
Lawson Amateur Swimming Club



PROGRAMME
RULES and RECORDS
Season — 1971-72

LAWSON AMATEUR SWIMMING CLUB

OFFICE-BEARERS, 1971-72 SEASON

PATRON

A. Stuart

PRESIDENT

Mr T. Grimson — Lawson 295

SENIOR VICE-PRESIDENT

Mr N. Drielsma — Lawson 227

JUNIOR VICE-PRESIDENT

Mr J. H. Fenney — Lawson 316

VICE PATRONS

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Mr J. McDowell

Mr I. Clatworthy

Mr J. Frazer-Brown

SECRETARY

Mr R.E. Spoore — P.O. Box 24. Lawson 203

TREASURER

Mr G. Kelly

RACE SECRETARY

Mr F. Kondek — Lawson 9

ASSISTANT RACE SECRETARY

Mrs M. Kondek

PUBLICITY OFFICER

Mrs A. Purcell

HANDICAPPERS

Miss D. Elliott

Mr B. Elliott

COMMITTEE

Mrs J. Grimson

Mr C. Fenney

Mr C. Sullivan

Mr B. Elliott

Mrs M. Kondek

Miss D. Elliott

LAWSON BOWLING CLUB

extend to the

**LAWSON AMATEUR
SWIMMING CLUB**

their best wishes for

**A SUCCESSFUL SWIMMING
SEASON**

LAWSON AMATEUR SWIMMING CLUB

RULES

OBJECTS

The objects of the club are:—

1. The teaching and encouragement of swimming and natorial sport.
2. The study and practice of life saving as is taught by the N.S.W. Royal Life Saving Society of Australia.

FEES

Sub-Junior (under 12 years as at 1st October)	\$1.00
Junior (under 16 years as at 1st October)	\$1.00
Senior Student (over 16 years as at 1st October) Not in receipt of wages	\$1.00
Senior (over 16 years as at 1st October)	\$2.00
Entire Families	\$5.00
Admission to Pool: Concession books of tickets available at the kiosk.	
Club Emblem (available Treasurer)	35c
Extra Programme Booklets (available Secretary)	25c

COSTUME

The costume is a "Speedo" red, black and white design. It may be purchased from Rita's Drapery, Lawson.

Costumes are compulsory only for inter-club meetings and must pass N.S.W.A.S.A. Rule 144.

LAWSON OLYMPIC POOL

Swimming Coaching and Teaching

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Bruce Langstaff

(Ex Backstroke Champion)

- Seasonal Coaching
- Weekly Coaching and Teaching
- Private Lessons
- Also Squad Sessions
- All Strokes Taught

PHONE LAWSON 408



RULES — Continued

COMPETITIVE SWIMMING

The club conducts races on Sunday mornings from 7.30 am till 9 am. Competitors are requested to assemble at the deep end of the pool 15 minutes prior to start. **PLEASE DON'T BE LATE.**

For handicap events, entries can be written in the book provided at the pool or registered with the handicappers at the pool **ONE WEEK IN ADVANCE.**

Swimmers must report to Marshal at least two races in advance of event entered.

POINT SCORE

1. All races will be conducted on a handicap basis, four weekly medal consisting of one stroke per meeting. These four weekly points accumulating to yearly point score, all Freestyle, Backstroke, Butterfly and Breaststroke as listed on the Programme.
2. A swimmer will be upgraded from 33 metres on reaching the following times:— Freestyle: 34 seconds. Backstroke: 36 seconds. Butterfly: 36 seconds. Breaststroke: 39 seconds.
3. Points scored at 33 metres will apply to 50 metre races.
4. A point score race not receiving three or more entries will be abandoned, entrants in these events will be suitably placed in other events at the discretion of the handicappers.
5. Swimming will be conducted over nineteen meetings, eighteen of which will count towards points score. The first meeting being set aside for registration and organisation.



