

Swimming Wellington Junior MetroLeague

fun, high tempo, exciting 12 & Under, team competition



The Junior MetroLeague is an initiative by Wellington Swimming. MetroLeague swimming creates opportunities for participation in swimming as an organised sport, with a particular emphasis on both fun and team involvement.

Swimming in Wellington 2014



Swim Wellington 2014 Junior Metroleague

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Welcome to the Swimming Wellington Junior MetroLeague

The Junior MetroLeague is an initiative by Wellington Swimming to develop swimmers aged 12 and under. MetroLeague swimming creates opportunities for participation in swimming as an organised sport. The emphasis is on fun and participation, with particular emphasis on team involvement.

How it works

The MetroLeague is a club team competition starting in May, culminating in a final in June. Competition is scheduled on Saturdays.

Teams will be placed in groups for three rounds, for points, culminating in a Final.

A draw preceding the competition will determine where each team will swim.

Each team will compete over three rounds, swum simultaneously in different pools, for points, which will accumulate.

Each round will be approximately two hours long, including warm-up. Warm-ups will commence at 4.30pm for each round, except in Wanganui, where warm-up will commence at 3pm.

The Final will be held at the Coastlands Aquatic Centre on Saturday 21 June, warm up commencing at 5pm.

Teams

Each club can select a team of four girls and four boys or more, from each age group to compete at each meet.

Each team will have a team name (e.g. Orcas, Sharks etc.), and be accompanied by a Coach and a Team Manager, and will notify Swimming Wellington of their team name by Monday April 14 2014, at 5pm to Operations@swimwn.co.nz

One swimmer from each team can be selected to represent the club in each race. A swimmer is permitted to swim in two individual events (selected by their coach) in their age group, and one up an age group, plus relays. Every swimmer, regardless of ability, will contribute to the overall team result.

Swimming Wellington will conduct a draw on April 16 2014, to determine the allocation of pool and lanes for each team. Accompanying time keepers will officiate in the lane other than their team is drawn in.

The club from this selection, and is at their home pool, will be the organising club. All organising clubs will have at least one team that swims at home.

If 18 teams are registered, the top 18 teams placed after three rounds go through to Regional Finals to compete for the MetroLeague trophy. Ten teams will contest the A final and eight teams will contest the B final.

Team members can change, so if a swimmer isn't selected for one round, they can be eligible to be selected for the next round.

Smaller clubs may enter a combined team and/or include swimmers from their local 'Learn to Swim' programmes. Each club must be affiliated to Swimming Wellington, however teams from Learn to Swim programmes will be considered by Swimming Wellington by application. Clubs should provide swimmer's full names and dates of birth with entries.

The winner of the final becomes the Wellington Junior MetroLeague Champion.

2014 Competition Season Dates

Round	Date	Pool 1	Pool 2	Pool 3
1	May 10	Cannons Creek	Wanganui	Tawa
2	May 24	Tawa	Wairarapa	Stokes Valley
3	June 7	Huia	Wanganui	Cannons Creek
Final	June 21	Coastlands		

Race Events

Each round consists of sprint events, covering all strokes and two relays - Freestyle and Individual Medley - in each age group, both boys and girls. Depending on the swimmers age, events are either one or two lengths of the 25 metre pool.

Finally, in what will be a favourite of everyone, the Canon involves one boy and one girl from each age group, who will compete in an eight person Freestyle relay team. Each race is either a 25m for the 9 & U or a 50m race for the other age groups. The relays are 100m, with the 'Canon' a 200m race - one male and one female from each of the four swimmer categories - and worth more points.

Team Entries and Fees

For the finals, team swimmer lists need to be provided to Swimming Wellington by 5pm, Monday June 16 on the template which will be provided.

There will be a team entry fee of \$500.00 per team, paid in one amount [equates to \$125 per team per meet] which covers all four meets. This should be paid by competing clubs to Swimming Wellington no later than Monday May 5. Swimming Wellington will meet the cost of travel by bus to Wanganui for the teams travelling to those scheduled meets.

Officials

Each competing team must provide 1 Inspector of Turns (IOT), it is preferred they are untrained and 3 accompanying time keepers, **one of whom must be qualified**, to all meets. It is the aim to qualify IOT's and Timekeepers throughout the meet series.

The host club is to provide an announcer, a runner, and 2 recorders who will run the meet on the day. Host clubs will also have an opportunity to run a raffle. The RTOP will seek nominations for trainee JOSs and refs to begin training at the meet.

Swimming Wellington will appoint a Starter and Referee for each venue.

Swimmers will self-marshall with the assistance of their Coach and Team Manager. The JuniorLeague provides an excellent opportunity to develop and qualify officials.

