



### 3. EVENT RULES SWIMMING

#### PART A

#### 3.1 **Sphere of application**

3.1.1 In Individual competitions for Seniors, Juniors, Youth A and Youth B, the Swimming takes place over a distance of 200m. In Youth C events the distance is 100m and for Youth D and E the distance is 50m.

3.1.2 In Relay competition with 3 athletes, the distance is 3x100m for Seniors, Juniors, Youth A and Youth B, 3x50m for Youth C it is 3x50m for Youth D and E it is 3X25m. In Relay with 2 athletes, the distance is 2x100m for Seniors, Juniors, Youth A and Youth B.

3.1.3 The Swimming event is a free-style event, which means that a pentathlete may swim any stroke or style. At the turning and at the finish, the pentathlete must touch the end of the pool with some part of his body.

#### 3.2 **Authorities**

At all official UIPM competitions there must be a Swimming Director, a Referee, a Starter, a False Start Judge, a Chief Inspector of Turns, Inspectors of Turns, Arrival Judges, Clerks of the Course, a Chief Timekeeper, Timekeepers and an Announcer. Upon a question of fact, a decision by the relevant official is final.

##### 3.2.1 The **Swimming Director**

- i) appoints all the afore-mentioned officials and is responsible for managing and coordinating the activities of all the officials appointed by him;
- ii) decides on any verbal complaints received from pentathletes/team representatives relating to the event in progress.

##### 3.2.2 The **Referee**

- i) holds the responsibility for the enforcement of the UIPM Competition Rules and may intervene in the event at any stage to ensure the observance of all UIPM Rules;
- ii) determines placing by consultation with the automatic officiating equipment, if available and operating. If no automatic officiating equipment is used then they determine placings when the decision of the timekeepers at the finish and the times recorded do not agree;
- iii) at the beginning of each heat, signals to the pentathletes by a series of short whistles that they are invited to remove all clothing except for swim wear, and then by a long whistle thereafter that they must take their positions on the starting block;
- iv) when the pentathletes and officials are ready to start, indicates to the starter with a stretched-out arm that the pentathletes are now under the starter's control;
- v) gives the "clear watches" signal to the time keepers.

##### 3.2.3 The **Starter**

- i) has full control of the pentathletes from the time the Referee turns the pentathletes over to him;
- ii) reports a pentathlete to the Referee for delaying the start, for wilfully disobeying an order or for any other misconduct taking place at the start;
- iii) has power to decide whether the start is fair, subject only to the control of the Referee. Once the start signal has been given the Starter must not change his opinion and must not recall the pentathletes;
- iv) must stand on the side of the pool within approximately 5m of the starting end so that the Timekeepers can see and the pentathletes hear the start signal.

3.2.4 The **False Start Judge** is responsible for handling the false start rope when indicated by the starter.

##### 3.2.5 The **Chief Inspector of Turns**

- i) ensures that the Inspectors of turns fulfil their duties during the event;
- ii) receives their reports if any infringement has occurred and presents the reports to the Referee immediately.

##### 3.2.6 The **Inspectors of Turns**

- i) shall be assigned two lanes at the far end of the pool and ensures that the pentathletes comply with the relevant rules for turning;



- ii) reports any violation to the Chief Inspector of turns.

### 3.2.7 The **Clerk of Course**

- i) assembles the pentathletes prior to each heat;
- ii) will refuse any pentathlete with nonconforming swimwear to go to the start;
- iii) will refuse any pentathlete who has used oil or another fat solution on their bodies to go to the start;
- iv) is responsible for ensuring that the pentathletes are ready for the Starter prior to each heat.

3.2.8 The **Arrival Judges** registers the order of arrival of the pentathletes.

### 3.2.9 The **Chief Timekeeper**

- i) assigns the positions of all the Timekeepers at the starting end of the pool and assigns the lanes for which they are responsible;
- ii) designates two additional Timekeepers, either of whom must be directed to replace any Timekeeper whose watch did not start or stopped during the event, or for any other reason is not able to record the time;
- iii) collects from each Timekeeper a card showing the time recorded and, if necessary, inspects their watches;
- iv) examines and records the official time on the card for each lane.

3.2.10 There must be two **Timekeepers** appointed for each lane for UIPM Category "A" competitions, if automatic timekeeping is not available. Timekeepers

- i) take the time of the pentathletes in their lane;
- ii) start their watches at the start signal and stop it when the pentathletes in their lane touch the end of the pool, having completed the race;
- iii) record the times of their watches on the card for their lane and, if requested, present their watches for inspection;
- iv) must not clear their watches until they have received the "clear watches" signal.

3.2.11 The **Announcer** keeps the pentathletes and spectators informed about the course of the event. In particular, the Announcer presents the athletes before each heat, broadcasts the swimming times of the pentathletes from the previous heat, announces any false starts and after the last heat, declares the results after two events.

## 3.3 **Control of Clothing**

3.3.1 All pentathletes swimwear must be in good condition and non-transparent.

3.3.2 Pentathletes with nonconforming swimwear will be penalised.

## 3.4 **Schedule of Events**

### 3.4.1 **Heats and Lanes**

- i) The LOC must indicate at the TM how many swimmers will be in each heat and which lanes, if any, will not be used.
- ii) The number of pentathletes in each heat must be as equal as possible.
- iii) Pentathletes will swim in series according to their swimming time in the PWR. In each heat the pentathlete with the best time will swim in the centre lane of the pool. Pentathletes not listed in the PWR will swim in first heat(s).
- iv) In a pool with an even number of 6, 8 or 10 lanes, the central lane will be 3, 4 or 5. The pentathlete having the next fastest swim time is to be placed on his left, then alternating the others right and left in descending order by their swimming points.