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extend their Best Wishes

to the

**LAWSON AMATEUR SWIMMING
CLUB**

—Mia and Noel Drielsma



POINT SCORE

6. Any swimmer who has not had a previous time recorded with the Club for any event, will be handicapped on 'go'.
7. Points awarded on the following basis:
First: 3 points.
Second: 2 points.
Third: 1 point.
Each competitor also receives 1 point for finishing.
Disqualified swimmers receive no points.
8. To avoid disqualification, a swimmer after leaving blocks before time, must return to starting wall and if necessary await his time to be called.
9. All entries close at 6.00 pm on the Monday preceeding race day. No late entries accepted.
10. Swimmers entering themselves for races and failing to swim in the event or notifying officials (i.e., Race Secretary or Handicapper) before 6.00 pm on the Friday preceeding the race meeting will be penalised 3 points.
11. All races will be conducted between 7.30 am and 9.00 am on Sundays.
12. All competitors are required at the Pool by 7.15 am.
13. A swimmer will be called twice only for his event.
14. To qualify for entry and acceptance in Club Championships, a member must have competed in at least three meetings (Club events only, excluding Carnivals) prior to the Championship race.
15. Rule 14 may be waived at the Race Committee's discretion to cover exceptional circumstances such as sickness or new residents to the district.
16. The Committee may extend, restrict, or alter these rules and events as may become necessary throughout the current season, with due respect and consideration to all competitors concerned.



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ACHIEVEMENTS AND BEST WISHES FOR THE
COMING SEASON**

LAWSON AMATEUR SWIMMING CLUB

PROGRAMME — 1971-72

MEETING No. 1

SUNDAY, 3rd OCTOBER, 1971

Official opening of the Lawson Amateur Swimming Club 1971-72 Swimming Season.

Summary of proposed activities during the new season.

Registration of Members and collection of fees.

MEETING No. 2

1. 33 metres Freestyle (Point Score).
2. 50 metres Freestyle (Point Score).
3. 100 metres Freestyle (Point Score).
4. 50 and 100 metres Breaststroke (Handicap).
5. Beginners' races.
6. Girls v. Boys 4x50 Relays.

MEETING No. 3

1. 33 metres Breaststroke (Point Score).
2. 50 metres Breaststroke (Point Score).
3. 100 metres Breaststroke (Point Score).
4. ~~50~~ and 100 metres Backstroke (Handicap). Sandra - 2nd.
5. Beginners' races.
6. Mixed 6x50 Relays.

PROGRAMME — 1971-72

MEETING No. 4

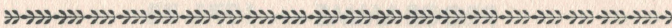
1. 33 metres Backstroke (Point Score).
2. 50 metres Backstroke (Point Score).
3. 100 metres Backstroke (Point Score).
4. 33 metres Butterfly (Handicap).
5. 50 metres Butterfly (Handicap).
6. 100 metres Butterfly (Handicap).
7. Beginners race.
8. Relays — Mixed 4x50 Medleys.

MEETING No. 5

1. 33 metres Butterfly (Point Score).
2. 50 metres Butterfly (Point Score).
3. 100 metres Butterfly (Point Score).
4. 50 metres Freestyle (Handicap).
5. 100 metres Freestyle (Handicap).
6. 200 metres Freestyle (Handicap).
7. Beginners' races.
8. Relays—6x50 Mixed.

MEETING No. 6

1. 33 metres Freestyle (Point Score).
2. 50 metres Freestyle (Point Score).
3. 100 metres Freestyle (Point Score).
4. 200 metres Freestyle (Point Score).
5. 50 metres Breaststroke (Handicap).
6. 100 metres Breaststroke (Handicap).
7. 200 metres Breaststroke (Handicap).
8. Beginners races.
9. Relays —6x50 Boys v. Girls.



HAZELBROOK BOWLING CLUB

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LAWSON AMATEUR SWIMMING CLUB

their best wishes for a

Successful Swimming Season

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PROGRAMME — 1971-72

MEETING No. 7

1. 33 metres Breaststroke (Point Score).
2. 50 metres Breastsroke (Point Score).
3. 100 metres Breaststroke (Point Score).
4. 200 metres Breaststroke (Point Score).
5. 50 metres Backstroke (Handicap).
6. 100 metres Backstroke (Handicap).
7. 200 metres Backstroke (Handicap).
8. Beginners races.
9. Relays—6x50 mixed.

