



**2008/09 SEASON PROGRAM
AND BY LAWS**

**RANDWICK & COOGEE
AMATEUR SWIMMING CLUB
2008/09 SEASON**

PATRONS	Mayor of Randwick City Council Member for Coogee Member for Kingsford-Smith Member for Wentworth	
PRESIDENT	Peter Court	9665 6539
SENIOR VICE PRESIDENT	Tim Green	
JUNIOR VICE PRESIDENT	Penny Weiss	
SECRETARY	Michael Parkinson	9749 7005
TREASURER	Janice Morris	9344 8482
RACE SECRETARY	Michael Parkinson	
CLUB CAPTAIN	Anthony Morris	
COMMITTEE	Julie Hill, David McDowall, Julian McDowall and John McGann	
ACTIVE LIFE MEMBERS	Hazel Brombey, Brian Carney, Peter Carney, Peter Court, Maurie Daly, Noeline Daly, Judith Flett, Tim Green, Veronica Green, Keith Little, Richard Ormsby, Robin Parkinson and Terry Parkinson	
HANDICAPPERS	Tim Green, David McDowall, Anthony Morris, Geoff Taylor, Thorsten Trupke and Penny Weiss	

GENERAL INFORMATION

1. The Randwick & Coogee Amateur Swimming Club meets every Saturday from 8.30am to 10.30am at Wylie's Baths, Coogee. The season lasts from October until March. Members must register with the handicappers each week between 8.00am and 8.15am. Anybody arriving after 8.30am will not be entered into freestyle or special event races.
2. The Club's Annual Championship Carnival will be held on a Saturday evening in February/March.
3. The Swimathon will be held at Wylie's Baths on a Saturday morning in February/March. It's purpose is to raise money for the Club, by encouraging members to get sponsorship for each lap that they complete. Each member who completes the full 36 laps will receive a Swimathon Award and members who raise the most money will receive prizes.
4. Any members representing the R&CASC at Club approved events may have their entry fees reimbursed.
5. Swimmers must complete 6 or more Saturday Handicap Freestyle swims during the season to be eligible for perpetual trophies.
6. The Annual General Meeting and Presentation Night will be held on the first Thursday in May.
7. Any grievances regarding handicapping, placings, awarding of points, "foxing", etcetera may be submitted to the Race Secretary in writing for consideration by the Committee.
8. For more information:

Web Site: **<http://www.rcasc.org.au>**

Email: **rcasc@mail.com**

Mail: **PO Box 142
St Pauls NSW 2031**

9. As Wylie's Baths is a tidal pool, an unsafe environment can occur in the water and the surrounding areas.

Children can be impatient, impulsive, over-confident and unpredictable, and may not have the maturity or capacity to perceive or consider the risks of their actions. Consequently, while children are not competing in events, parents and carers of members should ensure that their children are properly supervised and are under their control and direction at all times.

Registered members of the Club enjoy the protection and benefits of Swimming New South Wales' Sports Accident and Liability Insurance Scheme. Cover is limited and Swimming New South Wales strongly recommends that members seek appropriate alternative and supplementary private health insurance.

REGULAR HANDICAP EVENTS

1. Trophies are awarded to the swimmers who gain the most points in the regular Saturday morning handicap events over the season.

EILEEN SCHWAB TROPHY: awarded to the swimmer aged 9 and under.

BILL DUGGAN TROPHY: awarded to the swimmer aged 10 to 16.

GEOFF GATELY TROPHY: awarded to the swimmer aged 17 and over.

2. Ages of swimmers for regular handicap events shall be their age as of 1 October that season.
3. Awarding of points for each heat:

1st - 4 points, 2nd - 3 points, 3rd - 2 points, finishing - 1 point

4. All four strokes will be swum each Saturday (except when the Swimathon is held) unless cancelled due to bad weather or tidal conditions.
5. If all handicap events are cancelled due to bad weather or tidal conditions, 2 points will be awarded in freestyle to each swimmer who registers by 8.30am.
6. Members may nominate the distances in which they wish to swim, but junior swimmers will automatically advance to the next longer distance on attaining the standard time for that distance:

Freestyle:	20 yards - 20 secs	35 yards - 25 secs	50 yards - 35 secs
Breaststroke:	20 yards - 27 secs	35 yards - 32 secs	
Backstroke:	20 yards - 25 secs	35 yards - 30 secs	
Butterfly:	20 yards - 24 secs	35 yards - 29 secs	

Members who have not attained the time but wish to advance to a longer distance, will be allowed to do so at the discretion of the handicapper.

