



**2023-2024 SEASON**

**CRONULLA SWIM CLUB INC.**  
**EXECUTIVE**  
**COMMITTEE**  
**2023-2024**

President:	Kevin Neilson	<a href="mailto:kevinneilson25@gmail.com">kevinneilson25@gmail.com</a>
Vice President:	Kim Hill	<a href="mailto:kimneilson.sjb@gmail.com">kimneilson.sjb@gmail.com</a>
Secretary:	Emma Ingram	<a href="mailto:cronullaswimclub@gmail.com">cronullaswimclub@gmail.com</a>
Registrar:	Kim Hill	
Treasurer:	Page Ransom	<a href="mailto:pageannransom@gmail.com">pageannransom@gmail.com</a>
Recorder:	Sandra Neilson	<a href="mailto:cscrecorder@gmail.com">cscrecorder@gmail.com</a>
Apparel:	Gary White	<a href="mailto:gary@diamondone.com.au">gary@diamondone.com.au</a>

**CLUB WEBSITE:** <https://cronulla.swimming.org.au/>

**EMAILS:** [cronullaswimclub@gmail.com](mailto:cronullaswimclub@gmail.com)

## **FEE STRUCTURE for the year 1/10/2023 to 30/9/2024 MEMBERSHIP**

All Swimmers will receive a Cronulla Swim Cap included in their membership. You can change your membership from last year by adding a different membership product to your shopping cart and deleting the unwanted membership.

**Full Swimmer Membership** - Essential for club members who wish to compete at meets locally and state-wide as well as nationally, they also have access to greater member benefits. We have two options:

1. Full Swimmer - No Shirt = \$130.00
2. Full Swimmer - Shirt Included = \$145.00

**Club Swimmer Membership** - Perfect for swimmers who only want to compete at their own club in Club Nights and meets and are not ready to swim at inter-club, area or state meets as yet. We have Two options:

1. Club Swimmer - No Shirt = \$110.00
2. Club Swimmer - Shirt Included = \$130.00

**Dry Membership** - Perfect for fans, coaches, volunteers, Technical Officials, parents and supporters who wish to enjoy some of the benefits that Swimming NSW have to offer, without having to dive into the pool. \$ 34. 50

---

### **Please note:**

**New** swimmers can have **one trial** swim before they need to register.

Please email [cscrecorder@gmail.com](mailto:cscrecorder@gmail.com) if you would like to compete on a trial basis.

If NSW Swimming registration has been paid to another Club please contact our [Registrar](#).

## EVENTS HELD DURING THE SEASON

Cronulla Swim Club conducts events on Friday evenings commencing at 6.30pm. Each night is classified as either a Point Score, Championship or Sprint Night.

**Parents** are required to assist with the running of events. A roster will be organized for the season.

No experience is necessary and full training will be provided.

### POINT SCORE NIGHTS

Graded scratch races are conducted in 5 events each night:

1. Freestyle (25,50,100m) Swimmers may only swim one distance.
2. Breaststroke (25,50,100m) Swimmers may only swim one distance.
3. Backstroke (25,50,100m) Swimmers may only swim one distance.
4. Butterfly (25,50,100m) Swimmers may only swim one distance.
5. Individual Medley (100m or 200m) Swimmers may only swim one distance. **OR**  
200m/ 400m Freestyle

There will be 2 SPRINT NIGHTS - 4 different strokes will be raced with the maximum distance being 50 metres.

Entries for Swim Club should be submitted online through the Swim Central website (<https://swimcentral.swimming.org.au>) by no later than 5pm on the Club night. Late entries will only then be accepted and allocated in vacant lanes. Please assist by ensuring entries are entered **online** and **on time**.

If a point score event is canceled it will not be rescheduled.

When events are called, swimmers must report immediately to the Marshalling Area. Failure to report on time may lead to disqualification from the event.

Heats will be seeded based on previous Personal Best times at Swim Club.

## POINT SCORE NIGHTS

Events in Freestyle and Formstroke are conducted over three distances. ( 25m, 50m,100m)  
The Individual Medley is conducted over two distances. ( 100m and 200m)

When reaching certain times, swimmers must advance to the next distance. If after the first swim of the season in an event, a swimmer elects to swim a shorter distance in that event, only 1 point will be recorded for that event. The only exception to this is the progression from 50m to 100m Butterfly which is optional.

