UniSport Australia Guideline

Swimming

Men and Women

UniSport Australia (UniSport) swimming competitions are conducted in accordance with the rules of [Swimming New South Wales (NSW)](#) except where these differ from UniSport sports guidelines; in which case the latter shall take precedence.

1. Team/squad size

- Maximum registrations per individual event – no limit
- Maximum entries per university per relay event – 1*

  Multiple teams per university may be entered but only the highest placing team will count towards the point score.

2. Competition format

2.1. The general format and conduct of the events will be contested under the rules of the specific event organisers. Late entries will only be accepted for 24 hours after the close date, at the discretion of the event organiser and will attract a late fee.

2.2. If a nominated competitor withdraws from a relay event, a team may replace this withdrawal with another member of their named swimming squad. This applies only for heats.

2.3. Heats, if necessary, shall be conducted in the morning session preceding the finals session in the evening.

2.4. The following events are offered, and all events shall be conducted for both men and women competitors.
   a) Freestyle: 50m, 100m, 200m, 400m, 800m, 1,500m
   b) Backstroke: 50m, 100m, 200m
   c) Breaststroke: 50m, 100m, 200m
   d) Butterfly: 50m, 100m, 200m
   e) Medley: 200m, 400m
   f) Relays: 4x50m freestyle, 4x100m freestyle, 4x50m medley, 4x100m mixed medley

2.5. Finals will be conducted as 'A' and 'B' finals provided that twenty-five (25) swimmers contest the heats of that event. The top 10 fastest from the heats, regardless of club or university, will compete in the 'A' final and the next ten (10) fastest from the heats, regardless of club or university, will compete in the 'B' final.
   a) 800m and 1500m freestyle events will be swum as timed finals with the fastest heat swam in the finals' session.
   b) All relays will be swum in the finals' session.

2.6. The UniSport Nationals medallists will be determined in the following manner:
   a) 'A' Final placings take precedence over 'B' Final placings. For example, if there are two university competitors in the 'A' Final, they will receive the UniSport gold and silver medals in order of their finishing position. The bronze medal will be awarded to the first-place finisher in the 'B' final.
   b) If no university placing can be determined from the combined 'A' and 'B' final, then the next fastest time from the heats' session will earn that undetermined placing.

2.7. No 'B' Finals will be conducted for Multi-Class Events. Each Multi Class Final will consist of a maximum of ten (10) swimmers. The Final will be filled with a maximum of three (3) swimmers from each class. If lanes are available, following this process, these will be filled based on the next highest scoring swimmers from the heats, regardless of class. Multi-class events are offered in selected races (see page 4&5 for qualifying times). Medals are awarded to the top three university and top three club swimmers.

2.8. Assisted self-marshalling will be the check-in process for all participants. Check starters will be available to assist, support, and direct swimmers on the pool deck. The Clerk on course in the marshalling area will indicate when the next heat is required to move to the chairs behind the blocks.

    a)   Swimmers are expected to know what event, heats, and lane they will be swimming in from the program.

    b)   For Heats, swimmers will report to the chairs behind the blocks for their event, preferably via the marshalling area. The fastest heats will report first. To avoid congestion, swimmers need only enter the marshalling area:

        i.   Four (4) heats prior for 50m, 100m, and 200m events.

        ii.   Two (2) heats prior for 400m, 800m, and 1500m events.

        iii.   The first heat of each session must report five (5) minutes prior to the scheduled start time.

    c)   For Finals, swimmers must report two (2) events prior.

3.   Point score

3.1. The points awarded for each final shall be:

Place	Individual finals	Relay finals
1st	16 points	32 points
2nd	12 points	24 points
3rd	9 points	18 points
4th	7 points	14 points
5th	6 points	12 points
6th	5 points	10 points
7th	4 points	8 points
8th	3 points	6 points
9th	2 points	4 points
10th	1 point	2 points

Points for the 4x100m mixed medley relay will be split evenly between the men's and women's point score total for each university involved.

3.2. If two or more competitors finish equal in an event, they shall share the points for the places tied.

3.3. The university scoring the greatest number of points in the competition (separately for men and women), shall be declared the overall winners for the competition.

3.4. If two or more universities score an equal number of points to tie for first place overall, they shall be declared joint winners of the competition.

