



Masters Swimming NSW Long Course Championships 2024

Sanction # 202404LC

Sydney Olympic Park Aquatic Centre
Olympic Boulevard, Homebush

13th & 14th of April, 2024

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

Saturday 13 April	Sunday 14 April
Warm-up: 09:00am Start: 10:00am	Warm-up: 8:00am Start: 9:00am
<ol style="list-style-type: none">200m Breaststroke100m Backstroke50m Freestyle200m Individual Medley100m Butterfly50m Breaststroke200m Freestyle4x50m Women's Medley Relay4x50m Men's Medley Relay4x50m Mixed Freestyle Relay	<ol style="list-style-type: none">200m Backstroke100m Breaststroke50m Butterfly100m Freestyle50m Backstroke200m Butterfly4x50m Women's Freestyle Relay4x50m Men's Freestyle Relay4x50m 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: \$30 per swimmer, plus
Swim fee: \$5 per individual event
Relay team fee \$12 per team

Closing date: Individual entries: midday Friday 05 April
Relay entries: midday Wednesday 10 April
(submitted relay teams may subsequently be edited until the day of the event through the MSNSW LiveResults app)

No late entries accepted

Masters Swimming NSW – Long Course Championships 2024

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

- Clubs nominate the total number of relay teams & pay by midday April 10, through the online form on the [Events page](#) on the website. Nominated club officials subsequently submit full team details for each relay team through the MSNSW Live Results app.) 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

- 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). Trophies to the club with the highest point score in each division.
- Medals to each member of the winning relay team in each age group of each event.

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.

PRESENTATIONS

- The trophies for these Long Course Championships will be presented at the end of the meet.

Timekeeping

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
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