



**MASTERS
SWIMMING**
New South Wales

Masters Swimming NSW Long Course Championships 2012

Sanction no: N2012/BC1

Sydney Olympic Park Aquatic Centre
Olympic Boulevard, Sydney Olympic Park
17-18 March 2012

Saturday 17 March		Sunday 18 March	
Warm up: 09:30am		Warm up: 08:30am	
Start: 10:30am		Start: 09:30am	
<i>Warm-up will be conducted in accordance with safety procedures. Please observe safety signs.</i>			
1	200m Freestyle	12	200m Breaststroke
2	100m Backstroke	13	100m Butterfly
3	50m Butterfly	14	50m Backstroke
4	200m Individual Medley	15	100m Freestyle
5a	4 x 100m Men's Freestyle	16	50m Breaststroke
5b	4 x 100m Women's Freestyle	17	200m Backstroke
5c	4 x 100m Mixed Freestyle	18	4 x 50m Women's Freestyle
6	100m Breaststroke	19	4 x 50m Men's Freestyle
7	50m Freestyle	20	4 x 50m Mixed Medley
8	200m Butterfly		
9	4 x 50m Women's Medley		
10	4 x 50m Men's Medley		
11	4 x 50m Mixed Freestyle		

Maximum of 5 individual events and 4 relays (4 x 50m) 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 29 February 2012.

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

Registration: This meet 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 (for individual swims and relay teams) by 29 February 2012. 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 Branch Office (address below) **with payment** by 29 February 2012 OR manual entries submitted on the official summary sheet and sent to the Branch office (address below) **with payment** by 29 February 2012.

Funds may be submitted electronically to the **Masters Swimming NSW** account:
A/C #: **1979 94001**
BSB: **012 129**
Please add your club code and send details of the receipt or notification of payment to the Branch office by 29 February 2012.
- Swimmers must be a Masters Swimming member at the final closing date for entries (29 February 2012)
- Swimmers' ages will be calculated as at 31 December 2012.

Relays

- The total number of relay teams (including 4 x 100m) **MUST** be nominated together with the club's individual entries by the closing date (29 February 2012) and be accompanied by payment.
Entries will not be accepted on the day.
- Team details, including the age group, swimmers' details and event number are to be submitted on the day on the Branch Relay Entry Sheet.
- Cut-off times for teams to be submitted will be announced during the meet.
- 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.
- 4 x 100m Relays**
- TRIAL EVENT TO GAUGE INTEREST**
- Entries for 4 x 100m relays will close at 10.30 on Saturday & must be separate to 4 x 50m relay entries.
- NO championship points for this relay event & it does NOT count as one of the 4 relays per swimmer!
- Will count for records & Top Ten.

Warm-up facilities

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

Rules

- These Championships will be governed by the Rules of Masters Swimming Australia and Masters Swimming NSW in force at the closing date on 29 February 2012.

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

- Vergee** 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

- The trophies for these Long Course Championships will be presented at the end of the meet.



To contact Masters Swimming NSW

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