# Swimming WA Brand Guidelines June 2016





## Introduction

These guidelines are designed to help Swimming WA staff, affiliated Clubs, sponsors and suppliers use the Swimming WA brand consistently and in line with our marketing strategy.

After two years of getting Western Australian swimming into a position where it has strong foundations and a stable platform, the period ahead is all about:

Opportunity

The opportunity to...
Reach your potential
Be part of a community
Swim for life
Challenge yourself
Have an impact
Teach
Lead
Grow & progress

Our brand unites the many aspects of our sport and also differentiates us from other sports and organisations.

Our Association has a unique and challenging mission - to ensure swimming is an essential part of the Western Australian way of life.

To do this, Swimming WA must work closely with our Clubs and our Members, together with other supporters of swimming, to ensure everyone has the toolkit to effectively communicate with our many and varied audience.

Enjoy using these guidelines - you'll discover they provide a framework that will make your work far more efficient, ensuring we can focus on providing all Western Australians with the **opportunity to swim**.

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# Our brand





Swimming - an essential part of the Western Australian way of life

## **Brand statement**

Swimming WA will create and provide opportunities for all Western Australians to participate in swimming as an essential part of their physical and mental wellbeing.

Our Clubs are incubators in which community spirit is developed. They offer a nuturing and inclusive environment and provide opportunities for swimmers, coaches, officials and volunteers to get the best out of themselves.

As the State's peak swimming association, Swimming WA welcomes and encourages all ages and abilities to join a swimming club and enjoy the benefits of a life-long love of swimming.

## **Brand values**

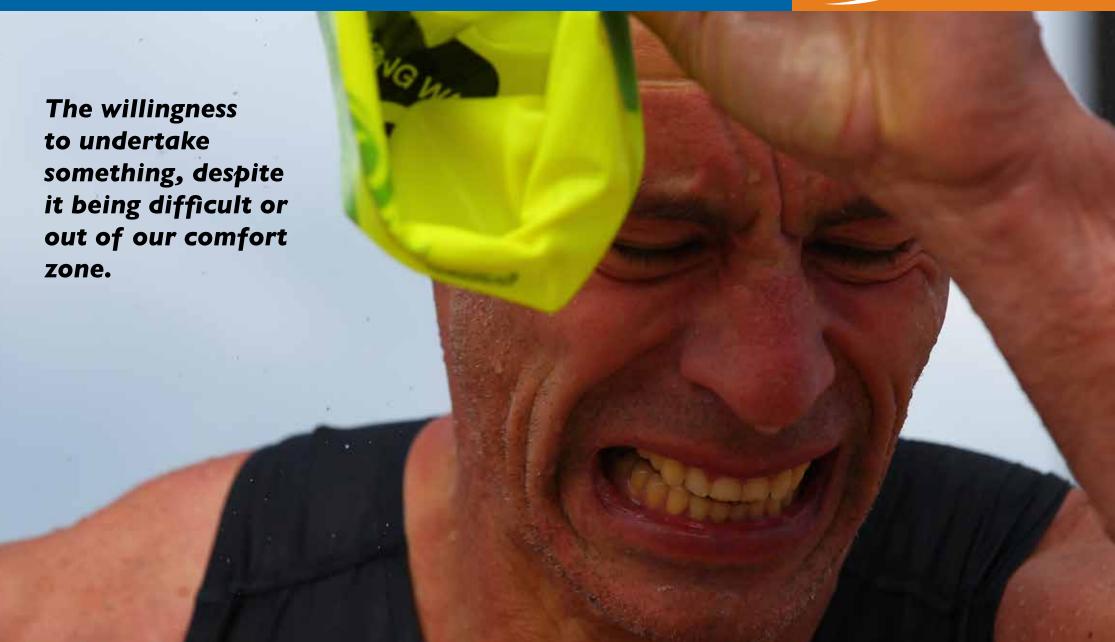
Swimming WA's brand values define our priorities and therefore direct our actions.

They remind us of the core reasons we undertake each and every programme and initiative.

All communications should hark back to the brand values in look, feel and strategy.

