

# Masters Swimming Victoria – 2023 Short Course Long Distance Championships



## Swimmer information

The MSV 2023 SCLD championships is the first SC Long Distance meet we have had for several years. We expect to have 100 - 150 swimmers.

We are using a new pool – the Caulfield Grammar School Aquatic Centre, St Kilda East. The pool has been measured and certified for records. The organisers and officials hope that all have a great time and swim well.

Please read through this information document which will hopefully answer your questions. Thanks in advance and good luck to all!

### DETAILS:

**DATE:** Sunday 2 July, 2023

**PLACE:** Caulfield Grammar School, Glen Eira Road, St Kilda East 3183. See Map attached.

**TIME:** Entry at 8:45 AM                      Warm-up 9:00 am – 9:45 PM                      Swimming: 10:00 – 3 or 4 pm (est.)

Note: Racing is at the Eastern pool [facing the oval]. The Western pool is available all day for Warm up/ CD

**PROGRAM:** 2 Swim Limit. Races are swum slowest to fastest.

#### **400s**

- 1 Freestyle
- 2 Breaststroke
- 3 Backstroke
- 4 Butterfly
- 5 Individual Medley
- 6 **800's** Swum by time no matter what stroke. Strokes will be separated out to load into the portal. Choose Stroke (if not Freestyle) in the Entry – Fly, Back, Breast or Individual Medley
- 7 **1500's** Swum by time no matter what stroke. Strokes will be separated out to load into the portal. Choose Stroke (if not Freestyle) in the Entry – Backstroke or Breaststroke.

### COMPETITION ENTRY

We are using the Club Assistant entry system. This will allow swimmers to enter the times for the race that they want. Please be reasonably accurate in your estimates – that is only fair to the other swimmers and to the officials. You should be able to use the pace clock in training to work out times.

The link to the entry is here also:

[https://www.ClubAssistant.com/club/meet\\_information.cfm?c=2281&smid=16480](https://www.ClubAssistant.com/club/meet_information.cfm?c=2281&smid=16480)

Note: If you have trouble entering, please check:

- Have you only just joined MSA, or changed something in you registration? Wait 1 – 2 days.
- Have you made sure that you have used the correct details in your MSA / Swim Central data?
  - Correct Name? Robert vs Michael? John vs Paul? Sal vs Sally? Etc.
  - Correct Club Code Abbreviation – know your correct 3 letter Club Code please!
  - The correct MSA registration number.

These are all issues that can be readily checked that have caused swimmers trouble in the past.

Please note: The FINA option is no longer available here as a workaround.

If you have checked all the above, then please write an email to [MastersSwimmingVictoria@meets.clubassistant.com](mailto:MastersSwimmingVictoria@meets.clubassistant.com)

### **ENTRY**

**Please check the map if unfamiliar with the pool.**

You will be directed up the stairs to the seating area. There is also a lift available. Only a few benches are available pool side.

### **WARM-UP**

Our booking for the pool is 9:00 am – 4:30 pm. Arrive earlier to be able to warm up where you want.

The Western pool is open for warm-up / cool down all day (with designated diving lanes- please be careful).

The Eastern pool (oval end) is the competition pool. **As always**, warm up ends earlier to clear the pool and allow for finishing the meet set up. So warm up in the **competition pool is only from 9:00-9:45 am.** Please Note.

### **SELF MARSHALING**

We are keeping the Self Marshaling system used by so many other meets. Please be patient, read the information here if you have not done it before, and remember, listen for your event being called. Please don't be late.

There will be one (1) row of seats at the starting end of the pool for people to find their lane and heat.

Use these seats and be ready for your race **prior** to the heat in the water.

- Enter the pool deck 1 heat before your race.
- Proceed to your allocated lane.
- Move forward as the races are swum.
- Confirm your details are correct with the time keepers - your name, heat and lane.
- If needed write your race details (event#, heat #, and lane# on your hand or arm etc).
- Swim well!

### **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.

### **SPECIAL CALL OUT FOR VOLUNTEERS**

As always we need timekeepers. So please bring your friends along, especially if you are going for a record. You will also need to bring your own friend to do the lap counting if you need it.

If you can help with posting results, refreshments, etc, or help with the marshaling (check starting), please email the Meet Director ([afgodfrey@aol.com](mailto:afgodfrey@aol.com)).

## **RESULTS**

Provisional results of each event will be posted as soon as they are available. Thirty (30) minutes (maximum) is allowed to lodge 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 will be 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 pool deck, near the recorder, overlooking the main competition pool.

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

The program, results and DQ codes will be posted in several locations along the walls.

## **TIMEKEEPERS AREA**

**QUIET** in the marshalling area is essential for you and other swimmers. Be attentive at all times.

- **All swimmers must self-marshall for their event. Failure to do so WILL result in a missed swim.**
- **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 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 Referee's whistle.

## **REFEREE'S WHISTLE - TAKING UP POSITION**

When the referee's 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 starter's 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. 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**

For Backstroke there are TWO (2) whistles. Enter the water FEET FIRST on the Referee's First whistle, and without delay, move to your starting position. A second whistle will sound to indicate to all competitors 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 – 2 metres, away from the wall 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 and on the MSA website.

**MSA Swimming Rules Inc MC - April 2023**

<https://mastersswimming.org.au/wp-content/uploads/2018/10/Masters-Swimming-Australia-Swimming-Rules-inc-MC-April-2023.pdf>

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, e.g. wedding rings, ear studs.

<https://mastersswimming.org.au/wp-content/uploads/2018/10/MSA-OWS-Rules-May-2022.pdf>

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.

**Please do not attend if you are feeling unwell.**