

BY-LAWS OF
LOWER BLUE MOUNTAINS SWIMMING CLUB INCORPORATED
October 2023

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INTRODUCTION

1. STATUS OF BY-LAWS

1.1. Power to Make By-Laws

These By-Laws are made by the **Lower Blue Mountains** Swimming Club Incorporated under Clause 36. They are binding on all Members. In the event of a conflict between these By-Laws and the Constitution, the Constitution will prevail.

1.2. Definitions and Interpretation

The definitions in the Constitution apply to these By-Laws. In addition, the following definitions apply:

“**Clause**” means a clause of the Constitution.

“**Competitions**” means and includes:

- (a) any championship organised or conducted by the Club;
- (b) any championship, competition, series or meeting sponsored by or conducted by or on behalf of the Club.

MEMBER BY-LAWS

1. FEES DUE TO THE CLUB

- 1.1. Fees payable in accordance with Clause 6 will be payable by all Members as defined in By-Law 2(b), provided that fees will not be payable in respect of a Life Member;
- 1.2. The annual registration fees payable to the Club in respect of each Individual Member will consist of a SAL and SNSW component which includes registration and insurance cover and a Club administration fee as determined by the Committee from time to time.
- 1.3. All registration fees are due on the first day of October in each year.
- 1.4. The Committee may refund any fee which, in its opinion is warranted.

2. DISCIPLINARY BY-LAW - SAFE SPORT FRAME WORK

- 2.1. Lower Blue Mountains Swimming Club has adopted the Safe Sport Framework (Safe Sport Framework) in accordance with Clause 36.5 which:
 - 2.1.1. specifically commits to keeping children and young people safe in swimming;
 - 2.1.2. clarifies and raises the standards of behaviour for dealing with Children and Young People through a "Code of Conduct for dealing with Children and Young People"
 - 2.1.3. includes a General Code of Conduct;
- 2.2. provides processes and procedures when safe sport concerns or incidents arise;
- 2.3. requires rigorous recruitment and screening procedures, as well as reporting by all organisations in swimming; and
- 2.4. provides guidance, advice, tips and tools to assist us to keep each other and our sport safe.
 - 2.4.1. The Board has adopted the Safe Sport Framework, as amended from time to time, as a By-Law which is binding on the Club and all Members.
 - 2.4.2. Clause 10.2 outlines the process for matters not being dealt with under the Safe Sport Framework.

3. RESPONSIBILITIES OF PARENTS AND CARERS

- 3.1. Parents and Carers must be present at all club nights if their swimmer is competing.
- 3.2. All parents and carers are required to keep time at club nights throughout the season where their swimmer is competing.

- 3.3. All parents and carers are required to assist with set up, and pack up at club nights throughout the season where their swimmer is competing.
- 3.4. At away meets where the club is required to supply time keepers, parents / carers of swimmers are required to time keep as per roster prepared prior to the meet.
- 3.5. All parents and carers are expected to support the club through volunteering to support events such as Club Night BBQ, Club Carnivals (Summer LC and Winter SC events) and any other activity run by the club that supports its members.

COMMITTEE BY-LAWS

4. COMPOSITION OF THE BOARD

The composition of the Committee as required by Clause 14 of the Constitution may consist of the following:

- 4.1. Office Bearers, being;
 - 4.1.1. President
 - 4.1.2. Vice President
 - 4.1.3. Secretary
 - 4.1.4. Treasurer
 - 4.1.5. Race Secretary / Registrar

- 4.2. Other members
 - 4.2.1. Fundraising and Publicity Officer
 - 4.2.2. Uniform and Equipment Officer;
 - 4.2.3. SNSW / MPS Delegate
 - 4.2.4. Club Captains by invitation

5. ELECTION PROCEDURES FOR COMMITTEE

- 5.1. Where there is more than one nomination for any position, a ballot for that position shall be held. Where there are nominations for the positions of office bearer and Committee, the positions of the office bearers shall be determined first.
- 5.2. The Annual General Meeting shall appoint at least two tellers for each ballot.
- 5.3. Members shall record their vote by placing a mark (cross or tick) opposite the name of the candidate(s) of choice for that office.
- 5.4. On the count of votes in respect of any position, the candidate(s) who has received the highest number of votes shall be declared elected to that position(s).

