



Masters Swimming NSW Long Distance Championships 2022

Sanction # N2022/11CH

Birrong Leisure & Aquatic Centre
Wellington Rd, Birrong NSW 2143

Sunday 27 November, 2022
Long Course - 50m

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

Warm-up: 8am	
Start: 8:30am	
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 18 November 2022 - NO late entries

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

- o Event 4 - 800 metres is freestyle only (no form strokes)
- o 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

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.
- Swimmers' ages will be calculated as at 31 December 2022. 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 (18 November 2022).
- MSNSW SunSmart Sport & No Smoking policies, and MSA Warm-Up Safety policy will apply at this meet. Please observe all safety signs.
- There will be no marshalling, swimmers are expected to be behind their block prior to their swim.

Results

<https://mastersswimmingnsw.org.au/meet-results/live-results/>

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.

Covid19 compliance

- The Public Health orders in place on 27th November will be strictly followed as will all conditions put in place by Birrong Leisure & Aquatic Centre. Members and clubs are asked to make themselves familiar with requirements before arriving at the Centre.

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.

Supported by the



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