meter Butterfly  
100 Meter Breaststroke  
200 Meter Individual Medley  
200 Meter Freestyle Relay

#### DAY TWO

800 Women's Meter Freestyle  
1500 Men's Meter Freestyle  
100 Meter Backstroke  
100 Meter Freestyle  
200 Meter Medley Relay  
200 Meter Mixed Medley Relay

#### DAY THREE

100 Meter Butterfly  
200 Meter Freestyle  
50 Meter Backstroke  
50 Meter Breaststroke  
150 Meter Freestyle  
1200 Meter Mixed Freestyle Relay