

2025 CAPITAL CITY SENIOR GAMES SWIMMING

Wednesday, March 12, 2025

Wade Wehunt Pool

1206 Myers Park Dr., Tallahassee, FL 32301

Recognized by FL LMSC for USMS, Inc.

*Recognition #

Open to Seniors 50 and over

Warm up 5:30pm, Meet Start 6:00pm

ORDER OF EVENTS (Short Course - Yards)

400yd Individual Medley

50yd Backstroke

100yd Butterfly

200yd Breaststroke

100yd Freestyle

200yd Backstroke

100yd Individual Medley

100yd Breaststroke

200yd Butterfly

50yd Freestyle

200yd Individual Medley

100yd Backstroke

50yd Butterfly

200yd Freestyle

50yd Breaststroke

500yd Freestyle

2025 Capital City Senior Games

SWIMMING RULES

START PROCESS:

Forward starts may be taken from the starting block, the pool deck, or a push from the wall while in the water. The referee shall signal the start of an event by a short series of whistles inviting swimmers to get ready, followed by a long whistle indicating that they may take and maintain their positions with at least one foot at the front of the starting platform, or the deck, or in the water, and remain there. On the starter's command, "Take your marks," each swimmer shall immediately assume the starting position that maintains at least one foot at the front of the starting platform or the deck. Each swimmer starting in the water must take the position on the wall with at least one hand in contact with the wall or starting platform and one foot in contact with the wall. A swimmer starting in the water may face any direction.

All backstroke starts are to be taken from in the water. At the referee's first long whistle, the swimmers shall immediately enter the water and at the second long whistle shall take their positions on the wall without undue delay. The swimmers shall line up in the water facing the starting end with both hands placed on the gutter or on the backstroke starting grips. Standing in or on the gutter, placing the toes above the lip of the gutter, or bending the toes over the lip of the gutter before or after the start is prohibited.

BREASTSTROKE

START: The forward start shall be used.

STROKE: After the start and after each turn when the swimmer leaves the wall, the body shall be kept on the breast. The swimmer is not permitted to roll onto the back at any time except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order.

All movements of the arms shall be simultaneous without alternating movement.

The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn, and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start, and each turn.

During each complete cycle, some part of the swimmer's head shall break the surface of the water. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

KICK: After the start and after each turn, at any time prior to the first breaststroke kick, a single butterfly (dolphin) kick is permitted, following which, all movements of the legs shall be simultaneous without alternating movement.

The feet must be turned outwards during the propulsive part of the kick. Scissors, alternating movements, or downward butterfly (dolphin) kicks are not permitted except as provided herein. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly (dolphin) kick.

TURNS & FINISH: At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level. At the last stroke before the turn and at the finish, an arm stroke not followed by a leg kick is permitted. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

BUTTERFLY

START: The forward start shall be used.

STROKE: After the start and after each turn, the swimmer's shoulders must be at or past the vertical toward the breast. The swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring the swimmer to the surface. (Note: After the start and after each turn, only one breaststroke kick is allowed prior to the arm pull that brings the swimmer to the surface.) It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish. From the beginning of the first arm pull, the body shall be kept on the breast except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. Both arms must be brought forward simultaneously over the water and pulled back simultaneously under the water throughout the race.

KICK: All up and down movements of the legs and feet must be simultaneous. The position of the legs or the feet need not be on the same level, but they shall not alternate in relation to each other. The breaststroke kick may be used exclusively or interchangeably with the dolphin kick while doing the butterfly stroke at any time during the race. Only one breaststroke kick is permitted per arm pull, except that a single breaststroke kick is permitted prior to the turn and the finish without an arm pull. After the start and after each turn, a single breaststroke kick is permitted prior to the first arm pull. A scissors kicking movement is not permitted.

TURNS: At each turn the body shall be on the breast. The touch shall be made with both hands separated and simultaneously at, above, or below the water surface. Once a touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall.

FINISH: At the finish, the body shall be on the breast and the touch shall be made with both hands separated and simultaneously at, above, or below the water surface.

BACKSTROKE

START: The backstroke start shall be used.

STROKE: Standing in or on the gutter, placing the toes above the lip of the gutter, or bending the toes over the lip of the gutter immediately after the start is not permitted. The swimmer shall push off on the back and continue swimming on the back throughout the race. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and each turn. By that point, the head must have broken the surface of the water. Once some part of the head of the swimmer has passed the final 5-meter mark (long course and short course meters) or 5-yard mark (short course yards) immediately prior to reaching for the finish, the swimmer may be completely submerged prior to the touch.

TURNS: Upon completion of each length, some part of the swimmer must touch the wall. During the turn the shoulders may be turned past the vertical toward the breast, after which an immediate continuous single arm pull or an immediate continuous simultaneous double arm pull may be used to initiate the turn. Once the body has left the position on the back, any kick or arm pull must be part of the continuous turning action. The swimmer must have returned to a position on the back upon leaving the wall. Note: The swimmer who turns past vertical and, in a continuous motion, grabs the wall before pushing off with the feet while on the back is considered to have executed a "continuous turning action."

FINISH: Upon the finish of the race, the swimmer must touch the wall while on the back.

FREESTYLE

START: The forward start shall be used.

STROKE: In an event designated freestyle, the swimmer may swim any style, except that in an individual medley event, freestyle means any style other than butterfly, breaststroke, or backstroke. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and each turn. By that point the head must have broken the surface.

TURNS: Upon completion of each length, the swimmer must touch the wall.

FINISH: The swimmer shall have finished the race when any part of the swimmer touches the wall after completing the prescribed distance.

INDIVIDUAL MEDLEY (IM)

The swimmer shall swim the prescribed distance in the following order: the first one-fourth, butterfly; the second one-fourth, backstroke; the third one-fourth, breaststroke; and the last one-fourth, freestyle.

START: The forward start shall be used.

STROKE: The stroke for each one-fourth of the designated distance shall follow the prescribed rules for that stroke, except that in the freestyle, the swimmer must be on the breast except when executing a turn.

TURNS: Intermediate turns within each stroke shall conform to the turn rules for that stroke, except that in the freestyle turn, the swimmer must return to the breast before any kick or stroke. The turns when changing from one stroke to another shall conform to the finish rules for the stroke just completed, and shall be as follows:

1. Butterfly to Backstroke – The swimmer must touch using the butterfly finish. Once a legal touch has been made, the swimmer may turn in any manner, but the shoulders must be at or past the vertical toward the back when the swimmer leaves the wall.
2. Backstroke to Breaststroke – The swimmer must touch the wall while on the back. Once a legal touch has been made, the swimmer may turn in any manner, but the shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall and the prescribed breaststroke form must be attained prior to the first arm stroke.
3. Breaststroke to Freestyle – The swimmer must touch using a breaststroke finish. Once a legal touch has been made, the swimmer may turn in any manner and must return to the breast before any kick or stroke.

FINISH: The swimmer shall have finished the race when any part of the swimmer touches the wall after completion of the prescribed distance.