MEETING No. 8

1. 33 metres Backstroke (Point Score).
2. 50 metres Backstroke (Point Score).
3. 100 metres Backstroke (Point Score).
4. 200 metres Backstroke (Point Score).
5. 50 metres Freestyle (Handicap).
6. 100 metres Freestyle (Handicap).
7. 200 metres Freestyle (Handicap).
8. 400 metres Freestyle (Handicap).
9. Beginners races.
10. Relays—4x50 Medleys—Girls v. Boys.

MEETING No. 9

1. 33 metres Butterfly (Point Score).
2. 50 metres Butterfly (Point Score).
3. 100 metres Butterfly (Point Score).
4. 200 metres Medley (Handicap).
5. Beginners races.
6. Relays—6x50 mixed.

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PROGRAMME — 1971-72

MEETING No. 10

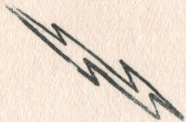
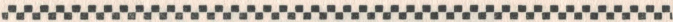
1. 33 metres Freestyle (Point Score).
2. 50 metres Freestyle (Point Score).
3. 100 metres Freestyle (Point Score).
4. 200 metres Freestyle (Point Score).
5. 50 metres Breaststroke (Handicap).
6. 100 metres Breaststroke (Handicap).
7. 200 metres Breaststroke (Handicap).
8. Beginners races.
9. Relays—6x50—Girls v. Boys.

MEETING No. 11

1. 33 metres Breaststroke (Point Score).
2. 50 metres Breaststroke (Point Score).
3. 100 metres Breaststroke (Point Score).
4. 200 metres Breaststroke (Point Score).
5. 50 metres Backstroke (Handicap).
6. 100 metres Backstroke (Handicap).
7. 200 metres Backstroke (Handicap).
8. Beginners races.
9. Relays—6x50 mixed.

MEETING No. 12

1. 33 metres Backstroke (Point Score).
2. 50 metres Backstroke (Point Score).
4. 100 metres Backstroke (Point Score).
5. 200 metres Backstroke (Point Score).
6. 50 metres Freestyle (Handicap).
7. 100 metres Freestyle (Handicap).
8. 200 metres Freestyle (Handicap).
9. 400 metres Freestyle (Handicap).
10. Beginners races.
11. Relays—4x50 Medleys—Girls v. Boys.



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PROGRAMME — 1971-72

MEETING No. 13

1. 33 metres Butterfly (Point Score).
2. 50 metres Butterfly (Point Score).
3. 100 metres Butterfly (Point Score).
4. 200 metres Butterfly (Point Score).
5. 200 metres Medley (Handicap).
6. 400 metres Medley (Handicap).
7. Beginners races.
8. Relays — 6x50 mixed.

MEETING No. 14

1. 33 metres Freestyle (Point Score).
2. 50 metres Freestyle (Point Score).
3. 100 metres Freestyle (Point Score).
4. 200 metres Freestyle (Point Score).
5. 50 metres Breaststroke (Handicap).
6. 100 metres Breaststroke (Handicap).
7. 200 metres Breaststroke (Handicap).
8. Beginners Races.
9. Relays—6x50 Girls v. Boys.

MEETING No. 15

1. 33 metres Breaststroke (Point Score).
2. 50 metres Breaststroke (Point Score).
3. 100 metres Breaststroke (Point Score).
4. 200 metres Breaststroke (Point Score).
5. 50 metres Backstroke (Handicap).
6. 100 metres Backstroke (Handicap).
7. 200 metres Backstroke (Handicap).
8. Beginners races.
9. Relays—6x50 mixed.

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PROGRAMME — 1971-72

MEETING No. 16

1. 33 metres Backstroke (Point Score).
2. 50 metres Backstroke (Point Score).
3. 100 metres Backstroke (Point Score).
4. 200 metres Backstroke (Point Score).
5. 50 metres Freestyle (Handicap).
6. 100 metres Freestyle (Handicap).
7. 200 metres Freestyle (Handicap).
8. 400 metres Freestyle (Hanlicap).
9. Begniners races.
10. Relay—4x50 Medleys.

