



# Masters Swimming NSW

## Short Course Championships 2024

Sanction Number: 202410SC

### AIS Aquatic Centre Canberra

26 Leverrier Street, Bruce, ACT

Saturday 12<sup>th</sup> & Sunday 13<sup>th</sup> of October, 2024

Short Course - 25m

Competition Pool

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

Saturday 12 October	Sunday 13 October
Warm-up: 09:30am	Warm-up: 8:00am
Start: 10:30am	Start: 9:00am
1. 200m Backstroke	11. 200m Freestyle
2. 100m Butterfly	12. 100m Backstroke
3. 50m Breaststroke	13. 50m Butterfly
4. 200m Individual Medley	14. 100m Individual Medley
5. 50m Backstroke	15. 50m Freestyle
6. 100m Freestyle	16. 100m Breaststroke
7. 200m Breaststroke	17. 200m Butterfly
8. 4x50m Men's Freestyle Relay	18. 4x50m Mixed Freestyle Relay
9. 4x50m Women's Freestyle Relay	19. 4x50m Women's Medley Relay
10. 4x50m Mixed Medley Relay	20. 4x50m Men's Medley Relay

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

Maximum of five individual events per swimmer

Cost: \$30 registration fee (including transaction fees & pool entry)  
\$5 per individual event  
\$12 per relay team

Closing date: Individual Events - midday, Friday, 4<sup>th</sup> October, 2024  
Relay Payments - midday Wednesday 9<sup>th</sup> October, 2024  
(see next page for details on submitting and/or editing full relay team details)

**No late entries accepted**

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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. Clubs nominate the total number of relay teams & pay by midday October 9, by following the link on the [Events page](#) of the website to the online form.
  2. 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

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

## Lunch

- A lunch break will be held each day, where time allows.

Supported by the



## Timekeeping


- ALL swimmers 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.

### 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.
- No watches are to be worn during warm up, or during competition.

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

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