# Value I - Courage





Swimming - an essential part of the Western Australian way of life

# Value II - Inclusion





Swimming - an essential part of the Western Australian way of life

# Value III - Excellence





# Value IV - Passion

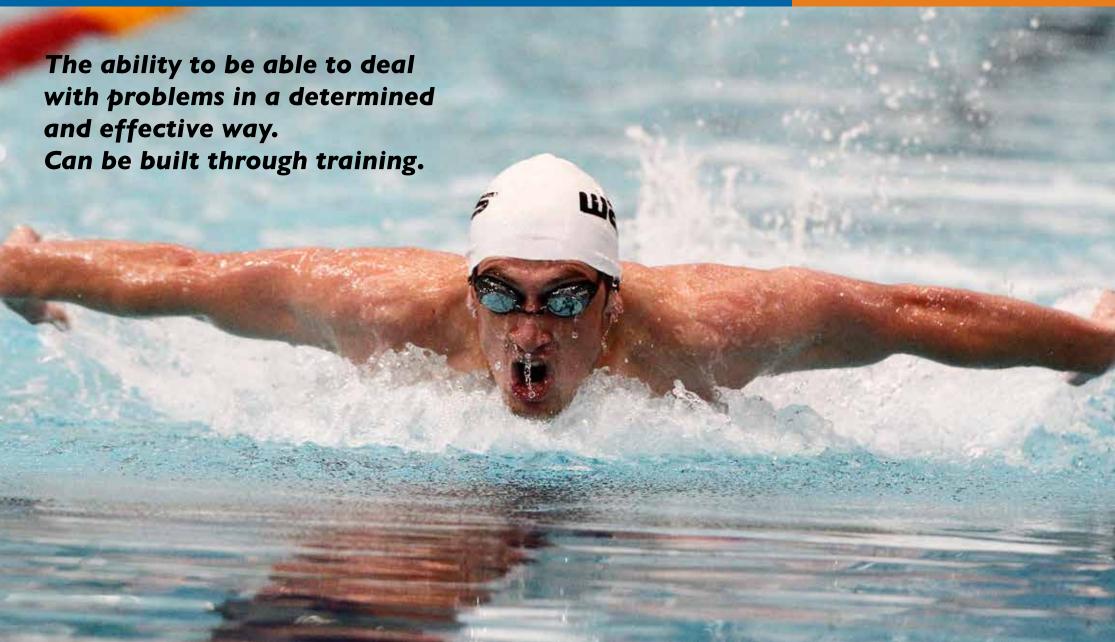




Swimming - an essential part of the Western Australian way of life

# Value V - Strength





Swimming - an essential part of the Western Australian way of life

# Value VI - Empathy





## **Brand values**

These values underpin our core vision at Swimming WA - to provide all Western Australians with the opportunity to swim.

When briefing and developing marketing material, or choosing imagery, ensure you incorporate one, some or all of these brand values into your brief and design.

Here are some examples of our brand values at work...



## The opportunity to reach your potential

Courageously developing new programmes and initiatives to grow swimming;

Empathetic about the issues faced by clubs in our community;

Passionate about unearthing and supporting future champions;

Has the strength to provide leadership to our clubs and members;

Constantly striving for excellence via the implementation of the Strategic Plan 2015-2018;

Inclusive to all - no matter what your age group, ability, location or background.



## The opportunity to learn to swim

Passionate about swimming as a whole of life experience;

Focused on excellence in teaching and water safety;

Inclusive of all abilities;

Proactively developing the strength of our children and of our swimming Clubs.

Providing a transition from the learn to swim environment into swimming Clubs and on to a life-long participation in swimming.



## The opportunity to challenge yourself

Courageously looking outside the pool to ensure our sport continues to grow and is open to everyone;

Ensuring the excellence of the in-water experience is unrivalled in its precision;

Passionate about bringing open water swimming to regional WA;

**Including** like-minded aquatics bodies in decision making and events for the betterment of the sport.

# Our intellectual property

SWA's intellectual property comprises of its intangible assets that hold a commercial value.