4.   Uniform requirements

4.1. The specific uniform requirements for swimming are as per Swimming NSW General Rules – GR19 with the following UniSport uniform requirements:

    a)   Swimming cap and goggles are compulsory

    b)   Swimmers competing in the UniSport Nationals should wear a swimming cap either with university branding or a plain design (i.e., not swim club branded)

5. Team duties

5.1. Team duty requirements (if required) at UniSport events are:
   a) Competing universities may be required to fill timekeeping duties via a duty roster
5.2. The person fulfilling the team duty requirements can be any competent person associated with that team or university and does not necessarily have to be a player e.g. team manager.
5.3. Teams that do not fulfil team duties will be fined as per the UniSport guideline – *Breach of Competition Requirements*.

6. Qualifying times

6.1. All competitors must meet the qualifying times below established for the competition.
6.2. Times must have been recorded since 1 October 2022 and can include the previous UniSport Nationals event. International competitions are valid if evidence of the qualifying time can be provided if requested.
6.3. Competitors can use either a long course or short course qualifying time, however if using a short course time, their entry time will be equal to the qualifying time established for the event.
6.4. Entries not meeting the qualifying times for any event will not be accepted.

Men	Event	Women
Freestyle		
26.50	**50m**	31.50
56.50	**100m**	1:04.50
2:05.00	**200m**	2:16.00
4:25.00	**400m**	4:45.00
9:20.00	**800m**	9:50.00
17:10.00	**1500m**	18:45.00
Backstroke		
31.00	**50m**	35.00
1:06.00	**100m**	1:13.00
2:27.00	**200m**	2:42.50
Breaststroke		
35.00	**50m**	39.00
1:12.00	**100m**	1:23.50
2:43.00	**200m**	2:59.00
Butterfly		
29.00	**50m**	32.00
1:02.00	**100m**	1:10.00
2:25.50	**200m**	2:42.00
Individual medley		
2:21.00	**200m**	2:35.50
5:03.00	**400m**	5:32.00
Relays		

Men	Event	Women
1:50.00	**4x50m freestyle**	2:10.00
3:58.00	**4x100m freestyle**	4:22.00
2:05.00	**4x50m medley**	2:20.00
Mixed relay – 4x100m medley		4:40.00