### 3.4.2 **Start**

- i) The start begins with a dive. On the long whistle from the Referee the pentathletes must step on the starting block and remain there. On the Starter's command "Take your Marks" the pentathletes must immediately take up a starting position with at least one foot at the front of the starting block. When all competitors are stationary, the Starter gives the start signal by using a start pistol, horn, whistle or command.
- ii) In the case of a false start, the responsible pentathlete will be penalised and it will be announced during the course of the heat which pentathlete or team will be penalised. Such a false start is given
  - if a pentathlete jumps or falls into the water before the command "Take your Marks";



- if after the command "Take your Marks" any pentathlete jumps or falls into the water before the start signal; In this case the false start rope will be used;
  - if a pentathlete begins his start movements prior to the start signal.
- iii) A pentathlete who is injured may start in the water holding the rail of the pool. A pentathlete whom, in the opinion of the referee, has been fouled in such a way that he has been impeded, must be allowed to swim again after an appropriate period of rest.

### 3.4.3 Finish

After finishing, the pentathlete must stay in the water, in the assigned lane, until the Referee has given permission to leave the water by using a whistle and hand sign.

- i) The pentathlete is not allowed to leave the water by the front side.
- ii) The pentathlete is not allowed to leave the swimming line before the Referee's command.
- iii) As soon as the last heat is over, the Referee blows the whistle and the pentathletes must exit the pool. The Referee can then confirm that the competition is finished and gives permission for the pool to be open to all pentathletes.

### 3.4.4 Recording of Times

- i) When automatic judging and timing equipment approved by FINA is provided, it must be used to determine the winner, placing and times for each lane. The results and time so determined have precedence over the decisions of the Timekeepers.
- ii) In the case of a breakdown or mechanical failure of the Automatic Officiating Equipment, the Timekeepers' decisions will take precedence and reference must be made to all manual times recorded in that particular event.
- iii) When two timekeepers are used for a lane and the times recorded do not agree, then the slower of the times is to be accepted. When only one timekeeper is used per lane then his recorded time is to be the accepted time.

## 3.5 Scoring of Points

3.5.1 **Points and positions** are decided by actual time. At the Olympic Games, an electrical timing device registering 1/100 seconds is compulsory and is highly recommended for UIPM World Championships.

### 3.5.2 Individual Competitions and Relay Competitions with 2 athletes

- i) For Men and Women pentathletes, including Youth A and Youth B, a recorded time of 02:30.00 mins is awarded 1000 points. Each 0.33 second faster or slower than the optimal time is worth +/-4 points according to the Points Table for swimming in the Appendix.
- ii) For Youth C Boys and Girls, a recorded time of 01:14.00 is awarded 1000 points. Each 0.33 second faster or slower than the optimal time is worth +/-8 points according to the Points Table for swimming in Appendix.
- ii) For Youth D and E boys and girls, a recorded time of 00:40.00 is awarded 1000 points. Each 0.33 second faster or slower than the optimal time is worth +/-12 points according to the Points Table for swimming in the Appendix.

### 3.5.3 Relay Competitions with 3 athletes

- i) For Men and Women pentathletes, including Youth A and B, 3x100m with a total time of 03:15.0 mins is awarded 1000 points. Each 0.33 second faster or slower than the optimal time is worth +/-4 points according to the Points Table for Swimming in Appendix
- ii) For Youth C Boys and Girls, 3x50m, a total time of 01:45.00 mins is awarded 1000 points. Each 0.33 second faster or slower than the optimal time is worth +/-8 points according to the Points Table for Swimming in Appendix.
- ii) For Youth D and E, Boys and Girls, 3x25m, a total time of 01:00.00 mins is awarded 1000 points. Each 0.33 second faster or slower than the optimal time is worth +/-12 points according to the Points Table for Swimming in the Appendix.

### 3.5.4 Calculation of points

For the purpose of calculating the score, times will be recorded:

02:30.00 – 32 = 1000 points

02:30.33 – 65 = 996 points

02:30.66 – 99 = 992 points



### **3.6 Infringements and Penalties**

3.6.1 A pentathlete or team is penalised by **deduction of 40 points** for

- i) any false start which is not sanctioned by elimination;
- ii) using oil or grease;
- iii) not touching the end of the pool with some part of the body when turning;
- iv) leaving the swimming lane before the command to leave the lane;
- v) leaving the water by the front side;
- vi) after the last heat is over, entering the water without waiting for the Referee's permission;
- vii) incorrect change over in the Relay.

3.6.2 A pentathlete or team is **eliminated** for

- i) delaying a start, wilfully disobeying an order or for any other misconduct taking place at the start;
- ii) jumping or falling into the water before the command "Take your Marks";
- iii) wearing nonconforming swimwear;
- iv) pushing, swimming across or obstructing another pentathlete so as to impede his progress;
- v) using any other device that may aid the pentathlete's speed, buoyancy or endurance during the swim, such as webbed gloves, flippers and fins.

3.6.3 A pentathlete is **disqualified** and his team eliminated for wilfully, and with intent, pushing, swimming across or obstructing another pentathlete so as to impede their progress or to intentionally gain an early start.

## **PART B**

### **3.7 Pool**

At the Olympic Games the pool must be 50m long and a minimum 21m wide. When touch panels for electronic timing equipment are used on the starting end, or additionally on the turning end, the pool must be of such length that it ensures the required distance of 50m between the two panels. Pools must be 1.80m deep throughout.

3.7.1 At all other official UIPM competitions, pools of 50m, 33m and 25m length may be used upon agreement by the UIPM EB.

3.7.2 The minimum number of lanes in a pool of 50m must be 8. Each must be 2.5m wide with 2 spaces of 50cm width each outside of lanes 1 and 8 respectively.

3.7.3 The height of the starting blocks above the water surface may be from 0.5m to 0.75m. The surface area must be at minimum 0.5m x 0.5m. The surface must be covered with non-slip material. The maximum slope is 10 degrees.

3.7.4 The water temperature shall have a minimum temperature of 26C (+/- 1C). During the competition, the water in the pool must be kept at a constant level, with no noticeable movement.

3.7.5 A false start rope should be hung across the pool not less than 1.20 metres above the water level from fixed points placed 15.00 metres in front of the starting end.

### **3.8 Swimwear**

From 1 January 2010 only swimwear approved by FINA as set out in its published list of approved swimwear may be worn in a UIPM sanctioned competition.

