

# ABRIDGED RULES-SWIMMING – 2022 - 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
100 Meter Backstroke	1500 Meter Freestyle
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.]

The order of events are as follows:

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

**Day Two:** 1500 meter freestyle, 200 meter individual medley, 100 meter backstroke, 100 meter breaststroke and 200 meter mixed freestyle relay

**Day Three:** 800 meter freestyle, 50 meter butterfly, 200 meter freestyle, 50 meter backstroke, 50 meter freestyle and 200 meter medley relay and mixed medley relay .

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

**Five (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	

Relay Age Groups are calculated from the total age of team member (in whole years)  
80 +/- (72- 99) years, 100+ (100-119) 120+ (120 - 159 years), 160+ (160 – 199 years) 200+ (200 – 239 years),  
240+ (240 – 279 years), 280+ (280 – 319), 320 + (320-359 years),

### **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.

Age categories shall not be mixed. Exception: Heats can be combined in an event with few entries in order to provide better competition and speed up the meet.

### **GENERAL SPORT RULES for Swimming**

**MANDATORY SCRATCH MEETING:** A scratch meeting shall be scheduled the day before swimming begins. The “Date, Time and Place” shall be published in the confirmation letter. This scratch meeting shall be held near the WPFPG registration 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 (Exception: If a relay team has preregistered and arrives at the blocks exactly as preregistered with the four team members eligible and present, this meeting is recommended but not mandatory.)

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 the WPFPG registration and register and pay for that relay event and return to the scratch meeting with that documentation. This is the swimmer’s responsibility.

3) All swimmers who wish to change add or drop any individual event. These swimmers shall have documentation from the WPFPG registration indicating they have changed or added an individual event and paid the appropriated fee.

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**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.

### WPFGE ORDER OF EVENTS

Each heat will begin with the oldest swimmers and will end with the youngest swimmers. Each heat will alternate between the women and men and will begin with the women's event.

NOTE: ANY CHANGES TO THE ORDER OF EVENTS SHALL BE APPROVED BY THE WPFGE DIRECTOR FOR SWIMMING PRIOR TO ANY PUBLICATION OF EVENTS.