7. Multi-class qualifying times

Women	50m Free	100m Free	200m Free	400m Free	100m Back	100m Fly		100m Breast		200m IM
S1	2:02.32	4:19.82			4:21.47		SB1		SM1	
S2	1:48.57	3:55.51			4:45.12		SB2		SM2	
S3	1:26.24	2:58.31			3:10.52		SB3	3:06.56	SM3	
S4	0:56.43	2:09.69			2:42.14		SB4	2:44.78	SM4	
S5	0:52.36	1:53.63			2:34.00		SB5	2:39.72	SM5	4:38.63
S6	0:51.81	1:54.62	4:13.66	8:43.05	2:07.49	2:29.16	SB6	2:30.48	SM6	4:47.54
S7	0:49.94	1:47.36	3:50.56	8:23.58	2:03.42	2:04.85	SB7	2:17.50	SM7	4:39.18
S8	0:45.87	1:39.11	3:34.50	7:20.22	1:53.08	1:58.47	SB8	1:57.48	SM8	4:17.29
S9	0:42.35	1:30.31	3:12.28	7:00.22	1:41.20	1:47.03	SB9	1:50.66	SM9	3:55.40
S10	0:40.92	1:28.77	3:12.28	6:44.25	1:46.59	1:39.00			SM10	3:41.10
S11	0:47.52	1:42.96	3:43.30	7:46.29	1:58.58	1:55.72	SB11	2:09.03	SM11	4:15.97
S12	0:40.48	1:26.35	3:04.03	7:01.96	1:40.54	1:37.24	SB12	2:01.99	SM12	3:39.34
S13	0:39.38	1:26.13	3:08.32	6:39.41	1:39.66	1:34.93	SB13	1:50.88	SM13	3:30.43
S14	0:41.58	1:29.76	3:13.71	6:50.41	1:40.43	1:40.32	SB14	1:57.48	SM14	3:40.66
S15	0:39.38	1:25.58	3:05.79	6:25.66	1:38.67	1:34.16	SB15	1:47.47	SM15	3:30.10
S16	0:45.65	1:42.30	3:49.46	8:24.02	2:18.60	1:44.28	SB16	2:18.82	SM16	4:33.02
S18	0:43.67	1:34.27	3:23.39	7:10.98	1:45.49	1:45.38	SB18	2:03.31	SM18	3:51.66
S19	0:41.58	1:29.76	3:13.71	6:50.41	1:40.43	1:40.32	SB19	1:57.48	SM19	3:40.66
Men	**50m Free**	**100m Free**	**200m Free**	**400m Free**	**100m Back**	**100m Fly**		**100m Breast**		**200m IM**
S1	1:39.33	3:39.78			4:37.64		SB1		SM1	
S2	1:26.46	3:07.88			3:11.73		SB2		SM2	
S3	1:07.32	2:32.79			2:58.75		SB3	2:46.21	SM3	
S4	0:54.67	1:59.79			2:26.19		SB4	2:19.92	SM4	
S5	0:47.52	1:49.34			2:18.16		SB5	2:10.90	SM5	4:28.18
S6	0:44.77	1:38.01	3:36.81	7:41.89	1:52.20	1:49.34	SB6	2:11.34	SM6	4:04.09
S7	0:41.14	1:29.98	3:13.38	7:03.06	1:48.24	1:51.98	SB7	2:00.89	SM7	3:58.48
S8	0:39.60	1:26.24	3:06.56	6:47.22	1:39.66	1:36.36	SB8	1:43.29	SM8	3:38.35
S9	0:37.95	1:24.26	2:59.52	6:22.36	1:33.61	1:32.73	SB9	1:45.82	SM9	3:25.70
S10	0:35.53	1:17.33	2:47.53	5:51.45	1:28.44	1:25.80			SM10	3:15.25
S11	0:37.40	1:21.62	2:56.99	6:15.21	1:39.66	1:31.41	SB11	1:58.91	SM11	3:25.81
S12	0:36.41	1:20.96	2:52.48	6:08.50	1:32.07	1:24.92	SB12	1:55.28	SM12	3:21.74
S13	0:34.21	1:19.09	2:52.92	6:08.72	1:31.74	1:27.12	SB13	1:51.98	SM13	3:20.97
S14	0:36.41	1:19.64	2:51.71	6:20.49	1:31.74	1:26.90	SB14	1:49.12	SM14	3:18.66
S15	0:34.21	1:15.79	2:44.45	5:35.83	1:25.47	1:22.83	SB15	1:43.73	SM15	2:57.43

Men	50m Free	100m Free	200m Free	400m Free	100m Back	100m Fly		100m Breast		200m IM
S16	0:39.71	1:28.88	3:19.21	7:52.89	1:47.25	2:14.75	SB16	2:11.56	SM16	3:57.49
S18	0:38.28	1:23.60	3:00.29	6:39.52	1:36.36	1:31.30	SB18	1:54.62	SM18	3:28.56
S19	0:36.41	1:19.64	2:51.71	6:20.49	1:31.74	1:26.90	SB19	1:49.12	SM19	3:18.66