MEETING No. 17

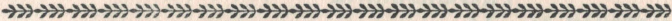
1. 33 metres Butterfly (Point Score).
2. 50 metres Butterfly (Point Score).
3. 100 metres Butterfly (Point Score).
4. 200 Medley (Handicap).
5. Beginners races.
6. Relays—4x50 Medleys, Girls v. Boys.

MEETING No. 18

1. 33 metres Freestyle (Point Score).
2. 50 metres Freestyle (Point Score).
3. 100 metres Freestyle (Point Score).
4. 200 metres Freestyle (Point Score).
5. 33 metres Breaststroke (Point Score).
6. 50 metres Breaststroke (Point Score).
7. 100 metres Breaststroke (Point Score).
8. 200 metres Breaststroke (Point Score).
9. Beginners races.
10. Relays.

MEETING No. 19

1. 33 metres Backstroke (Point Score).
2. 50 metres Backstroke (Point Score).
3. 100 metres Backstroke (Point Score).
4. 200 metres Backstroke (Point Score).
5. 33 metres Butterfly (Point Score).
6. 50 metres Butterfly (Point Score).
7. 100 metres Butterfly (Point Score).
8. Beginners races.
9. Relays.



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LAWSON AMATEUR SWIMMING CLUB RECORD TIMES

GIRLS

UNDER 8 YEARS:

33 metres	FREESTYLE	Sandra Kondek	33.8	1970-71
33 metres	BACKSTROKE	Sandra Kondek	45.5	1970-71
33 metres	BREASTSTROKE	Sandra Kondek	45.3	1970-71
33 metres	BUTTERFLY	Sandra Kondek	50.0	1970-71

UNDER 9 YEARS:

50 metres	FREESTYLE	Kerry Penfold	60.4	1969-70
50 metres	BACKSTROKE	Kerry Penfold	1.21.4	1969-70
50 metres	BREASTSTROKE	Kerry Penfold	59.5	1969-70

UNDER 10 YEARS:

33 metres	FREESTYLE	Judiht Copland	30.2	1967-68
33 metres	BACKSTROKE	Judith Copland	40.4	1967-68
33 metres	BREASTSTROKE	Julie Grimson	41.1	1968-69
33 metres	BUTTERFLY	Yvonne Elliott	49.0	1970-71
50 metres	FREESTYLE	Yvonne Elliott	51.2	1970-71
50 metres	BACKSTROKE	Yvonne Elliott	58.3	1970-71
50 metres	BREASTSTROKE	Yvonne Elliott	1.13.3	1970-71

UNDER 11 YEARS:

50 metres	FREESTYLE	Kathleen McDowell	48.0	1968-69
50 metres	BACKSTROKE	Jill Pereira	65.0	1968-69
50 metres	BREASTSTROKE	Terry Kondek	45.4	1968-69
100 metres	FREESTYLE	Pauline Fortescue	2.02.6	1969-70
100 metres	BACKSTROKE	Lynette Elliott	2.14.9	1969-70
100 metres	BREASTSTROKE	Julie Grimson	2.10.2	1969-70

UNDER 12 YEARS:

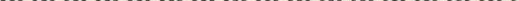
50 metres	FREESTYLE	Linda Cale	44.9	1968-69
50 metres	BACKSTROKE	Christine Fortescue	52.5	1968-69
50 metres	BREASTSTROKE	Linda Cale	59.5	1968-69
50 metres	BUTTERFLY	Julie Grimson	52.2	1970-71
100 metres	FREESTYLE	Lynette Elliott	1.33.3	1970-71
100 metres	BACKSTROKE	Lynette Elliott	1.50.1	1970-71
100 metres	BREASTSTROKE	Julie Grimson	1.54.8	1970-71

SUB-JUNIOR (UNDER 12 YEARS)

100 metres	FREESTYLE	Julie Grimson	1.34.5	1970-71
100 metres	BACKSTROKE	Lynette Elliott	1.45.7	1970-71
100 metres	BREASTSTROKE	Julie Grimson	1.55.3	1970-71
50 metres	BUTTERFLY	Julie Grimson	53.0	1970-71
200 metres	MEDLEY	Julie Grimson	3.57.6	1970-71