**Remark: At present the FINA Rules read as follow**

#### **FINA Rules:**

#### **BL 8 SWIMWEAR**

**BL 8.1** In swimming competitions the competitor must wear only one swimsuit in one-piece man or one or two pieces Women. No additional items, like arm bands or leg bands shall be regarded as parts of a swimsuit. No Zipper or others fastening system is allowed

**BL 8.3** From January 1, 2010 swimwear for men shall not extend above the navel nor below the knee, and for women, shall not cover the neck, extend past the shoulder, nor shall extend below knee. All swimsuits shall be made from textile materials."



**POINTS TABLE**

**SWIMMING: 200m**

**Appendix 3A**

**Men, Women: Seniors, Juniors, Youth A & B**

**Men, Women Seniors, Juniors, Youth A & Youth B and Relay with 2 athletes**

mins	pts	mins	Pts	mins	pts	mins	pts	mins	pts	mins	pts	mins	pts	mins	Pts
1.56.00	1408	2.11.00	1228	2.26.00	1048	2.41.00	868	2.56.00	688	3.11.00	508	3.26.00	328	3.41.00	148
1.56.33	1404	2.11.33	1224	2.26.33	1044	2.41.33	864	2.56.33	684	3.11.33	504	3.26.33	324	3.41.33	144
1.56.66	1400	2.11.66	1220	2.26.66	1040	2.41.66	860	2.56.66	680	3.11.66	500	3.26.66	320	3.41.66	140
1.57.00	1396	2.12.00	1216	2.27.00	1036	2.42.00	856	2.57.00	676	3.12.00	496	3.27.00	316	3.42.00	136
1.57.33	1392	2.12.33	1212	2.27.33	1032	2.42.33	852	2.57.33	672	3.12.33	492	3.27.33	312	3.42.33	132
1.57.66	1388	2.12.66	1208	2.27.66	1028	2.42.66	848	2.57.66	668	3.12.66	488	3.27.66	308	3.42.66	128
1.58.00	1384	2.13.00	1204	2.28.00	1024	2.43.00	844	2.58.00	664	3.13.00	484	3.28.00	304	3.43.00	124
1.58.33	1380	2.13.33	1200	2.28.33	1020	2.43.33	840	2.58.33	660	3.13.33	480	3.28.33	300	3.43.33	120
1.58.66	1376	2.13.66	1196	2.28.66	1016	2.43.66	836	2.58.66	656	3.13.66	476	3.28.66	296	3.43.66	116
1.59.00	1372	2.14.00	1192	2.29.00	1012	2.44.00	832	2.59.00	652	3.14.00	472	3.29.00	292	3.44.00	112
1.59.33	1368	2.14.33	1188	2.29.33	1008	2.44.33	828	2.59.33	648	3.14.33	468	3.29.33	288	3.44.33	108
1.59.66	1364	2.14.66	1184	2.29.66	1004	2.44.66	824	2.59.66	644	3.14.66	464	3.29.66	284	3.44.66	104
<u>2.00.00</u>	<u>1360</u>	<u>2.15.00</u>	<u>1180</u>	<b>2.30.00</b>	<b>1000</b>	<u>2.45.00</u>	<u>820</u>	<u>3.00.00</u>	<u>640</u>	<u>3.15.00</u>	<u>460</u>	<u>3.30.00</u>	<u>280</u>	<u>3.45.00</u>	<u>100</u>
2.00.33	1356	2.15.33	1176	2.30.33	996	2.45.33	816	3.00.33	636	3.15.33	456	3.30.33	276	3.45.33	96
2.00.66	1352	2.15.66	1172	2.30.66	992	2.45.66	812	3.00.66	632	3.15.66	452	3.30.66	272	3.45.66	92
2.01.00	1348	2.16.00	1168	2.31.00	988	2.46.00	808	3.01.00	628	3.16.00	448	3.31.00	268	3.46.00	88
2.01.33	1344	2.16.33	1164	2.31.33	984	2.46.33	804	3.01.33	624	3.16.33	444	3.31.33	264	3.46.33	84
2.01.66	1340	2.16.66	1160	2.31.66	980	2.46.66	800	3.01.66	620	3.16.66	440	3.31.66	260	3.46.66	80