### ***Cut off times are listed below.***

25m to 50m	FREESTYLE	under 25 secs
	BACKSTROKE/BUTTERFLY	Under 30 secs
	BREASTSTROKE	Under 35 secs
50m to 100m	FREESTYLE, BUTTERFLY	under 40 secs
	BACKSTROKE	under 45 secs
	BREASTSTROKE	under 50 secs
100m to 200m	MEDLEY	under 2 min

## CHAMPIONSHIP NIGHTS

**Four Club Championship nights** are scheduled throughout the season. All events will be timed Finals.

Championship events will be rescheduled if canceled due to inclement weather.

To be eligible for a Championship event, a member must be the age specified for the event on 1st October 2023 and have competed in the required number of point score nights as shown below.

### **Eligibility for Championship Events**

- Members must compete in point score events 50% of the season to be eligible to win Championship trophies.
- There must be at least two competitors in an Open Championship event otherwise the event will be canceled, except where the distance and stroke is not available in the age groups.
- All 400m events will have a qualifying time. All swimmers entering these events must have swum 200m Free in under 3:30 and 200 IM under 4:00 at Club Night.
- All Championship events will be conducted as timed heats and no finals will be held. •

**Note: Although 1 October 2023 is used as the age eligibility date for Championship Events, Club Records are determined according to the age of the swimmer on the date the event is swum.**

## CLUB CHAMPIONS

**Open Club Champion** for both boys and girls is conducted on a 6,5,4,3,2,1 point score basis on results in all Club Championship races. You must be aged 13 years or over on the 1st October, 2023 to be eligible to be Open Club Champion.

**Junior Club Champion** for both boys and girls is conducted on a 6,5,4,3,2,1 point score basis on results in all Club Championships races. In all open events the 6 topped placed juniors will be awarded the points 6,5,4,3,2,1. The age classification for Junior's is 12 years and under as of the 1st October, 2023.

## CARNIVALS

Area Carnivals, numerous Open Carnivals as well as Metropolitan, State and National Championships are held throughout the season. Entries must be submitted on the appropriate online requirements with the necessary information.

## COMPETITION DRESS REGULATIONS- UNIFORMS

Cronulla Swim Club's dress guidelines are for all of our competition swimmers that represent the Club at local, metropolitan, state and national levels. These guidelines have been brought into place to promote, support and unify the Club and its members.

The **Club's official shirt** should be worn to and from the meet and at the pool. The Club's shirt shall always be worn during medal and award presentations. A towel should not be worn to presentations.

When representing Cronulla Swim Club in a race at any swim meet, the Club Competition Caps are to be worn during warm up and for all races. If available, Cronulla Swim Club swimmers should also be worn during warm up at competitions. Wearing the Cronulla Swim Club cap and swimmers at meets, promotes club spirit and a sense of belonging. It is also easier for the coach to observe swimmers during warm up.

Uniforms are available through the Club at competitive prices. Please contact [Gary White](#) for all of your uniform requirements.

## SEASON POINT SCORE

### **Freestyle Overall Point Score**

A season point score for Freestyle will be held in each of the age groups: 7 years and under, 8 years, 9 years, 10 years, 11 years, 12 years, 13 years and over. Results will be based on the total number of points earned by a swimmer during the season for all Freestyle events up to and including 100 metres.

### **Formstroke Overall Point Score**

A season point score for the combined Formstrokes will be held in each of the age groups: 7 years and under, 8 years, 9 years, 10 years, 11 years, 12 years, 13 years and over. Results will be based on the total number of points earned by a swimmer during the season for all Formstroke events up to and including 100 metres.

### **Individual Medley Overall Point Score**

A season point score for the Individual Medley will be held in each of the age groups: 8 years and under, 9 years, 10 years, 11 years and 12 years and 13 years and over. Results will be based on the total number of points earned by a swimmer during the season for all three distances.

### **Mid Distance Overall Point Score**

A season point score for the Mid-distance will be held in each of the age groups:

12 and under

13 and over

Results will be based on the total number of points earned by a swimmer during the season for all Freestyle events including 200 / 400 metres.

## POINT SCORING SYSTEM

### 1 POINT

More than 2 seconds slower than best time, Time Trial (as in first swim), Fail to Finish or Disqualification.

### 2 POINTS

More than 1 and up to 2 seconds slower than best time.

### 3 POINTS

Up to 1 second slower than best time.

### 4 POINTS

Equal to best time. First swim in higher grade.

