# **Race Guide: Individual Medley**

### **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 both hands
- 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**

• refer to race guides for each stroke

### Breakout

 refer to race guides for each stroke

### Swim

- refer to race guides for each stroke
- Individual Medley consists of all 4 strokes in the following order:
- 1. Butterfly
- 2. Backstroke
- 3. Breaststroke
- 4. Frontcrawl

### 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)

Butterfly to Backstroke: touch with TWO hands together, then push off on your back in streamlined position

<u>Backstroke to Breaststroke</u>: count strokes from the flags and swim on your back until you touch the wall with your hand - then either turn around and push off on your front underwater in streamlined position, or perform a flip turn (only try a flip turn if you have been taught it and are sure you can do it correctly)

<u>Breaststroke to Frontcrawl</u>: touch with TWO hands together, then turn around and push off on your front in streamlined position

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

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.

- · performing the strokes in the wrong order
- any of the reasons shown on the race guides for each stroke

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