2.02.00	1336	2.17.00	1156	2.32.00	976	2.47.00	796	3.02.00	616	3.17.00	436	3.32.00	256	3.47.00	76
2.02.33	1332	2.17.33	1152	2.32.33	972	2.47.33	792	3.02.33	612	3.17.33	432	3.32.33	252	3.47.33	72
2.02.66	1328	2.17.66	1148	2.32.66	968	2.47.66	788	3.02.66	608	3.17.66	428	3.32.66	248	3.47.66	68
2.03.00	1324	2.18.00	1144	2.33.00	964	2.48.00	784	3.03.00	604	3.18.00	424	3.33.00	244	3.48.00	64
2.03.33	1320	2.18.33	1140	2.33.33	960	2.48.33	780	3.03.33	600	3.18.33	420	3.33.33	240	3.48.33	60
2.03.66	1316	2.18.66	1136	2.33.66	956	2.48.66	776	3.03.66	596	3.18.66	416	3.33.66	236	3.48.66	56
2.04.00	1312	2.19.00	1132	2.34.00	952	2.49.00	772	3.04.00	592	3.19.00	412	3.34.00	232	3.49.00	52
2.04.33	1308	2.19.33	1128	2.34.33	948	2.49.33	768	3.04.33	588	3.19.33	408	3.34.33	228	3.49.33	48
2.04.66	1304	2.19.66	1124	2.34.66	944	2.49.66	764	3.04.66	584	3.19.66	404	3.34.66	224	3.49.66	44
<u>2.05.00</u>	<u>1300</u>	<u>2.20.00</u>	<u>1120</u>	<u>2.35.00</u>	<u>940</u>	<u>2.50.00</u>	<u>760</u>	<u>3.05.00</u>	<u>580</u>	<u>3.20.00</u>	<u>400</u>	<u>3.35.00</u>	<u>220</u>	<u>3.50.00</u>	<u>40</u>
2.05.33	1296	2.20.33	1116	2.35.33	936	2.50.33	756	3.05.33	576	3.20.33	396	3.35.33	216	3.50.33	36
2.05.66	1292	2.20.66	1112	2.35.66	932	2.50.66	752	3.05.66	572	3.20.66	392	3.35.66	212	3.50.66	32
2.06.00	1288	2.21.00	1108	2.36.00	928	2.51.00	748	3.06.00	568	3.21.00	388	3.36.00	208	3.51.00	28
2.06.33	1284	2.21.33	1104	2.36.33	924	2.51.33	744	3.06.33	564	3.21.33	384	3.36.33	204	3.51.33	24
2.06.66	1280	2.21.66	1100	2.36.66	920	2.51.66	740	3.06.66	560	3.21.66	380	3.36.66	200	3.51.66	20
2.07.00	1276	2.22.00	1096	2.37.00	916	2.52.00	736	3.07.00	556	3.22.00	376	3.37.00	196	3.52.00	16
2.07.33	1272	2.22.33	1092	2.37.33	912	2.52.33	732	3.07.33	552	3.22.33	372	3.37.33	192	3.52.33	12
2.07.66	1268	2.22.66	1088	2.37.66	908	2.52.66	728	3.07.66	548	3.22.66	368	3.37.66	188	3.52.66	8
2.08.00	1264	2.23.00	1084	2.38.00	904	2.53.00	724	3.08.00	544	3.23.00	364	3.38.00	184	3.53.00	4
2.08.33	1260	2.23.33	1080	2.38.33	900	2.53.33	720	3.08.33	540	3.23.33	360	3.38.33	180	3.53.33	0
2.08.66	1256	2.23.66	1076	2.38.66	896	2.53.66	716	3.08.66	536	3.23.66	356	3.38.66	176		
2.09.00	1252	2.24.00	1072	2.39.00	892	2.54.00	712	3.09.00	532	3.24.00	352	3.39.00	172		
2.09.33	1248	2.24.33	1068	2.39.33	888	2.54.33	708	3.09.33	528	3.24.33	348	3.39.33	168		
2.09.66	1244	2.24.66	1064	2.39.66	884	2.54.66	704	3.09.66	524	3.24.66	344	3.39.66	164		
<u>2.10.00</u>	<u>1240</u>	<u>2.25.00</u>	<u>1060</u>	<u>2.40.00</u>	<u>880</u>	<u>2.55.00</u>	<u>700</u>	<u>3.10.00</u>	<u>520</u>	<u>3.25.00</u>	<u>340</u>	<u>3.40.00</u>	<u>160</u>		
2.10.33	1236	2.25.33	1056	2.40.33	876	2.55.33	696	3.10.33	516	3.25.33	336	3.40.33	156		
2.10.66	1232	2.25.66	1052	2.40.66	872	2.55.66	692	3.10.66	512	3.25.66	332	3.40.66	152		



