The University of Queensland
Masters Swimming Club
2019 Short Course Sprint and Relay Meet

UQ Aquatic Centre, University of Queensland
Corner of Union Road and Blair Drive, St Lucia
Saturday 12 October 2019

MEET GUIDE

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MSQ Sanction Meet Number: Q20/19

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Event Details

Welcome to the third UQ Masters Short Course Sprint and Relay Meet, held at the UQ Aquatic Centre 25m pool on the beautiful grounds of the University of Queensland. We trust you will have a great day with some fast swimming, plenty of PBs and maybe a record or two, but most of all have fun with friends, old and new. We have flashy new UQ medals, trophies, bottles of wine and cash prizes on offer, so please come and join us!

What is new in 2019

The UQ Masters love to keep things fresh and relevant. We are always looking to incorporate new ideas and concepts from other levels of swimming and around the world.

This year we will trial the reverse order heats method whereby the heats order is reversed – heat 1 will contain the fastest ranked swimmers and the final heat will contain the slowest ranked swimmers. This method is regularly used at junior and open championship meets and is increasingly being introduced at all levels. You will see little difference and will be swimming with the same people in your heat.

One of our members Stefano Zerbini, World Fin Championship bronze medalist has suggested some fin swimming be included. These events are huge in Europe. As an exhibition we will run a 50m Fin Freestyle event. To encourage as many people to enter as possible we are offering $50 to each male and female who swim closest to their entry time. Closest to entry time is fair across the whole event and also encourages practicing the event to get an accurate time beforehand. This will not count as one of your five events.

The UQ meet will be trialing a new entry system option where you will no longer be entering your entry time if you have swum the event in the past. The system will provide your best time from recent events, and also prevent the entry of NT (No Time). If the system does not have a time on record for you, it will require you to enter a time. A more rigid version of the same system has been successfully used at the junior and open levels of swimming for over 10 years. The aim is to make it more streamlined and accurate for you to complete your entries to a meet.

You will begin to see more Meet Guides like this one. We want to provide you with plenty of information to let you know how the event will run and any other details we think are important or interesting. Some details might be obvious, but others may not have been in the game very long.

We encourage you all to come along and be a part of these additions, and please let us know what you think.

Eligibility

This meet is open to Masters Swimming Queensland (MSQ) registered swimmers, and swimmers registered with other Masters Swimming Australia (MSA) affiliated clubs. International swimmers who meet the clearance criteria may also compete.

No guest swimmers. For swimmers considering joining Masters Swimming, 6 month Masters memberships are available.

Clearance criteria

International swimmers and teams must supply a letter of clearance from their National Swimming Federation. International swimmers training with, or members of, clubs in Australia will be nominated under their country name not the Australian club name. Clearances must be submitted to the Meet Director before the nomination closing date.

Age

Age as at the 31 December 2019. Minimum age is 18 years at day 1 of competition.

Entries

Entries are to be submitted via Entry Manager located on the Member Forum of the MSQ website. The closing date for individual entries is midnight on Friday 27 September 2019.

Relay entries are to be submitted online also via Entry Manager using the Club Relay Teams link, and will remain open until Monday 30 September 2019. All clubs entering relays are to nominate a Club Captain for coordination and communication purposes. Club Captains, Interstate and international swimmers and teams are to contact the Meet Director for entry procedure information.

Entry fees

All entrants must pay the nomination fee online as directed by Entry Manager. A swimmer may enter a maximum of five individual (5) events for $25. The 50m Fin Freestyle is not included in your five event allowance.

Relay entries are free.

Event Details

Late entries

All entries requested after closing may incur a late nomination fee of $10.00 per event. Late entries are subject to lane availability in the event, and may result in swimmers being entered in the slowest heat.

Events

All events will be conducted as timed finals (no finals). Heats will be swum from fastest to slowest.

Qualifying times

There are no qualifying times required currently. You must submit a time for each event entered, preferably your personal best from the previous 2 years. Entering 'no time' (NT) is not permitted for this event.

Entry List and Timeline

The entry list will be available on the event page of the MSQ website on Saturday 5 October 2019. All competitors must check their entries thoroughly and submit discrepancies to the Meet Director by midnight, Tuesday 8th October, 2019. The timeline for this meet will be published on the event page of the MSQ website on or before Thursday 10 October 2019.

