



Masters Swimming NSW Long Distance Championships 2024

Sanction # 202411LD

Granville Swimming Centre

Enid Ave, Granville, NSW 2142

Sunday 24th November, 2024

Long Course - 50m

(this pool has a current survey - NSW and national records can be set)

Warm-up: 8:00am	
Start: 8:30am	
1	1500m Freestyle
2	800m Butterfly
3	800m Backstroke
4	800m Breaststroke
5	800m Individual Medley
6	400m Freestyle
7	400m Butterfly
8	400m Backstroke
9	400m Breaststroke
10	400m Individual Medley

Maximum of two events per swimmer,
with only one swim from events 1 to 5

Cost: \$30 per swimmer - including pool entry

Closing date: Midday, Friday 15 November 2024 - NO late entries

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

- o Event 1 - 1500 metres is freestyle only (no form strokes);
- o Freestyle events (events 1 & 6) **may** be swum with two swimmers of the same gender per lane, depending on the number of competitors;
- o We will endeavour to run events as races (i.e. not with staggered starts).

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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 2024. Swimmers must be registered with Masters Swimming Australia at the closing date for entries.
- Following close of entries, entry times drawn from Swim Central can be edited in the MSNSW Live Results app until 6:00am on the following Monday.

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

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.

Results

The MSNSW Live Results app has been updated!



<https://msnsw-live-results.glide.page>

Supported by the



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