### 5 POINTS

Best time to 1 second faster than best time.

### 6 POINTS

More than 1 and up to 2 seconds faster than best time.

### 7 POINTS

More than 2 seconds faster than best time.

### NOTE

1. Should a swimmer receive 1 point for three consecutive swims in the same stroke and distance, including the first swim if applicable, an adjustment will be made to their previous best time for that stroke and distance. The Recorder will make the adjustment by averaging the times for those three swims. The new adjusted time will then be taken into account when seeding occurs and calculating points.
2. **Remember that only 1 point** will be scored when a swimmer competes in a shorter distance than their designated distance (with the exception of 50m Butterfly). Once advancing to a higher distance that is now considered the swimmers new distance.
3. 1 point will be awarded for the first swim in a longer distance if a swimmer has not yet received the cut off time.



**CRONULLA SWIM CLUB INC.  
CLUB RECORDS as at 1 October 2023**

**BOYS**

**FREESTYLE**

Open 50m	A Clarke	25.47	09/12/11
Open 100m	A Clarke	55.93	23/03/12
Open 200m	A Clarke	1:56.84	09/12/11
Open 400m	A Clarke	4:09.40	13/01/12
Open 800m	A Clarke	8:37.66	03/02/12
16 years and over 100m	A Clarke	55.93	23/03/12
15 years 100m	D McLellan	56.72	24/01/89
14 years and over 200m	A Clarke	1:56.84	09/12/11
14 years 100m	J Stack	58.56	09/03/07
13 years 100m	C Gibbs	59.91	24/11/89
13 years and under 200m	C Allum	2:07.15	17/12/99
12 years 100m	J Stack	1:03.03	18/03/05
11 years 100m	A Aguilar	1:05.56	14/03/14
11 years 50m	A Aguilar	29.72	07/03/14
10 years and under 100m	A Aguilar	1:12.57	04/04/13
10 years 50m	D O'Brien	31.40	01/04/79
9 years 50m	J Reilly	32.40	22/02/80
8 years 50m	J Boyle	34.78	06/04/18
7 years and under 50m	C Allum	37.85	25/03/94

## BREASTSTROKE

Open 50m	A Clarke	33.85	23/03/12
Open 100m	A Clarke	1:14.70	09/12/11
Open 200m	B Orford	2:42.13	12/03/99
16 years and over 100m	A Clarke	1:14.70	09/12/11
15 years 100m	B Orford	1:16.25	27/03/98
14 years 100m	J Stack	1:22.28	18/12/06
13 years 100m	C Johnson	1:19.75	16/01/15
12 years 100m	R Nafarrete	1:24:69	18/03/11
11 Years and under 100m	J Little	1:29.25	19/03/04
10 years 50m	J Little	44.19	14/03/03
9 years 50m	G Halpin	45.20	31/03/68
8 years 50m	S Smith	49.78	28/03/03
7 years and under 50m	S Smith	1:01.41	22/03/02

## BACKSTROKE

Open 50m	A Clarke	30.28	17/02/12
Open 100m	R Hartup	1:05.81	24/10/03
Open 200m	A Clarke	2:24.81	17/02/12
16 years and over 100m	D Halpin	1:04.99	13/02/98
15 years 100m	D Halpin	1:07.19	09/02/96
14 years 100m	J Stack	1:07.91	10/11/06
13 years 100m	D Halpin	1:10.03	17/03/95
12 years 100m	J Little	1:17.16	12/11/04
11 years and under 100m	D Halpin	1:17.15	12/03/93
10 years 50m	J Stack	39.09	28/03/03
9 years 50m	D Halpin	39.59	23/11/90
8 years 50m	M Hughes	40.28	19/03/04
7 years and under 50m	S Mackey	45.53	23/03/86

## BUTTERFLY

Open 50m	A Clarke	27.34	23/03/12
Open 100m	A Clarke	59.90	17/02/12
Open 200m	A Clarke	2:09.44	16/12/11
16 years and over 100m	A Clarke	59.90	17/02/12
15 years 100m	B Mexon	1:04.50	10/02/95
14 years 100m	J Stack	1:02.71	30/03/07
13 years 100m	J Stack	1:06.60	31/03/06
12 years 100m	J Stack	1:17.19	18/03/05
11 years 50m	J Stack	32.90	29/03/04
10 years 50m	J Stack	35.79	28/03/03
9 years and under 50m	J Boyle	36.54	05/04/19

