Information for the Relays and FAQ's

This is a repeat of what has been on the MSV SC Relay page the past week so hopefully by now, swimmers and coaches are familiar with most of this information.
https://mastersswimmingvic.org.au/event/msv-sc-relay-championships/

Also if you are unfamiliar with some of the swimming rules, please see https://mastersswimming.org.au/wp-content/uploads/2018/10/MSA-SW-Rules-inc-MC-May-2022-updated.pdf
And for updated swimwear rules https://mastersswimming.org.au/wp-content/uploads/2018/10/MSA-Swimwear-Rules-updated-2020.pdf
Basically remember – **NO watches, loose bracelets** or jewellery (wedding rings and ear studs are ok). And no zips on the swim suits.

Basics

- Relay Age is calculated by adding the ages of the swimmers (as of 31 December).
- Age Groups are 72 – 99; 100-119; 120-159; 160-199 and so on, in 40 year brackets.
- Scoring is done as **First – 20 points; 2nd 18; 3rd 16; 4th 14 …. 10th and after 2 points**.
- **NOTE:** A club can have multiple relays in multiple age groups of the same event – BUT if there are 2 teams in the same age group and event, only the higher placed team scores points. I.e. only ONE team per age group per club per event scores points.
- **Medley events** are swum in the order – Backstroke; Breaststroke; Butterfly; Freestyle.

Starting and Changeovers

- The First Swimmer must be still at the start.
- The other swimmers can be moving, doing a hop, skip and jump on the block if they like – **BUT** some part of the body must be in contact with the block or wall when the previous swimmer touches the wall (and no running starts).
- The start can be done from the block, the side of the block, or in the water.
  - It is advisable, if doing a start from the side or the water, that teammates know this, and they swim to the further side to avoid collisions!
  - Also advisable: if there is a need for a water start that that swimmer gets in the water at the start of the race (e.g. the second swimmer in a 25 m race).
- If there are special needs (i.e. a need to be close to the edge of the pool like lanes 0 and 9), please email the Meet Director at afgodfrey@aol.com so that requests can be accommodated if possible.
- Please be very aware of other swimmers when there is a need to cross lanes to get in or out of the water. Interfering with other swimmers will disqualify that team.

- All swimmers need to leave by the side of the pool – NOT over the top of the touch pads.
- **Swimmers 1, 2, and 3** need to leave the water safely and without interference. **Swimmer 4 stays in the water** until given a signal or instructions by the referee.
- **Please Note:** At ALL times be very careful of NOT hitting the touch pads accidentally, that will cause a lot of trouble with the timing. **Stay well away from the wall please.**

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 cannot take the stairs.
  - The upstairs entry is open from 8:30am to access the grandstand.
  - There is a lift available to access the first floor.
  - **It is HIGHLY recommended to use the upstairs entry.**

Warm-up

- Lanes in the Competition pool will be available from 9:00 – 9:45 am.
- Lanes in the middle pool will be available all day through the competition.
- **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.

Marshalling

- It is recommended that each team has a team captain to organise their 3 teammates.
- You can use the marshalling room to get together
- Races will be self-marshalled, so please keep an eye on the scoreboard for your races.
- We will try to have a check starter to help behind the lanes and check lane assignments.
- Please keep only 1 heat behind the blocks at a time, and 1 in the hallway.
- Remember, for the 4*25m races – Swimmers 1 and 3 are at the Start end; Swimmers 2 and 4 at the bulkhead.

We have 313 swimmers and 414 Relays, so be careful, be aware, but

ABOVE ALL, HAVE FUN!!