

NOTES FOR THE 2025 MSA NATIONAL CHAMPIONSHIPS

8TH - 12TH APRIL 2025.

INFORMATION FOR SWIMMERS

[The Fine Print]

Conditions of participation

- **Membership.** Australian swimmers must be members of Masters Swimming Australia [MSA] for 2025, and belong to a club affiliated with MSA in 2025. International swimmers must be members of their World Aquatics affiliated national masters swimming organisation for 2025.
- **Age.** Event entry age is recorded as of 31 December 2025. Minimum age is 18 years of age, as of the first day of the meet.
- **Individual events.** Individuals may enter a maximum of twelve [12] individual events, and no more than three [3] individual swims per day.
- **Relay Teams and Events.** A club may enter as many teams in a relay event as they choose, but only one team per age group, designated as the "A" team, is eligible for points and awards. Changes may be permitted to relay teams [without changing the Age of the team] up to 2 hours before the swim. Relay change sheets will be available at the information desk.
- **Note** that the 4*100 Relay team scores count towards the overall Team Awards, but not towards the perpetual relay awards.

Competition Rules. The championships will be conducted in accordance with the MSA General Rules; Competition Rules and Policies at the close of entries. The Rules are available on the MSA website at <https://mastersswimming.org.au/rules-and-policies/>

Swimmer Identification. All registered swimmers will be provided with a competition identification card in a PVC sleeve with lanyard, which will list the events that the swimmer has entered. Swimmers should keep this ID card with them at all times. Swimmers on Day 1 [800m Freestyle] are excused this provision until they have had time to register.

Registration. The registration desk will be open from 12 pm -3 pm on the Monday 7th April for swimmers who want to come in and explore MSAC, and do a warm-up. There are 3 lanes available for swimmers to warm up in the competition pool from 11 am - 3 pm. Free entry for competitors to MSAC.

The Registration desk is upstairs on the mezzanine level of the Aquatics Entry. The registration desk will also be open during the meet for competitors to register, and collect their goody bag.

Marshalling. We will have to rely on swimmers **Self Marshalling**. Please try and keep track of when you are swimming, and be ready behind the blocks 3 heats before your race. Heat and lane allocations are listed in the program and on your Swimmer card, on the website, and on SwimPhone. The onus is on the swimmer to be aware of when their heat is likely to be called by monitoring the program and the display on the scoreboard. A Check Starter will call heats forward for you to move behind your starting block. Please confirm your name with the timekeeper before you swim; [or after your 50m swim].

Timekeeping. Automatic Officiating Equipment [AOE] will be in use to record times and determine results. Semi-Automatic Timing [SAT] will be in use as the back-up system. Manual stopwatches will provide further back-up.

We will be relying on swimmers doing their part, and helping with timekeeping. Please feel free to help out if you see a lane needing a timekeeper.

Starting and Finishing

- Swimmers may start on the starting blocks, off the pool deck adjacent to the starting block, or in the water. Swimmers not starting on the blocks or pool deck [excepting backstroke events] should notify the Referee prior to the start of the heat.
- When finishing your swim, please ensure that you hit the touch pad [timing pad] firmly, then move back away from the wall about a metre, remaining in your lane, and hold on to the lane rope. [this prevents accidental touches to the timing pad.] Follow the Referee's instructions and leave the water when told to do so, by the nearest side ladder. Please do not attempt to leave the pool by climbing over the timing pad.
- Relays - Swimmers 1,2,3 need to leave the water when possible, without interrupting other swimmers. Swimmer #4 remains in the water until told to leave by the referee.
- The use of Backstroke wedges is **always optional**. Any adjustment required to the wedge is responsibility of the **swimmer**. Wedges will be set to 0 at the start of each race.

Results. Results will be available on SwimPhone and Meet Mobile. We hope to post a set of results upstairs behind the grandstand. Full results including split times will be available via the MSA Results and Records portal at the conclusion of each day's events. Results will be available in the portal, Meet Mobile, and Swim Phone.

SwimPhone. SwimPhone is a free "web app" which works with any web-connected device with a browser, and displays heat sheets, and race results; with graphs, splits, places and points.

See SwimPhone information at

https://www.swimphone.com/meets/event_order.cfm?smid=19320

Protests. Protests regarding results must be submitted within 30 minutes of the event results being released, using the MSA Protest Form available at the Information / Medal Table.

Medals. Medals for 1st, 2nd, and 3rd placegetters [Gold, Silver and Bronze] will be awarded in each event. Each member of the relay team will also receive a medal. Medals will be available for collection after any protests have been resolved. The medal table will be upstairs near the grandstand, as shown on the site plan.

400m and 800m events. All the 400 metre and 800 metre events will be swum 1 person per lane, and swum slowest to fastest as indicated in the program. The 400m and 800m Freestyle events will be judged and recorded as Freestyle events **only**; regardless of any other stroke swum.

WARMUP/COOL DOWN

- The Competition Pool will be available for warming up from **8:30 AM-9:00AM**. Please vacate the pool when instructed to do so.
- A 2nd [northern / diving] pool will be available for warm up and cool down during the meet.
- No paddles may be used in the warm-up pool.
- **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.

The swimming competition will be held in the INDOOR pool at MSAC; [Melbourne Sports and Aquatic Centre].

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 ground floor. 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 can also be made through the Main MSAC entrance - and follow "The Blue Line" - see plan, but is easier through the Aquatics entry.
- Entry for competitors is from 8:00 am
 - From 8:00 am – 9:00 am the bottom entry is open for those who cannot manage the stairs.
 - The upstairs entry is open from 8:00 am to access the grandstand.
 - There is a lift available to access the first floor.
 - **It is HIGHLY recommended to use the upstairs entry.**

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. [For 50m events check your name with the timekeepers after your swim.]**

Information for Swimmers New to Competition

SELF MARSHALLING

Please use the Marshalling Room. Try not to congregate in the undercroft. We will rely on swimmers **Self Marshalling**. Please try and keep track of when you are swimming, and be ready behind the blocks 2-3 heats before your race. Please keep the noise down in the marshalling area.

Timekeepers

We will be relying on swimmers doing their part, and assisting with timekeeping. 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 swim 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 steady 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 heat will continue

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 their 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.

Use of Backstroke ledges – **is optional**.

Please Note: ALL backstroke wedges will be set to the 0 mark. It is the **SWIMMER'S** responsibility to adjust the wedge as they require. [Not the IOT].

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.

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** Watches, Jewellery etc being worn in warm-up or races. And no zips on swimwear as per the rules. Modified Swimwear is permissible but no World Records are available wearing modified swimwear.

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 9:00 am.
- Clubs may enter multiple teams in an age group, but only one 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 be on the mezzanine area. For relay events, one club representative will be required to sign for all 4 members, when collecting the medals.

AWARDS

- Medals will be given to 1st, 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.
- Relay team members will all be given medals. Relay age groups are 72-99; 100-119; 120-159; 160-199; 200-239; etc.