



2023

Masters Swimming Queensland

Open Water Swim Championships

Balnagowan Reach
Pioneer River

Corner Mackay Eungella Road & Pleystowe Connection Road
Pleystowe 4741

Sunday 2nd April 2023

Meet Director: Dan Stampa



Event Date: Sunday 2 April 2023	Warm up: 7:10AM	Events: 1500m & 3000m
Registration: From 6:30AM on site	Briefing: 7:25AM & 7:35AM	Presentations: 9:00AM

Proudly hosted by Masters Swimming Queensland and North Mackay Sinkers Masters

Program of Events

Session 1 – Sunday 2 April 2023

1 3000m

2 1500m

Event limits: Single event per competitor



OWS Course



Welcome

MSQ President, Susanne Milenkevich

On behalf of the Masters Swimming Queensland (MSQ), I would like to welcome everyone to the 2023 Queensland Masters Open Water Swimming (OWS) State Championships.

MSQ is proud to host this event at the Balnagowan Reach on the Pioneer River to showcase our great organisation and sport in a regional city. Be sure to take the time to enjoy what the Mackay region has to offer while you're here.

We welcome swimmers from throughout Queensland, ACT, NSW, and the NT and I wish each of you every success in this beautiful setting – swim well everyone!

We are also very lucky to have so many volunteers and supporters ready to give their time to making this event special for us all – I hope you enjoy the experience and know that every competitor appreciates your support because we wouldn't be here without you!

I wish to offer a special thank you to our Vice-President Central, Dan Stampa, who has taken on the role of OWS Director for this event. MSQ are grateful to Dan, and all the team at the Mackay Sinkers, for their time, dedication, and effort to help organise this event. What an amazing team here in Mackay.

Thank you also to all our officials who have travelled from throughout Queensland. Our thanks to John Barrett, MSQ Director of Technical Services, for organising and looking after the team that make events like this happen.

I would like to wish everyone involved a fun and successful event and look forward to enjoying a morning at the Pioneer River in the spirit of Fitness, Friendship and Fun!

North Mackay Sinkers President and VP Central, Dan Stampa

Masters Swimming Queensland (MSQ) and the North Mackay Sinkers Masters Swimming Club welcome you to the 2023 MSQ Open Water Swim (OWS) Championship. The location at the picturesque Balnagowan reach on the Pioneer River is a time-honored favorite of our club for regular training sessions and our annual OWS. It is a freshwater swim above Dumbleton weir and presents as a great location. It has no tide and little or no current to trouble new open water swim participants. It is a calm and hazard-free location that offers both the novice and experienced swimmer a choice of distances in a safe location.

This year we will be trialing automatic time keeping and as such a timing chip needs to be worn on the ankle. An in water "Gun" start is possible but to complete the course competitors will need to exit the water and walk over a matt to capture their time.

We have organised local clubs to assist with resources for this event including on water safety, timing and other resources.

We thank you for your participation and look forward to delivering a great event for your enjoyment.

Officials and Support Staff

Position	Personnel
Meet Director	Dan Stampa
Chief Technical Official	John Barrett
MSQ President	Susanne Milenkevich
Timing Recorder	Jayden Platts – Mackay Triathlon Club
Referee and Officials	John Barrett, Peter Nowlan, Michele Burley-Jones
Starters	Officials as above
Chief Timekeeper	Rik de Meer
Chief Marshal	Dan Trask

Schedule for events

7:30AM - 3000m (Cut off is 9:00AM)

7:45AM - 1500m (Cut off is 9:00AM)

Events will be conducted as mixed events.

Warm-up start time

Warm-up will commence at 7:10AM.

Follow the directions of officials and support staff when required to exit the water for event starts.

Results

Results will be posted on the MSQ website meet event page in the days following the meet.

Competition results for men and women will be separated and then divided into age groups as follows:

Individual events: 18-24 and then in 5-year groups, i.e. 25-29, 30-34, 35-39, etc.

Awards

All age group awards will be announced and presented at the conclusion of the events. Championship medals are available for 1st, 2nd, and 3rd for male and female in each age group.

