



# CLUB Championships

## INFORMATION ABOUT THE 2024 SCOTIA CLUB CHAMPIONSHIPS

### JUNIOR DOLPHINS

- All swimmers swim 25m in each stroke. Breaststroke then butterfly on the first night, and backstroke then freestyle on the second night.
- The swimmer's age is recorded as how old they will be on Dec 31st of this year.
- Categories for the Junior Dolphins Competition are 8 and under boys, 8 and under girls, 9 years old boys, 9 years old girls, and 10 and over boys, 10 and over girls.
- Swimmers will swim in their age groups but boys and girls will swim in mixed heats.
- The events are 'heat declared winners' which means the winner will be the fastest person in the category when the results of all the heats have been accumulated.
- At the awards night in February all swimmers who have taken part will be awarded a medal, ranked according to their overall position.

### DOLPHINS, SWORDFISH, SHARKS, A SQUAD AND MASTERS

- The categories and distances are:

Event	10 years and under	11 & 12 years	13 & 14 years	15 years and over	Masters
			Disability		
Breaststroke	50 metres	100 metres	100 metres	100 metres	50 metres
Butterfly	50 metres	50 metres	100 metres	100 metres	50 metres
Individual Medley	4 X 25 metres	4 X 25 metres	4 X 25 metres	4 X 25 metres	4 X 25 metres
Backstroke	50 metres	100 metres	100 metres	100 metres	50 metres
Freestyle	50 metres	100 metres	100 metres	100 metres	50 metres

- The swimmer's age is recorded as how old they will be on Dec 31st of this year.
- The event order is breaststroke, butterfly and individual medley on the first night and backstroke then freestyle on the second night.
- The club championships are heat declared winners. The swimmers will swim in mixed gender age groups.
- The winner of each age group (boys and girls) is presented with a trophy at the awards night (normally in February the following year). There are also awards for second and third place and recognition for all swimmers finishing in the top 6.

