



Masters Swimming NSW Long Course Championships 2023

Sanction # N2023/04CH

Sydney Olympic Park Aquatic Centre
Olympic Boulevard, Sydney Olympic Park

1st & 2nd April, 2023

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

Closing date: Individual entries: Midday Friday, March 24
Relay payment: Midday Friday, March 31
Relay team details: the day of the event

Supported by the



Masters Swimming NSW – Long Course Championships 2023

Entries

SWIMMERS MUST LODGE THEIR ENTRIES ONLINE through [Swim Central](#).

- Step-by-step instructions on this 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 2023. Swimmers must be registered with Masters Swimming Australia at the closing date for entries.

Relays

- Nominate and pay for the total number of relay teams to be entered:
 - Club officials will login to their personal profile in [Swim Central](#), and select the event on the home page
 - Select “Relay Teams” under the “Products” tab, nominate the total number of teams, and submit online payment
 - Download a copy of instructions [here](#)
 - Submit swimmer details for each relay team through the MSNSW Live Results app on phone, tablet or computer:
 - Shortly after closing time of individual entries, a nominated Relay Captain will be activated to enable them to submit full relay team details (swimmer names & nominated times)
 - 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
 - See a video of the process [here](#), or in the app
- 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

- Vorgée** 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
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