



Masters Swimming NSW

Long Course Championships 2022

Sanction # N2022/10CH

Australian Institute of Sport
Leverrier Crescent, Bruce, Canberra

15-16 October, 2022

Long Course - 50m

(this pool has a current survey - World, National & Branch records can be set)

Saturday 15 October	Sunday 16 October
Warm-up: 09:30am Start: 10:30am	Warm-up: 8:00am Start: 9:00am
1. 200m Freestyle 2. 100m Backstroke 3. 50m Butterfly 4. 200m Individual Medley 5. 100m Breaststroke 6. 50m Freestyle 7. 200m Butterfly 8. 4x50m Women's Medley Relay 9. 4x50m Men's Medley Relay 10. 4x50m Mixed Freestyle Relay	11. 200m Breaststroke 12. 100m Butterfly 13. 50m Backstroke 14. 100m Freestyle 15. 50m Breaststroke 16. 200m Backstroke 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

Closing date: Individual entries: Midday Friday 07 October
Relay numbers: Midday Wednesday 12 October
Relay team details: the day of the event

No late entries accepted

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Entries

- All entries must be lodged online through the SportsTG system, and pay by credit card or PayPal.
- A link to 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.
- 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.

INDIVIDUAL ENTRIES

- MSA members will use the "Login" button and access the online entry system with their Masters Swimming Australia username & password.
 - select the appropriate entry type for the total number of individual events.
 - enter a nominated time for each of your selected events and submit online payment.

RELAY ENTRIES

- Nominate and pay for the total number of relay teams to be entered:**
 - Club officials will use the "Login" button and access the online entry system with their Masters Swimming Australia username & password.
 - select the 'Relay Teams' entry type
 - nominate the club's 'Relay Captain' who will be responsible for submitting full relay team details later.
 - select the total number of teams and submit online payment.
- Submit swimmer details for each relay team:**
 - Shortly after closing time, the nominated Relay Captain will be activated to enable them to submit full relay team details (swimmer names & nominated times) through the MSNSW Live Results app on phone, tablet or computer.
 - Adding, or editing, of teams will be available for nominated Relay Captains under the "Relay Entries" tab within the Live Results app up to 2hrs before the scheduled start time of the first relay event each day.

Warm-up facilities

- Warm-up and swim-down facilities will be available throughout the meet.

Lunch

- A lunch break will be held each day, if time allows. Details will be announced.

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.
- MSNSW SunSmart Sport & No Smoking policies, and MSA Warm-Up Safety policy will apply at this meet. Please observe all safety signs.

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

-  **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.

Timekeeping

Clubs are requested to bring stopwatches and prepare a roster as ALL swimmers are expected to assist with timekeeping.

Supported by the



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

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, Sports House, 8 Parkview Drive SYDNEY OLYMPIC PARK NSW 2127