Examples of our IP include:

Swimming WA logo;

Open Water Swimming Series logo;

WestSwim logo;

Images;

Video footage;

Programme logos and names (ie.

SunSmart Splash & Dash);

The manner in which we run our competitive events - pool and the Open Water Swimming Series.

These assets can be used by Swimming WA, affiliated clubs, members, media outlets, sponsors, Swimming Australia and other state swimming associations and relevant government departments, subject to the guidelines outlined in this document.

# **Brand tools**





Swimming - an essential part of the Western Australian way of life

The Swimming WA horizontal logo is the preferred version and should be used where possible.

The colour logo should always be used on a white background.

The half reverse logo should only be used on the SWA blue background.

The negative mono logo should preferably be used on the Swimming WA Orange, Swimming WA Blue or black background (where colour is not available).

The mono logo should only be used where a colour application is not available.

## Swimming WA

Horizontal







Half reverse



Mono



Negative mono on Swimming WA Orange



Negative mono on Swimming WA Blue



Negative mono on black

The Swimming WA stacked logo is to be used where space is limited.

The colour logo should always be used on a white background.

The half reverse logo should only be used on the SWA blue background.

The negative mono logo should preferably be used on the Swimming WA Orange, Swimming WA Blue or black background (where colour is not available).

The mono logo should only be used where a colour application is not available.

# Swimming WA

Stacked



Full colour - stacked



Reverse mono on Swimming WA Orange



Half reverse on SWA blue



Reverse mono on Swimming WA Blue



Mono - stacked



Reverse mono on black

## Swimming WA

WA's state colours are gold and black. Given gold's propensity to become dull when flat, Swimming WA utilises a brighter yellow to represent the gold in specific circumstances relating to our competitive pool swimming and State Open Water Swimming Championships.

The mono logo should be the only Swimming WA logo used on the Swimming WA State Yellow background.

The useage of these colour combinations is strictly restricted and should only be used in conjunction with events and programmes of significance at a state or national level.

#### State colours



Mono stacked on Swimming WA State Yellow



Swimming WA State Yellow - stacked



Mono horiztonal on Swimming WA State Yellow



Swimming WA State Yellow - horizontal

The WestSwim logo should only be used in conjunction with official WestSwim programme collateral.

The full colour logo is the preferred version and should be used at all times when a white background is available.

The reverse white logo should preferably be used on a WestSwim aqua or SWA blue background.

When colour is not available, the mono or reverse white on black logos should be applied.

## WestSwim



Full colour



Reverse white on WestSwim dark blue



Reverse white on black

# Westswim

Mono



Reverse white on WestSwim light blue

The Open Water Swimming Series logo has been developed to build the distinct brand of this growing SWA programme.

The full colour logo comes in two versions dated and undated.

The dated version should be used on all relevant collateral and material relating to a specific Series.

The undated version should be used on placements that may span several years and Series.

The mono logo should be used sparingly and only if colour is not avaialble.

## Open Water Swimming Series



Full colour - undated



Mono



Full colour - dated

## Events & Programmes

Occasionally Swimming WA develops event or programme specific logos.

Ensuring consistency across our logos is important to continue to build the Swimming WA brand.

#### When developing or briefing in a new logo please consider the following:

Who is the audience?

How will the logo be used?
ie. how will it be applied - visit the
Application section for ideas of the different
options available.

How will the Swimming WA logo be incorporated?

How will the Swimming WA colours (all or some) be incorporated?

How will the relevant graphic device be incorpoated?

Bubbles - WestSwim

Ripples - Pool (development)

Splash - Pool (competition)

Waves - Open Water

How long will the logo be relevant?

Will the logo be needed in both stacked and horiztonal variations?

What file formats are required?

How will required sponsor logos be incorporated?

What sign off from sponsors is required?

## Events & Programmes

#### Correct components

Incorporates Swimming WA logo;

Utilises Swimming WA Blue and Orange;

Stacked and horizontal applications;

Provided in different file formats.





#### Incorrect components

Doesn't incorporate Swimming WA logo, or provide guidelines for use of Swimming WA logo in association with this image;

Stacked version only.