**POINTS TABLE**

**SWIMMING: 3x 100m  
Men, Women Relay: Seniors, Juniors, Youth A and Youth B**

**Appendix 3B**

mins	pts	Mins	pts	mins	pts	mins	pts	mins	Pts	mins	pts	mins	pts
2.44.00	1372	3.00.66	1172	3.17.33	972	3.34.00	772	3.50.66	572	4.07.33	372	4.24.00	172
2.44.33	1368	3.01.00	1168	3.17.66	968	3.34.33	768	3.51.00	568	4.07.66	368	4.24.33	168
2.44.66	1364	3.01.33	1164	3.18.00	964	3.34.66	764	3.51.33	564	4.08.00	364	4.24.66	164
<u>2.45.00</u>	1360	3.01.66	1160	3.18.33	960	<u>3.35.00</u>	760	3.51.66	560	4.08.33	360	<u>4.25.00</u>	160
2.45.33	1356	3.02.00	1156	3.18.66	956	3.35.33	756	3.52.00	556	4.08.66	356	4.25.33	156
2.45.66	1352	3.02.33	1152	3.19.00	952	3.35.66	752	3.52.33	552	4.09.00	352	4.25.66	152
2.46.00	1348	3.02.66	1148	3.19.33	948	3.36.00	748	3.52.66	548	4.09.33	348	4.26.00	148
2.46.33	1344	3.03.00	1144	3.19.66	944	3.36.33	744	3.53.00	544	4.09.66	344	4.26.33	144
2.46.66	1340	3.03.33	1140	<u>3.20.00</u>	940	3.36.66	740	3.53.33	540	<u>4.10.00</u>	340	4.26.66	140
2.47.00	1336	3.03.66	1136	3.20.33	936	3.37.00	736	3.53.66	536	4.10.33	336	4.27.00	136
2.47.33	1332	3.04.00	1132	3.20.66	932	3.37.33	732	3.54.00	532	4.10.66	332	4.27.33	132
2.47.66	1328	3.04.33	1128	3.21.00	928	3.37.66	728	3.54.33	528	4.11.00	328	4.27.66	128
2.48.00	1324	3.04.66	1124	3.21.33	924	3.38.00	724	3.54.66	524	4.11.33	324	4.28.00	124
2.48.33	1320	<u>3.05.00</u>	1120	3.21.66	920	3.38.33	720	<u>3.55.00</u>	520	4.11.66	320	4.28.33	120
2.48.66	1316	3.05.33	1116	3.22.00	916	3.38.66	716	3.55.33	516	4.12.00	316	4.28.66	116
2.49.00	1312	3.05.66	1112	3.22.33	912	3.39.00	712	3.55.66	512	4.12.33	312	4.29.00	112
2.49.33	1308	3.06.00	1108	3.22.66	908	3.39.33	708	3.56.00	508	4.12.66	308	4.29.33	108
2.49.66	1304	3.06.33	1104	3.23.00	904	3.39.66	704	3.56.33	504	4.13.00	304	4.29.66	104
<u>2.50.00</u>	1300	3.06.66	1100	3.23.33	900	<u>3.40.00</u>	700	3.56.66	500	4.13.33	300	<u>4.30.00</u>	100
2.50.33	1296	3.07.00	1096	3.23.66	896	3.40.33	696	3.57.00	496	4.13.66	296	4.30.33	96
2.50.66	1292	3.07.33	1092	3.24.00	892	3.40.66	692	3.57.33	492	4.14.00	292	4.30.66	92
2.51.00	1288	3.07.66	1088	3.24.33	888	3.41.00	688	3.57.66	488	4.14.33	288	4.31.00	88
2.51.33	1284	3.08.00	1084	3.24.66	884	3.41.33	684	3.58.00	484	4.14.66	284	4.31.33	84
2.51.66	1280	3.08.33	1080	<u>3.25.00</u>	880	3.41.66	680	3.58.33	480	<u>4.15.00</u>	280	4.31.66	80
2.52.00	1276	3.08.66	1076	3.25.33	876	3.42.00	676	3.58.66	476	4.15.33	276	4.32.00	76
2.52.33	1272	3.09.00	1072	3.25.66	872	3.42.33	672	3.59.00	472	4.15.66	272	4.32.33	72
2.52.66	1268	3.09.33	1068	3.26.00	868	3.42.66	668	3.59.33	468	4.16.00	268	4.32.66	68
2.53.00	1264	3.09.66	1064	3.26.33	864	3.43.00	664	3.59.66	464	4.16.33	264	4.33.00	64
2.53.33	1260	<u>3.10.00</u>	1060	3.26.66	860	3.43.33	660	<u>4.00.00</u>	460	4.16.66	260	4.33.33	60
2.53.66	1256	3.10.33	1056	3.27.00	856	3.43.66	656	4.00.33	456	4.17.00	256	4.33.66	56
2.54.00	1252	3.10.66	1052	3.27.33	852	3.44.00	652	4.00.66	452	4.17.33	252	4.34.00	52
2.54.33	1248	3.11.00	1048	3.27.66	848	3.44.33	648	4.01.00	448	4.17.66	248	4.34.33	48
2.54.66	1244	3.11.33	1044	3.28.00	844	3.44.66	644	4.01.33	444	4.18.00	244	4.34.66	44
<u>2.55.00</u>	1240	3.11.66	1040	3.28.33	840	<u>3.45.00</u>	640	4.01.66	440	4.18.33	240	<u>4.35.00</u>	40
2.55.33	1236	3.12.00	1036	3.28.66	836	3.45.33	636	4.02.00	436	4.18.66	236	4.35.33	36
2.55.66	1232	3.12.33	1032	3.29.00	832	3.45.66	632	4.02.33	432	4.19.00	232	4.35.66	32
2.56.00	1228	3.12.66	1028	3.29.33	828	3.46.00	628	4.02.66	428	4.19.33	228	4.36.00	28
2.56.33	1224	3.13.00	1024	3.29.66	824	3.46.33	624	4.03.00	424	4.19.66	224	4.36.33	24
2.56.66	1220	3.13.33	1020	<u>3.30.00</u>	820	3.46.66	620	4.03.33	420	<u>4.20.00</u>	220	4.36.66	20
2.57.00	1216	3.13.66	1016	3.30.33	816	3.47.00	616	4.03.66	416	4.20.33	216	4.37.00	16
2.57.33	1212	3.14.00	1012	3.30.66	812	3.47.33	612	4.04.00	412	4.20.66	212	4.37.33	12
2.57.66	1208	3.14.33	1008	3.31.00	808	3.47.66	608	4.04.33	408	4.21.00	208	4.37.66	8
2.58.00	1204	3.14.66	1004	3.31.33	804	3.48.00	604	4.04.66	404	4.21.33	204	4.38.00	4
2.58.33	1200	<b><u>3.15.00</u></b>	<b>1000</b>	3.31.66	800	3.48.33	600	<u>4.05.00</u>	400	4.21.66	200	4.38.33	0
2.58.66	1196	3.15.33	996	3.32.00	796	3.48.66	596	4.05.33	396	4.22.00	196		
2.59.00	1192	3.15.66	992	3.32.33	792	3.49.00	592	4.05.66	392	4.22.33	192		
2.59.33	1188	3.16.00	988	3.32.66	788	3.49.33	588	4.06.00	388	4.22.66	188		
2.59.66	1184	3.16.33	984	3.33.00	784	3.49.66	584	4.06.33	384	4.23.00	184		
<u>3.00.00</u>	1180	3.16.66	980	3.33.33	780	<u>3.50.00</u>	580	4.06.66	380	4.23.33	180		
3.00.33	1176	3.17.00	976	3.33.66	776	3.50.33	576	4.07.00	376	4.23.66	176		



