 

Hunter Primary and Secondary
Swimming Championships

Relay instructions for shallow end change-overs

When relays are conducted in pools where the depth at both ends of the pool does not allow for safe diving of competitors, all relays should be conducted in the following manner:

* Swimmers 1 and 3 will start as normal from the blocks at the deep end of the pool and the change-over between swimmers 2 and 3 will be normal.
* Swimmer 2 will enter the water at the shallow end of the pool. **Swimmer 2 will have one hand on the top ledge of the pool until swimmer 1 touches the wall.** Once swimmer 1 touches the wall, swimmer 2 is free to leave.
* **If swimmer 2’s hand leaves the top ledge before swimmer 1 touches the wall, they will be disqualified.**
* Once swimmer 2 has left, then swimmer 1 will exit the water directly from their lane.
* Swimmer 4 will then enter the water and wait for swimmer 3. Change-over from swimmer 3 to 4 will follow the same procedure as swimmer 1 to 2.

If you have concerns, please have your school sports organiser contact the Hunter School Sports Association office – Bob Harrison 0447 600 907