# Race Guide: Freestyle / Frontcrawl

#### **Before the Race**

- you will be told when to get ready for your race and which lane you will be swimming in
- make sure your hat and goggles are on and adjusted properly
- the official will give 3 or 4 short blasts on their whistle
   this tells everyone to be quiet because a race is about to start
- the announcer will usually then say which race is about to start
- the official will then give 1 longer blast on their whistle

   this means get ready to start the race - so when you hear the long whistle either get in the water or step onto the block depending on how you are going to start the race.

#### Either:

#### Start in Water

- hold onto the wall with one hand, with the other arm outstretched
- look forward down the centre of the lane; do not look at the starter
- stay completely still and listen for the starting signal
- when you hear the starting signal, push off underwater in a streamlined position

#### Or:

# <u>Dive from Blocks or</u> Pool Side

- make sure your toes are over the edge of the wall or block
- stay completely still and listen for the starting signal
- when you hear the starting signal, perform a shallow racing dive, entering the water in a streamlined position

#### **Transition**

- hold your streamlined position
- do at least 3 <u>FAST</u> butterfly kicks underwater (do 6 if you can)
- you must come up to the surface before you have gone 15 metres

#### **Breakout**

- as you reach the surface start frontcrawl leg kick and arms
- try not to breathe until you have done at least 3 strokes

#### **Swim**

- powerful and continuous leg kick
- · alternating arm action
- bend elbow as arm comes over the water
- arm stretches forward into the water
- pull the water hard under your body and release past your hip
- · keep your head still
- breathe to the side don't lift your head to breathe
- breathe on alternating sides (bilateral breathing)

#### **Finish**

- swim hard towards the wall (don't just glide in)
- do NOT stop before you get to the wall
- try not to breathe in the last 5 metres
- once you have finished, stay in the water until the officials ask you to clear the pool
- make sure you go under the lane ropes and climb out at the side of the pool (don't climb out at the end of the pool)



### Either: Touch Turn

- touch the wall with your hand before turning around
- · push off underwater in a streamlined position

## Or: Tumble Turn

- take a breath a few strokes before the wall (do not lift your head to breath just before your tumble turn)
- when 1 stroke from the wall, duck your head, curl your body up, roll straight over so your feet touch the wall
- · do NOT stop at the wall to turn onto your front push off IMMEDIATELY underwater in streamlined position
- rotate onto your front as you glide away from the wall, holding your streamlined position

# 1

You must NOT dive from the blocks, or at the shallow end of the pool, until you have passed your competitive start award. If you are unsure, speak to your teacher or coach before the race about how you should start.

# **Common Reasons for Disqualification**

- starting or moving before the starting signal: once you are under starters orders (in the water or on the blocks) you must stay still if you wobble or twitch you can be disqualified, even if you don't actually start the race too early
- · not touching the wall when turning if you are touch turning your hand must touch the wall, and if you are tumble turning your feet must touch the wall
- standing up or pushing off the bottom: you must swim the full race distance and touch the wall before stopping and standing up