Photo/video release

All attendees at this meet agree that they may be photographed or videoed, and that the material may be used by MSQ at their discretion, or by others to promote activities of a club or branch, or for personal use including social media.

Other important information

- Paddles and watches/timing devices are not permitted to be worn during the meet, including warm-up and swim-down.
- This a non-wet suit swim with the expected water temperature in the 26 – 28 degree range.
- Swimmers must wear only one pair of Fina approved swimwear. In accordance with MSA Inclusive Swimwear Policy swimsuits may be modified or alternative swimsuits may be worn to accommodate a swimmer's individual needs, provided any modification or proposed alternative swimsuit is approved by the Referee prior to the swimmer's first event at the competition.
- At the conclusion of warm-up periods, swimmers must leave the water promptly when requested.
- Starts will be in water.

Severe Weather Policy

MSQ recognises the dangers of extreme weather in Queensland and the need to ensure that all staff and users of the facilities take the correct precautions in the event of extreme weather.

Extreme weather includes unexpected, unusual, severe, or unseasonal weather that may pose a safety risk to users including rain, drought, wind, flood, storms, dust, hail, and extreme temperature.

If the meet is affected by extreme weather, a mandatory safety suspension of events will be imposed. This may require a shortened event format which will be determined by the Meet Director and officials. No refund of entry fees will occur under such circumstances.

First aid

First aid staff and volunteers will be on hand during the event. Any accident or injury should immediately be brought to their attention and to the attention of the Meet Director.

Venue - Balnagowan Reach, Pioneer River

- Corner Mackay Eungella Road & Pleystowe Connection Road, Pleystowe
- Please do not arrive before 6:20AM
- Registration from 6:30AM
- Please do not enter the water before 7:10AM
- The river is utilized by rowing and canoe clubs until 7AM. The recovery of and transport of these craft from water is to be given priority.
- Ample parking is available on the large, flat expanse adjacent to the Rowing and Canoe Club sheds. Please do not drive to the water.
- BYO chairs
- No glass is to be brought on site
- This is an open environment with limited shade. Sensible precautions including hats, sunscreen and appropriate clothing should be considered. Limited shade is available and structures such as portable gazebos will be for registration and officials with limited space catering for swimmers.

Catering

A local swim club will run a simple BBQ that you can purchase items from during the morning. **(Cash only)**

After Swim Social - Lunch

You are invited to join the Sinkers for lunch celebrating the day's events and your great swims at Balnagowan.

The event is not catered and will be menu-based individual orders.

Date: Sunday 2 April

Venue: Boomerang Hotel – 307 Nebo Road (or suitable alternative)

Time: 11:00AM onwards

Cost: Individual, menu based

Notes: More details will be available closer to the day. This is an informal gathering, and we may select another location.

Sponsors & Volunteers

Masters Swimming Queensland and the North Mackay Sinkers Masters Swimming Club would like to thank the following Grant and Service providers as well as our fantastic Officials and volunteers. Without the support of Grants hosting events such as this OWS Championship would be far more challenging to deliver.

Our volunteers and officials allow us to enjoy the open water swim and we thank them for their time and service to deliver the Championships.

Grants:

- Mackay Regional Council Sports Funding

Services:

- Mackay Rowing Club
- Mackay Triathlon Club
- Mackay Canoe Club



Competing Clubs			
	Club Code	Club	Athletes
1	QAC	Albany Creek Masters	1
2	QCD	Belgravia Masters	3
3	QBN	Brisbane Northside Masters	3
4	QSM	Brisbane Southside Masters	1
5	QBM	Bunna-barra Masters	1
6	QCT	Cotton Tree Masters	2
7	CDW	Darwin Stingers Masters	1
8	QHB	Hervey Bay Masters	5
9	QLT	Long Tan Legends Masters	1
10	QAK	Mackay Swimming Academy Masters	4
11	QMM	Miami Masters	2
12	QNS	North Mackay Sinkers Masters	14
13	NPN	Penrith Aussie Masters	1
14	QPO	Pioneer Oldphins Masters	1
15	QRL	Rackley Swim Team Masters	1
16	QRT	Rats OF Tobruk Masters	2
17	QRB	Redlands Bayside Masters	2
18	QRC	River City Masters	4
19	QSC	Sunshine Coast Masters	2
20	QTW	Toowoomba Masters	2
21	QTA	Townsville Aquaholics Masters	4
22	NTN	Tuggeranong Masters	1
Total:			58

