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General Information and Racing Rules

About the Club

Leichhardt Swimming Club (LSC) was formed in 1962 shortly after Leichhardt pool (LPAC) was first opened and has operated continually since then. It provides an opportunity for swimmers of all ages and ability levels to participate in swimming events for enjoyment, fitness or competition.

Leichhardt Masters Swimming Club (LMSC) was formed in 2024 as part of LSC.

Club Membership

Membership of LSC is open to all irrespective of age. Membership of LMSC is open to swimmers who are 18 years or older. Membership details are shown on the club website. Members join on-line through Swim Central.

Only members of LSC and LMSC can compete in races in the Club Meet program or represent the Club at race carnivals. To represent the Club at carnivals or to compete in the Club Championships, swimmers must also be "first-claim members" of LSC or LMSC. That is, a swimmer cannot represent any other Club during the current season unless Swimming NSW has approved their transfer from or to that Club.

Club Meet Event Entry Information

- Club Meet entry is open to all swimmers who are members of LSC or LMSC.
- Swimmers may enter **three** events each race day, either two (different) freestyle and one form stroke or two (different) form stroke and one freestyle. On championship days, the championship event does not count as one of the three events.
- Entries for the following weekend Club Meet races must be submitted on-line via 'Swim Central' web site before 7:00 pm on the Wednesday prior to race day.
- Entries for event "Late Entry" heats can be requested on the morning of the race day but will not be recorded, accumulate points nor **count as a swim for the purposes of qualifying for championships**.
- Races will commence promptly at 7.30 am and the meet must be finished by 10:00 am.
- Meets with official times may be run during season pending LPAC squad coach requests and the availability of qualified race officials.
- Depending on the number of swimmers who enter a Club Meet with long distance events, a qualification criterion may be applied to long distance race entries in order to complete the meet by 10:00 am. The qualification times are:
 - 400m Freestyle – a swimmer must have completed a 200m in under 4 minutes or a 100m in under 1:40 at a club meet in the current season
 - 800m Freestyle – a swimmer must have completed a 400m in under 8 minutes or a 200m in under 3:30 at a club meet in the current season.
 - The above qualification times may be tightened to restrict the length of the meet if required.

Club Point Score

A club point score is conducted to cover all Club Meet races held during the racing season. Points will be allotted on the basis of improvement times as follows:

Points	Distance		
	20 – 100m	200m	400 & 800m
3	Time trial	Time trial	Time trial
1	More than 5s slower	More than 10s slower	More than 20s slower
2	Between 2 & 5s slower	Between 4 & 10s slower	Between 8 & 20s slower
3	Between 0 & 2s slower	Between 0 & 4s slower	Between 0 & 8s slower
4	Between 0 & 1s faster	Between 0 & 2s faster	Between 0 & 4s faster
5	Between 1 & 2s faster	Between 2 & 4s faster	Between 4 & 8s faster
6	More than 2s faster	More than 4s faster	More than 8s faster
1	DQ	DQ	DQ

Club Championships

Only first claim/primary LSC or LMSC members can compete in club championships and gain club records in championship events. Second claim members may swim in club championship events but cannot compete for championship points or gain club records.

To be eligible to swim and compete in championship events, swimmers must have entered, attended and competed in a minimum of six (6) Club Meet race days in the current season and have completed each championship event entered at least once during the current season by the close of entries.

Swimmers age for all championship events will be their age on the day of the Championship Carnival which is normally run in the second half of March.

LMSC members compete in the 30+ years (veteran) age group regardless of their age.

Area and Invitation Race Carnivals

LSC is affiliated with Swimming Metro South East and participates in Area Carnivals held throughout the season. The Area consists of over thirty clubs covering an area from Sydney to Engadine. Swimmers are encouraged to participate in the area carnivals and a program of these carnivals will be available on the Swim Central Website.

LMSC is affiliated with Masters Swimming NSW which holds various meets throughout the year. Masters members can participate in these meets.

Race entries for area and Masters meets will be via Swim Central or other applicable method of entry.