- 5.5. In the case of an equality of votes for any position it shall be resolved by lot to eliminate the unsuccessful candidate(s).
- 5.6. If a ballot paper is not completed in accordance with By-Law 5(c) the ballot paper shall be deemed to be informal.
- 5.7. The result of the ballot shall be declared at the Annual General Meeting. The declaration of the poll by the chairperson shall include the following information:
 - 5.7.1. the number of Members eligible to vote;
 - 5.7.2. the number of votes received; and
 - 5.7.3. the number of votes declared valid.
 - 5.7.4. All ballot papers for the annual elections are to be destroyed after the declaration of the poll.

6. ELECTION OF CLUB CAPTAIN

- 6.1. A female and male captain who shall be financial members of the Club and at least fourteen (14) years of age shall be elected annually. Junior members, that is, members under the age of fourteen (14), shall only be nominated to run for Captain where there are less than 2 male and 2 female 14-18 year olds prepared to stand as nominees for the position.
- 6.2. In the event that the club do not receive at least one club captain nomination from a female and a male member, two captains will be selected regardless of gender.
- 6.3. An election by secret ballot for the position of male and female captains shall be conducted on during the first 3 club nights of the summer program.
- 6.4. Club Captains and Vice-Captains will be required to swim competitively during the summer season; otherwise Captaincy shall be relinquished, unless otherwise decided by the Executive Committee.
- 6.5. Club captains will be responsible to support the club and its members through:
 - 6.5.1. Displaying the expected behaviours that up hold the clubs inclusive culture
 - 6.5.2. Encourage and support younger club members
 - 6.5.3. Assist the committee and members increase volunteerism across the club
 - 6.5.4. Responsible for posting appropriate messaging on core social platforms
 - 6.5.5. Support at club nights to support committee and encourage junior members
 - 6.5.6. Involved with the governance and running of the club to provide feedback from swimming members

COMMITTEE MEMBER RESPONSIBILITIES

7. COMMITTEE MEMBERS

Committee members shall:

- 7.1. guide any standing committees to which they may be assigned on all matters affecting the Constitution, By-Laws, Policies and rules or any previous decision of the General Meeting or the Committee;
- 7.2. act honestly, independently and with due diligence in all decision making;
- 7.3. ensure that the resources of the Club are effectively and efficiently managed to fulfil the Objects;
- 7.4. contribute to the development of the Clubs strategic and business plans;
- 7.5. attend any assigned committee and act as the Committee adviser in the formulation of committee work plans;
- 7.6. present recommendations and reports of any assigned standing committee to the Committee.
- 7.7. Where one person holds two positions as per the above exception, that person is only entitled to one vote at any meeting.

8. COMMITTEE EXECUTIVE

The following executive positions will be elected at the AGM:

8.1. **President:**

- 8.1.1. shall chair all meetings when in attendance.
- 8.1.2. shall conduct such meetings in accordance with rules of the Club.
- 8.1.3. shall have a casting vote only at all meetings.
- 8.1.4. shall ensure all officials carry out their duties in accordance with the rules of the Club.
- 8.1.5. shall carry out the duties of Liaison Officer.
- 8.1.6. shall be ex-officio on all committees with the exception of the Protest Committee.

8.2. **Vice President:**

- 8.2.1. shall be Chairman to the Protest Committee;
- 8.2.2. shall, in conjunction with the President, carry out the duties of Liaison Officer;
- 8.2.3. shall, in the absence of the President, occupy the chair;
- 8.2.4. shall assist the President to carry out the duties of the position;
- 8.2.5. shall attend to such duties as the President may, from time to time request.