### Correct components

Provided in different file formats;

Sponsor incorporated;

Utilises Swimming WA Blue.



# Logos Rules

Using our logos incorrectly results in a negative impact on the organisation and the SWA brand, and also cheapens the document or item on which the logo features.

Please use the Swimming WA logos as specificed in these guidelines.



**Do not** use a logo that has a poor contrast with its background.



**Do not** squeeze the space around the logo.



**Do not** distort the logo.



Do not crop the logo.



**Do not** adjust the size of any components of the logo



**Do not** create new versions of the logo



**Do not** place the logo on a detailed image



**Do not** add a border to the logo



**Do not** place the logo on an angle

# Logos Rules

### Clear space

This is the minimum area surrounding the logo that must remain clear of any other text or graphic object.

The minimum amount of space to leave around the logo is indicated in the clear zone.

Where possible, try and leave more clear space that indicated by the clear zone, but never less.

The clear zone is always proportional to the size of the logo.



The clear zone around the SWA logos is equivilant to the height of the word Swimming (excluding the dot over the i and the loop of the g).





The clear zone around the WestSwim logo is equivilant to the gap between the main body of the i and the dot above the i.



The clear zone around the OWS Series logos is equivilant to the height of the Open Water Series text.

# **Logos** Sponsors

### Principle Partner

Swimming WA's sponsors are integral to the success of our sport.

Our Principle Partner is Hancock Family
Medical Foundation
and therefore this logo
must appear on all
external collateral
and documentation
that also features
the Swimming WA
logo.

Please respect the logo and utilise the same rules that apply to the SWA logos.

NB. The Hancock Family Medical Foundation Logo should never be larger than the SWA logo.



Horizontal - colour



Stacked - colour



Horizontal - mono



Stacked - mono

Always seek sign off on sponsor logo use from the SWA Sponsorship Coordinator.

# **Logos** Sponsors

### Gold, silver & bronze

Our gold, silver and bronze tier sponsors are allocated certain properties on which their logo is featured.

**Do not** use sponsor logos without first checking with the Sponsorship Coordinator if their useage is required, relevant and correct.

Unless otherwise agreed, ensure sponsor logos are not larger than the SWA logo or the Principle Partner logo.

**Do not** distort, change or manipulate any sponsor logos.

Always seek sign off on sponsor logo use from the Swimming WA Sponsorship Coordinator, allowing enough time for external approval.

## **Colours**

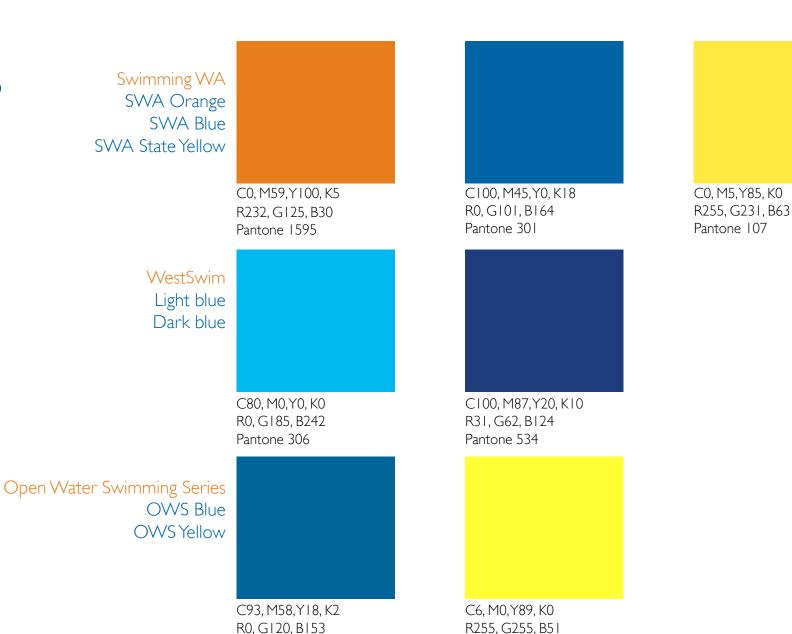
Swimming WA has three colour palettes that align with its three key programmes and logos - Swimming WA, WestSwim and the Open Water Swimming Series.

