

NOTES FOR THE MSV STATE LONG COURSE RELAY CHAMPIONSHIPS

12TH OCTOBER 2025.

INFORMATION FOR SWIMMERS

The swimming competition will be held in the INDOOR pool at MSAC.

Swimmers Please Note – NO ACCESS INTO THE POOL FACILITIES WILL BE ALLOWED BEFORE 8:30 AM

From 8:30 am entry can be made through the Aquatics Entry, and ground floor for those who need to keep to the flat. Most people should enter via the foyer and mezzanine level. From 9:00 am entry is only through the upstairs entrance to the stands.

MSAC Pool Entry

- Entry is through the Aquatics Entrance [near the multi-deck car park].
- Entry for competitors is from 8:30 am
 - From 8:30 am – 9:00 am the bottom entry is open for those who who cannot manage the stairs.
 - The upstairs entry only is open from 9:00 am to access the grandstand.
 - There is a lift available to access the first floor.
 - **It is HIGHLY recommended to use the upstairs entry please.**

WARMUP/COOL DOWN

- The Competition Pool will be available for warming up from 9:00 AM-9:45AM. Please vacate the pool when instructed to do so.
- A 2nd [northern] pool will be available for warm up and cool down during the meet.
- **Diving is only allowed** in the lanes marked for diving during warm-up [probably lanes 0,1].
- **Please do NOT dive** in any other lanes.
- **Please do NOT dive** at any time in the warm-up/middle pool. This is standard practice.

GENERAL

- Listen carefully to all announcements and at all times please report promptly to the race / marshalling area when advised by your race captain.
- Use the marshalling room to get your relay team together, or for preparing for your race.
- The program will not be held up due to swimmers arriving late for their heat nor will any relay be reassigned empty lanes. It is your responsibility to be punctual
- **In all swims: Check your team and name with the timekeeper before you swim.**

PLEASE KEEP ONLY ONE [1] HEAT IN THE UNDERCROFT – TRY TO MINIMIZE THE NOISE AS MUCH AS POSSIBLE.

MARSHALLING

Note that we maybe short of volunteers and timekeepers. As a result we may have to rely on swimmers **Self Marshalling**. We will do our best to have Marshals to help organise the heats.

Please use the marshalling room to get your teams together. Please try and keep track of when you are swimming, [use the scoreboard to keep track of the events]. Be ready to keep 1 heat ahead in the undercroft, remaining heats should stay in the marshalling room. Please keep the noise down in the marshalling area.

Timekeepers

As in other states, we will be relying on swimmers doing their part, and helping with timekeeping. Please see the table / Timekeeper Roster at the end for suggested clubs and lanes to time. Please **feel free to help out in any lane** if you see a lane needing a timekeeper, or someone to press the Back-up button.

TIMEKEEPERS AREA

Check your team name with the Timekeeper. Be aware of the heat ahead of you so you can be prepared for your heat, prior to the finish of the preceding heat.

Be ready to move forward behind your block, when the Timekeepers move forward to take the time of the preceding swimmer.

Have all of your accessories in place and be ready for the Referees whistle.

REFEREE'S WHISTLE TAKING UP POSITION

When the referees whistle blows, move straight to your starting position on the block edge, on the pool deck or in the water.

It is your responsibility to be there and ready, not late or still adjusting goggles and cap or talking. Holding up the start can be cause for disqualification.

You MUST have at least one foot at the front of the block or edge of the pool deck or one hand on the edge and feet on the wall (if in the water); ready for the starters command.

THE START

On the Starter's command "take your marks", immediately and quickly take your mark ready to start the race. The starter will use a Light and hooter. Swimmers must be still at the start.

[For relays, swimmers 2, 3, and 4 can be moving, but must have some part of the body touching the block, or wall, when the incoming swimmer touches.]

NB – ONE START RULE APPLIES

i.e. If a swimmer 'breaks', they will be immediately disqualified and the meet continues

FREESTYLE, BREASTSTROKE & BUTTERFLY STARTS

The start may be taken from the block, the edge of the pool or in the water. Take up your position on the Referee's whistle and wait for the Starter's command (light and hooter).

BACKSTROKE STARTS

Backstrokers should enter the water FEET FIRST on the Referee's whistle and, without delay, move to your starting position. A second whistle will sound to indicate to all that the start is imminent. Diving out and being slow to the starting position can attract disqualification for delaying the start. Swimmers must hold firmly to the starting blocks with both hands.

We do not have the use of Backstroke ledges today.

THE FINISH

Touch the pads **firmly** and move back approximately **1 metre** and rest on the lane ropes until requested to leave the water.

THE EXIT

Swimmers should exit the pool to the side, **never over** the timing pads at the end of the pool.

SWIMMING RULES

Current Masters **Swimming Rules** apply at this meet for Masters Swimmers.

See the MSA website. <https://mastersswimming.org.au/rules-and-policies/msa-competition-rules/msa-swimming-rules/>

SwimWear Rules are as follows:

<https://mastersswimming.org.au/rules-and-policies/msa-competition-rules/msa-swim-wear-rules/>

Please ensure that there are no zips on swimwear as per the rules.

RELAYS – AND CHANGES

- Relay Change Sheets will be made available from the Information / IT desk.
- Changes to Events 1 to 8 will need to be given by 9:30 am on Sunday.
- Changes to Events 9 to 15 will need to be given by 12 noon.
- Clubs may enter multiple teams in an age group.

It is HIGHLY preferable that relay team changes keep the team in the SAME age group. Thanks.

RESULTS

- Provisional results of each event will be posted on the Mezzanine floor, behind the seating areas, as soon as they are available.
- Thirty (30) minutes (maximum) is allowed for lodgement of a protest/query, in writing, on the forms provided at the Information desk.

This time limit also applies to any change to the results posted. For example; incorrect time listed, no time listed & /or swimmers missing from results. These forms will then be processed by the Chief Recorder. Final results for each event will be posted in the same area, after the protest period has elapsed. These will be clearly marked as final.

- Awards can be collected after the posting of the Final results for each event. The Awards desk will be upstairs in the mezzanine area. For these relay events, one club representative will be required to sign for all 4 members, when collecting the ribbons.

AWARDS

- Relay team members will be given ribbons. Relay age groups are 72-99; 100-119; 120-159; 160-199; 200-239; etc.

TIMEKEEPING ROSTER

There are 300 swimmers, and the meet is expected to take about 5 hours or less. IE 300 minutes.

That means if each swimmer did 20 minutes [or 2 sessions of 10 minutes] we would have no issue with timekeeping, and ensuring we had back up times for everyone. [Just in case of touch pad errors, or the pad not registering a swimmers time.] Make some new friends as well!

Suggested Lanes and clubs responsible for them:

Club Name	Swimmers.	Lanes
VBC - Boroughcouthas / VBS - Brunswick / VCS – Casey Seals	6, 14, 39	0, 1
VPP - Powerpoints / VMP - Mornington Peninsula / VSP/ - Surrey Park	20, 18, 17	2,3
VMV - Malvern Marlins / VGV Goulburn V	40, 19	4, 5
VDC - Doncaster Dolphins VGS Glams	35, 26	6, 7
VYR - Yarra Roughies / VHM Heidelberg / VMH – Melb H2O	14, 8, 34	8, 9

All Other Swimmers and friends feel free to help out.