## IND. MEDLEY

Open 200m	A Clarke	2:17.57	20/01/12
Open 400m	A Clarke	4:49.81	24/02/12
15 years and over 200m	A Clarke	2:17.57	20/01/12
13/14 years 200m	C Dibben	2:29.89	05/04/19
12 years 200m	J Little	2:41.85	04/02/05
11 years and under 200m	C Allum	2:43.28	13/03/98

## **GIRLS**

### **FREESTYLE**

Open 50m	C Parsons	29.25	09/12/11
Open 100m	J Franklin	1:02.31	16/11/84
Open 200m	B Curran	2:14.10	16/03/79
Open 400m	J Franklin	4:40.93	30/11/84
Open 800m	B Curran	9:20.50	23/03/79
16 years and over 100m	K Maclachlan	1:10.25	07/11/97
15 years 100m	J Hill	1:03.55	05/11/93
14 years and over 200m	J Franklin	2:15.10	13/12/85
14 years 100m	C.Parsons	1:03.91	08/04/11
13 years 100m	J Franklin	1:02.31	16/11/84
13 years and under 200m	J Franklin	2:15.90	17/02/84
12 years 100m	J White	1:06.25	18/03/16
11 years 100m	J Franklin	1:06.60	04/02/83
11 years 50m	J Franklin	30.53	27/03/83
10 years and under 100m	B Little	1:11.62	18/02/05
10 years 50m	J Franklin	31.76	27/11/81
9 years 50m	B Little	34.46	19/03/04
8 years 50m	E Parkins	35.28	27/03/98
7 years and under 50m	L O'Brien	39.30	01/02/80

## BREASTSTROKE

Open 50m	M Wrigley	35.85	18/03/05
Open 100m	E Vass	1:20.90	31/03/95
Open 200m	S Collinson	2:52.85	24/01/86
16 years and over 100m	A Snare	1:35.13	03/12/99
15 years 100m	E Vass	1:20.90	31/03/95
14 years 100m	M Wrigley	1:24.04	04/03/05
13 years 100m	E Vass	1:22.18	25/03/94
12 years 100m	N Kavanagh	1:28.94	18/02/05
11 Years and under 100m	S Collinson	1:24.12	01/02/85
10 years 50m	J Oliver	42.22	01/04/16
9 years 50m	K Teychenne	42.34	10/03/89
8 years 50m	G Gray	51.05	31/03/06
7 years and under 50m	E Blanch	56:26	18/03/11

## BACKSTROKE

Open 50m	C Raanoja	34.82	26/03/99
Open 100m	J Hill	1:13.61	12/03/93
Open 200m	J Hill	2:40.37	05/11/93
16 years and over 100m	K Maclachlan	1:20.85	13/03/98
15 years 100m	J Hill	1:13.61	12/03/93
14 years 100m	M Collis Glynn	1:22.44	04/04/13
13 years 100m	J Hill	1:13.95	27/03/92
12 years 100m	E Donovan	1:21.97	01/04/16
11 years and under 100m	B Little	1:18.59	31/03/06
10 years 50m	L Hyer-Warton	38.43	18/03/05
9 years 50m	K Attwells	39.25	27/03/98
8 years 50m	K McCaw	44.66	18/03/05

7 years and under 50m	R Gibbs	46.06	29/03/87
-----------------------	---------	-------	----------

## BUTTERFLY

Open 50m	S Kennedy	32.28	21/03/14
Open 100m	J Hill	1:08.56	26/3/93
Open 200m	E Jamieson	2:29.19	14/11/97
16 years and over 100m	A Snare	1:23.00	11/02/00
15 years 100m	J Hill	1:08.56	26/03/93
14 years 100m	S Kennedy	1:11.06	21/03/14
13 years 100m	J Hill	1:08.32	27/03/92
12 years 100m	L Hyer-Warton	1:13.78	30/03/07
11 years 50m	J Hill	33.94	30/03/90
10 years 50m	M Sargent	36.75	31/03/06
9 years and under 50m	J Earle	37.50	01/04/79

## IND. MEDLEY

Open 200m	J Hill	2:35.71	09/02/96
Open 400m	H Starky	5:27.60	03/03/78
15 years and over 200m	J Hill	2:35.81	11/02/94
13/14 years 200m	J Hill	2:35.98	07/02/92
12 years 200m	E Donovan	2:53.07	01/04/16
11 years and under 200m	S Collinson	2:40.16	08/02/85