**POINTS TABLE**

**SWIMMING: 100m  
Boys and Girls Youth C**

**Appendix 3C**

mins	pts	mins	pts	mins	pts	mins	pts	mins	pts
0.39.00	1840	0.54.33	1472	1.09.66	1104	1.25.00	736	1.40.33	368
0.39.33	1832	0.54.66	1464	<u>1.10.00</u>	1096	1.25.33	728	1.40.66	360
0.39.66	1824	0.55.00	1456	1.10.33	1088	1.25.66	720	1.41.00	352
<u>0.40.00</u>	1816	0.55.33	1448	1.10.66	1080	1.26.00	712	1.41.33	344
0.40.33	1808	0.55.66	1440	1.11.00	1072	1.26.33	704	1.41.66	336
0.40.66	1800	0.56.00	1432	1.11.33	1064	1.26.66	696	1.42.00	328
0.41.00	1792	0.56.33	1424	1.11.66	1056	1.27.00	688	1.42.33	320
0.41.33	1784	0.56.66	1416	1.12.00	1048	1.27.33	680	1.42.66	312
0.41.66	1776	0.57.00	1408	1.12.33	1040	1.27.66	672	1.43.00	304
0.42.00	1768	0.57.33	1400	1.12.66	1032	1.28.00	664	1.43.33	296
0.42.33	1760	0.57.66	1392	1.13.00	1024	1.28.33	656	1.43.66	288
0.42.66	1752	0.58.00	1384	1.13.33	1016	1.28.66	648	1.44.00	280
0.43.00	1744	0.58.33	1376	1.13.66	1008	1.29.00	640	1.44.33	272
0.43.33	1736	0.58.66	1368	<b>1.14.00</b>	<b>1000</b>	1.29.33	632	1.44.66	264
0.43.66	1728	0.59.00	1360	1.14.33	992	1.29.66	624	1.45.00	256
0.44.00	1720	0.59.33	1352	1.14.66	984	<u>1.30.00</u>	616	1.45.33	248
0.44.33	1712	0.59.66	1344	1.15.00	976	1.30.33	608	1.45.66	240
0.44.66	1704	<u>1.00.00</u>	1336	1.15.33	968	1.30.66	600	1.46.00	232
0.45.00	1696	1.00.33	1328	1.15.66	960	1.31.00	592	1.46.33	224
0.45.33	1688	1.00.66	1320	1.16.00	952	1.31.33	584	1.46.66	216
0.45.66	1680	1.01.00	1312	1.16.33	944	1.31.66	576	1.47.00	208
0.46.00	1672	1.01.33	1304	1.16.66	936	1.32.00	568	1.47.33	200
0.46.33	1664	1.01.66	1296	1.17.00	928	1.32.33	560	1.47.66	192
0.46.66	1656	1.02.00	1288	1.17.33	920	1.32.66	552	1.48.00	184
0.47.00	1648	1.02.33	1280	1.17.66	912	1.33.00	544	1.48.33	176
0.47.33	1640	1.02.66	1272	1.18.00	904	1.33.33	536	1.48.66	168
0.47.66	1632	1.03.00	1264	1.18.33	896	1.33.66	528	1.49.00	160
0.48.00	1624	1.03.33	1256	1.18.66	888	1.34.00	520	1.49.33	52
0.48.33	1616	1.03.66	1248	1.19.00	880	1.34.33	512	1.49.66	144
0.48.66	1608	1.04.00	1240	1.19.33	872	1.34.66	504	<u>1.50.00</u>	136
0.49.00	1600	1.04.33	1232	1.19.66	864	1.35.00	496	1.50.33	128
0.49.33	1592	1.04.66	1224	<u>1.20.00</u>	856	1.35.33	488	1.50.66	120
0.49.66	1584	1.05.00	1216	1.20.33	848	1.35.66	480	1.51.00	112
<u>0.50.00</u>	1576	1.05.33	1208	1.20.66	840	1.36.00	472	1.51.33	104
0.50.33	1568	1.05.66	1200	1.21.00	832	1.36.33	464	1.51.66	96
0.50.66	1560	1.06.00	1192	1.21.33	824	1.36.66	456	1.52.00	88
0.51.00	1552	1.06.33	1184	1.21.66	816	1.37.00	448	1.52.33	80
0.51.33	1544	1.06.66	1176	1.22.00	808	1.37.33	440	1.52.66	72
0.51.66	1536	1.07.00	1168	1.22.33	800	1.37.66	432	1.53.00	64
0.52.00	1528	1.07.33	1160	1.22.66	792	1.38.00	424	1.53.33	56
0.52.33	1520	1.07.66	1152	1.23.00	784	1.38.33	416	1.53.66	48
0.52.66	1512	1.08.00	1144	1.23.33	776	1.38.66	408	1.54.00	40
0.53.00	1504	1.08.33	1136	1.23.66	768	1.39.00	400	1.54.33	32
0.53.33	1496	1.08.66	1128	1.24.00	760	1.39.33	392	1.54.66	24
0.53.66	1488	1.09.00	1120	1.24.33	752	1.39.66	384	1.55.00	16
0.54.00	1480	1.09.33	1112	1.24.66	744	<u>1.40.00</u>	376	1.55.33	8
								1.55.66	<b>0</b>



