

# Masters Swimming Victoria - 2021 Long Course Championships

## Swimmer information



The MSV LC championships is the first state sanctioned meet running under covid activity restrictions. We need to maintain the necessary 1.5 metre social distancing requirement as much as possible. We ask all swimmers and supporters to listen carefully to the announcements during the day.

**Please check in with the QR code to MSAC** when you arrive and follow all directions set out by Masters Swimming Victoria and the venue. Athletes and officials will enter through Aquatic Entry ONLY (see following page for map). You will be directed down the back INDOOR Pool Corridor to Pool Deck. Spectators can enter via the Aquatic Reception and will be directed up stairs/lift to the INDOOR Grandstand from Aquatic Reception. They may also enter through Main reception and up the stairs/lift to the INDOOR Grandstand.

Sanitizer is provided at entry and exit points and around the centre as well as Marshalling and Awards/Information table. You are also encouraged to bring your own. Victorian Government covid safe settings require everyone to carry a face mask with you when you leave home. It is strongly recommended you wear a face mask when you cannot maintain 1.5 metres distance from other people.

Marshalling will look a bit different. Please be patient. With fewer swimmers allowed in the marshalling area, you will need to get to marshalling within short timeframes. Don't be too early as you won't be allowed in, and definitely don't be late as you will miss your race.

### **VOLUNTEERS**

Please consider volunteering during the event, all assistance will be gratefully received. Please let anyone in a Masters Swimming Victoria shirt know you are interested in volunteering. They will direct you to an official who will task you with a role.

### **RESULTS**

Provisional results of each event will be posted as soon as they are available. Thirty (30) minutes (maximum) is allowed for lodgement of a protest, in writing, on the forms provided at the information desk.

The 30 minute time limit also applies to any change to the results posted. For example; incorrect time/no time/swimmers missing from/in the 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 and clearly marked as Final.

Awards can be collected after posting of the Final results for each event. The Awards desk will be situated on the mezzanine area, above the main competition pool.

Please do not gather or congregate at the Awards Desk at anytime during the event

Any uncollected medals & ribbons will be available for collection at the next State Meet.

Uncollected medals or ribbons will not be mailed out to Clubs.

### **MARSHALLING**

Covid-19 activity restrictions limit the number of people who can congregate in the hallway and marshalling area. Report to the entrance of the Marshalling area when your heat is announced. DO NOT enter the Marshalling room if your heat has not been announced. The door to the marshalling area may be closed on occasion to ensure we do not exceed the maximum capacity of the room.

The program will be posted in several locations along the hallway. Please spread out, we need to avoid groups congregating and do not congregate if the door is closed.

**QUIET** in the marshalling area is essential for you and other swimmers to hear their call and not miss their heat. Be attentive at all times.

- **All swimmers must marshal for their event. Failure to do so WILL result in disqualification.**
- **The program will not be held up due to swimmers arriving late for their heat, nor will any swimmer be reassigned empty lanes. It is your responsibility to be punctual**
- **Swimmers who miss their start will NOT be assigned to later heats**

### **CHECK STARTERS**

When moving to the Check Starters area, stay in lane order. When in the Check Starters area, be aware of the lane in front of you and what heat is in the water.

### **TIMEKEEPERS AREA**

Check your 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.

### **REFEREES 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. 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 starters command "take your marks", immediately and quickly take your mark ready to start the race. The starter will use a Light and hooter. 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 Referees whistle and wait for the Starters command (light and hooter).

### **BACKSTROKE STARTS**

Backstrokers should enter the water **FEET FIRST** on the Referees 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.

### **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

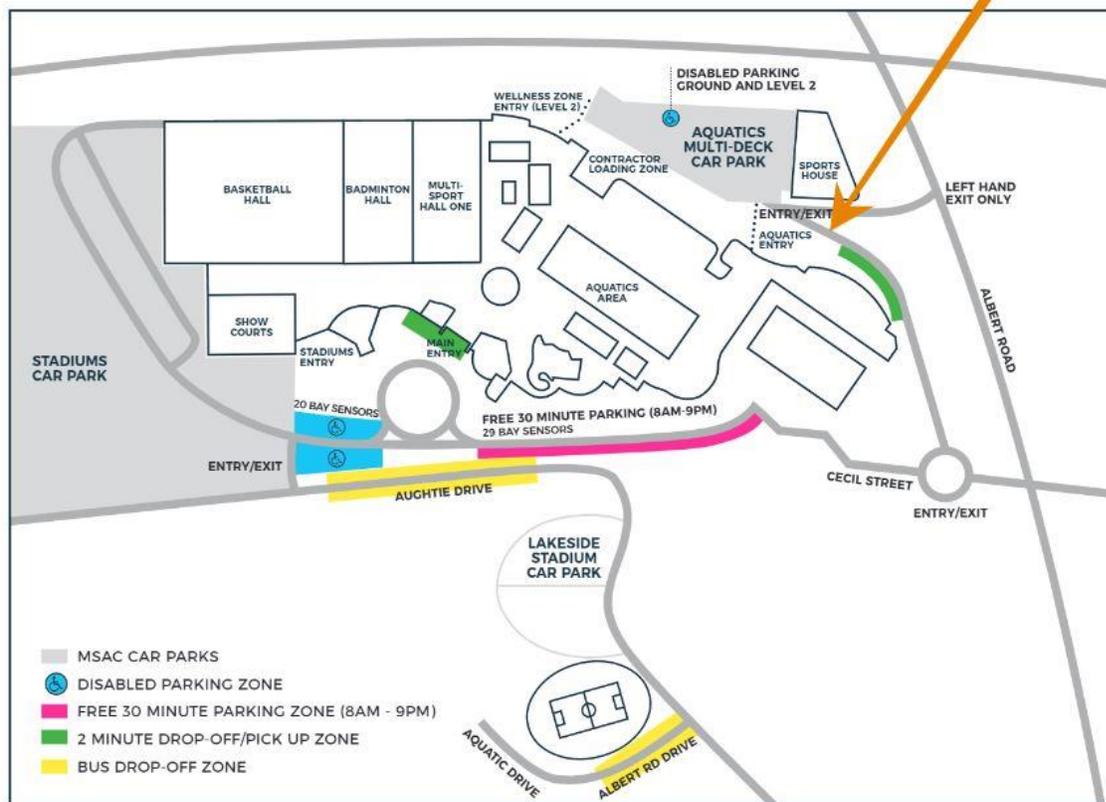
Current Masters Swimming Rules apply at this meet. A copy is available on request from the Meet Director.

Swimsuit rules will apply; swimmers need to ensure that they are not wearing watches, fitness trackers and timing devices including heart rate monitoring bands. Basic jewellery need not be removed.

Any swimmer who (due to an injury) is required to wear a bandage or binding to protect that injury, must advise the Meet Referee before the start of the Event. Failure to do so, COULD result in disqualification.

## MSAC CAR PARKING GUIDE

Enter here via the Aquatics Entry



SWIMMING RULES: Current Masters Swimming Rules apply at this meet. A copy is available on MSA website.

<https://mastersswimming.org.au/wp-content/uploads/2018/10/Masters-Swimming-Australia-Swimming-Rules-updated-November-2019.pdf>

**Please remember to maintain the necessary 1.5 metre social distancing requirement as much as possible and do not attend if you are feeling unwell.**