

## SWIMMING K - 8th Grade Boys & Girls

### DIVISIONS:

- Polliwog: K through 3rd
- Cub: 4th through 6th
- Cadet: 7th through 8th

All CYO swim teams will compete according to the current guidelines of the National Federation High School Swimming Rules, unless otherwise specified in the CYO Sports Manual. Both manuals must be in the possession of the head coach or designated assistant during all sponsored swim events. Individual teams or pairs of teams host swim meets during the season.

CYO sponsors the final meets, 1 for Polliwogs and 2 for Cub and Cadet Championship meets; 1 Large Team Championship and 1 Small Team Championship. Large/small teams will be determined by head count for each team prior to the championship events. The season is concluded with the fee-based All Star Meet. Athletes may enter this meet by achieving set qualifying standards during regular season developmental meets.

### GENERAL RULES:

1. Volunteers are needed from each team to be meet officials, workers, judges and timers. Each team must have at least 2 Stroke and Turn Judges, not including the head coach and assistant coaches. These individuals and coaches must receive CYO sponsored training every 2 years. New coaches must attend that year's training session. All coaches are encouraged to attend training annually. Team Stroke and Turn Judges must be available during meets hosted by their team and during the championship meets.
2. Teams may enter as many swimmers in events as they wish. However, no more than 3 individuals from the same team may score in an individual event and each team may only score 1 relay team in each relay event.
3. Swimmers may swim a maximum of 3 individual events and 1 relay or 2 individual events and 2 relays in any meet. If a team has at least 1, but less than 4 Cadet swimmers at a meet, Cubs may swim on that team's Cadet relays for that meet. Those relays count toward the maximum swims for all swimmers involved.
4. A Cub may not swim as a Cub and as a Cadet in a similar relay event, at a single meet.
5. If a team has less than 4 Cadet swimmers, and a relay team has not been formed by supplementing with Cub swimmers, the coach may elect to enter the Cadet swimmer(s) into 4 individual events. **If there are less than 4 Cub swimmers, they may swim 4 individual events.**

## SWIMMING K - 8th Grade Boys & Girls

6. Under no circumstance may a Polliwog swim up as a Cub or Cadet.
7. Swimmers may not enter multiple, longer distance events in the Freestyle. For example: A Cub swimmer may swim the 25 and 50 or 100, but not the 50 and 100 events in the same meet. A Cadet may swim 50 and 100 or 200, but not 100 and 200.
8. Ropes: Swimmers will not be disqualified for touching lane markers, unless they use them for support or assistance.
9. False Starts: A second false start disqualifies a swimmer.
10. A swimmer must participate in a minimum of 2 regular season meets to be eligible to compete in the Championship meet.
11. Changes to submitted entries will not be allowed in Championship meets. Relays may list alternates, but only actual swims will be counted **towards the individual's number of entries. Individuals may be listed in 2 relays of the same name, providing 1 listing is as an alternate. Swimmers cannot swim in more than 1 relay of the same name.**
12. If a coach or swimmer receives an official's warning for unsportsmanlike conduct (i.e. abusive language or unsportsmanlike acts), or is ejected from the meet, the offending individual is immediately suspended from participation in practices and meets until they have met with a CYO representative. **It is the responsibility of the offender to initiate contact with the CYO office to set up a meeting to resolve the issue.**

### **MEET PROCEDURES:**

1. Prior to the start of the meet an announcer, team parent or team participant shall read the pre-game statement and prayer with teams at poolside.
2. No street shoes, glass containers or food will be permitted in the pool area.
3. Spectators and photographers are not permitted on the pool deck. This includes the award presentation ceremonies during the championship meets. No flash photography will be allowed during the start of a race. One team photographer will be designated as team photographer and will wear a badge as identification during the championship meets. CYO will provide a photographer and pictures will be made available for purchase.
4. Coaches and spectators are not allowed behind the starting blocks, or in the Judges', Timers', or Starter's areas.
5. Swimmers must remain away from the sides of the pool and out of the water when they are not participating in an event.

## **SWIMMING K - 8th Grade Boys & Girls**

- Marshals shall be assigned to all 4 corners of the pool during warm-ups to ensure the safety of the swimmers as well as to enforce pool rules.
- Diving is NOT permitted except during specified times and in specified lanes during warm-up and the start of each race. If water depth is less than 4 feet, an in-water start must be used. All shallow water starts must be in the water, including relays.
- No unauthorized person may enter the pool during or after meets.

### **STROKES:**

Following are the rules governing the technical aspects of each stroke:

### **FREESTYLE:**

At start both feet must be in contact with the starting block and swimmer must be completely motionless until the start signal is sounded. Any stroke, turn, or touch is allowed, but swimmer must touch at both turn and finish.

### **BACKSTROKE:**

An in-water start is used. Swimmer must remain on back throughout race. After the final arm pull, prior to the turn, the swimmer's shoulders may turn past vertical, but such motion must be followed by continuous turning action with the swimmer assuming a position on the back before the feet leave the wall.

### **INDIVIDUAL MEDLEY:**

Begin with forward start. Competitors shall swim the butterfly for first quarter, backstroke for second quarter, breaststroke for third quarter, and the crawl for the last quarter. Swimmers **shall** adhere during each quarter of the race to the position, stroke, kick, **finish** and turn rules.

### **BREASTSTROKE:**

Start is same as freestyle. After dive and after turn only 1 arm stroke beyond the hipline and one leg kick may be made while the swimmer is under water. Head must break surface during the second stroke. Thereafter, some portion of the head must break the surface sometime during each stroke cycle except after the final arm pull to the turn or finish. Only breaststroke arm movement is allowed and a frog kick or whip kick must be used. Both hands must touch at the same time at both turn and finish.