A. S. & S. L. WADHAM

Proprietors



LADIES and GENT'S HAIRDRESSING

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LAWSON AMATEUR SWIMMING CLUB RECORD TIMES

GIRLS

UNDER 13 YEARS:

50 metres	FREESTYLE	Kerry Sullivan	41.4	1968-69
50 metres	BACKSTROKE	Kerry Sullivan	52.7	1968-69
50 metres	BREASTSTROKE	Kerry Sullivan	1.7.0	1968-69
100 metres	FREESTYLE	Christine Fortescue	1.45.2	1969-70
100 metres	BACKSTROKE	Linda Cale	2.3.3	1969-70
100 metres	BREASTSTROKE	Sue Hibbard	2.4.4	1969-70

UNDER 14 YEARS:

50 metres	FREESTYLE	Janet Smallcook	42.3	1967-68
50 metres	BACKSTROKE	Sandra Hibbard	54.5	1967-68
50 metres	BREASTSTROKE	Janet Smallcook	58.5	1967-68
100 metres	BACKSTROKE	Kathleen McDowell	1.54.5	1970-71
		Kerry Sullivan	1.54.5	1969-70
100 metres	FREESTYLE		1.30.0	1969-70
100 metres	BREASTSTROKE	Kathleen McDowell	2.12.0	1970-71
100 metres	BUTTERFLY	Terry Kondek	1.29.5	1969-70

UNDER 15 YEARS:

100 metres	FREESTYLE	Louise Wheeler	1.27.4	1968-69
100 metres	BACKSTROKE	Sandra Hibbard	1.48.5	1968-69
100 metres	BREASTSTROKE	Louise Wheeler	1.56.2	1968-69
100 metres	BUTTERFLY	Louise Wheeler	1.48.6	1968-69

UNDER 16 YEARS:

100 metres	FREESTYLE	Kerry Sullivan	1.23.7	1970-71
100 metres	BACKSTROKE	Kerry Sullivan	1.48.8	1970-71
100 metres	BREASTSTROKE	Kerry Sullivan	1.57.7	1970-71
100 metres	BUTTERFLY	Kerry Sullivan	2.4.5	1970-71

SENIOR:

100 metres	FREESTYLE	Christine Simpson	1.38.8	1968-69
100 metres	BACKSTROKE	Marion Drielsma	1.44.6	1968-69
100 metres	BREASTSTROKE	Christine Simpson	2.18.0	1968-69
100 metres	BUTTERFLY	Robyn Simpson	2.29.0	1968-69

OPEN:

100 metres	FREESTYLE	Louise Wheeler	1.24.5	1968-69
100 metres	BACKSTROKE	Marion Drielsma	1.43.0	1968-69
100 metres	BREASTSTROKE	Louise Wheeler	1.58.9	1968-69
100 metres	BUTTERFLY	Louise Wheeler	1.55.7	1968-69
200 metres	FREESTYLE	Kerry Sullivan	3.1.8	1970-71
200 metres	BACKSTROKE	Kerry Sullivan	3.30.9	1970-71
200 metres	BREASTSTROKE	Julie Grimson	3.58.6	1970-71
200 metres	MEDLEY	Kerry Sullivan	3.43.8	1970-71

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All the Best for the Coming Season

LAWSON AMATEUR SWIMMING CLUB RECORD TIMES

BOYS

UNDER 8 YEARS:

25 metres	FREESTYLE	David McDowell	30.0	1968-69
25 metres	BACKSTROKE	Peter Walker	37.2	1968-69
25 metres	BREASTSTROKE	Michae Drielsma	44.1	1967-68

UNDER 9 YEARS:

25 metres	FREESTYLE	Michael Drielsma	24.6	1968-69
25 metres	BREASTSTROKE	Michael Drielsma	26.6	1968-69
25 metres	BUTTERFLY	Steven Kondek	40.7	1968-69
50 metres	FREESTYLE	Peter Walker	53.5	1969-70
50 metres	BACKSTROKE	Peter Walker	54.1	1969-70