**POINTS TABLE**

**SWIMMING: 3x50m  
Relay: Boys and Girls Youth C**

**Appendix 3D**

mins	pts	mins	pts	mins	pts	mins	pts	mins	pts
1.15.00	1720	1.29.33	1376	1.43.66	1032	1.58.00	688	2.12.33	344
1.15.33	1712	1.29.66	1368	1.44.00	1024	1.58.33	680	2.12.66	336
1.15.66	1704	<u>1.30.00</u>	1360	1.44.33	1016	1.58.66	672	2.13.00	328
1.16.00	1696	1.30.33	1352	1.44.66	1008	1.59.00	664	2.13.33	320
1.16.33	1688	1.30.66	1344	<b>1.45.00</b>	1000	1.59.33	656	2.13.66	312
1.16.66	1680	1.31.00	1336	1.45.33	992	1.59.66	648	2.14.00	304
1.17.00	1672	1.31.33	1328	1.45.66	984	<u>2.00.00</u>	640	2.14.33	296
1.17.33	1664	1.31.66	1320	1.46.00	976	2.00.33	632	2.14.66	288
1.17.66	1656	1.32.00	1312	1.46.33	968	2.00.66	624	2.15.00	280
1.18.00	1648	1.32.33	1304	1.46.66	960	2.01.00	616	2.15.33	272
1.18.33	1640	1.32.66	1296	1.47.00	952	2.01.33	608	2.15.66	264
1.18.66	1632	1.33.00	1288	1.47.33	944	2.01.66	600	2.16.00	256
1.19.00	1624	1.33.33	1280	1.47.66	936	2.02.00	592	2.16.33	248
1.19.33	1616	1.33.66	1272	1.48.00	928	2.02.33	584	2.16.66	240
1.19.66	1608	1.34.00	1264	1.48.33	920	2.02.66	576	2.17.00	232
<u>1.20.00</u>	1600	1.34.33	1256	1.48.66	912	2.03.00	568	2.17.33	224
1.20.33	1592	1.34.66	1248	1.49.00	904	2.03.33	560	2.17.66	216
1.20.66	1584	1.35.00	1240	1.49.33	896	2.03.66	552	2.18.00	208
1.21.00	1576	1.35.33	1232	1.49.66	888	2.04.00	544	2.18.33	200
1.21.33	1568	1.35.66	1224	<u>1.50.00</u>	880	2.04.33	536	2.18.66	192
1.21.66	1560	1.36.00	1216	1.50.33	872	2.04.66	528	2.19.00	184
1.22.00	1552	1.36.33	1208	1.50.66	864	2.05.00	520	2.19.33	176
1.22.33	1544	1.36.66	1200	1.51.00	856	2.05.33	512	2.19.66	168
1.22.66	1536	1.37.00	1192	1.51.33	848	2.05.66	504	<u>2.20.00</u>	160
1.23.00	1528	1.37.33	1184	1.51.66	840	2.06.00	496	2.20.33	152
1.23.33	1520	1.37.66	1176	1.52.00	832	2.06.33	488	2.20.66	144
1.23.66	1512	1.38.00	1168	1.52.33	824	2.06.66	480	2.21.00	136
1.24.00	1504	1.38.33	1160	1.52.66	816	2.07.00	472	2.21.33	128
1.24.33	1496	1.38.66	1152	1.53.00	808	2.07.33	464	2.21.66	120
1.24.66	1488	1.39.00	1144	1.53.33	800	2.07.66	456	2.22.00	112
1.25.00	1480	1.39.33	1136	1.53.66	792	2.08.00	448	2.22.33	104
1.25.33	1472	1.39.66	1128	1.54.00	784	2.08.33	440	2.22.66	96
1.25.66	1464	<u>1.40.00</u>	1120	1.54.33	776	2.08.66	432	2.23.00	88
1.26.00	1456	1.40.33	1112	1.54.66	768	2.09.00	424	2.23.33	80
1.26.33	1448	1.40.66	1104	1.55.00	760	2.09.33	416	2.23.66	72
1.26.66	1440	1.41.00	1096	1.55.33	752	2.09.66	408	2.24.00	64
1.27.00	1432	1.41.33	1088	1.55.66	744	<u>2.10.00</u>	400	2.24.33	56
1.27.33	1424	1.41.66	1080	1.56.00	736	2.10.33	392	2.24.66	48
1.27.66	1416	1.42.00	1072	1.56.33	728	2.10.66	384	2.25.00	40
1.28.00	1408	1.42.33	1064	1.56.66	720	2.11.00	376	2.25.33	32
1.28.33	1400	1.42.66	1056	1.57.00	712	2.11.33	368	2.25.66	24
1.28.66	1392	1.43.00	1048	1.57.33	704	2.11.66	360	2.26.00	16
1.29.00	1384	1.43.33	1040	1.57.66	696	2.12.00	352	2.26.33	8
								2.26.66	0



POINTS TABLE

SWIMMING: 50m  
Youth D and E, Boys and Girls

Appendix 3E

mins	pts	mins	pts	mins	pts	mins	pts	mins	pts
0.16.66	1840	0.27.00	1468	0.37.33	1096	0.47.66	724	0.58.00	352
0.17.00	1828	0.27.33	1456	0.37.66	1084	0.48.00	712	0.58.33	340
0.17.33	1816	0.27.66	1444	0.38.00	1072	0.48.33	700	0.58.66	328
0.17.66	1804	0.28.00	1432	0.38.33	1060	0.48.66	688	0.59.00	316
0.18.00	1792	0.28.33	1420	0.38.66	1048	0.49.00	676	0.59.33	304
0.18.33	1780	0.28.66	1408	0.39.00	1036	0.49.33	664	0.59.66	292
0.18.66	1768	0.29.00	1396	0.39.33	1024	0.49.66	652	<u>1.00.00</u>	280
0.19.00	1756	0.29.33	1384	0.39.66	1012	<u>0.50.00</u>	640	1.00.33	268
0.19.33	1744	0.29.66	1372	<b>0.40.00</b>	1000	0.50.33	628	1.00.66	256
0.19.66	1732	<u>0.30.00</u>	1360	1.40.33	988	0.50.66	616	1.01.00	244
<u>0.20.00</u>	1720	0.30.33	1348	1.40.66	976	0.51.00	604	1.01.33	232
0.20.33	1708	0.30.66	1336	0.41.00	964	0.51.33	592	1.01.66	220
0.20.66	1696	0.31.00	1324	0.41.33	952	0.51.66	580	1.02.00	208
0.21.00	1684	0.31.33	1312	0.41.66	940	0.52.00	568	1.02.33	196
0.21.33	1672	0.31.66	1300	0.42.00	928	0.52.33	556	1.02.66	184
0.21.66	1660	0.32.00	1288	0.42.33	916	0.52.66	544	1.03.00	172
0.22.00	1648	0.32.33	1276	0.42.66	904	0.53.00	532	1.03.33	160
0.22.33	1636	0.32.66	1264	0.43.00	892	0.53.33	520	1.03.66	148
0.22.66	1624	0.33.00	1252	0.43.33	880	0.53.66	508	1.04.00	136
0.23.00	1612	0.33.33	1240	0.43.66	868	0.54.00	496	1.04.33	124
0.23.33	1600	0.33.66	1228	0.44.00	856	0.54.33	484	1.04.66	112
0.23.66	1588	0.34.00	1216	0.44.33	844	0.54.66	472	1.05.00	100
0.24.00	1576	0.34.33	1204	0.44.66	832	0.55.00	460	1.05.33	88
0.24.33	1564	0.34.66	1192	0.45.00	820	0.55.33	448	1.05.66	76
0.24.66	1552	0.35.00	1180	0.45.33	808	0.55.66	436	1.06.00	64
0.25.00	1540	0.35.33	1168	0.45.66	796	0.56.00	424	1.06.33	52
0.25.33	1528	0.35.66	1156	0.46.00	784	0.56.33	412	1.06.66	40
0.25.66	1516	0.36.00	1144	0.46.33	772	0.56.66	400	1.07.00	28
0.26.00	1504	0.36.33	1132	0.46.66	760	0.57.00	388	1.07.33	16
0.26.33	1492	0.36.66	1120	0.47.00	748	0.57.33	376	1.07.66	4
0.26.66	1480	0.37.00	1108	0.47.33	736	0.57.66	364	1.08.00	0



