



SWIMMING NORTH COAST INC

CHAMPIONSHIP RELAY RULES

General Rules for All Relays

- Relay entry times are calculated by adding the team's 50m times.
- All swimmers in a relay team must be from the same club.
- SNC Relay forms must be completed and handed to the Chief Recorder before the start of the session in which the relay occurs.
- Swimmers must swim in the order listed on the SNC Relay forms.
- Swimmers are only permitted to swim in one (1) relay team per event.
- Open relay teams may contain swimmers of any age.
- Lead Leg times from results of relay events at Area Championships will not be available for use as entry times for future carnivals.

Freestyle Relays

- Swimmers may swim in a maximum of two (2) freestyle relay teams. These can be either two (2) age group relays or one (1) age group relay plus one (1) open relay.
- Swimmers may only swim in a relay for which their age qualifies them. They are not permitted to swim in an age group relay that is lower than their age at the meet.

Medley Relays

- Swimmers may only swim in the one (1) medley relay team for which they qualify.
- Medley relay teams must all be the age stated in the program, 12yrs/Under or 13yrs/Over.

Mixed Medley Relays

- Mixed Medley Relay teams must consist of 2 male and 2 female swimmers only.
- Mixed Medley Relay team forms must be handed to the Chief Recorder at least half an hour before the start of the session in which the relay occurs. That is by 8.30am on Saturday for 12yrs/u teams and 8.30am on Sunday for Open teams.