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Age Groups

Age groups will be 9 & Under, 10 & Under, 11 & Under, and 12 & Under as at last day of the competition being June 21 2014.

A swimmer can swim in two 'in age' and one 'out of age' group in individual races. Swimmers may not swim down an age. No swimmer can compete in three individual age groups at the same meet.

Relay swimmers can compete in their own age group and above in any age; in other words a 9-year-old can compete as a 9-year-old, a 10-year-old, an 11-year-old or a 12-year-old, but a swimmer cannot swim twice in the same relay.

TEAMS EXAMPLE ONLY

Age	Boys	Girls
9U	4	4
10U	4	4
11	2-4	2-4
12	2-4	2-4
Total	12-16	12-16

Times and Records

Swimmers 50m individual times for this meet will be permitted for entry to Signature, Regional Championships and National qualifying times, however records will not be recognised due to the guidelines set down to acknowledge regional records.

Scoring system

Scoring is based on team performance, except when a swimmer is disqualified. Disqualified swimmers receive no points for that event. Results in the MetroLeague are based on the total accumulated points for the whole team for the first three rounds.

Placing for each event will be determined by times and referees. Once place is established, points will be allocated toward the team total for each event in accordance with the following method.

Points allocation

Individual events

Place	Points
1 st	10
2 nd	7
3 rd	5
4 th	3
5 th	2
6 th	1

Relay

Place	Points
1 st	13
2 nd	10
3 rd	7
4 th	6
5 th	4
6 th	2

Canon relay

Place	Points
1 st	18
2 nd	15
3 rd	12
4 th	9
5 th	6
6 th	3

Finals Points System

10 Lanes - A Final

Individual events

Place	Points
1 st	10
2 nd	9
3 rd	8
4 th	7
5 th	6
6 th	5
7 th	4
8 th	3
9 th	2
10 th	1

Relay

Place	Points
1 st	13
2 nd	11
3 rd	9
4 th	7
5 th	6
6 th	5
7 th	4
8 th	3
9 th	2
10 th	1

Canon relay

Place	Points
1 st	36
2 nd	33
3 rd	30
4 th	27
5 th	25
6 th	20
7 th	18
8 th	15
9 th	12
10 th	9

8 Lanes - B Final

Individual events

Place	Points
1 st	9
2 nd	7
3 rd	6
4 th	5
5 th	4
6 th	3
7 th	2
8 th	1

Relay

Place	Points
1 st	13
2 nd	11
3 rd	9
4 th	7
5 th	5
6 th	3
7 th	2
8 th	1

Canon relay

Place	Points
1 st	30
2 nd	27
3 rd	25
4 th	20
5 th	18
6 th	15
7 th	12
8 th	9

Scoring in a round with fewer than six teams

A scoring formula has been established to cater for events being swum with fewer than six teams and shall be applied to the points derived from any round scheduled to be swum with fewer than six teams.

Place	Five teams			Four teams		
	<i>Individual</i>	<i>Relay</i>	<i>Canon</i>	<i>Individual</i>	<i>Relay</i>	<i>Canon</i>
1st	7	13	18	7	13	18
2nd	5	10	15	5	10	15
3rd	3	7	10	2	6	9
4th	2	5	7	1	2	3
5th	1	2	3			

League points will be awarded according to rankings after each round. Teams will then be re-ranked according to their cumulative total of League points after each round. In the event of a tie, League points will be shared and rankings will be determined according to the highest number of first places, then second places etc.

Swim Wellington will compile League Tables after each round using points shown in the above tables.

Important dates

March 29	Launch of Junior MetroLeague ASB Arena 2.30-5.30pm
April 14	Commitment from Clubs to enter this league [5pm]
May 5	Team entries to be submitted along with entry fees due
May 10	Round one of Junior MetroLeague
May 19	Team entries for round two to be submitted
May 24	Round two of Junior MetroLeague
June 2	Team entries for round three to be submitted
June 7	Round three of Junior MetroLeague
June 16	Deadline to submit finalists names to Swimming Wgtn
June 21	Final