8.3. Secretary:

- 8.3.1. shall control the clerical work of The Club;
- 8.3.2. shall carry out all proper directions of The Club;
- 8.3.3. shall keep a correct record of all proceedings at meetings and all decisions reached;
- 8.3.4. shall hand all monies received to the Treasurer;
- 8.3.5. shall receive all correspondence and send all correspondence and ensure that copies of all outwards correspondence are maintained in club records;
- 8.3.6. shall execute such duties which may come within their province;
- 8.3.7. shall keep all records and minutes of The Club in their custody;
- 8.3.8. shall keep a record of all names, addresses and phone numbers of all the officials and members;
- 8.3.9. shall arrange for the conduct of the ballot for captains and vice- captains and any other ad hoc ballots, as directed;
- 8.3.10. shall have one (1) vote as well as being ex-officio on all committees with the exception of the Protest Committee.

8.4. Treasurer:

- 8.4.1. shall receive all monies for and on behalf of the club and shall issue a receipt for all monies paid and owed;
- 8.4.2. shall keep the records of monies received and payments made by The Club;
- 8.4.3. shall submit a statement of the financial position of the club at each meeting and the AGM;
- 8.4.4. prepare all accounts on behalf of The Club and provide the Secretary with a list of same;

- 8.4.5. shall pay all accounts once passed for payment and provide the Secretary with a list of same;
- 8.4.6. shall present the auditors all books of account and other records necessary for audit at least three (3) weeks prior to the AGM;
- 8.4.7. shall have one (1) vote, as well as being ex-officio on all committees, with the exception of the Protest Committee;
- 8.4.8. the club's account books shall be open for inspection by any financial member at each monthly meeting and at the AGM or at anytime by giving the Treasurer a minimum of fourteen (14) days notice. Should the Treasurer be unable, for any reason to supply, the Treasurer must inform the member seeking access and also the President and Secretary, who will make alternative arrangements.

8.5. Race Secretary

- 8.5.1. The role of race secretary may be split across 1 or more person to create a Summer and Winter season responsible person
- 8.5.2. shall organise all club, domestic and championship programs and co-ordinate programs and arrangements for inter-club meets;
- 8.5.3. shall liaise with club members in queries related to club swimming procedures and domestic and inter- club meets
- 8.5.4. shall maintain The Club Point Scores and Championship results.

8.6. Registrar:

- 8.6.1. shall register all members and shall keep a record of their names, addresses, phone numbers, email addresses, competitor's birth dates from birth certificates or passports or any other appropriate document;
- 8.6.2. shall maintain and supply a list of names and addresses of financial members for the Secretary and Race Secretary.

9. OFFICERS

9.1. Appointment of Officers Generally

The Committee may appoint the following officers:

- 9.1.1. uniform and equipment officer;
- 9.1.2. fundraising and publicity officer,
- 9.1.3. delegate to the Area Association (One)
- 9.1.4. delegate to the State Association (One)

9.2. Uniform and Equipment Officer

- 9.2.1. report disposition or acquisition of the Club equipment to the Secretary for updating of the asset register;
- 9.2.2. cause the transporting of equipment owned by the Club from any place of safe custody storage as directed by the Committee;
- 9.2.3. ensure that all equipment owned by the Club is maintained in good order, and periodically report to the Committee on the condition of the equipment and recommend maintenance, repairs or replacement thereof; and
- 9.2.4. provide a capital expenditure budget item for inclusion in the annual budget.

9.3. Fundraising and Publicity Officer

- 9.3.1. promotion of the objects of the club
- 9.3.2. submission by way of press releases of club results, club activities and upcoming events to media outlets
- 9.3.3. compilation and distribution of club newsletters
- 9.3.4. maintain the clubs social media assets

9.4. Delegates to the NSW Swimming Association Inc. Conference:

- 9.4.1. shall attend the annual conference of the NSW Swimming Assn;
 - 9.4.2. shall give reports to the executive committee at monthly meetings; s
 - 9.4.3. shall confer with executive to discuss club policies at NSW Swimming Assn Conference.
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9.5. Delegates to Mountains and Plains Swimming Association:

- 9.5.1. shall be elected at the AGM;
- 9.5.2. shall attend all MPS meetings either in person or via video link;
- 9.5.3. shall give reports to the executive committee and monthly meetings;
- 9.5.4. shall confer with the executive, if need be, to discuss club policies at MPS meetings;
- 9.5.5. shall notify the Secretary of inability to attend meetings.

