

NOTES FOR THE MSV STATE SHORT COURSE CHAMPIONSHIPS

11TH APRIL 2026.

INFORMATION FOR SWIMMERS – PLEASE READ [And yes it is long.]

We have had a magnificent turn-out of entries, so please be patient with some changes that have had to be made. It will be a long day – but HAVE FUN!!

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

PLEASE NOTE: RACES WILL START AT 9:00 AM.

WARM-UP WILL BE IN THE “MIDDLE POOL” ONLY – starting at 8:30am

As always for warm-up – NO DIVING – please enter feet first.

Swimmers Please Note – NO ACCESS INTO THE POOL FACILITIES WILL BE ALLOWED BEFORE 8:00 AM

From 8:00 am entry can be made through the Aquatics Entry, and to the grand stand.

From 8:30 am the upstairs entrance to the pool will open.

MSAC Pool Entry

- Entry is through the Aquatics Entrance [near the multi-deck car park].
- Entry for competitors is from 8:00 am to access the grandstand.
 - From 8:30 am the bottom entry is open for those who who cannot manage the stairs.
 - 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 **NOT BE** available for warming up unfortunately.
- • A 2nd [northern / Middle] pool will be available for warm up and cool down during the meet. 6 lanes all day,
- **Please enter the water feet first.**
- **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 name with the timekeeper before you swim.**

SELF MARSHALLING

Please use the Marshalling Room. Try not to congregate in the undercroft. Try to only have the next 2 heats in the undercroft while **Self Marshalling**. Please try and keep track of when you are swimming, and be ready behind the blocks 2 heats before your race. Please keep the noise down in the marshalling area. Check your name as above.

Timekeepers

As in other states, we will be relying on **ALL** swimmers to do their part, and helping with timekeeping. Please see the table / Timekeeper Roster at the end of this memo for suggested clubs and lanes to time. Please feel free to help out in any lane if you see a lane needing a timekeeper.

TIMEKEEPERS AREA

Check your name [or 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.

NOTE FROM THE MEET REFEREE / TECHNICAL DIRECTOR

"Referees and Starters need to be very mindful of keeping the program moving along while still maintaining fair starts.

Swimmers - Fiddling with goggles caps and starting blocks are not to cause holdups. Reasonable time has to be allowed for some unsteadiness, but swimmers should be encouraged to be assisted if unsteady.

Check Starters need to be acutely aware that the correct swimmer in is the correct lane and heat. Each heat needs to be checked as the swimmer takes up their position behind the blocks. For 25m races **the timekeepers** need to ask the swimmer are you Joe Blow or whomever at the finish of each heat.

We need swimmers to safely and promptly exit the pool as soon as they are given the signal. When starting over the top, swimmers are to move back from the wall at least a metre and to hang on to the lane ropes. As soon as the next race has started swimmers are to clear the pool.

Lanes 0 to 4 exit through Lane 0. Swimmers in lanes 5 to 9 to exit through Lane 9. "

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.

Please keep well away from the touch pads as you move across.

SWIMMING RULES

This is a **DUAL** Sanctioned Meet. As such Swimming Victoria Swimmers will be judged under SV/SA Rules. There are in fact very few differences in rules between SA and MSA.

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/wp-content/uploads/2018/10/MSA-Swimwear-General-Rules-GR16-2024.pdf>

Please ensure that there are **NO** Watches, Jewellery etc being worn in warm-up or races. And no zips on swimwear as per the rules.

The “One Start Rule” will apply at this Meet.

RELAYS – AND CHANGES

- Relay Change Sheets will be made available from the Information / IT desk.
- Changes to Events will need to be given by 10:00 am on Saturday [first session], and 2pm [2nd session] at the latest.
- Clubs may enter multiple teams in an age group, but only one team [the A team] will score points.

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 likely be near the timekeeper area. For relay events, one club representative will be required to sign for all 4 members, when collecting the ribbons.

AWARDS

- Medals will be given to 1st place, ribbons for 2nd, and 3rd placings in each age group in each event.
- Age Groups are as per the rules 18-24, 25-29, 30-34 etc.
- Separate awards will be given for interstate, international, and multiclass swimmers
- Relay team members will be given ribbons. Relay age groups are 72-99; 100-119; 120-159; 160-199; 200-239; etc.
- For a bit of fun - Winners of each heat will get a memento koala – see below



TIMEKEEPING ROSTER – suggested, please try to help out.

Club Name	Swimmers.	Lanes
VMH - MH20 / VTR -Traralgon / VWW - Waves	13 / 43 / 5	4, 5
VMV - Malvern Marlins / VBC - Boros / VMO – Open Water / VBL - Ballarat	38 / 7 / 8 / 5	6, 7
VDC - Doncaster Dolphins / VSP – Surrey Park	41 / 19	2, 3
VGS Glams + others VBL etc	30	1
VPP - Powerpoints / VCS Casey Seals / VSC Swimland / + others	43, 13, 4 +	8,9
VPP - Mornington Peninsula VHU and others	26, 4+	0
<u>All Other Clubs and Swimmers – Please help out.</u>		All

NOTE: If everyone does just 15-20 minutes twice during the day we will have sufficient timekeepers all day. It is a good chance to rest, recover, and meet lots of new people. Please help!

GENERAL SWIMMING INSTRUCTIONS -

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 will NOT be using Backstroke ledges.

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 nearest side, **never over** the timing pads at the end of the pool.

Please keep well away from the touch pads as you move across.