



WINTER GAMES



GREATER MANCHESTER SCHOOL GAMES 2017

YEAR 7/8 SWIMMING COMPETITION

Tuesday 21ST March 2017
TBC (Opening Ceremony at Sport City first)

SCHOOL GAMES BACKGROUND INFORMATION:

The Greater Manchester School Games aims to further revive the culture of competitive sport in schools. This exciting new concept will harness the power of the Olympics and Paralympics and is designed to motivate and enthuse more young people than ever before to participate in high quality, meaningful competition within and across schools, supporting them in achieving their own personal best in sport and in life.

The competition will run across three distinct, but integrated levels (see below) providing a simple and progressive pathway culminating in a multi sport festival (level 3) that will showcase the very best of competitive sport across the County.

Level 3 – Greater Manchester School Games

Level 2 – Inter-school competition

Level 1 – Intra-school competition



Teams from Primary, Secondary and Special Schools will win the right to compete in the Level 3 Games having qualified through their local level 2 inter-school competitions. The 'Winter Games' will feature thirteen sports; all of which will be delivered simultaneously utilizing a number of the City's world class sporting facilities.



COMPETITION PATHWAY:

In partnership with the Amateur Schools Swimming Association (ASA), the Greater Manchester Local Organising Committee proudly presents the Year 7/8 Swimming competition. The focus at this level is very much on increasing participation and providing a positive experience for young people with limited experience of aquatic competitions.

The School Games competition is open to all schools; however they must have qualified through their local SGO area/borough heats in order to progress to the County Final.

The competition adopts a simple pathway as follows:

1. SGO/Borough Stage

Primary Schools within an SGO area/Borough will be encouraged to enter the first stages of the competition at a venue local to their school. These events can combine activities from Aqua splash as well as more traditional races. The winning school team from the Borough will then be invited to the School Games County Final.

2. Greater Manchester School Games County Final

This stage of the competition will be organised in partnership with the ASA and will comprise of the winning school teams from across the ten Boroughs of Greater Manchester. The event will consist of traditional races.

NB An athlete can only represent their school in one sport at the GM School Games County Final.

STANDARD RULES:

Age Groups

- Boys and girls will compete separately.
- All swimmers must be from Year 7 and/or Year 8.
- A mixture of the two year groups can be used or the team can be from one year group.

Eligibility criteria

The ASA recommend that a cap is put on the top level swimmers competing therefore those that have competed in the ASA County Championships are not eligible for Level 3 school competition. This can be achieved by running Level 2 competitions where schools do not send just their top club swimmers.

Team Composition & Events

Each team must consist of 4 swimmers. Each team member will take part in a maximum of 3 events – 1 individual and 2 relay races and the canon relay race.

- ✓ Swimmer 1 - 50m Backstroke
- ✓ Swimmer 2 - 50m Breaststroke
- ✓ Swimmer 3 - 50m Butterfly
- ✓ Swimmer 4 - 50m Freestyle
- ✓ Swimmer 1/2/3/4 – 4 x 50m Medley Relay (Backstroke, Breast stroke, Butterfly, Freestyle)
- ✓ Swimmer 1/2/3/4 – 4 x 50m Freestyle Relay
- ✓ Swimmer 1/2/3/4 – 8x25m Cannon Relay Race (too include all swimmers - boys & Girls at opposite lane ends of the pool. The race also needs to be swum alternate boys/girls)



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Competition Format

- A suggested format has been produced by the ASA to ensure a level of consistency; however there can be a degree of flexibility in running SGO/Borough level competition.
- In each race category, points will be awarded to swimmers depending on where they finish in their particular race/the time that they receive.
- All events will be heat declared winner. Each event may have either one or two heats, depending on numbers of entries. Points will be awarded from 10 for the winner (if ten teams are competing) down to 1 for the last place.
- No points for will be given following disqualification.
- At the conclusion of the event, all points will be totalled up and the school team which accumulates the most number of points will be pronounced the winners.

General Race Rules

Starting

- For Secondary School Competitions; swimmer may start in the water or by shallow racing dive.
- If any swimmer starts before the signal has been given or is moving when the starting signal is given it shall be a false start and that individual will be disqualified on conclusion of the race.

Backstroke

- Swimmers will start, swim and finish on their backs.

Breaststroke

- We encourage swimmers to finish with a 2 handed touch as per ASA law, but flexibility will be cautioned within this rule.

Freestyle

- Freestyle means the swimmer may swim any style they wish.

Medley Relay

- A medley relay is swum by four different swimmers, each swimmer swimming one of three strokes. The order of which is as follows:
 - Backstroke, Breaststroke, Butterfly, Free

Freestyle Relay

- Freestyle means the swimmers may swim any style they wish.
- Faulty takeovers will be disqualified.

ALL RELAY RACES TO START AT THE 'FINISH' END OF THE POOL.

Cannon Relay

- To include all 8 competitors (both boys and girls at opposite ends of the pools)
- It shall be swum with alternate boy/girl.

Fair Play

The ideals of good sportsmanship and respect should permeate throughout all competitive and recreational sport. They are displayed by someone who abides by the rules of a contest, respects their opponents and accepts victory or defeat graciously.

HEALTH & SAFETY:

Before any races take place, the following **MUST** be read and adhered to:

- No jewellery should be worn.
- All competitors are advised to wear a swimming hat, however it is not necessary. However long hair must be tied back.
- It is recommended swimmers bring plenty of liquid refreshment with them.
- All competitors are advised to warm up appropriately before each race.
- When not competing, all swimmers are reminded to remain out of the pool and do not get in the way or distract the officials at any time.
- Medical supplies that competitors may need i.e. asthma inhalers should be brought with them on the day.
- All team teachers must ensure their pupils are under adult supervision at all times, even when not swimming. During this time they can watch and encourage their fellow team members. Behaviour of pupils will be the responsibility of the team manager/school representative.
- Quiet will be required at the start of each race, but we encourage children to make as much noise as possible during races and really support ALL competitors.
- In an emergency the team managers will be expected to keep calm and maintain discipline and follow guidance given by the centre staff and event officials.
- Please ensure that your pupils have been thoroughly briefed with regards to health and safety.

DEADLINE FOR ENTRY: FRIDAY 3rd MARCH 2017*

***please note if you enter past this deadline your school will not feature in pre- press material or the lanyard.**