8. UniSport Nationals current swimming records

Event	Record	Year	Record holder	Uni
Freestyle				
Men 50m	22.34	2023	Flynn Southam	BOND
Women 50m	24.58	2021	Emma McKeon	GU
Men 100m	48.98	2023	Flynn Southam	BOND
Women 100m	52.29	2021	Emma McKeon	GU
Men 200m	1:46.36	2023	Flynn Southam	BOND
Women 200m	1:59.55	2021	Tamsin Cook	UWA
Men 400m	3:49.32	2019	Jack McLoughlin	QUT
Women 400m	4:07.29	2019	Kiah Melverton	GU
Men 800m	7:55.75	2019	Elijah Winnington	BOND
Women 800m	8:24.07	2021	Kiah Melverton	GU
Men 1500m	15:08.98	2021	Nick Sloman	QUT
Women 1500m	15:55.14	2021	Madeleine Gough	BOND
Backstroke				
Men 50m	24.69	2021	Isaac Cooper	QUT
Women 50m	27.83	2019	Kaylee McKeown	USC
Men 100m	54.53	2021	Isaac Cooper	QUT
Women 100m	59.46	2019	Kaylee McKeown	UniSC
Men 200m	1:57.42	2023	Bradley Woodward	WS
Women 200m	2:07.10	2019	Kaylee McKeown	USC
Breaststroke				
Men 50m	27.63	2023	Samuel Williamson	MELB
Women 50m	31.50	2021	Mia O'Leary	UQ
Men 100m	1:01.11	2021	Joshua Yong	UWA
Women 100m	1:07.83	2019	Jenna Strauch	BOND
Men 200m	2:14.88	2023	Adam Selwood	MELB
Women 200m	2:25.39	2019	Jenna Strauch	BOND
Butterfly				
Men 50m	23.35	2023	Ben Armbruster	BOND
Women 50m	26.09	2021	Emma McKeon	GU
Men 100m	52.69	2021	Shaun Champion	UTS
Women 100m	56.81	2021	Emma McKeon	GU
Men 200m	1:57.94	2019	David Morgan	GU
Women 200m	2:08.33	2023	Elizabeth Dekkers	UQ
Individual medley				
Men 200m	2:00.45	2023	Se-Bom Lee	UTS
Women 200m	2:11.04	2019	Kaylee McKeown	UniSC
Men 400m	4:18.08	2021	Brendon Smith	LTU
Women 400m	4:44.25	2023	Kayla Hardy	UC
Relays				
Men 4x50 free	1:30.80	2023	F Southam, J Collett, T Hauck, B Armbruster	BOND
Women 4x50 free	1:43.79	2021	C Gubecka, G Cooney, I Sommerville, M O'Leary	UQ
Men 4x100 free	3:21.04	2023	F Southam, J Collett, F McLachlan, B Armbruster	BOND
Women 4x100 free	3:46.17	2023	G Cooney, J Davison-McGovern, E Dekkers, C Gubecka	UQ
Men 4x50 medley	1:39.98	2023	T Hauck, J Collett, B Armbruster, F Southam	BOND
Women 4x50 medley	1:55.06	2019	M Atherton, J Strauch, A Schoorl, L Taylor	BOND
Men 4x100 medley	3:50.88	2011	A Gillespie, C Sprenger, G Irvine, K Richardson	QUT
Women 4x100 medley	4:20.05	2011	G Loh, S Marshall, M Guehrer. J Morrison	MELB

Event	Record	Year	Record holder	Uni
Mixed 4x100 medley	3:53.77	2023	T Hauck, J Collett, L Taylor, M O'Leary	BOND

9. UniSport Nationals current Multi-Class swimming records

Event	Classification	Record	Year	Name	University
Freestyle					
Women 50m	S4	40.81	2023	Rachael Watson	UQ
Women 50m	S7	35.72	2021	Tahlia Blanchard	ACPE
Men 50m	S9	26.82	2022	Timothy Hodge	WS
Women 50m	S9	31.80	2019	Lakeisha Patterson	UQ
Men 50m	S10	28.31	2018	Aidan Yourell	SCU
Women 50m	S10	28.71	2023	Jasmine Greenwood	UC
Women 50m	S13	27.52	2021	Katja Dedekind	UniSC
Men 50m	S15	23.80	2023	Nicholas Layton	MON
Men 50m	S16	31.74	2023	Nicholas Toia	WS
Men 50m	S19	25.86	2022	Alexander Hejaij	WS
Women 100m	S7	1:17.57	2021	Tahlia Blanchard	ACPE
Men 100m	S9	57.91	2023	Timothy Hodge	WS
Women 100m	S9	1:06.57	2023	Lakeisha Patterson	UQ
Women 100m	S10	1:02.46	2023	Jasmine Greenwood	UC
Women 100m	S13	59.95	2023	Katja Dedekind	GU
Men 100m	S15	57.88	2023	Henry Hughes	GU
Men 100m	S19	58.53	2022	Alexander Hejaii	WS
Men 200m	S9	2:02.63	2023	Timothy Hodge	WS
Women 200m	S9	2:20.23	2023	Lakeisha Patterson	UQ
Men 200m	S10	2:18.68	2018	Aidan Yourell	SCU
Women 200m	S10	2:29.22	2023	Michelle Fawer	UOW
Men 200m	S19	2:11.88	2022	Alexander Hejaij	WS
Women 200m	S19	2:25.62	2023	Iesha Apthorpe	CSU
Men 400m	S9	4:18.56	2023	Timothy Hodge	WS
Women 400m	S9	4:41.62	2019	Lakeisha Patterson	UQ
Women 400m	S10	5:11.50	2023	Michelle Fawer	UOW
Women 400m	S13	4:38.27	2023	Katja Dedekind	GU
Backstroke					
Women 50m	S9	44.02	2018	Ebony Prelc	FU
Men 50m	S10	32.57	2018	Aidan Yourell	SCU
Women 50m	S13	51.78	2018	Jessie Wilson	ACU
Men 50m	S19	31.60	2022	Alexander Hejaij	WS
Women 100m	S7	1:36.62	2021	Tahlia Blanshard	ACPE
Women 100m	S8	1:41.21	2023	Alicia Goodwin	QUT
Men 100m	S9	1:03.33	2021	Timothy Hodge	WS
Women 100m	S9	1:20.21	2019	Lakeisha Patterson	UQ
Men 100m	S10	1:10.84	2018	Aidan Yourell	SCU
Men 100m	S19	1:11.13	2022	Alexander Hejaij	WS
Breaststroke					
Women 50m	SB13	52.02	2018	Jessie Wilson	ACU
Men 50m	SB19	34.25	2022	Alexander Hejaij	WS
Men 100m	SB3	2:03.43	2021	Ahmed Kelly	LTU
Women 100m	SB7	1:50.78	2021	Tahlia Blanshard	ACPE
Men 100m	SB8	1:17.11	2022	Timothy Hodge	WS
Women 100m	SB8	1:33.86	2019	Lakeisha Patterson	UQ