9.6. Public Officer

- 9.6.1. The Committee shall ensure that a person is appointed as a Public Officer.
- 9.6.2. The committee may at any time remove the Public Officer and appoint a new public Officer provided the person is eighteen (18) years of age or older and a resident of NSW.
- 9.6.3. The Public Officer shall be deemed to have vacated his position in the following circumstances:
 - 9.6.3.1. Death
 - 9.6.3.2. Resignation
 - 9.6.3.3. Removal by the committee or at a General Meeting
 - 9.6.3.4. Bankruptcy or financial insolvency
 - 9.6.3.5. Mental illness
 - 9.6.3.6. Residency outside of New South Wales.
- 9.6.4. When the vacancy occurs in the position of the Public Officer the committee shall within fourteen (14) days notify Business and Consumer Affairs on the prescribed form and appoint a new Public Officer.
- 9.6.5. The Public Officer may be an office bearer, committee member or any other person regarded as suitable for the position by the committee.

10. OFFICIAL POSITIONS & ROLES:

10.1. Referee:

- 10.1.1. The chief swimming officials of the club shall be appointed by the Executive Committee in conjunction with the Referee.
- 10.1.2. shall carry out the duties of the position in accordance with the swimming rules of the NSW Swimming Association and relevant Club rules;
- 10.1.3. shall liaise with Club members on queries related to the rules of swimming and relevant club rules.

10.2. Club Captains:

- 10.2.1. shall attend each carnival and function, where practically possible, in which the club participates;
- 10.2.2. shall assist the Team Manager at carnivals;
- 10.2.3. shall assist the executive as requested, at any other function.

11. STANDING COMMITTEES

- 11.1. Standing committees specified in By-Law 8(l) shall be elected at the Annual General Meeting for a one year term.
- 11.2. Every person appointed, unless ceasing to hold office in consequence of death, resignation or removal from office, will continue to hold office until the completion of their respective term or the appointment of the new standing committee.
- 11.3. Nominations shall be invited for the positions on standing committees specified in By-Law 8(l) at least forty five (45) days prior to the date of the Annual General Meeting and the closing date for nominations shall be at least thirty (30) days prior to the date of the Annual General Meeting. A list of nominees shall be included on the agenda paper for the Annual General Meeting.
- 11.4. Nominations for positions on standing committees may include a précis submitted by the nominee, of their background, experience and qualifications pertinent to the position.
- 11.5. The Committee may at any time terminate the appointment of any standing committee and any such person may resign from a standing committee by letter delivered to the Secretary.
- 11.6. A member of any standing committee who is absent from three consecutive meetings without explanation acceptable to the Committee shall be declared to have vacated such standing committee membership and the Committee shall appoint another member in his place.
- 11.7. A quorum for a meeting shall be fifty percent plus one (50% + 1) of the voting members on each standing committee.
- 11.8. The President shall be ex-officio member of all standing committees.
- 11.9. Each standing committee shall receive and consider all matters, correspondence and proposals which are referred to it by the Committee and which fall within the scope of the functions of the standing committee as stated in these By-Laws.
- 11.10. All standing committees shall:
 - 11.10.1. identify and minimise areas of risk within the standing committee's area of responsibility;
 - 11.10.2. contribute to the administration of all phases of their particular facet of the sport within the rules and policy limits, delegated to the standing committee;
 - 11.10.3. refer any undecided policy items to the Committee for determination;
 - 11.10.4. where necessary work in conjunction with other standing committees within the Club;
 - 11.10.5. if so decided by the standing committee invite a person to attend a meeting to speak on a specific matter;

11.10.6. subject to the approval of the Committee, have the power to co-opt additional members as deemed necessary; those members will be entitled to voice without vote;

11.11. The standing committee secretary shall:

11.11.1. in consultation with the standing committee chairman issue, through the Secretary, notices convening meetings;

11.11.2. cause accurate minutes to be kept of all meetings;

11.11.3. deliver to the Secretary within seven days, in the format approved by the Committee, a copy of all minutes, reports and recommendations arising from standing committee meetings for reference to and consideration by the Committee; and

11.11.4. cause all standing committee correspondence to be directed through the Secretary.