For consistency please apply these colours in all collateral and published material.

The Swimming WA orange can be used to complement the WestSwim and OWS Series colours where required.

#### Use of tints

Tints should only be used for pullout boxes, backgrounds, watermarks, graphs and charts.



Swimming - an essential part of the Western Australian way of life

Pantone 660

Pantone 395

## **Fonts**

## Primary font

Gill Sans is our primary font and should be used in all published communications.

Gill Sans Light is our body copy and sub-heading typeface and should be used with a 100% tint for all colours.

**Gill Sans Bold** is our heading typeface and should be used with a 100% tint for all colours.

Coloured text can be used when required for headings and subheadings. Colours should be avoided in body copy.

Subheadings should be two points larger than the body text.

Body copy in word documents such as letters, memos and media releases should be size 11. For optimal size on other documents and communications please refer to the specific templates. Gill Sans Light Italic should only be used for break-out quotes. This is an example of how a break-out quote should be incorporated into a document. Swimming WA

## Secondary font

Where Gill Sans is not available Arial can be used for body copy and headlines in printed communication and emails.

# **Graphic devices**

Swimming WA is a diverse association that spans learn to swim right through to participation events for all ages.

The one key factor across all of our programmes and events is water.

There are four distinct graphic devices to use across different areas of the Association, as well as corporate elements that can be used independently or to complement the water designs.



# **Graphic devices**

## Corporate

Swimming WA's corporate image is more formal and conservative than that of our public programmes and events.

Clean lines, with subtle but clear links via the Swimming WA Blue and Swimming WA Orange and a focus on the Association's mission statement dominate our Corporate communications.

Key devices include the standard header and footer and the secondary header for within documents.

Templates for all corproate communications are available.

## With headline



SWA header - with headline. Allow white space at top of the page. Spans the width of the entire page.



SWA header - without headline. All white space at the top of the page. Spans the width of the entire page.

#### Subheading here

SWA secondary header. Line is SWA blue. Spans the width of the entire page.

#### Swimming - an essential part of the Western Australian way of life

SWA footer. Spans the width of the entire page. Sit flush with the bottom of the page.

# **Imagery**

Imagery underpins all of Swimming WA's collateral and marketing material and it is therefore vital the images used reflect the brand values and are appropriate to the market.

The images chosen to be included in the Swimming WA image library all fit without our brand values - demonstrating all or a combination of these factors.

Amateur photography **should not** be used on any published material at any time.

Amateur photography can be uploaded to social media sites when appropriate. If unsure please consult with the Marketing & Communications Manager.

Our imagery should showcase:

Courage

**Passion** 

Excellence

Strength

Inclusion

Empathy

# **Imagery** Library

The Swimming WA image library is currently located on the server:

- 4. Marketing & Communications
- 5. Marketing
- 4. Brand Guidelines

You can search for images in two ways - by theme or by use.

Within the THEME folder are five categories:

OWS Series;

Swimming WA - competition & elite;

Swimming WA - participation;

Swimming WA - corporate;

WestSwim.

There may also be sub-categories within each area. For example, within participation there are sub-categories for clubs, junior swimmers and volunteers.

The USE folder can be used to find approproate images for particular applications, for example:

PowerPoint presentations;

Event programme covers;

Pull up banners.

# **Imagery** Themes



The images within the Swimming WA - Participation folder are to be used in conjunction with the following programmes:

Junior Dolphins

SunSmart Splash & Dash

Summer League

They also showcase the positive benefits of joining a Swimming WA affiliated swimming club and therefore include images pertaining to clubs, volunteers and the community.

Images should portray **fun, inclusion, community.** 

All images within this area should feature:

Multiple participants in out of water imagery;

A focus on fun & comradery in in-water imagery;

Diversity - age, race;

People smiling, laughing, having fun;

Team-mates & parents congratulating and supporting swimmers;

Supporters cheering;

Higher proportion of out-of-water images;

Colour.