Event 1 Mixed 3k Open Water				
	ID#	Name	Age	Club
1	699482	Karina Horton	W65	Albany Creek
2	799575	Deanne Sanderson	W49	Belgravia Masters
3	795117	Gay Bradley	W68	Cotton Tree
4	791879	Linden Bungey	W57	Cotton Tree
5	795405	Kym Lingard	W48	Hervey Bay Masters
6	781975	Dale Eriksen	W59	Long Tan Legends
7	553445	Greg Born	M54	Mackay Masters
8	802627	Jesse Eggins	M32	Mackay Masters
9	803278	Helen Hawkins	W59	Miami Masters
10	791551	Nigel Dalton	M59	North Mackay
11	803638	Natasha Mallise	W46	North Mackay
12	789791	Naomi McGilvray	W44	North Mackay
13	792636	Christine Webb	W56	North Mackay
14	787742	Stephen de Lorenzo	M67	Penrith Masters
15	803078	Ben Miles	M43	Pioneer Masters
16	784085	Karen Candler	W61	Rats Of Tobruk
17	796543	Michelle Gallen	W53	River City Masters

18	790278	Robyn Richards	W61	Sunshine Coast
19	407350	Michelle Stonehouse	W61	Sunshine Coast
20	413068	Don Taylor	M73	Toowoomba Masters
21	799889	Jennifer Webster	W56	Toowoomba Masters
22	803246	Kylee de Rooy	W52	Aquaholics
23	701229	Helen Rainnie	W58	Aquaholics
24	798593	Lola Fisher	W54	North Mackay

Event 2 Mixed 1.5k Open Water

	ID#	Name	Age	Club
1	412608	Narelle Phillips	W76	Belgravia Masters
2	411972	Marsha Reddiex	W80	Belgravia Masters
3	798084	Jemma Bayliss	W43	Northside
4	411994	Tracy Clarkson	W74	Northside
5	786985	Scott Greensill	M59	Northside
6	412981	David Haley	M67	Southside
7	799053	Bec Wright	W48	Bunna-barra
8	288072	Jacinta Stirrat	W63	Darwin Stingers
9	799726	Stewart Germon	M61	Hervey Bay Masters
10	782726	Linda Hodgkinson	W63	Hervey Bay Masters
11	800011	Debbie Lewry	W55	Hervey Bay Masters
12	783708	Louise Macdonald	W49	Hervey Bay Masters
13	803433	Rachel Bidgood	W61	Mackay Masters
14	803424	Linda Single	W40	Mackay Masters
15	785458	Hobe Horton	M66	Miami Masters
16	802456	Greg Armstrong	M56	North Mackay
17	797408	Paul Arvidson	M50	North Mackay
18	795349	Timothy Caris	M33	North Mackay
19	791153	Fiona Cheesman	W54	North Mackay
20	790280	Alison Friswell	W58	North Mackay
21	413156	Geoff Robinson	M83	North Mackay
22	411392	Daniel Stampa	M63	North Mackay
23	803430	Megan Taylor	W41	North Mackay
24	799938	Lesley Thorpe	W66	North Mackay
25	444296	Trish Robinson	W74	Rackley Masters
26	413174	Kevin Jackson	M70	Rats Of Tobruk
27	801770	Eric Quevauvilliers	M51	Redlands Bayside
28	411031	Julie Whiting	W41	Redlands Bayside
29	783688	Nic Carmichael	M38	River City Masters
30	385029	Therese Crollick	W66	River City Masters
31	789537	Elaine Sng	W65	River City Masters
32	803247	Kealey Cussen	W23	Aquaholics
33	789451	John McKaig	M54	Aquaholics
34	783586	Caz Makin	W55	Tuggeranong