UNDER 10 YEARS:

33 metres	FREESTYLE	Bruce Fenney	32.1	1967-68
33 metres	BACKSTROKE	David Walker	34.5	1968-69
33 metres	BREASTSTROKE	David Walker	35.7	1968-69
33 metres	BUTTERFLY	Peter Walker	39.1	1970-71
50 metres	FREESTYLE	Peter Walker	39.9	1970-71
50 metres	BACKSTROKE	Peter Walker	47.0	1970-71
50 metres	BREASTSTROKE	Michael Drielsma	57.0	1969-70

UNDER 11 YEARS:

50 metres	FREESTYLE	Robert Drielsma	45.9	1968-69
50 metres	BACKSTROKE	Robert Drielsma	59.2	1968-69
50 metres	BREASTSTROKE	Robert Drielsma	1.6.0	1968-69
50 metres	BUTTERFLY	Robert Drielsma	1.11.0	1968-69
100 metres	FREESTYLE	David Walker	1.38.8	1969-70
100 metres	BACKSTROKE	David Walker	1.56.2	1969-70
100 metres	BREASTSTROKE	David Walker	1.52.1	1969-70

UNDER 12 YEARS:

50 metres	FREESTYLE	Kevin Walker	42.0	1968-69
50 metres	BACKSTROKE	Kevin Walker	45.3	1968-69
50 metres	BREASTSTROKE	Kevin Walker	43.1	1968-69
50 metres	BUTTERFLY	Kevin Walker	48.7	1968-69
100 metres	FREESTYLE	David Walker	1.22.8	1970-71
100 metres	BACKSTROKE	David Walker	1.42.4	1970-71
100 metres	BREASTSTROKE	David Walker	1.54.0	1970-71
100 metres	BUTTERFLY	Robert Drielsma	2.8.6	1969-70

SUB-JUNIOR (UNDER 12 YEARS)

100 metres	FREESTYLE	David Walker	1.28.2	1970-71
100 metres	BACKSTROKE	Peter Walker	1.33.0	1970-71
100 metres	BREASTSTROKE	David Walker	1.47.4	1970-71
50 metres	BUTTERFLY	David Walker	46.4	1970-71
200 metres	MEDLEY	David Walker	3.38.5	1970-71

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BOYS

UNDER 13 YEARS:

50 metres	FREESTYLE	Tony Kondek	33.4	1968-69
50 metres	BACKSTROKE	Tony Kondek	41.7	1968-69
50 metres	BREASTSTROKE	Mathew Hughes	54.0	1968-69
50 metres	BUTTERFLY	Tony Kondek	48.9	1968-69
100 metres	FREESTYLE	Kevin Walker	1.26.0	1969-70
100 metres	BACKSTROKE	Kevin Walker	1.31.0	1969-70
100 metres	BREASTSTROKE	Kevin Walker	1.30.2	1969-70
100 metres	BUTTERFLY	Kevin Walker	1.38.0	1969-70

UNDER 14 YEARS:

50 metres	FREESTYLE	Paul Drielsma	34.7	1968-69
50 metres	BACKSTROKE	Graham Penfold	42.9	1968-69
50 metres	BREASTSTROKE	Paul Drielsma	47.8	1968-69
50 metres	BUTTERFLY	Paul Drielsma	50.8	1968-69
100 metres	FREESTYLE	Tony Kondek	1.10.0	1969-70
100 metres	BACKSTROKE	Kevin Walker	1.26.1	1970-71
100 metres	BREASTSTROKE	Kevin Walker	1.29.5	1970-71
100 metres	BUTTERFLY	Tony Kondek	1.29.5	1969-70

UNDER 15 YEARS:

100 metres	FREESTYLE	Paul Drielsma	1.12.6	1969-70
100 metres	BACKSTROKE	Paul Drielsma	1.34.1	1969-70
100 metres	BREASTSTROKE	Graham Penfold	1.40.2	1969-70

UNDER 16 YEARS:

