



## Long Course Long Distance Championships

**Date:** 26<sup>th</sup> May 2024

**Time:** 9:00 – 9:45 am (Warm-up), 10 am start

**Cost:** \$50 Registration, \$5 per swim

**Venue:** MSAC, 30 Aughtie Dr, Albert Park, VIC

**Entries Close:** 11:59 pm Monday 20<sup>th</sup> May

### PROGRAM OF EVENTS

1. Mixed: 1500 Freestyle – or nominated Stroke (Free, Breaststroke, or Backstroke)
2. Mixed: 800 Freestyle
3. Mixed: 800 Butterfly
4. Mixed: 800 Backstroke
5. Mixed: 800 Breaststroke
6. Mixed: 800 Individual Medley
7. Mixed: 400 Freestyle
8. Mixed: 400 Butterfly
9. Mixed: 400 Backstroke
10. Mixed: 400 Breaststroke
11. Mixed: 400 Individual Medley

Please note that in order to allow Meet Officials a break from officiating, a formal break in the program of events may be called, time permitting. The break time will be decided upon on the day of the meet, and will depend on the number of swimmers entered.

### IMPORTANT INFORMATION

- Maximum of 2 (two) individual swims. Heats will be swum slowest to fastest. And events may be combined if necessary. Strokes will be swum as 1 person per lane.
- It is **highly** encouraged that you bring a timekeeper and lap counter to help with your swim. And that you help other swimmers as well.
- **Individual event entries close Monday 20<sup>th</sup> May at 11:59 pm.**
- **There are no “NT” entries.** Use the training clock and coach to get a reasonably accurate estimation of your swim times please.
- All swimmers must be financial and active members of Masters Swimming Australia to enter the meet. Entry difficulties:
  - Renew your membership **AT LEAST 2 DAYS** before trying to enter.
  - Please make sure you renewed and didn't create a new profile in Swim Central.
  - Please use the same name as in SC. E.G. Rob or Robert; Kate or Katherine etc.
  - Please type in your data on entry – do not use autofill, especially names and cc.
- Interstate/international swimmers who are members of World Aquatics are welcome.
- The competition is governed by the Rules of MSA. Age is as of 31 December 2024.
  - Meet Recorder / Director: Alan Godfrey – recorder@mastersswimmingvic.org.au
- This Meet will include Multi-Class swimmers.
- **Awards:** Please note, ribbons only will be awarded to placegetters.