



**MASTERS  
SWIMMING**  
New South Wales

# Masters Swimming NSW Long Course Championships 2009

Sanction no NS08/BC1

**Sydney Olympic Park Aquatic Centre**

Olympic Boulevard, Homebush

**28 & 29 March 2009**

Saturday 28 March	Sunday 29 March
Warm up: 4:00-4:30 pm	Warm up: 8:00-8:45 am
Start: 4:30 pm	Start: 9:00 am
<i>Warm-up will be conducted in accordance with safety procedures. Please observe safety signs.</i>	
1 200m Butterfly 2 50m Backstroke 3 100m Freestyle 4 4x50m Mixed Medley Relay 5 4x50m Mixed Freestyle Relay 6 50m Butterfly 7 100m Breaststroke 8 200m Backstroke	9 200m Freestyle 10 50m Breaststroke 11 100m Butterfly 12 200m Individual Medley 13 4x50m Women's Freestyle Relay 14 4x50m Men's Freestyle Relay 15 100m Backstroke 16 50m Freestyle 17 200m Breaststroke 18 4x50m Men's Medley Relay 19 4x50m Women's Medley Relay

**Maximum of 5 individual events and 3 relays per swimmer.**

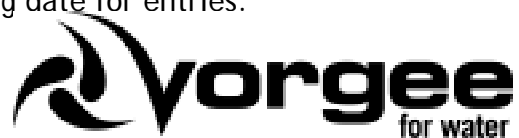
**Cost:**  
Event fee: \$25 per swimmer *plus*  
Entry fee: \$3 per individual event  
Relay team fee: \$7.50 per team  
*Pool entry is included*

**Closing date:** All entries - Wednesday 11 March 2009.

*IF late entries are accepted, they will attract a LATE FEE of \$100.*

**Registration:** This carnival is open only to swimmers registered with Masters Swimming in Australia (or an equivalent body overseas) at the closing date for entries.

**Supported by:**



## Entries

- Swimmers' entries should be submitted to their club race secretary.
- Race secretaries must submit their club's entries **with payment** by 11 March 2009. Cheques must be made payable to **Masters Swimming NSW**.
- If Team Manager is used, an export file of entries should be sent electronically to [recorder@mastersswimmingnsw.org.au](mailto:recorder@mastersswimmingnsw.org.au) and a printout sent to the State Office (address below) **with payment by 11 March 2009**, or
- Manual entries are to be submitted on the official summary sheet and sent to the Branch office (address below) **with payment by 11 March 2009**.
- Swimmers must be registered with Masters Swimming in Australia at the final closing date for entries (**11 March 2009**) or show proof of registration with an equivalent body overseas.
- Swimmers' ages will be calculated as at 31 December 2009.

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## Relays

- The total number of relay teams **MUST** be nominated together with the club's individual entries by the closing date and be accompanied by payment. Entries will not be accepted on the day.
- Team details, including the age group, swimmers' details and event numbers, are to be submitted on the day on the official Relay Entry Sheet, which will be supplied.
- Cut-off times for teams on Sunday to be submitted will be announced during the meet. Teams for Saturday's relays **MUST** be submitted by the end of warm up on Saturday (4:30 pm).
- To be eligible to swim in a relay, a swimmer must have entered at least one individual event.
- There is no limit on the number of teams that a club may enter in any age group. All teams may score points.

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## Warm-up facilities

- Warm-up and swim-down facilities will be available in the diving pool during the competition.

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## Timekeeping

- Clubs will be asked to assist with timekeeping.

## Rules

- These Championships will be governed by the Rules of Masters Swimming Australia and Masters Swimming NSW in force on **11 March 2009**.
- SOPAC has the required long course pool survey on file.

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## Awards

### CLUB

- State Cup Championship Trophy to the club with the highest point score in each division.
- Executive Trophy to the club with the highest percentage of members competing (minimum of 10 swimmers competing).
- Biddy Hall Memorial Trophy to the club with the highest average point score per swimmer (minimum of 10 swimmers competing).

### INDIVIDUAL

- Vorgee Male & Female Swimmer of the Meet.
- Peter Gilmour Memorial Trophy to the best butterfly swim relative to current records.
- Medals to 1st, 2nd and 3rd placegetters in each individual event in each age group for MSNSW members. Visitors are also eligible for medals.
- Medals to each member of the winning relay team in each age group of each event.

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## Presentations

- The presentation of the trophies for Coach of the Year, Ian McPhail Memorial Official of the Year and Age Group Champions for 2008 will be made during a break.
- Trophies for the NSW Long Distance Championships will also be presented during a break.
- The trophies for these Championships will be presented at the end of the meet.

### To contact Masters Swimming NSW

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