The images within the Swimming WA - Competition & Elite folder are to be used in conjunction with the following programmes:

Pool competition

Performance Pathways Programme

Elite achievement

This imagery showcases the opportunity for a swimmer to reach their potential and also includes images pertaining to coaching and elite officiating.

### Imagery should only feature WA athletes, coaches and officials.

Within this segment there is the opportunity to showcase imagery of mood and tone, including black and white imagery.

All images within this area should:

Showcase the following aspects:

strength;

success;

athleticism;

teamwork;

concentration.

Focus on in-water & pre-competition imagery;

Feature award wins and trophy podiums;

Feature coaches & the coach/swimmer relationship.







The images within the Swimming WA - Corporate folder are to be used for items such as:

Annual reports;

Board reports;

Formal communication with Clubs;

Sponsorship reports and proposals;

Business media.

The section is split into different areas to ensure all aspects of our diverse Association are included, and includes portraits of staff and the Board.

The overarching themes are **leadership**, **knowledge** and **professionalism** complemented by **accessibility**.

All images within this area should:

Be professional photography (no amateur images)

Showcase the four diverse areas of the association in equal measure:

Swimming WA - Participation;

Swimming WA - Competition & Elite;

WestSwim;

Open Water Swimming Series.

Showcase equally the people involved in the Association - athletes, officials and coaches;

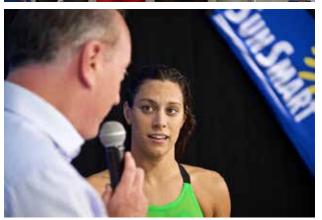
Feature Swimming WA and sponsor branding where possible;

Highlight SWA Ambassadors and partners.









# Westswim

The images within the WestSwim folder are to be used only when referring to Swimming WA's learn to swim programme.

This imagery showcases children who are learning to swim, and their instructors.

Viewers will be drawn to the warmth of the images, which should showcase healthy, happy children having fun and learning a skill they will treasure for life.

All images within this area should showcase the following aspects:

Fun;

**Education**;

**Teacher & student support;** 

Delight;

Diversity.

The focus should be on in-water imagery and where possible should feature multiple swimmers or close-up shots of individuals who are clearly having the time of their life.

The WestSwim logo on the instructors rashies should be featured as much as possible.











Swimming WA's Open Water Swimming Series offers people the opportunity to challenge themselves in a professional, fun, safe environment.

OWS Series images showcase two key aspects of the Series:

#### The challenge

#### The community spirit

Within these two categories, images should portray the location (sunshine, beach, river), success, enjoyment and contemplation/focus.

Medal photos are used for social media, but are not a focus for other marketing material.

The overarching message behind all images is: "you can do it."

All images within this area should feature:

Diversity - age, race, skill, fitness;

The water, as opposed to sand/grass (can be in ther background);

The OWS Series and SWA logos as often as possible.

Personality and images that "tell a story" or encite curiosity about the subject;

Multi-participant photos should be of people celebrating, cheering and smiling.

Single-participant photos should showcase someone contemplating or conquering their challenge.







# **Imagery** Rules

Imagery is a key component of all of our marketing and promotional collateral and it's important we maintain the integrity of our brands by using photos to their best effect.

Amateur photography should only be used on social media and images should always reflect our values and the themes of each key area.

Please use Swimming WA imagery as per these guidelines and in line with the tonal requirements.



**Do not** use images that do not encite any interest or emotion.



**Do not** heavily crop images



**Do not** distort images





**Do not** use images that showcase our sponsor's competitors (as per image on the left). Use Photoshop to remove brand names as per the correct example on the right.



**Do not** add borders to images



**Do not** hide an image behind text.



**Do not** use images that are too dark.

# **Imagery** Rules

When taking photos please keep in mind how the photos will be used and what resonates with the audience.

Photos taken by staff utilising the SWA camera or iPhones will generally be used on social media.

Focus on the following:

Quality, not quantity;

Groups of two to four people looking at the camera;

Capturing relevant branding;

Avoid taking lots of photos of a group of people at a presentation & wide shots of the pool etc.;

Always aim to capture a subject or mood.