11.11.5. Subject to the Constitution there shall be a standing committee for the following:

11.11.5.1. a selection committee;

11.11.5.2. a competition committee

11.11.6. The composition of each standing committee and the duties and terms of reference relating to each standing committee are set out in By-Laws 9 to 10.

12. BOARD EXECUTIVE:

12.1.1. to handle any matter that may arise needing to be dealt with expediently;

12.1.2. to handle any other matter that may have been referred to it by club members at the monthly meeting;

12.1.3. any four of the executive committee members as per clause 10.1 (a) of this constitution, shall be deemed to be a quorum;

12.1.4. the executive committee shall meet as and when required, at such times and places as may be determined;

12.1.5. The executive committee shall be responsible to the monthly meeting for the management of club affairs;

12.1.6. the executive committee is authorised to incur necessary expenditure up to a maximum set by the AGM in conjunction with the maintenance or furthering of the interests of the club;

12.1.7. where meetings of the executive committee are held, a report, in writing, shall be made to the next monthly meeting of the club.

SWIMMING BY-LAWS

13. LAWS AND RULES GOVERNING LOWER BLUE MOUNTAINS SWIMMING CLUB

The technical laws of FINA as set out in the handbook of FINA with regard to swimming shall (where practicable) be applicable and binding on all competitions held in the Club.

14. ELIGIBILITY

14.1. A person who is not an Individual Member or Life Member shall not nominate for, nor hold office except the office of patron, vice patron and auditor.

14.2. A person elected patron or vice patron who is not an Individual Member or Life Member, shall be deemed to be a Member whilst holding such office. The holding of office shall not entitle a person to compete in a meet unless such person is otherwise duly eligible to compete.

15. FORFEIT OF FEES AND PRIZES FOLLOWING DISQUALIFICATION

15.1. Where a Swimmer is disqualified or suspended in respect of an event, all fees paid and prizes won by such Swimmer shall be forfeited. The Committee will have full power to confiscate any prize and redistribute or deal with the matter at its discretion.

MISCELLANEOUS BY-LAWS

16. PATRONS

- 16.1. Such persons as shall be invited annually by the Committee to grant their patronage and subject to their concurrence, the Committee will submit the names to the Annual General Meeting for endorsement.

17. COLOURS & BADGE

- 17.1. The colours and badge of the Club shall be as determined at a General Meeting.
17.2. The colours of the Club will be a Blue, Grey, Turquoise, Green

18. AVAILABILITY OF AMENDED PAGES

- 18.1. Where an addition to, amendment or rescission, wholly or in part, is made to the Constitution, By-Laws, Policies or rules, updated copies of the relevant pages shall be available on request to the Members within two calendar months of any such addition to, amendment or rescission of, whether wholly or in part or otherwise shall be posted on the Clubs website.

COMPETITION BY-LAWS

19. CHAMPIONSHIPS AND OTHER SWIM MEETS

- 19.1. The Committee shall determine the order of events and the duration of the Championships and such other swim meets as it determines from time to time, giving as much notice as possible to Members. The Committee shall also determine annually the format for the conduct of the Championships Meet for the ensuing year. PROVIDED THAT, the format so determined shall be advertised at the time of calling entries for the Meet.

20. CHAMPIONSHIP CONDITIONS OF ENTRY

- 20.1. The Committee may approve qualifying times (if any) for entry to championship events and other conditions of entry as appropriate to the meet.
- 20.2. All entrants in the Club Championship shall abide by and be subject to the By-Laws and the SNSW general rules, swimming rules, by-laws, policies, and published procedures as applicable.