Event	Classification	Record	Year	Name	University
Men 100m	SB9	1:20.15	2021	Sitivi Sooaemalelagi	AU
Women 100m	SB9	1:20.05	2021	Keira Stephens	UniSC
Women 100m	SB10	1:30.32	2019	Lily Barras	UQ
Women 100m	SB13	1:50.24	2018	Jessie Wilson	ACU
Women 100m	SB14	1:28.03	2021	Victoria Jessamine	UTS
Men 100m	SB15	1:22.72	2023	Henry Hughes	GU
Men 100m	SB16	1:30.10	2023	Nicholas Toia	WS
Men 100m	SB19	1:19.82	2022	Alexander Hejaij	WS
Women 100m	SB19	1:39.22	2023	Iesha Apthorpe	CSU
Butterfly					
Men 50m	S10	30.21	2018	Aidan Yourell	SCU
Women 50m	S13	53.87	2018	Jessie Wilson	ACU
Men 50m	S19	28.22	2022	Alexander Hejaij	WS
Women 100m	S7	1:28.38	2021	Tahlia Blanshard	ACPE
Women 100m	S8	1:26.03	2019	Tahlia Blanshard	ACPE
Men 100m	S9	1:01.88	2021	Timothy Hodge	WS
Women 100m	S10	1:09.52	2023	Jasmine Greenwood	UC
Women 100m	S14	1:14.05	2021	Victoria Jessamine	UTS
Men 100m	S15	57.50	2023	Nicholas Layton	MON
Men 100m	S19	1:04.08	2022	Alexander Hejaij	WS
Women 100m	S19	1:14.52	2023	Iesha Apthorpe	CSU
Men 200m	S19	2:24.54	2022	Alexander Hejaij	WS
Individual Medley					
Men 150m	SM3	3:07.17	2021	Ahmed Kelly	LTU
Women 200m	SM8	3:09.43	2019	Tahlia Blanshard	ACPE
Men 200m	SM9	2:17.93	2021	Timothy Hodge	WS
Women 200m	SM9	2:36.11	2023	Lakeisha Patterson	UQ
Women 200m	SM10	2:34.83	2023	Jasmine Greenwood	UC
Women 200m	SM13	2:35.17	2021	Katja Dedekind	USC
Women 200m	SM14	2:44.03	2021	Victoria Jessamine	UTS
Men 200m	SM19	2:36.11	2022	Alexander Hejaij	WS
Women 200m	SM19	2:53.82	2023	Iesha Apthorpe	CSU

Previous rule amendments

August 2000 | July 2004 | August 2005 | March 2010 | May 2012 | May 2013 | June 2015 | April 2017 | June 2017 | October 2017| March 2018 | February 2019 | January 2020 | January 2021 | July 2022 | March 2023 | March 2024

*All competitions will be held in accordance with the UniSport competition guidelines.