



Masters Swimming NSW Long Distance Championships 2022

Sanction # N2022/09CH

Knox Grammar School 7 Woodville Avenue, Wahroonga

Sunday 25 September, 2022
Short Course - 25m

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

Warm-up: 8:00am	
Start: 8:30am	
1	1500m Freestyle
2	800m Butterfly
3	800m Backstroke
4	800m Breaststroke
5	800m Individual Medley
6	400m Freestyle
7	400m Butterfly
8	400m Backstroke
9	400m Breaststroke
10	400m Individual Medley

Maximum of two (2) events per swimmer

Cost: \$30 per swimmer - including pool entry

Closing date: Midday, Friday 16 September 2022 - NO late entries

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

- o Event 1 - 1500 metres is freestyle only (no form strokes);
- o Swimmers may enter EITHER event 1 or an 800m event;
- o Freestyle events (events 1 & 6) **may** be swum with two swimmers of the same gender per lane, depending on the number of competitors;
- o We will endeavour to run events as races (i.e. not with staggered starts).

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 (16 September).
- 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.

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 25th September will be strictly followed as will all conditions put in place by Knox Grammar School. 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.

Results

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



Supported by the



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