21. CHAMPIONSHIP ENTRY FORM, AGE DETERMINATION

The Club Championship entry and age determination shall require:

- 21.1. an entry for a Championship event shall be made at the direction of the Committee either electronically or on the official Club form or card provided which shall include the entrant's best time for the distance, in accordance with the conditions of entry, showing the meet and date when the time was established, being equal to or better than the qualifying time approved for this event (if any), current registration number, and in the case of an age event, date of birth; and
- 21.2. an entrant in an Age Championship shall be of the specific age on the first day of the meet series and if the Committee so desires, shall produce a certificate of registration of birth or other satisfactory evidence of date of birth signed by the parent or guardian of the entrant.

22. EMERGENCY POWERS

Under special circumstances the Committee may cancel or suspend all or any Championships as set out in By-Law 21.

CLUB RACE & COMPETITION

23. ENTRIES

- 23.1. No person will be allowed to swim until:
 - 23.1.1. a membership form is completed
 - 23.1.2. proof of age sighted
 - 23.1.3. membership fees paid
- 23.2. New club members who have completed with another club in the current season, and have produced written evidence of their affiliation, shall be permitted to enter all club improvement point score competitions without eligibility restrictions.
- 23.3. Entries are to be completed online by swimmers for each meet:
- 23.4. entries for all programmed events should be placed using the online entry system by the meet entry due date as notified in the event schedule on our website;
- 23.5. entries received after the closing time will be deemed late entries and will be allocated to swim in empty lanes and unseeded for the events, at the discretion of the Race Secretary;
- 23.6. no entries will be accepted on the day of the event;

24. CLUB RACE PROCEDURES

- 24.1. Club races and championships events will be conducted on Monday 7pm to 8.30pm during summer and Monday 7:30pm to 8.30pm during Winter and events swum as listed in the program except where circumstances arise which prevent the conduct or continuance of the meet or events.
- 24.2. On each club improvement point score night, swimmers may compete in only one (1) freestyle event, any two (2) of three (3) form strokes and only one (1) distance event, that is, 200 metres choice of stroke, 400 metres freestyle, 800 metres freestyle, 1500 metres freestyle, 100 metres individual medley, 200 metres individual medley or 400 metres individual medley for that meet.
- 24.3. a swimmer may enter non-programmed events attempting to qualify at a higher level meet or meet selection, at the discretion of the referee.
- 24.4. no points will be awarded to the swimmer's club improvement point score for such swims
- 24.5. The Club Improvement Point Score shall commence on the first club night of the summer season and shall finish on the commencement of the club championships.

25. CHAMPIONSHIPS

- 25.1. To be eligible to compete in a club championship event, a swimmer must, be a first claim member and must have competed in a minimum of four (4) club improvement point score meets in the current season, prior to the commencement of the first championship meet with the following exceptions;
- 25.1.1. swimmers aged six years and under who must compete in a minimum of three club meets in the current season, prior to the commencement of the first championship meets;
- 25.1.2. new club members who have competed with another club in the current season and joined LBMSC in the same season have to produce written evidence of their previous affiliation;
- 25.1.3. A swimmer's age for the club championships shall be as the date of the Club championship meet in the current season.
- 25.2. Swimmers may only compete in their own age groups and/or open events.
- 25.3. Age groups are:
- 6 years and under
 - 7,8,9,10,11,12,13,14,15,16
 - 17 years to 24 years;
 - 25 years to under 34 yrs;
 - 35 yrs to under 44 yrs;
 - 45 yrs to under 54 yrs;
 - 55 yrs and over;
 - Open events
 - Open Multi Class

26. EVENTS.

- 26.1. Events shall be conducted as per the program, except where circumstances arise which prevent the conduct or continuance of the meet or events;
- 26.2. Where a swimmer will be disadvantaged in the club championships if he/she is competing at NSW State Championships, NSW Country Championships or National Championships
- 26.3. In such case, the meet or events shall be re-scheduled by the executive committee and all competitors eligible for that meet or events shall be advised accordingly.
- 26.4. All championship events shall be conducted as timed finals.
- 26.5. The disadvantaged swimmer shall inform the race secretary of his/her intent to swim NSW State Championships, NSW Country Championships or National Championships 21 days prior to The Clubs championship meet in question.