7. Swimmers may only swim one distance in each stroke.
8. A merit award will be presented to each swimmer who completes 20 or more freestyle swims in the course of the season.
9. Progress points for each stroke will be posted at Wylie's Baths once a month, except in the final month.

SPECIAL HANDICAP EVENTS

1. Trophies are awarded to the swimmers who gain the most points in a series of special handicap events over the season. The aim is to gain points by winning events, whilst swimming as close as possible to a nominated time. The system works as follows:
 - a. Swimmers nominate their time for each event
 - b. There is a “breaking margin” in each event (see below)
 - c. Points are awarded in each event according to finishing order (see below)
 - d. Swimmers are disqualified (and receive one point) if they swim faster than their nominated time by more than the breaking margin

JACK CAMPBELL TROPHY: awarded to the swimmer aged 11 years and under.

KEVIN ELLIS TROPHY: awarded to the swimmer aged 12 to 16.

CEC PIPPEN TROPHY: awarded to the swimmer aged 17 years and over.

2. Ages of swimmers for special events shall be their age as of 1 October that season.
3. Awarding of points for each heat:

1st - 4 points, 2nd - 3 points, 3rd - 2 points, finishing - 1 point

4. The events which comprise these trophies are:

- | | |
|--------------------------------------|-----------------------------------|
| a. 50 yards Freestyle | e. 100 yards Butterfly (JC - 50y) |
| b. 100 yards Freestyle | f. 200 yards Freestyle |
| c. 100 yards Breaststroke (JC - 50y) | g. 200 yards Individual Medley |
| d. 100 yards Backstroke (JC - 50y) | h. 400 yards Freestyle |

5. Breaking margins:

50 yards	2 secs
100 yards	4
200 yards	6
400 yards	10

Note: In the Cec Phippen event, swimmers are disqualified if they swim faster **or slower** than their nominated time by more than the breaking margin.

6. Events will be swum on the day according to the yearly program, and will only be rescheduled at the Committee's discretion due to bad weather or tidal conditions.

CHAMPIONSHIP EVENTS

1. Trophies are awarded to the most outstanding swimmers in Championship Events conducted throughout the season, as decided by the Committee.

WINDON TROPHY: awarded to the senior male champion.

PHIL JOSEPH TROPHY: awarded to the senior female champion.

STENHOUSE TROPHY: awarded to the junior male champion.

COMMITTEE TROPHY: awarded to the junior female champion.

VETERANS TROPHY: awarded to the Veteran male champion.

LADIES TROPHY: awarded to the Veteran female champion.

2. Ages of swimmers for championship events shall be the age of the swimmer on the day of the annual carnival. Juniors are swimmers aged 16 and under. Seniors are swimmers aged 17 and over. Veterans are swimmers aged 35 and over.
3. All events are conducted at the Club's Annual Championship Carnival except the following which will be swum at Wylie's on the day according to the yearly program, and will only be rescheduled at the Committee's discretion due to bad weather or tidal conditions:
 - a. 100 yards Junior/Senior/Veteran Freestyle Championship
 - b. 200 yards Junior/Senior/Veteran Freestyle Championship
 - c. 200 yards Junior/Senior/Veteran Individual Medley Championship
 - d. 400 yards Junior/Senior/Veteran Freestyle Championship
4. Only financial members of the Club are eligible to swim in Championship events.

OTHER TROPHIES

COOGEE S.L.S.C. TROPHY: awarded to the best Junior Club member (as of 1 October that season) as decided by the Committee. The Committee will take into account the swimmer's Championship performance, Swimathon time and Saturday Handicap attendance. The winner of the trophy will be encouraged to join the Coogee Surf Club (or Nippers) the following season.

MAURIE DALY TROPHY: awarded to the best Senior Club member (as of 1 October that season) as decided by the Committee. The Committee will take into account the member's participation at Club events.

KEITH LITTLE TROPHY: awarded to the most improved Junior swimmer (as of 1 October that season) as decided by the Committee.

