**Primary Swimming**

**Date:** Friday 20th March 2020, 10am

**Venue:** Louisa Centre, Stanley

**Age Group:** Year 3-6

**Gender:** Mixed

**Team Requirements:** Minimum of 14, maximum of 24

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| Event 1 | Girls 25m Backstroke | Y5/6 |
| Event 2 | Boys 25m Backstroke | Y5/6 |
| Event 3 | Girls 25m Backstroke | Y3/4 |
| Event 4 | Boys 25m Backstroke | Y3/4 |
| Event 5 | Girls 25m Breaststroke | Y5/6 |
| Event 6 | Boys 25m Breaststroke | Y5/6 |
| Event 7 | Girls 25m Breaststroke | Y3/4 |
| Event 8 | Boys 25m Breaststroke | Y3/4 |
| Event 9 | Girls 25m Freestyle | Y5/6 |
| Event 10 | Boys 25m Freestyle | Y5/6 |
| Event 11 | Girls 25m Freestyle | Y3/4 |
| Event 12 | Boys 25m Freestyle | Y3/4 |
| Event 13 | Girls 4 x 25m Freestyle | Y5/6 |
| Event 14 | Boys 4 x 25m Freestyle | Y5/6 |
| Event 15 | Mixed 4x25m Freestyle | Y3/4 (2boys/2girls) |
| Event 16 | Girls Mixed Stroke Relay | Y5/6 |
| Event 17 | Boys Mixed Stroke Relay | Y5/6 |

* No diving is allowed throughout the gala.
* All individual and team events will start in the water.
* All individual events will start at the shallow end and finish at the deep end.
* All individual event swimmers must remain in the water until every swimmer in their race has finished.
* The freestyle team events can be swam in any order and start and finish at the deep end.
* The freestyle events can be swam any stroke.
* The mixed stroke team events must be swam backstroke, breaststroke, freestyle, freestyle and start and finish at the deep end.
* No swimmer will be disqualified throughout the gala unless they do a completely different stroke to what is stated in the programme.
* **Every swimmer must be able to swim 25m confidently and tread water for at least 30 seconds in deep water.**
* **Each swimmer can only participate in 1 individual event and 2 team events.**
* Each lane will be timed by timing equipment and a time keeper.
* Swimmers must **not** climb out over the timing pads.
* First, second and third place for each event will be awarded with medals, the overall winning school will be awarded with a trophy. All children participating in the gala will receive a certificate.
* Each school will be awarded points for each event depending on their individual time. 1st - 6 Points, 2nd – 5 Points, 3rd – 4 Points, 4th – 3 Points, 5th – 2 Points, 6th – 1 Points
* Each event will be started with a horn.
* 5 metre turn flags will be available for backstroke finishes.
* Presentations will occur after the gala has finished when all the pupils are dried and dressed.
* Swimmers must start in the water at the shallow end of the pool.

The second, third and fourth swimmers cannot start to race until the previous swimmer has touched the side.