27. CHAMPIONSHIPS ENTRIES – AGE AND OPEN EVENTS

- 27.1. Entries for Club Championships will be placed using the online entry system by the due date as advertised on the Club Championships flyer.
- 27.2. entrants for Club championships may compete in all programmed events for their particular age group;
- 27.3. Club Championship Open events may be contested by any member provided they have achieved the relevant qualifying time to permit entry.
- 27.4. Championship points will be awarded based on the Club Championships Age Table supplied with the meet flyer
- 27.5. all entries shall be checked by the race committee for eligibility to compete.

28. CHAMPIONSHIP POINT SCORE

The point score for championships shall be:

- 28.1. the calculated first seven (7) places shall be awarded points. Points shall be awarded in order of placing:
 - ten (10) for first
 - eight (8) for second
 - six (6) for third
 - four (4) for fourth
 - three (3) for fifth
 - two (2) for sixth
 - one (1) for seventh
- 28.2. provided that where two or more placings are given as equal, the appropriate points shall be allocated for that placing and next one, or more respective numerical placings shall be deleted accordingly.
- 28.3. Where a swimmer is disqualified, points shall not be awarded.

29. CLUB IMPROVEMENT POINT SCORE

- 29.1. A swimmer's age shall be as at first club night in the current season.
- 29.2. to be eligible for club improvement point score awards, a swimmer must compete on a minimum of 50% club improvement point score nights in the current season.

- 29.3. the base time at the commencement of the current season, for each swimmer for the club improvement point score shall be the first time achieved by that swimmer for that stroke and distance within the current season.
- 29.4. for new club members in the current season, the base time for a particular stroke and distance shall be the time established the first time they swim that stroke and distance in the current season.
- 29.5. Awards will be presented for male and female swimmers who place 1st, 2nd or 3rd
- 29.6. a separate club improvement point score shall be kept for male and female swimming in the following age groups:
- 6 and under
 - 7,8,9,10,11,12,13,14,15,16;
 - 17 years to 24 years;
 - 25 years to under 34 yrs;
 - 35 yrs to under 44 yrs;
 - 45 yrs to under 54 yrs;
 - 55 yrs and over;

30. EXEMPTIONS

No competitor shall be penalised in the club improvement point score if:

- 30.1. he/she is competing at NSW State Championships or National Championships.
- 30.2. On application by the swimmer, programmed events of the meet affected, may be swum at the discretion of the Race Secretary, on either or both the meets before or after the above mentioned championship meets, with points awarded accordingly.

31. RECORDS

- 31.1. A swimmers age shall be as the date which the record is established.
- 31.2. Records of the club shall be maintained by the Race Secretary.
- 31.3. For an individual attempt on a record, a referee, starter and at least two (2) appointed timekeepers are required.
- 31.4. Club records can only be set during club night and club championships.

31.5. RECORD CATEGORIES

- 31.5.1. 25 meter 7 years and Under Club Records .
- 31.5.2. 50 metre records – all strokes and age groups.

- 31.5.3. 100 metres records – all strokes, age groups 8 and over.
- 31.5.4. 200 metres all strokes including individual medley, age groups 10 and over.
- 31.5.5. 400 metres freestyle and individual medley, age groups 12 and over.
- 31.5.6. 800 and 1500 metres (freestyle) age groups 12 and over.
- 31.5.7. An age record can be established in an age event.
- 31.5.8. An open record can be established in an age event.

32. INVITATION SWIMMERS

- 32.1. The words “invitation swimmer” is defined as a swimmer from another club who has been invited to swim by LBMSC.
- 32.2. The “invited” swimmer shall not be eligible to gain points or receive an award for competing in the club championship events.

33. MOUNTAINS AND PLAINS SWIMMING ASSOCIATION CHAMPIONSHIPS

All club swimmers may compete at MPS Championships in individual events for which they are eligible.

33.1. INDIVIDUAL EVENTS

- 33.1.1. Each swimmer is required to complete their own entries according to the entry instructions on the meet flyer or meet information distributed through the club.
- 33.1.2. All LBMSC swimmers shall be encouraged to attend all MPS Meets.

