

NOTES FOR THE 2024 MSV STATE LONG COURSE CHAMPIONSHIPS

Welcome to the 2024 MSV Long Course Championships. We hope you enjoy your swims, and day here at MSAC. Thanks so much for taking part.

INFORMATION FOR SWIMMERS

The swimming competition will be held in the INDOOR pool at MSAC.

Swimmers Please Note – NO ACCESS INTO THE POOL FACILITIES WILL BE ALLOWED BEFORE 8:30 AM

From 8:30 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 for competitors is from 8:30 am
 - From 8:30 am – 9:00 am the bottom entry is open for those who who cannot manage the stairs.
 - The upstairs entry is open from 9:00 am to access the grandstand.
 - There is a lift available to access the first floor.
 - **It is HIGHLY recommended to use the upstairs entry please.**

WARMUP/COOL DOWN

- • The Competition Pool will be available for warming up from 9:00 AM-9:45AM. Please vacate the pool when instructed to do so.
- • A 2nd [northern] pool will be available for warm up and cool down during the meet.
- **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.

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, and 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. Please Note!
Please help your teammates [and other swimmers] to get to their correct heat and lane on time.

- **In all swims: Please Check your name with the timekeeper before you swim. [Or afterwards when swimming a 50.]**

SELF MARSHALLING

Note that we are very short of officials [and volunteers]. As a result we will have to rely on swimmers to **Self Marshal**. Please try and keep track of the races being swum, and when you are swimming, and be ready to go behind the blocks 2-3 heats before your race.

- **It is best to use the Marshalling Room to get ready, and it is also more convenient for the 50's.**
- **Please try to keep to 1 heat in the water; 1 heat behind the blocks ready to swim; and 1 heat in the undercroft (2 max). [It gets very noisy otherwise.]**
- **50's will be taken to the starting end from the marshalling room.**

Timekeeping

As in other states, we will be relying on swimmers doing their part, and helping with timekeeping. **Please** see the table at the end for suggested clubs and lanes to time. Please feel free to help out if you see a lane needing a timekeeper. Remember it might be you that needs a back-up time one day! **Please See attached roster.**

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 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 still 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 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

Backstrokers should enter the water FEET FIRST on the Referee's 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. It is very likely that we will be doing "Over the Top Starts"

It is also VERY important to stay away from the touch pads so you don't accidentally hit the pad.

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.

See the MSA website.

The "One Start Rule" will apply at this Meet.

Please also note the Swim wear Rules.

A MAJOR cause of DQ's is that people still wear watches or other jewellery when going to race. [Wedding rings etc, are allowed, watches, bangles and bracelets are usually not allowed while racing.]

A suit with zips will also usually be cause for a dq – please check with the Meet Referee, and check with the MSA SwimWear Rules.

See also the list of Top Ten reasons for DQ's attached.

But Above all – We hope that you have FUN. And have a great time Swimming.

TIMEKEEPING ROSTER – LC 2024

Code	Team	Athletes	Lane
VGP	Gippsland Flippers	4	0
VGV	Goulburn Valley Crocs	4	0
VHU	Northern Masters	4	0
VSC	Swimland Swim	4	0
VYR	Yarra Roughies Masters	4	0
VAJ	Maccabi Ajax Masters	2	0
MLN	Melton Swimming Club Inc	2	0
NTN	Tuggeranong Masters	2	0
VYP	Yarra Plenty Swimming	2	0
VMH	Melbourne H20	9	1
VMO	Melbourne Open Water	9	1
VWB	Warrnambool Whales	6	1
VFR	Frankston Peninsula	4	1
VMV	Malvern Marlins	41	4, 5
THB	Hobart Dolphins	3	4, 5
VLR	Lara Swimming Club	3	4, 5
VML	Melton Swimming Club	3	4, 5
VRR	Ringwood Rays	3	4, 5
QTA	Townsville Aquaholics	3	4, 5
VDC	Doncaster Dolphins	28	6
VSP	Surrey Park Seahorses	18	7
VBS	Brunswick Belugas	5	7
VWS	Westbourne Masters	5	7
VMP	Mornington Peninsula	15	8
VCS	Casey Seals	7	8
VLV	Laverton Wyndham Aquatics	6	8
VGS	Glamourhead Sharks Aquatics	15	9
VHM	Heidelberg Flyers	6	9
WDCI	Wodonga City Swimming Club	3	9
VBL	Ballarat Masters	2	9
VBC	Boroughcouthas Masters	2	9
VPP	Powerpoints	42	3,2
VAR	Ararat Masters	1	3,2
NBT	Blacktown City Masters	1	3,2
NCR	Coogee-Randwick Master Swimmer	1	3,2
EGWD	East Gippsland Water Dragons I	1	3,2
QIP	Ipswich Masters	1	3,2

TLC	Launceston Lemmings	1	3,2
NHS	North Shore Masters	1	3,2
NRV	Ryde Masters	1	3,2
STAN	Stanford Masters Swimming	1	3,2
SYP	Surrey Park Swimming Club Inc	1	3,2
NSA	Sutherland Sandbern Masters	1	3,2
SSC	Swimland Swim Club	1	3,2
TVA	The Van Diemans	1	3,2
TTS	Tomatoes Swim	1	3,2
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