

# MSV Long Course Relay Championships 2023

Come join in the fun at MSAC with your teammates! With freestyle and medley relays covering distances from 4 x 50m to 4 x 200m, there's something for everyone. This year brings back Battle of the Divisions, with clubs competing for top spot within a group of similar sized clubs. Which clubs will win?

**Date:** Sunday 7th May 2023

**When:** 9:00am - 9:45am Warm-up, 10am Start, 4:30pm Estimated finish

**Where:** MSAC INDOOR pool. 30 Aughtie Drive, Albert Park, VIC 3052

**Cost:** Individual entry - \$30 (allows up to 6 swims)  
Relay team (club) entry - \$5 per team

**Individual entries close 11pm Saturday 29th April**

**Club entries close 5pm Wednesday 3rd May**

## Program of Events

- |          |                    |           |                    |
|----------|--------------------|-----------|--------------------|
| 1. Men   | 4 x 200m Freestyle | 9. Mixed  | 4 x 200m Freestyle |
| 2. Women | 4 x 200m Freestyle | 10. Mixed | 4 x 50m Medley     |
| 3. Mixed | 4 x 100m Freestyle | 11. Men   | 4 x 100m Freestyle |
| 4. Men   | 4 x 100m Medley    | 12. Women | 4 x 100m Freestyle |
| 5. Women | 4 x 100m Medley    | 13. Men   | 4 x 50m Medley     |
| 6. Men   | 4 x 50m Freestyle  | 14. Women | 4 x 50m Freestyle  |
| 7. Women | 4 x 50m Medley     | 15. Mixed | 4 x 100m Medley    |
| 8. Mixed | 4 x 50m Freestyle  |           |                    |

**Break**

# Notes and FAQs

## Meet entries

- Everyone wishing to swim **must** register via Club Assist on the web site (\$30 – Individual Entry), which allows your club to enter you in up to 6 swims.
- **Individual Entries** will now close **11pm Friday 29th April** to allow clubs more time to work on their team entries.
- **Club / Relay Team Entries** will open at **12am Saturday 30th April** once the Individual registrations close. Team Entries will close at **5pm Wednesday 3rd May**.
  - Once the Individual Entries (registrations) close, the Team Captains can enter the relay teams via the link on the website.
  - Any designated person can enter the relays for their club. It is recommended to use one designated person to enter and pay for the entries.
  - All teams are made up of 4 people from the **same** club: 4 female; 4 male; or 2 female and 2 male swimmers according to the event.
  - We are working on doing mixed team relays – more to come.
  - A swimmer can only swim once in each event (i.e. not in different age groups of the same event). Note that 4x100 M/F is a different event to 4x100 Mixed.
- There will be some leeway for changes (due to illness etc.) on the morning of the meet.

## New members

- New Swimmers who are joining MSA/MSV for the first time **must** join by **27 April** as the membership portal needs time to update memberships.
- The same applies to anyone changing clubs or adding a second claim club.
- If you are a **new** member, or renewing or changing clubs, **please wait 2 days** before trying to register for the relays (you **cannot** join MSA and register on the same day!). Please make any changes or sign up by 27th April.

## Rules

- The meet will be run according to the standard MSA rules applying to competition:  
<https://mastersswimming.org.au/rules-and-policies/>
- Swimwear rules apply (e.g. no general jewelry, bracelets, smart watches, or analogue watches, a common cause for disqualification).

## MSAC entry

- Entry will be through the Aquatic Entry (Near the Multi-Deck Car Park).
- From 8:00am to 9:00am, you will be able to walk along the lower level entry.
- From 8:30am, the upper level walkway to the Grandstand will be open.
- From 9am onwards, entry to the Grandstands will **only** be through the upper level of the Aquatics entry. There is an elevator for use if needed.

## Problems completing Individual Registration:

- Have you just joined MSA/V? Wait 2 days and try again.
- Your birthdate should be in the format: DD/MM/YYYY

## Relay order, starts, and changeovers

- You may start **in the water** for both starts and changeovers. Please be very careful to not bump the touch pads and disturb the timing system.
- For medley relays, the order is: Backstroke, Breaststroke, Butterfly, Freestyle.

## Relay entries and scoring

- A club can enter as many teams as they like in an event (keeping to the overall limit of 6 swims per swimmer). Only 1 team per age group can score points.
- E.g. in a 4 x 50m event, a club could enter teams in the 120+, 160, 200+, 240+ age groups. But if they entered 2 teams in the 240+ age group, only one team in that age group would score points.

- To work out age group, add the ages of the 4 swimmers in the relay. 72-99, 100-119, 120-159, 160-199, 200-239, and so on in 40-year increments. A team of swimmers of ages 20, 30, 45, and 70 would be aged 165 and compete in the 160-199 age group.

Place	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
Points	20	18	16	14	12	10	8	6	4	2