**Do** capture branding & a subject.



**Do** utilise different elements to improve a group shot (shadow, lighting etc.).



**Avoid** lots of photos with no focal point.



**Avoid** taking images that don't tell a story.

Always ask people if you can take their photo. For children get permission from their parent/guardian/coach/teacher.

# **Tone of voice**





Swimming - an essential part of the Western Australian way of life

### Tone of voice

The written word is an extremely important part of brand Swimming WA.

Ensuring consistency across our communication strengthens our messaging and demonstrates our professionalism.

While our messaging and the brand tools we use may change depending on our audience, our tone of voice remains the same and true to our values.

Value	Tone
Courage ———	Confident
Passion ———	Positive
Excellence ———	Inspiring
Strength ———	Direct
Inclusion ———	Welcoming
Empathy ———	Supportive

### Tone of voice How we write

Good writing enables your audience to focus on your message.

The consistent use of simple, concise and non-technical language will ensure everyone, whether they are elite athletes, officials, coaches or parents new to the sport, will be able to understand you.

Our language defines us as much as our logo - please follow the Swimming WA editorial style in all communications.

**Keep** sentences short and direct.

**Spell** check all documents, including emails.

**Always** spell people's names correctly.

**Avoid** the use of buzzwords (moving forward, reach out).

**Avoid** exaggeration.

**Avoid** the use of exclamation marks in all communication except social media.

**Don't** use caps to EMPHASIZE a point - choose better language.

**Don't** use quotation marks around words that are not a direct quote.

Tip

Use active, not passive, language

Example

Instead of...

Further information can be found on the Swimming WA website or by phoning the office on (08) 9328 4599.

Use...

Call Swimming WA on (08) 9328 4599 or visit wa.swimming. org.au for more information.

Use positive and proactive language

Instead of...

Without increased funding from Swimming Australia, our development programmes will struggle to continue.

Use...

Swimming WA's development programmes will continue to grow and thrive with the support of additional funding.

Explain technical terms

Instead of...

The CAP included a segment for TOs, which was well attended.

Use...

The free community programme included a popular segment for people interested in volunteering at open water events.

### Tone of voice Capitalisation

Overuse of capitals is rife throughout many organisations and at Swimming WA we also tend to fall into the same trap.

Using capitals where not needed detracts from written communications and makes it more difficult for your audience to understand your message.

Only the following words should be capitalised:

The first word in a sentence:

#### Proper nouns;

Names

Countries

Cities

Things

#### Job titles;

Titles of documents.

#### Incorrect

Swimming WA Alumni were engaged to participate in a number of Swimming WA events including the Swimming WA Conference and Sponsor functions.

The Event will be held at HBF stadium and will be attended by Swimming WA president leanette Bailey.

Swimming - An Essential Part of the Western Australian Way of Life.

We are not just remotely interested in being 'Good'.

21 Swimmers and 2 Coaches attended the State competition, which came three weeks after the National Titles.

#### Correct

Swimming WA alumni were engaged to participate in a number of Swimming WA events, including the Swimming WA conference and sponsor functions.

The event will be held at HBF Stadium and will be attended by Swimming WA President Jeanette Bailey.

Swimming - an essential part of the Western Australian way of life.

We are not just remotely interested in being good.

#### Or, even better

Excellence is our passion.

Twenty-one swimmers and two coaches attended the state competition, which came three weeks after the Hancock Prospecting Australian Championships.

## Tone of voice Sponsor acknowledgement

Our sponsors are incredibly important to us and have chosen to partner with Swimming WA to extend and elevate the reach of their brand.

It is vital we treat their brand - including the title of their company or business - with respect.

Always refer to our sponsor companies by their full name and ensure you check the spelling of names for sponsor representatives, as well as their formal job title.

Naming rights sponsors should always be acknowledged when referring to an event.

This courtesy extends to Swimming Australia sponsors and partners of the other state swimming association.

If in doubt please check with the Sponsorship Coordinator, Chief Executive Officer or Marketing & Communications Manager.

