



Masters Swimming NSW Long Course Championships 2019

Sanction # N2019/BC1

Sydney Olympic Park Aquatic Centre
Olympic Boulevard, Sydney Olympic Park

27-28 April, 2019

Saturday 27 April	Sunday 28 April
Warm-up: 9:00am Start: 10:00am	Warm-up: 8:00am Start: 9:00am
1. 200m Breaststroke 2. 100m Backstroke 3. 50m Freestyle 4. 200m Individual Medley 5. 100m Butterfly 6. 50m Breaststroke 7. 200m Freestyle 8. 4x50m Women's Medley Relay 9. 4x50m Men's Medley Relay 10. 4x50m Mixed Freestyle Relay	11. 200m Backstroke 12. 100m Breaststroke 13. 50m Butterfly 14. 100m Freestyle 15. 50m Backstroke 16. 200m Butterfly 17. 4x50m Women's Freestyle Relay 18. 4x50m Men's Freestyle Relay 19. 4x50m Mixed Medley Relay

Warm up will be conducted in accordance with safety procedures, please observe all safety signs.

Maximum of 5 individual events + 4 relays per swimmer

Cost: Registration fee: \$25 per swimmer, plus
Swim fee: \$5 per individual event
Relay team fee: \$10 per team

Pool entry included

Closing date: Individual entries: Noon Friday 19 April
Relay nominations: Noon Wednesday 24 April

NO late entries are accepted



Supported by the



Masters Swimming NSW – Long Course Championships 2019

Entries

SWIMMERS MUST INDIVIDUALLY LODGE THEIR ENTRIES ONLINE THROUGH THE SportsTG SYSTEM, AND PAY BY CREDIT CARD OR PAYPAL.

- ☞ A link to step-by-step instructions on this entry process may be found on the “Events” page for this meet on the MSNSW website.
- ☞ MSA members will use the “Login” button and access the online entry system with their Masters Swimming Australia username & password.
- ☞ If any person is unable to submit an online entry, they must contact the MSNSW office no later than 3 working days prior to the closing date for entries to make alternative arrangements.
- ☞ Swimmers’ ages will be calculated as at 31 December 2019. Swimmers must be registered with Masters Swimming Australia at the closing date for entries.

Relays

- ☞ Clubs must send, by midday on 24 April:
 - a list of competing teams, via the online entry system, *plus*
 - payment via the online entry system, *or* payment to MSNSW by EFT or cheque (to be received by midday on 24 April).
- ☞ Changes to team details will be accepted, up until the cut-off time announced on the day of the relay.
- ☞ Clubs should appoint a Team Captain to co-ordinate their teams, and as a point of contact with the meet organisers.
- ☞ To be eligible to swim in a relay, a swimmer must have entered at least one individual event.
- ☞ There is no limit on the number of teams that a club may enter in any age group. All teams may score points.

Rules

- ☞ This competition will be governed by the rules of Masters Swimming Australia and Masters Swimming NSW in force at the closing date for entries.
- ☞ Pool is surveyed, and Automatic Officiating Equipment will be utilised to validate branch, national and world records.

Warm-up facilities

- ☞ Warm-up and swim-down facilities will be available in the diving pool during the meet.

Timekeeping


- ☞ Clubs are expected to assist with timekeeping.

Awards

CLUB

- ☞ **State Cup Championship Trophy** to the club with the highest point score in each division.
- ☞ **Executive Trophy** to the club with the highest percentage of members competing (minimum of 10 swimmers competing).
- ☞ **Biddy Hall Memorial Trophy** to the club with the highest average point score per swimmer (minimum of 10 swimmers competing).

INDIVIDUAL

- ☞  **Vorgee** Male & Female Swimmer of the Meet.
- ☞ **Peter Gilmour Memorial Trophy** to the best butterfly swim relative to current records.
- ☞ Medals to 1st, 2nd and 3rd placegetters in each individual event in each age group for MSNSW members. Visitors are also eligible for medals.
- ☞ Medals to each member of the winning relay team in each age group of each event.

PRESENTATIONS

- ☞ The trophies for these Long Course Championships will be presented at the end of the meet.

Masters Swimming NSW thanks the volunteers from Volunteering NSW for their assistance.

To contact Masters Swimming NSW
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