RANDWICK & COOGEE AMATEUR SWIMMING CLUB

DATE		EVENTS		TIME	M
OCTOBER (SCHOOL HOLIDAYS)	4	ALL STROKES		0422 1058	0.53 1.55
(SCHOOL HOLIDAYS)	11	JACK CAMPBELL KEVIN ELLIS CEC PIPPEN ALL STROKES	50 YDS FREESTYLE 50 YDS FREESTYLE 50 YDS FREESTYLE	0630 1214	1.27 0.54
***** BEGINNING OF SEASON BBQ AFTER RACES *****					
	18	ALL STROKES		0451 1122	0.37 1.84
	25	JACK CAMPBELL KEVIN ELLIS CEC PIPPEN ALL STROKES	100 YDS FREESTYLE 100 YDS FREESTYLE 100 YDS FREESTYLE	0631 1231	1.41 0.47
NOVEMBER	1	ALL STROKES		0414 1048	0.52 1.66
	8	JACK CAMPBELL KEVIN ELLIS CEC PIPPEN ALL STROKES	50 YDS BREASTSTROKE 100 YDS BREASTSTROKE 100 YDS BREASTSTROKE	0455 1037	1.25 0.66
	15	ALL STROKES		0344 1016	0.36 1.98
	22	JACK CAMPBELL KEVIN ELLIS CEC PIPPEN ALL STROKES	50 YDS BACKSTROKE 100 YDS BACKSTROKE 100 YDS BACKSTROKE	0510 1113	1.39 0.59
	29	ALL STROKES		0313 0949	0.53 1.73
***** BAY SWIM BBQ AFTER RACES *****					
***** SUNDAY 30 NOVEMBER, COOGEE SURF CLUB OCEAN SWIM *****					
DECEMBER	6	JACK CAMPBELL KEVIN ELLIS CEC PIPPEN ALL STROKES	50 YDS BUTTERFLY 100 YDS BUTTERFLY 100 YDS BUTTERFLY	0307 0844	1.25 0.69
	13	ALL STROKES		0236 0912	0.36 2.02
(SCHOOL HOLIDAYS)	20	100 YDS FREESTYLE CHAMPIONSHIP CHRISTMAS DASH ALL STROKES		0332 0933	1.39 0.63
***** CHRISTMAS PARTY AFTER RACES *****					
(SCHOOL HOLIDAYS)	27	ALL STROKES		0216 0857	0.54 1.72

RANDWICK & COOGEE AMATEUR SWIMMING CLUB

DATE		EVENTS		TIME	M
JANUARY (SCHOOL HOLIDAYS)	3	200 YDS FREESTYLE CHAMPIONSHIP ALL STROKES		0710 1319	0.61 1.46
(SCHOOL HOLIDAYS)	10	ALL STROKES		0808 1458	1.95 0.16
(SCHOOL HOLIDAYS)	17	JACK CAMPBELL KEVIN ELLIS CEC PIPPEN ALL STROKES	200 YDS FREESTYLE 200 YDS FREESTYLE 200 YDS FREESTYLE	0756 1354	0.56 1.37
(SCHOOL HOLIDAYS)	24	ALL STROKES		0800 1446	1.64 0.41
***** FRIDAY 23 - SUNDAY 25 JANUARY, WEEKEND AWAY, MYUNA BAY SRC *****					
	31	200 YDS I/M CHAMPIONSHIP ALL STROKES		0601 1211	0.49 1.53
FEBRUARY	7	ALL STROKES		0701 1354	1.82 0.26
***** FRIDAY 13 FEBRUARY, JIM LAWLER TROPHY, WYLIE'S BATHS, 6.00PM *****					
	14	SWIMATHON, 8.00 AM		0634 1235	0.45 1.44
***** ANNUAL PICNIC AND WATER SLIDES, BOTANY POOL, 11.00AM *****					
	21	JACK CAMPBELL KEVIN ELLIS CEC PIPPEN ALL STROKES	200 YDS I/M 200 YDS I/M 200 YDS I/M	0652 1342	1.53 0.49
	28	ALL STROKES		0503 1113	0.38 1.57
MARCH	7	400 YDS FREESTYLE CHAMPIONSHIP ALL STROKES		0547 1242	1.68 0.37
	14	ALL STROKES		0525 1127	0.37 1.47
***** R&CASC ANNUAL CHAMPIONSHIP CARNIVAL, BOTANY POOL, 6.30PM *****					
	21	JACK CAMPBELL KEVIN ELLIS CEC PIPPEN ALL STROKES	400 YDS FREESTYLE 400 YDS FREESTYLE 400 YDS FREESTYLE	0516 1212	1.43 0.59
	28	BRACE RELAY ALL STROKES		0406 1012	0.33 1.57
***** END OF SEASON BBQ AFTER RACES *****					