5	Incorrect	Correct
]	Hancock Prospecting (for Swimming WA)	Hancock Family Medical Foundation
	HFMF	
	The West	West Australian Newspapers OR
		The West Australian OR
		SevenWest Media
		*note use of italics for a publication title
	Swimmers world	Swimmer's World
	State Long Course Championships	SunSmart State Long Course Age & Open Championships
	DSR (on first use)	The Department of Sport and Recreation (DSR)
	The Dept. of Sport & Rec	

### Tone of voice Club & coach acknowledgement

As the overarching association leading the sport of swimming in Western Australia, Swimming WA is deidcated to the promotion of its athletes, clubs, coaches, officials and volunteers.

As a rule, always refer to an athletes swimming club and their coach (if known) in all formal written documents.

Refer to the club just by their proprietary name, without the addition of Swimming Club or Swim Club unless the sentence is grammatically incorrect.

The addition of the bracketed abbreviation (c.) to acknowledge the coach is new to Swimming WA, so please ensure you expand to (coach) in the first instance.

#### **Examples**

Westside Christ Church Aquatic and Mandurah were named the best clubs of the meet, amassing 240 and 140 points, respectively.

Mandurah Swimming Club's Sian Pritchard said the club is looking to grow its membership by 20 per cent within the next two years.

UWA West Coast Swimming Club's Tamsin Cook, who is under the guidance of coach Mick Palfery, said her win was unexpected.

UWA West Coast Swimming Club's Tamsin Cook (coach Mick Palfery) said the win was unexpected. Meanwhile, 25-year-old Blair Evans (UWSC, c. Bud McAllister), has also made the Australian Olympic team following her gold medal winning swim in the 400m individual medley.

#### Social media example

T. Cook (UWSC, Palfery) takes out the 800m Women's Free in 8:27.01

Category	Rule	Our style	Don't use
Spelling	Please use correct Australian English across all communications.	programme	program
		organise	organize
		colour	color
Numbers, dates and percentages	measurement, date or in a table/graph.	nine	9
		5km	five km
	For numbers 10 and over, use numerals.	36	thirty-six
	Numbers that open a sentence should be spelled out.	4,000 people attended.	Four thousand people attended.
	Spell our per cent, except in tables and graphs.	nine per cent	9% (except in tables)
		10 per cent	10% (as above)
		6% (in tables)	

Category	Rule	Our style	Don't use
Numbers, dates and percentages cont.	Use a comma in four digit numbers.	4,000	4000
	Always write million and billion in full.	36 million	36m or 36,000,000
	Our long date fomat is day, month, year	2 June 2016	2/6/16
	Dates ranges should be expressed in the following format	2016/17	2016-17
		2 - 5 September 2016	
		2 September - 5 October	
		2015-2018	
	Use brackets around STD codes	(08) 9328 4599	08 9328 4599
	For international numbers, add the country code and drop the zero in the STD code.	+61 8 9328 4599	61 (08) 9328 4599

Category	Rule	Our style	Don't use
Names and titles	Swimming WA should always be written in full in public communications.	Swimming WA	SWA (in public documents)
	Only abbreviate to SWA in internal publications after first referencing in full.	Swimming WA (SWA) - internal documents only	
	The names of newspapers and books should be written in italics.	The West Australian	
	De Writterriir Italics.	What I learned along the way	
	Always acknowledge appointments to the Order of the British Empire and of Australia.	Dawn Fraser AO MBE	
		Katherine Downie OAM	
	Always acknowledge the full titles of national, state and local government representatives.	Hon. Colin Barnett MLA	
URL	Do not include the www before a website address.	wa.swimming.org.au	www.wa.swimming.org.au

Category	Rule	Our style	Don't use
Competition	Competition categories should be written as follows:	12yrs	
		12yrs/O	
		12yrs/U	
	Strokes should not be capitalised, and metre should be shortened to m:	400m individual medley	400m IM
		100m butterfly	100 metre Butterfly
		4x50m freestyle	
	Strokes should only be shortened for social media (or on second use for the individual medley):	100m fly (social media only)	
		200m free (social media only)	
		400m IM (social media & second use only)	