POINTS TABLE

SWIMMING: 3x25m  
Relay: Youth D and E, Boys and Girls

Appendix 3F

mins	pts	mins	pts	mins	pts	mins	pts	mins	pts
0.35.33	1900	0.45.66	1516	0.56.33	1132	1.07.00	748	1.17.66	364
0.35.66	1888	0.46.00	1504	0.56.66	1120	1.07.33	736	1.18.00	352
0.36.00	1876	0.46.33	1492	0.57.00	1108	1.07.66	724	1.18.33	340
0.36.33	1864	0.46.66	1480	0.57.33	1096	1.08.00	712	1.18.66	328
0.36.66	1852	0.47.00	1468	0.57.66	1084	1.08.33	700	1.19.00	316
0.37.00	1840	0.47.33	1456	0.58.00	1072	1.08.66	688	1.19.33	304
0.37.33	1828	0.47.66	1444	0.58.33	1060	1.09.00	676	1.19.66	292
0.37.66	1816	0.48.00	1432	0.58.66	1048	1.09.33	664	<u>1.20.00</u>	280
0.38.00	1804	0.48.33	1420	0.59.00	1036	1.09.66	652	1.20.33	268
0.38.33	1792	0.48.66	1408	0.59.33	1024	<u>1.10.00</u>	640	1.20.66	256
0.38.66	1780	0.49.00	1396	0.59.66	1012	1.10.33	628	1.21.00	244
0.31.66	1768	0.49.33	1384	<b>1.00.00</b>	1000	1.10.66	616	1.21.33	232
0.39.00	1756	0.49.66	1372	1.00.33	988	1.11.00	604	1.21.66	220
0.39.33	1744	<u>0.50.00</u>	1360	1.00.66	976	1.11.33	592	1.22.00	208
0.39.66	1732	0.50.33	1348	1.01.00	964	1.11.66	580	1.22.33	196
<u>0.40.00</u>	1720	0.50.66	1336	1.01.33	952	1.12.00	568	1.22.66	184
0.40.33	1708	0.51.00	1324	1.01.66	940	1.12.33	556	1.23.00	172
0.40.66	1696	0.51.33	1312	1.02.00	928	1.12.66	544	1.23.33	160
0.41.00	1684	0.51.66	1300	1.02.33	916	1.13.00	532	1.23.66	148
0.41.33	1672	0.52.00	1288	1.02.66	904	1.13.33	520	1.24.00	136
0.41.66	1660	0.52.33	1276	1.03.00	892	1.13.66	508	1.24.33	124
0.42.00	1648	0.52.66	1264	1.03.33	880	1.14.00	496	1.24.66	112
0.42.33	1636	0.53.00	1252	1.03.66	868	1.14.33	484	1.25.00	100
0.42.66	1624	0.53.33	1240	1.04.00	856	1.14.66	472	1.25.33	88
0.43.00	1612	0.53.66	1228	1.04.33	844	1.15.00	460	1.25.66	76
0.43.33	1600	0.54.00	1216	1.04.66	832	1.15.33	448	1.26.00	64
0.43.66	1588	0.54.33	1204	1.05.00	820	1.15.66	436	1.26.33	52
0.44.00	1576	0.54.66	1192	1.05.33	808	1.16.00	424	1.26.66	40
0.44.33	1564	0.55.00	1180	1.05.66	796	1.16.33	412	1.27.00	28
0.44.66	1552	0.55.33	1168	1.06.00	784	1.16.66	400	1.27.33	16
0.45.00	1540	0.55.66	1156	1.06.33	772	1.17.00	388	1.27.66	4
0.45.33	1528	0.56.00	1144	1.06.66	760	1.17.33	376	1.28.00	0



**PENALTY TABLE**

**SWIMMING**

**Appendix 3G**

(Note: for explanation and application, please refer to Chapter 3.6)

<u>The pentathlete infringes the rules and is penalised for:</u>	<u>article</u>	<u>Penalty</u>
beginning the start movements prior to the start signal	3.4.2ii) 3.6.1i)	deduction of 40 Modern Pentathlon points
jumping or falling into the water after the command "Take your marks" and before the start signal	3.4.2 ii) 3.6.1 i)	deduction of 40 Modern Pentathlon points
using oil or grease	3.2.7 ii) 3.6.1 ii)	deduction of 40 Modern Pentathlon points
failure to touch the end of the pool when turning	3.6.1 iii)	deduction of 40 Modern Pentathlon points
leaving the swimming lane before the command	3.4.3 ii) 3.6.1 iv)	deduction of 40 Modern Pentathlon points
leaving the water by the front side	3.4.3 i) 3.6.1 v)	deduction of 40 Modern Pentathlon points
Entering the water at the end of the last series without the referee's permission	3.4.3 iii) 3.6.1 vi)	deduction of 40 Modern Pentathlon points
incorrect change over in Relay	3.6.1 vii)	deduction of 40 Modern Pentathlon points
wearing nonconforming swimwear	3.2.7 ii), 3.3.2 3.6.2 iii)	elimination
using any device that may aid his speed, buoyancy or endurance such as webbed gloves, flippers, fins etc	3.6.2 v)	elimination
delaying a start, wilfully disobeying an order or for any other misconduct taking place at the start	3.6.2 i)	elimination
jumping or falling into the water before the command "take your Marks";	3.6.2 ii)	elimination
pushing, swimming across or obstructing another pentathlete so as to impede his progress	3.6.2 iv)	elimination
wilfully, and with intent, pushing, swimming across or obstructing another pentathlete so as to impede his progress	3.6.3	disqualification elimination of team