

# Swimming Jamboree Format



## MS KAIAC Swimming

### Rules of Emphasis for Coaches and Judges



- A. Swimming is a gender-specific sport, but jamborees will host girls and boys together. Mixed-gender relay teams may be formed if there is not a sufficient number of swimmers for a single-gender relay team.
- B. There is no limit how many swimmers a school may send to a jamboree.
- C. The 2nd and 3rd jamborees should have two separate hosts to properly accommodate the numbers of swimmers.
- D. Swimmers will be grouped according to swimming ability distinguished by color-coded cards. Beginners will use green, intermediate will use yellow, and advanced will use red. Heats may combine swimmers from the next ability group (e.g. yellow and red). Hosts will determine the color sequence.
- E. To provide better jamboree efficiency and closer ability-groups, each color will have “A” and “B” distinctions.
- F. The following will be the recommended 50-meter freestyle times to determine card color:
  1. sub 30-34.99 Red A
  2. 35.00-39.99 Red B
  3. 40.00-44.99 Yellow A
  4. 45.00-49.99 Yellow B
  5. 50.00-54.99 Green A
  6. over 55.00 Green B
- G. Jamboree hosts will only use the color-card system for recording times during jamborees.
- H. All M.S. students may be included regardless of ability but must attend middle school practices in order to participate in meets.
- I. All swimmers may enter **three individual** events and **two relays**.

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- J. Jamborees will use meet officials to notify swimmers of infractions.
- K. A swim card template will be developed to include boxes for infractions.
- L. Swimmers should be given an explanation of errors but will not be disqualified. Explanations include:
  - L.1.False starts (races will not be stopped unless all swimmers stop on their own)
  - L.2.Walking or pushing off the bottom of the pool (all strokes)
  - L.3.Backstroke: performing more than two strokes on their front, breaststroke kick
  - L.4.Breaststroke: scissor kick or flutter kick, one-handed touch, improper turn
  - L.5.Butterfly: flutter kick, single-arm pull, one-handed touch
  - L.6.Turns: not touching the wall, improper stroke turn
- M. Different schools may combine their swimmers to complete a relay team. This may be done at the coaches' discretion.
- N. Distance events may be offered at the end of the meet.
- O. Hy-Tek Meet Manager ® results should be sent to participating teams as soon as possible after the event, whenever possible.
- P. The meet host will take the utmost care in ensuring the safety of all participants.
- Q. Order of events:
  - 200 Medley Relay Girls (mixed relays swim with girls)
  - 200 Medley Relay Boys
  - 50 Free Girls
  - 50 Free Boys
  - 50 Back Girls
  - 50 Back Boys
  - 100 IM Girls
  - 100 IM Boys
  - 50 Fly Girls
  - 50 Fly Boys
  - 50 Breast Girls
  - 50 Breast Boys

## **Swimming Jamboree Format**

100 Free Girls

100 Free Boys

200 Free Relay Girls (mixed relays swim with girls)

200 Free Relay Boys