



**MASTERS
SWIMMING**
New South Wales

Masters Swimming NSW Long Course Championships 2010

Sanction no NSW10/BC4

Sydney Olympic Park Aquatic Centre

Olympic Boulevard, Homebush

23 & 24 October 2010

Saturday 23 October	Sunday 24 October
Warm up: 3:00-3:30 pm	Warm up: 8:00-8:45 am
Start: 3:30 pm	Start: 9:00 am
<i>Warm-up will be conducted in accordance with safety procedures. Please observe safety signs.</i>	
1 200m Breaststroke 2 50m Butterfly 3 100m Backstroke 4 4x50m Mixed Freestyle Relay 5 4x50m Mixed Medley Relay 6 50m Breaststroke 7 100m Freestyle 8 200m Butterfly	9 200m Backstroke 10 50m Freestyle 11 100m Breaststroke 12 200m Individual Medley 13 4x50m Women's Freestyle Relay 14 4x50m Men's Freestyle Relay 15 100m Butterfly 16 50m Backstroke 17 200m Freestyle 18 4x50m Women's Medley Relay 19 4x50m Men's Medley Relay

Maximum of 5 individual events and 3 relays per swimmer.

Cost:

Event fee:	\$25	per swimmer <i>plus</i>
Entry fee:	\$3	per individual event
Relay team fee:	\$10	per team

Pool entry is included

Closing date: All entries - Wednesday 6 October, 2010.

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:



Please turn over for more information ...

Entries

- Swimmers' entries should be submitted to their club race secretary.
- Race secretaries must submit their club's entries **with payment** by **6 October 2010**. 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 and a printout sent to the State Office (address below) **with payment** by **6 October 2010**, or
- Manual entries are to be submitted on the official summary sheet and sent to the Branch office (address below) **with payment** by **6 October 2010**.
- Swimmers must be registered with Masters Swimming Australia at the closing date for entries (**6 October 2010**) or show proof of registration with an equivalent body overseas.
- Swimmers' ages will be calculated as at 31 December 2010.

Relays

- The total number of relay teams **MUST** be nominated with the club's individual entries by the closing date (6 October 2010) and be accompanied by payment. **Relay team 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 NSW Relay Entry Sheet.
- Cut-off times for submission of teams on Sunday will be announced during the meet. Teams for Saturdays' relays **MUST** be submitted by the end of the warm up on Saturday
- To be eligible to swim in a relay, a swimmer must have entered at least one individual event. Eligible swimmers may swim once in each event but a limit of three [3] relay events at the Championships.
- There is no limit on the number of teams that a club may enter in any age group. All teams will score points.

Warm-up facilities

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

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 at the closing date on **6 October 2010**.
- SOPAC has the required long course pool survey on file.

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.

Presentations

- Trophies for the NSW Long Distance Championships will be presented during the lunch break on Sunday
- The trophies for these Long Course Championships will be presented at the end of the meet.

To contact Masters Swimming NSW

Phone: 02-8116-9716 Fax: 02-8732-1606

Email: admin@mastersswimmingnsw.org.au

Internet: www.mastersswimmingnsw.org.au

Ground Floor, Sports House
6A Figtree Drive, SYDNEY OLYMPIC PARK

PO Box 6941
Silverwater NSW 2128