## SWIMMING    K - 8th Grade Boys & Girls

### **BUTTERFLY:**

Start is the same as free style. Arms must break the surface of the water at the same time and enter the water at the same time. A dolphin kick must be used; legs moving up and down together, but not necessarily in the same horizontal plane. Both hands must touch at the same time at both turn and finish.

### **RELAYS:**

Swimmers (except number one) may be in motion on their start as long as some part of the body maintains contact with the side of the pool or starting blocks until preceding swimmer has touched.

*The Athletic Commission will decide any exceptions to the stated meet rules on an individual basis as they develop.*

# SWIMMING K - 8th Grade Boys & Girls

## CYO SWIM CHAMPIONSHIP RECORDS:

Girls 4-6 100 IM	1:04.46	1/30/2005	Megan McCarroll - St. Mary of the Valley/SMV
Boys 4-6 100 IM	1:08.46	2/23/2002	Connor McCarroll - SMV
Girls 7-8 100 IM	1:00.99	1/28/2007	Jessica Bottelberghe - SJ
Boys 7-8 100 IM	1:01.57	1/28/2006	Brian Stocks - SMV
Girls 4-6 100 Medley Relay	1:00.45	1/30/2005	St. Mary of the Valley: C McCarroll, J McDonald, B Stocks, T Holstrom
Boys 4-6 100 Medley Relay	1:08.09	2/9/2003	St. Mary of the Valley: C McCarroll, J McDonald, B Stocks, T Holstrom
<b>Girls 7-8 200 Medley Relay</b>	<b>2:10.72</b>	<b>2/23/2008</b>	<b>St. Mary of the Valley</b> <b>K. McCarroll, C Johnson, C Lo, A Vardhana</b>
Boys 7-8 200 Medley Relay	2:03.76	1/30/2005	St. Mary of the Valley C McCarroll, J McDonald, B Stocks, T Holstrom
Girls 4-6 25 Free	12.85	1/29/2005	Amy Wiley - LL
Boys 4-6 25 Free	12.18	1/28/2007	Doug Brenner - SJF
Girls 7-8 50 Free	24.80	1/28/2007	Jessica Bottelberghe - SJ
Boys 7-8 50 Free	24.18	1/28/2006	Joshua Hammes - SMV
Girls 4-6 25 Breast	15.27	1/30/2005	Megan McCarroll - SMV
Boys 4-6 25 Breast	16.68	2/9/2003	Connor McCarroll - SMV
Girls 7-8 50 Breast	32.54	1/28/2006	Megan McCarroll - SMV
Boys 7-8 50 Breast	31.16	3/2/1997	Danny Dean - OLL
Girls 4-6 50 Free	27.66	1/30/2005	Megan McCarroll - SMV
Boys 4-6 50 Free	26.75	1/28/2007	Doug Brenner - SJF
Girls 7-8 100 Free	55.83	2/24/2002	Beth Gunderson - HF
<b>Boys 7-8 100 Free</b>	<b>55.05</b>	<b>1/26/2008</b>	<b>Colin Eaton - PL</b>
Girls 4-6 100 Free	1:01.06	1/29/2006	Jean Parker - SJF
Boys 4-6 100 Free	58.97	2/9/2003	Connor McCarroll - SMV
Girls 7-8 200 Free	1:58.52	1/28/2007	Jessica Bottelberghe - SJ
Boys 7-8 200 Free	1:51.25	1/30/2005	Connor McCarroll - SMV
Girls 4-6 25 Back	15.13	1/29/2005	Elizabeth Brenner - SJF
Boys 4-6 25 Back	14.65	2/24/2002	Connor McCarroll - SMV
Girls 7-8 50 Back	29.16	2/25/2001	Beth Gunderson - HF
Boys 7-8 50 Back	26.94	1/30/2005	Connor McCarroll - SMV
Girls 4-6 25 Fly	13.39	1/30/2005	Sheila Stocks - SMV
Boys 4-6 25 Fly	13.69	2/8/2004	Brian Stocks - SMV
Girls 7-8 50 Fly	27.45	2/24/2002	Beth Gunderson - HF
Boys 7-8 50 Fly	26.58	1/28/2006	Brian Stocks - SMV
Girls 4-6 100 Free Relay	59.45	1/27/2007	St. Mary of the Valley - SMV C Johnson, L Burgess, K McCarroll, R Dela Rosa
Boys 4-6 100 Free Relay	59.04	2/24/2002	Home School - HS N Andrews, T Philo, S Miller, D Rice
Girls 7-8 200 Free Relay	1:56.63	1/9/2001	Our Lady of Lourdes - LL A. Wiley, K. Fleishauer, A. Callega, H.J Giuntini
Boys 7-8 200 Free Relay	1:46.05	1/30/2005	St. Mary of the Valley - SMV B. Stocks, B Blankenmeister, J Hammes, C McCarroll

**SWIM CENTERS:**

**Canby Swim Center**  
1150 South Ivy Street  
Canby, OR 97013  
(503) 266-2761

**Lake Oswego School  
Aquatic Center**  
2455 SW Country Club Road  
Lake Oswego, OR 97034  
(503) 635-0302  
(503) 635-0330

**Molalla Aquatic Center**  
432 Frances  
Molalla, Oregon 97038  
(503) 759-7946

**Mt. Hood Community College  
Aquatic Center**  
26000 SE Stark  
Gresham, OR 97030  
(503) 491-7243

**Reynolds Community Swim Center**  
1204 NE 201<sup>st</sup>  
Fairview, OR 97024  
(503) 665-4494

**Willamette University  
Sparks Pool**  
12<sup>th</sup> Street & Bellevue Street  
Salem, OR  
(503) 370-6379