



# Masters Swimming NSW

## Short Course Championships 2023

Sanction N2023/10BR

### Peninsula Leisure Centre

243 Blackwall Rd, Woy Woy NSW 2256

**Saturday & Sunday 14<sup>th</sup> & 15<sup>th</sup> of October, 2023**

**Short Course - 25m**

Competition Pool

This pool has a current survey - World, National and Branch records can be set.

<b>Saturday</b>	<b>Sunday</b>
<b>Warm Up: 9am</b>	<b>Warm Up: 8am</b>
<b>Start: 10am</b>	<b>Start: 9am</b>

<b>Event</b>	<b>Distance</b>	<b>Stroke</b>		<b>Event</b>	<b>Distance</b>	<b>Stroke</b>	
1	200m	Breaststroke		11	200m	Butterfly	
2	100m	Freestyle		12	100m	Breaststroke	
3	50m	Backstroke		13	50m	Freestyle	
4	200m	Individual Medley		14	100m	Individual Medley	
5	50m	Breaststroke		15	50m	Butterfly	
6	100m	Butterfly		16	100m	Backstroke	
7	200m	Backstroke		17	200m	Freestyle	
8	4x50m	Freestyle Relay	Women	18	4x50m	Freestyle Relay	Mixed
9	4x50m	Freestyle Relay	Men	19	4x50m	Medley Relay	Women
10	4x50m	Medley Relay	Mixed	20	4x50m	Medley Relay	Men

*Warm up will be conducted in accordance with safety procedures, please observe all safety signs.*

**Maximum of five (5) events per swimmer**

**Cost:** \$25 registration fee (including transaction fees & pool entry)  
\$5 per individual event  
\$10 per relay team

**Closing date:** Individual Events - Midday, Friday, 6<sup>th</sup> October, 2023  
Relay Events – see detailed instruction on next page

**Registration:** This meet is open only to swimmers registered with Masters Swimming Australia, or an equivalent body overseas, at the closing date for entries. Swimmers' ages will be calculated as at 31 December 2023

Supported by the



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## Individual 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.

## Relay Entries

1. **Club Officials must nominate and pay for the total number of relay teams**, through Swim Central at [this link](#).
  - Entries open Friday October 6 and close on Friday October 13.
  - Select “Relay Teams” under the “Products” tab, nominate the total number of teams using the +/- buttons, and submit online payment.
2. **Club officials must subsequently 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.

## Warm-up facilities

- The part of the pool not used for competition will be available for warm-up and swim-down during the meet.

## Timekeeping


- Clubs are expected to assist with timekeeping.

## Awards

### Club

- Trophies to the club with the highest point score in each division.
- Harry Fowler Memorial Trophy for the outstanding performance by a relay team with a combined age of 200 years or over.
- Gordon Cozins Memorial Trophy for the club scoring the highest total points in relays.
- Des McCormick Memorial Trophy for the club with the highest average point score per swimmer (minimum of 10 competitors).

### Individual

-  Male & Female Swimmer of the Meet.
- Medals to 1st, 2nd and 3rd placegetters in each individual event in each age group for NSW members. Visitors are also eligible for medals.
- Aggregate age group winners will be announced

### Relay

- Medals to each member of the winning relay team in each age group of each event.

## 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 obey all signs & official instructions.

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

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