

INTRAMURAL RECREATIONAL SPORTS

Presents

SWIM MEET



Location: Truman State University Natatorium in Pershing building

Entry Form: Swim Meet Special

Entry forms must have name, banner ID number, and signature to be considered complete. Entry forms should be turned into the metal box at the Member Services Desk at the Student Recreation Center.

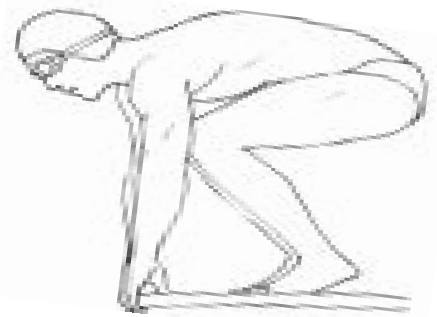
Competition: Men's & Women's; Open, Greek & Organizational [A contestant may compete in a total of four events. Greek/organizational teams may enter only one team per relay and two swimmers per individual race.]

Order of Events:

1. 200 Medley Relay
2. 50 Free Style
3. 50 Butterfly
4. 50 Back Stroke
5. 100 Free Style
6. 50 Breast Stroke
7. 100 Individual Medley
8. 200 Free Style Relay

Rules:

1. Warm-up starts at 6:30pm and the shallow area is available for warm-ups and cool-downs
2. Access to the deck and locker rooms is ONLY swimmers and those working the meet
3. The announcer will use megaphone to inform participants who is up, on deck, and in the hole
4. Starting the events:
 - a. ALL swimmers must use blocks
 - b. Announcer will say "Swimmers step up", "take your mark" (wait 3 seconds—then a quick whistle)
 - c. Backstroke only start in water, announcer will say "swimmers place your hands & feet"
5. Hand must touch the wall, flip turn allowed only on Backstroke & Freestyle
6. Timers will use stopwatches and record information on note cards per participant with Last Name/Organization/Lane/Time which will be given to the runner after each heat
7. Keeping score for the events: the Runner collects time cards after each heat and reports to the official table.
8. No rest between heats—Everyone needs to quickly exit the water after each heat



Specifics about the Events:

Medley Relay

In the medley relay all four strokes are swum by four different swimmers. No swimmer may swim more than one leg of the relay, which is swum in BACKSTROKE, BREASTROKE, BUTTERFLY and FREESTYLE order.

Freestyle Events

In the freestyle, the competitor may swim any stroke he or she wishes. The usual stroke used is the front crawl. This stroke is characterized by the alternate overhand motion of the arms.

Backstroke Events

In the backstroke, the swimmer must stay on his or her back at ALL times. The stroke is an alternating motion of the arms.

*At each turn a swimmer must touch the wall with some part of the body.

*Swimmers must surface within 15 meters after the start and each turn.

Breaststroke Events

Perhaps one of the most difficult strokes to master, the breaststroke requires simultaneous movements of the arms on the same horizontal plane. The hands are pushed forward from the breast on or under the surface of the water and brought backward in the propulsive stage of the stroke simultaneously.

*Flutter or dolphin kicking is NOT PERMITTED and you will be disqualified (only frog or breaststroke kicks allowed—simultaneous thrust of the legs)

*Swimmer must touch with both hands at the same time for the turn

Butterfly Events

The most physically demanding stroke, the butterfly features the simultaneous overhead stroke of the arms combined with the dolphin kick. The dolphin kick features both legs moving up and down together.

*NO FLUTTER KICKING ALLOWED.

Individual Medley

In the I.M., a swimmer begins with the BUTTERFLY, changes to the BACKSTROKE after one-fourth of the race, then the breaststroke for another quarter and finally finishes with the FREESTYLE.

Reminder: ALL Intramural rules posted in the handbook are applicable with this sport. Each participant is responsible for reviewing Student Recreation Center guidelines and Intramural guidelines available on the website before participating in any event. <http://www.recreation.truman.edu>

Please contact the Intramural Office, 660-785-4467, if you have any questions.

