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COLEGIO INTERNACIONAL SEK GUADALAJARA

Swimming

- It will be organized under the FINA regulations, with certain modifications for being a student competition
- Each group will have a team made up by 8 swimmers (4 women and 4 men) who had been previously enrolled.
- Each group could enroll a maximum of 2 swimmers per style per individual event and only a relay team per style.
- Hits (both categories: male and female)

50 m freestyle

50 m back stroke

50 m breast stroke

50 m butterfly

100 m combination individual

100 m combined relay

- All hits will be timed (the top 5 best times of the swimming hits will classify to the finals).
- The use of a cap, goggles and sandals is mandatory
- Disqualifications will apply in the following cases:
 - A swimmer has a false start before the whistle.
 - A swimmer has a false start before the partner touches the wall (Relay)
 - A swimmer performs an incorrect style technique.
 - A swimmer uses the incorrect lane.
 - A swimmer does not touch the wall when turning.
 - A swimmer does not push off with both feet against the wall when turning.
 - Wearing earrings, watches, bracelets, and other accessories.
 - Wearing swimsuits below the knees or covering the shoulders.
 - Wearing swimsuits with zippers or covering the back.
- Suggestions/ Verbal warning:
- It is highly recommended that participating students keep in mind the accomplishment of the basic rules of wall touches and turning.
- Touching the wall with both hands when swimming butterfly and breast stroke styles is a must.
- Touching the wall with lined up shoulders for backstroke style is mandatory.

When turning in backstroke style, the swimmer must be as close to the wall as possible and avoid moving the feet during the turn.