Rules

All Masters Swimming Queensland rules, Masters Swimming Australia and FINA Swimming Rules apply. By nominating to participate in this swim meet, all swimmers thereby authorise the Meet Director/UQ Swim Club/UQ Aquatic Centre to take whatever action is deemed necessary in the event of an emergency, and persons involved accept responsibility for any and all costs arising from such action.

Warm-up start time

Warm-up will commence in the main pool at 12:00pm. The competition pool will close at 12:45pm with lanes 1 and 2 of the 50m pool remaining open throughout the duration of the day's session for warm-up and swim down.

Tickets and programs

Entry to this meet is free for spectators – no tickets are required. Programs are available for download online prior to and during the meet. Limited programs will be available at the venue. It is the swimmer's responsibility to report to the marshaling area as soon as called.

Relays

Only club relays are allowed - no composite teams. Relays shall consist of four swimmers each registered with the same club. No swimmer is allowed to represent more than one club.

All clubs captains must complete relay nominations and payments online before the commencement of the meet. There is no limit on the number of teams a club may enter in any age group. All teams may score points.

Swimmers must enter at least one individual event to be eligible to swim in a relay team. A swimmer may only swim a particular relay event once. Relays are to be swum in the order swimmers are nominated in their entry. Mixed relays must consist of two (2) males and two (2) females. The order of swimmers by gender is optional in mixed relays.

If on the day of the event a nominated swimmer cannot swim a relay due to unforeseen circumstances such as illness, a club may, at the discretion of the Meet Director, in advance of the event, substitute another swimmer from the same club, provided the team remains in the same age category. If in doubt, nominate a team and withdraw it on the day of the meet.

Results

Live results will be made available for this meet. The Meet Mobile application will be operating and can be downloaded to your chosen device(s). Results will be posted to the MSA Portal, and a PDF results file and statistics will be published on the MSQ website.

Medals

Medals will be awarded to all men and women for age category aggregate points:

18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100-104

Records

World records will not be recognised at this event. Any MSQ member may break Queensland and national records. Any MSA member may break their respective state and national records.

Event Details

Meet awards

Awards will be presented at the conclusion of this meet at the UQ Aquatic Centre - all swimmers are eligible to win awards:

- Club with the highest aggregate points total.
- Club with the highest average point score – small.
- Club with the highest average point score – large.
- Individual points first, second, and third place winner for each age group/gender category.
- The 4 x 200m freestyle, 4x100 freestyle and 4x100 medley relay team swimming closest to their nominated time across the entire field of all relay events.
- Exhibition 50m Fin Freestyle - $50 awarded to the male and the female swimming closest to their nominated time.

Pool deck access

Pool deck access is limited to marshaling for events, the officials and technical staff. Please do not stand in front of the recording area.

Protests

Protests must be made in writing on the official form and submitted to the Meet Director within a half hour of posting the provisional results. A protest carries a fee of $10 which is refunded if the protest is upheld. The fee must be paid when collecting the protest form.

Photo release

In nominating for this meet, swimmers agree that they may be photographed by MSQ's approved photographer and that the photos may be used by MSQ at its discretion.

For the guidance of competitors

- Members from all clubs maybe called on to assist with timekeeping throughout the meet.
- Swimmers must comply with signage on pool deck regarding the use of the warm-up and swim-down lanes. Diving will not be permitted unless the signage indicates otherwise.
- Paddles and watches are not permitted to be worn during the meet, including warm-up and swim-down.
- At the conclusion of warm-up periods, swimmers must leave the competition pool promptly when asked to do so.
- Event(s) to be marshalled will be announced.
- An entrant who fails to report to the Marshalling area prior to their heat being called may be deemed withdrawn.
- Starts will be 'over the top'. Competitors will remain in their respective lanes until the next heat is started. Move quickly to the lane rope away from the wall once you have completed your heat.

