



Masters Swimming NSW

Long Distance Championships 2019

Sanction # N2019/09CH

Knox Grammar
7 Woodville Avenue, Wahroonga

Sunday 08 September, 2019
Short Course - 25m

(this pool has a current survey - NSW and national records can be set)

Warm-up: 08:00am	
Start: 08:30am	
1	1500m Butterfly
2	1500m Backstroke
3	1500m Breaststroke
4	800m Freestyle
5	400m Butterfly
6	400m Backstroke
7	400m Breaststroke
8	400m Individual Medley
9	400m Freestyle

**maximum of two events per swimmer
with a limit of one 1500m event**

Cost: \$30 per swimmer - including pool entry

Closing date: Midday, Friday 30 August 2019 - NO late entries

Please note that due to time constraints, special restrictions will apply:

- Event 4 - 800 metres is freestyle only (no form strokes);
- We expect all heats to be swum as races, but if time pressures dictate, staggered starts may be utilised and Freestyle events may be swum with two swimmers of the same gender per lane

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Entries

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

- A link to the online entry system, and step-by-step instructions on the entry process, may be found on the “Events” page for this meet on the MSNSW website.
- 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.

Rules

- These Championships will be governed by the rules of Masters Swimming Australia and Masters Swimming NSW in force at the closing date of entries (30 August 2019).
- MSNSW SunSmart Sport & No Smoking policies, and MSA Warm-Up Safety policy will apply at this meet. Please observe all safety signs.

Awards

CLUB

- Branch Championship Trophy to the club with the highest point score in each BPS Division.

INDIVIDUAL

- Medals to 1st, 2nd and 3rd placegetters in each individual event in each age group for MSNSW members. Visitors are also eligible for medals.

Warm-up facilities

- During competition warm-up and swim-down facilities will be available.

Timekeeping

- Clubs are requested to bring stopwatches and prepare a roster as all swimmers MUST assist with timekeeping.

The minimum time required for timekeeping will depend on entries received, and will be stipulated in the meet programme.

- **Times will only be recorded for those competitors that log the stipulated time as a timekeeper.**

We all need our events timed, so no competitor will have their time recorded unless they, or their proxy, has volunteered to timekeep for others (officials exempted).

Any competitor that cannot fulfil this obligation may ask their club members, friends or family to do so as proxy, or in the case of extenuating circumstances may appeal to the Meet Director.

Masters Swimming NSW thanks the volunteers from Volunteering NSW for their assistance at all MSNSW meets.

Supported by the



To contact Masters Swimming NSW
Phone: 02 8736 1232

Email: admin@mastersswimmingnsw.org.au

Internet: www.mastersswimmingnsw.org.au

Postal address: PO Box 6941 SILVERWATER NSW 2128
Quad 1, Level 2, 8 Parkview Drive SYDNEY OLYMPIC PARK NSW 2127