33.2. TEAM RELAYS AND TIME RELAYS

- 33.2.1. Where teams are selected at a meet, Teams shall be selected by the Team manager from swimmers in attendance at the meet venue, thirty (30) minutes prior to the commencement of the meet.
- 33.2.2. Where relay entries are required by a set date before the meet date, relay teams will be:
 - 33.2.2.1. selected by the Race Committee
 - 33.2.2.2. selected based on times for event stroke. (For example, the top 4 freestyle times based on age requirements will be the first selected swimmers)
 - 33.2.2.3. selected swimmers will be notified by email and listed on the club social media
 - 33.2.2.4. where a selected swimmer declines an invitation to participate as a relay swimmer, the next best swimmer will be invited

33.2.2.5. from those swimmers who have placed individual entries on the designated date as per the information distributed by OUR club via email and on our website for each meet.

CLUB RACE & COMPETITION

The following section outlines the Awards that will be presented annually during the end of season presentation day.

Dependent on participation, some awards may not be presented and is based on the committee reviews annually.

34. Encouragement / Attendance Awards

- 34.1. Excellence awards will be presented to all swimmers who attend more than 50% of club nights but do not place 1st, 2nd or 3rd in points score.
- 34.2. Achievement awards will be presented to all swimmers who attended less than 50% of club nights but do not place 1st, 2nd or 3rd in points score.

35. IMPROVEMENT Points AWARDS

35.1. Overall Points

- 35.1.1. These awards are presented and based off a swimmers total improvement points accumulated at club nights as per paragraph 29.
- 35.1.2. Total points are calculated for distances of 100m or less.
- 35.1.3. To be eligible swimmers must attend greater than 50% of all club nights.
- 35.1.4. Awards will be presented for male and female swimmers who place 1st, 2nd or 3rd – in each age group as per paragraph 29.
- 35.1.5. An award will be presented to the male and female swimmers who have the most improvement points across all age groups.

35.2. Distance Points

- 35.2.1. These awards are presented and based off a swimmers total improvement points in the below events accumulated at club nights as per paragraph 28.
- 35.2.2. 200IM and 400 IM and 200, 400, 800 and 1500 metre freestyle events, and 200m form stroke events.
- 35.2.3. Awards will be presented for male and female swimmers who place 1st, 2nd or 3rd.

35.3. Improvement Points Calculation

Points shall be awarded for improvement on the allocated base time or the best time during the current season, whichever is the faster, as follows:

- 1 point one time trial/base time

- 1 point up to 0.99 seconds slower than best time
- 3 points same as previous best time
- 4 points improve by up to 0.99 second
- 5 points improve from 1 to 1.99 seconds
- 6 points improve from 2 up to 2.99 seconds
- 7 points improve by more than 3 seconds

36. CLUB CHAMPIONSHIPS AWARDS

36.1. These awards are presented and based off a swimmers total points accumulated at club championship events as per paragraph 28.

37. EXCELLENCE AWARDS

37.1. Club Person of the year

37.1.1. Awarded to 1 Junior member (7-13) and one Senior Member (14+) who have demonstrated the club values of inclusion and team spirit consistently over the season.

37.1.2. Award determined by nomination from club members and voted by the committee

37.2. Volunteer of the Year

37.2.1. Awarded to club member who have consistently supported the club through volunteering their time and effort for the betterment of the club.

37.2.2. Award determined by nomination from club members and voted by the committee

37.3. Club Captains

37.3.1. Awarded to the club captains as elected by the swimming members of the club

37.4. Vic Morey Award

37.4.1. Awarded to the swimmer from our club who has achieved the best result at the highest level of swimming during the season.

37.5. Claudia Neale Award

37.5.1. Awarded to the swimmer from our club that achieved the highest ranking in an event as published by Swimming Australia

37.6. Mountains Swim Coach Award

37.6.1. Awarded by Mountains Swim to the swimmer who they deem to have improved and committed to training over the last 12 months

37.7. Nerida Murry Club Coach Award

- 37.7.1. Awarded by to the swimmer who is deemed to have improved and committed to training with the club coach over the last 12 months