PROGRAMME OF EVENTS

1. 12/U girls 4 x 25 Medley relay	26. 10 / U girls 50m Butterfly
2. 12/ U boys 4 x 25 Medley relay	27. 10 / U boys 50m Butterfly
3. 9/ U mixed 4 x 25 Free relay	28. 11 / U girls 50m Freestyle
4. 10 / U girls 4 x 25 Medley relay	29. 11 / U boys 50m Freestyle
5. 10 / U boys 4 x 25 Medley relay	30. 12 / U girls 50m Breaststroke
6. 11/ U girls 4 x 25 Free relay	31. 12 / U boys 50m Breaststroke
7. 11/ U boys 4 x 25 Free relay	32. 9 / U girls 25m Butterfly
8. 9 / U girls 25m Freestyle	33. 9 / U boys 25m Butterfly
9. 9 / U boys 25m Freestyle	34. 10 / U girls 50m Freestyle
10. 10/ U girls 50m Breaststroke	35. 10 / U boys 50m Freestyle
11. 10/ U boys 50m Breaststroke	36. 11/ U girls 50m Breaststroke
12. 11 & U girls 50m Backstroke	37. 11/ U boys 50m Breaststroke
13. 11 & U boys 50m Backstroke	38. 12 / U girls 50m Backstroke
14. 12 & U girls 50m Butterfly	39. 12 / U boys 50m Backstroke
15. 12 / U boys 50m Butterfly	40. 9 / U Mixed Medley relay
16. 9/ U girls 25m Breaststroke	41. 10/ U girls 4 x 25 Free relay
17. 9 / U boys 25m Breaststroke	42. 10 / U boys 4 x 25 Free relay
18. 10 / U girls 50m Backstroke	43. 11 / U girls 4 x 25 Medley relay
19. 10/ U boys 50m Backstroke	44. 11 / U boys 4 x 25 Medley relay
20. 11 / U girls 50m Butterfly	45. 12 / U girls 4 x 25 Free relay
21. 11 / U boys 50m Butterfly	46. 12 / U boys 4 x 25 Free relay
22. 12 / U girls 50m Freestyle	47. All 8x 25 Mixed Cannon Relay
23. 12 / u boys 50m Freestyle	
24. 9 / U girls 25m Backstroke	
25. 9 / U boys 25m Backstroke	

JUNIOR METROLEAGUE RULES

Rules specific to the Junior MetroLeague:

1. All swimsuits must be fabric. No wetsuits are permitted.
2. All swimmers must be registered with Swim Wellington in order to be eligible to swim, and must have swum in at least one preceding round to swim in the final.
3. No swimmer may swim more than two individual events in their category, and no more than one additional individual event in a higher category in any round.
4. A swimmer may swim an unlimited number of relays in their own or higher category. No swimmer may swim twice in any relay event.
5. The 'one-start' rule will apply.
6. Each team will supply three timekeepers (one of whom must be qualified). (NB: the chief timekeeper will assign lanes).
7. There will be no marshalling. Team Managers are responsible for ensuring that swimmers are available at the start of each event. The start of events will not be delayed.
8. The Canon Relay will be **swum in age and gender order**; 9 years female [at start end] followed by 9 years male [at turn end], through 10, 11, 12 years. **Swimmers may NOT swim up an age in the Cannon Relay they MUST swim in age for this event.**
9. Points allocation will be made in accordance with the published schedule.
10. **In the event of a disqualification, no points will be awarded to that swimmer for that event. The Referee's decision will be final.**
11. **Host Clubs are to provide an announcer, runner and two recorders to run Meet Manager.**
12. Any last minutes changes to swimmers through sickness must be given to the recorders desk within the first 15 minutes of warm up.

GUIDELINES FOR TEAM MANAGERS

For some children, this league could be among their first experiences of competitive swimming. Also, for some parents, this could be their first experience on 'official duties'. We look forward to this and hope to create an environment that ensures these 'firsts' are positive experiences.

'Over the top starts' will be used in the Junior League. Swimmers may use the starting blocks or start in the water from the side of the pool.

Before Going to the Pool

Refer to the programme of events and decide which swimmer will swim in which event. Try to give each swimmer the same number of races and be aware of the sequence of races so that the swimmer does not have to swim races too close together. Remember, teams can participate even if there are only a minimal number of members available.

Contact each swimmer in your team and advise them which team they are in and where and when they will be swimming. Ensure your club/team has the requested officials.

Upon Arrival at the Pool

Make sure the swimmers know which event they are swimming, your team's allocated lane for warm-up and competition, and that they are ready to swim as required.

Over-the-top starts will be used so please ensure that your swimmers are prepared for this. Please consult your coach if unsure. Clubs will be responsible for self-marshalling, to prepare swimmers and ensure swimmers know where they need to be.

Check with your Timekeepers and advise them to report to the Recorder's desk 15 minutes before your round begins, to be allocated their lane and be given stopwatches and timekeeping sheets.

Each swimmer must report back to you immediately after each event and remain with you to be advised of their next swim.

The MetroLeague program should take about 2 hours for each 'round'.

If you and your team are well organised, you, your new swimmers and their parents will enjoy their first experience of competitive swimming.

The order of the Individual Medley is:

Butterfly
Backstroke
Breaststroke
Freestyle

The order of the Medley Relay is:

Backstroke
Breaststroke
Butterfly
Freestyle

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