



Masters Swimming NSW

Long Distance Championships 2023

Sanction # N2022/09CH

Knox Grammar School
7 Woodville Avenue, Wahroonga

Sunday 24 September, 2023
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 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 (2) events per swimmer

Cost: \$32 per swimmer - including pool entry

Closing date: Midday, Friday 15 September 2023 - NO late entries

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

- Event 4 - 800 metres is freestyle only (no form strokes);
- Swimmers may enter EITHER 800m Freestyle OR one 1500m event;
- Freestyle events (events 4 & 9) may be swum with two swimmers of the same gender per lane, depending on the number of competitors;
- We will endeavour to run events as races (i.e. not with staggered starts).

Entries

- Swimmers must individually lodge their entries online through Swim Central.
- 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 2023. 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 (15 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.

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. As part of the "Masters Swimming" culture, all competitors are expected to do their share of timekeeping.

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

A system allowing each available competitor (excluding technical officials) to nominate slabs of time, by event, for your timekeeping is being developed via an online form. A separate form is available for non-swimming volunteers, such as family members.

These forms, along with a real-time representation of submissions, will be available on the [meet programmes page](#) of the website following the close of entries for the meet. Submissions will close on the evening before the meet to allow printing of a Timekeeping Roster for the use of competitors, clubs & officials.

Results

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



Supported by the



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