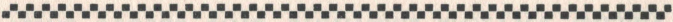
100 metres	FREESTYLE	Tony Kondek	1.7.7	1970-71
100 metres	BACKSTROKE	Tony Kondek	1.25.6	1970-71
100 metres	BREASTSTROKE	Tony Kondek	1.36.0	1970-71
100 metres	BUTTERFLY	Tony Kondek	1.38.5	1970-71

SENIOR:

100 metres	FREESTYLE	Warren Murphy	1.18.7	1969-70
100 metres	BACKSTROKE	Steven Darroch	1.35.2	1967-68
100 metres	BREASTSTROKE	Robert Hughes	1.29.4	1968-69
100 metres	BUTTERFLY	Robert Hughes	1.45.8	1968-69

OPEN:

100 metres	FREESTYLE	Tony Kondek	1.14.0	1968-69
100 metres	BACKSTROKE	Steven Darroch	1.37.4	1967-68
100 metres	BREASTSTROKE	Robert Hughes	1.32.6	1968-69
100 metres	BUTTERFLY	Tony Kondek	1.18.4	1970-71
200 metres	FREESTYLE	Tony Kondek	2.32.8	1970-71
200 metres	BACKSTROKE	Kevin Walker	2.53.7	1970-71
200 metres	BREASTSTROKE	Kevin Walker	2.2.1	1970-71
200 metres	MEDLEY	Kevin Walker	2.47.6	1970-71
400 metres	MEDLEY	Tony Kondek	6.54.9	1969-70



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SOME BASIC SWIMMING RULES

STARTING: Competitors for the event will be assembled on the starting board behind the block by the Check Starter. On a signal from the Referee the Competitors step on to the Block—and stand at the back of the block. On the command by the Starter “Take your Marks” the competitors immediately move forward to the front of the blocks position themselves for the actual start in one quick movement. When the competitors are properly positioned and stationary the signal to start is given.

In **BREASTSTROKE** swimming a swimmer may take one stroke to assist him to return promptly to the surface. Either the complete or incomplete movement of the arms and legs shall be considered as one stroke or kick. From the moment when a swimmer, after start or turn begins the second stroke, a part of the head shall always break the surface of the water.

In **BREASTSTROKE** swimming the body must be kept perfectly on the breast, and both shoulders in line with the surface of the water.

In **BREASTSTROKE** swimming, when touching at the turn or on finishing the race, the touch shall be made with both hands simultaneously on the same level, with the shoulders in a horizontal position.

In **BREASTSTROKE** swimming, both hands must be pushed together from the breast on or under the water and brought backward simultaneously and symmetrically with lateral extension. The feet shall be drawn up together, the knees bent and open. The movement shall be continued with a rounded and outward sweep of the feet bringing the legs together. All movements of the legs and feet shall be simultaneous, symmetrical

SOME BASIC SWIMMING RULES

and in the same lateral plane. Up and down movements of the legs in the vertical plane are prohibited.

With respect to BUTTERFLYSTROKE swimming the touch at the turn and finish of the race is governed by the same Rule as applies to Breaststroke.

In BACKSTROKE swimming the competitors shall line up in the water, facing the starting end, with the hands resting on the end or rail of the baths or starting grips. The feet, including the toes, shall be under the surface of the water. Standing in gutters is prohibited.

In BUTTERFLYSTROKE swimming a competitor may use the breaststroke or dolphin kick in the same race alternately.

In BUTTERFLYSTROKE swimming all movements of the feet must be executed in a simultaneous and symmetrical manner. Simultaneous up and down movements of the legs and feet in the vertical plane are permitted.

Both arms must be brought forward together over the water and brought backward simultaneously and symmetrically.

After the start and turn a swimmer is permitted one or more leg kicks and one arm pull under the water which must bring him to the surface.

In BACKSTROKE any competitor leaving his normal position on the back before his foremost hand has touched the end of the course for the purpose of turning or finishing, shall be disqualified.

In FREESTYLE turning, the swimmer is required to touch the wall of the pool with any part of the body, not necessarily the hand. However, at the finish of an event it is necessary for contact to be made with a hand.

A competitor may swim any style in a FREESTYLE event.

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