Contacts:

Meet Director: Martin Banks - masters@uqswim.org.au

Director of Recording: recorder@mastersswimmingqld.org.au

MSQ website: https://mastersswimmingqld.org.au

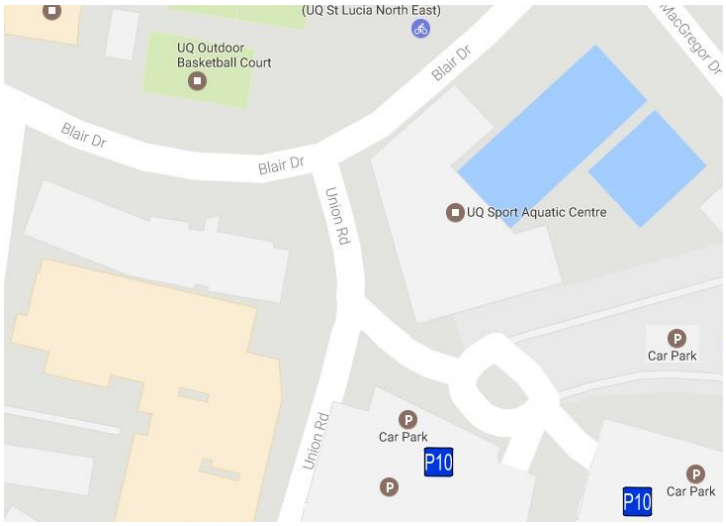
Member Forum of the MSQ website: https://forum.mastersswimmingqld.org.au

Event	Distance	Stroke
1.	100m	Individual Medley
2.	25m	Freestyle
3.	4 x 200m	Freestyle Relay – Mixed
4.	50m	Breaststroke
5.	50m	Backstroke
6.	25m	Butterfly
7.	4 x 100m	Freestyle Relay – Mixed
8.	50m	Fin Freestyle
9.	25m	Breaststroke
10.	50m	Freestyle
11.	50m	Butterfly
12.	25m	Backstroke
13.	4 x 100m	Medley Relay – Mixed

More Details

How to get to the UQ Aquatic Centre:

- Enter "Corner of Union Road and Blair Drive, St Lucia" into Google Maps or your GPS.
- Turn into Union Road and the pool will be on the left.
- Take the first left to get to the large undercover carpark entrances - P10. Parking is FREE!



Venue

There is limited shade available at the venue. Limited shade tents will be provided by UQ Swim Club and UQ Sport. Clubs are welcome to bring their own shade. You will be directed on arrival where is appropriate. You will need to BYO chairs.

No glass is to be brought on site.

The UQ Aquatic Centre will remain open to the public during the swim meet. Please respect other patrons as they utilise the 50m pool and amenities.

Food such as tea, coffee, cold drinks, and snacks will be available for sale from the UQ Aquatic Centre canteen throughout the event.

Bad weather

If the meet is affected by storms, 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 UQ Aquatic Centre staff. No refund of entry fees will occur under such circumstances.

First aid

Pool lifeguarding and patrols will be carried out during the meet by UQ Aquatic Centre Pool Staff. Any accident or injury should immediately be brought to their attention and to the attention of the Meet Director.

Reverse Order Heats:

Reverse order heats have been introduced into competitive swimming in Swimming Queensland for the past three to five years and is now a common approach at all levels; most notably at regional, state and national junior events in Australia. The difference is simply switching the order of the heats placing the fastest ranked heat as heat 1 and slowest ranked heat as the final heat, for each event.

Some of the reasons to introduce the reverse order include:

- Keeping it fresh with a new approach;
- Providing a level of relevance with a pathway from junior swimming into Masters swimming;
- Can allow introductions announced for the fastest heat at the beginning of the event.

50m Fin Freestyle Exhibition

All registered swimmers are welcome to enter this exhibition, no points event. There is no additional cost and it is not included as one of your five event allowance. Prizes of $50 will be awarded to each male and female swimming closest to their respective nominated times.

Some of the basic rules for this event:

- "In-water" starts apply using any style of fins;
- Marshaling will walk swimmers to the blocks carrying their fins – fins may not be worn at this time;
- Just prior to the heat, swimmers will be asked to approach the blocks, sit on the edge and put fins on. Swimmers may put a towel down on the side of the pool to prevent damage to swim suits;
- The whistle will sound indicating swimmers can slide into the water;
- One hand must remain on the side of the pool/block;
- On the starters command, "take your mark", swimmers must ready themselves in a starting position and then immediately remain still until the starting beeper sounds;
- The normal rules of swimming apply – no further than 15m underwater at the start and after the turn;
- Fins must be removed before exiting the pool;
- Swimmers will exit the pool prior to the next heat entering the water.

There will be no rush to this event with emphasis on enjoyment in trying something new (and winning $$).