

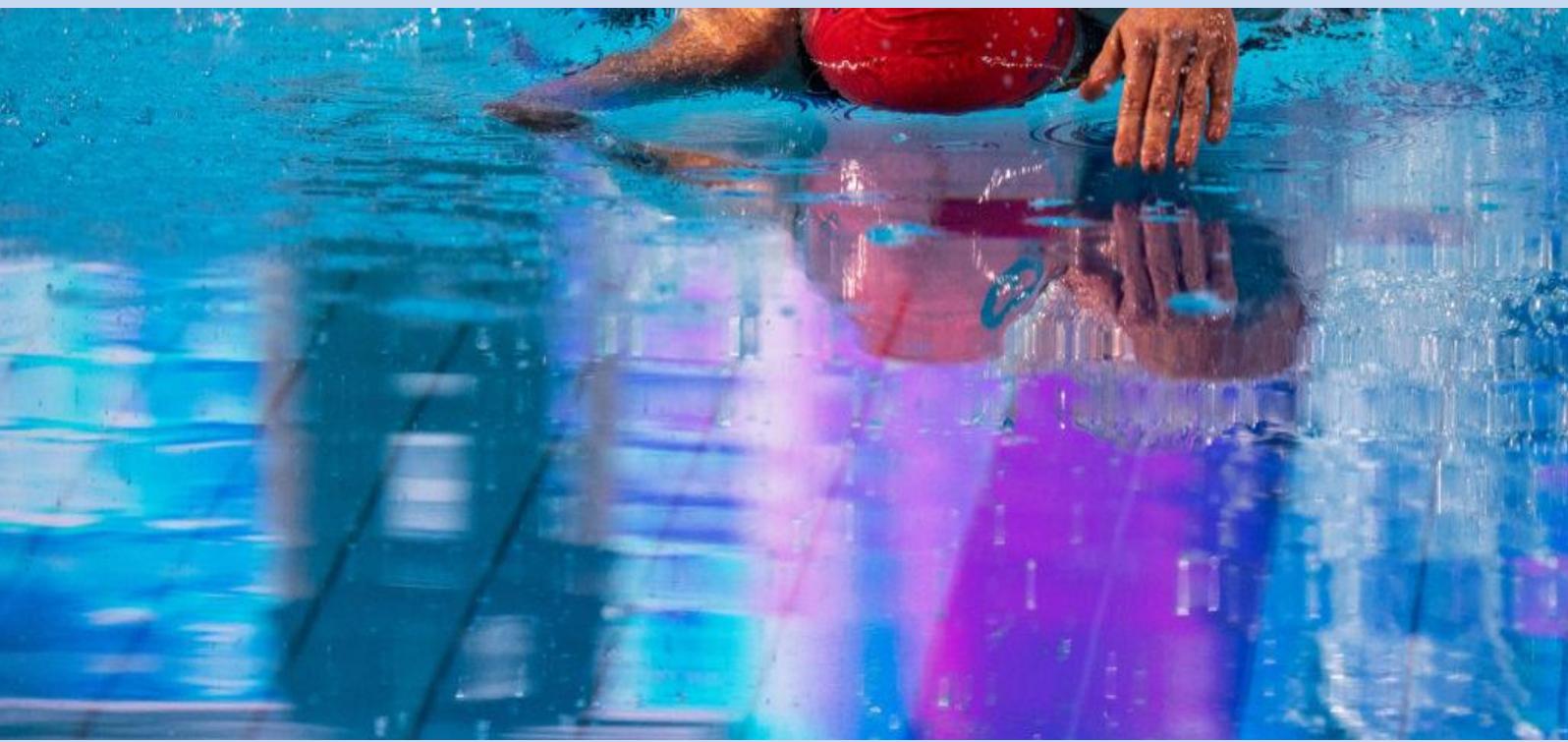


2023 Masters Swimming Queensland Long Course Championships

Mackay Aquatic & Recreation Centre
193 Boundary Road, OORALEA 4740
30 March-1 April 2023

Meet Director: Dan Stampa

Meet Coordinator: Susanne Milenkevich



Meet Date: 30 March – 1 April 2023	Meet contact: Christina Scolaro admin@mastersswimmingqld.org.au	New: All 400m/800m/1500m events
Entries Close: Tuesday 14 March 2023	0416 955 011	New: 4x200m relay with prize money
Venue arrival: 7:00AM	www.mastersswimmingqld.org.au	Maximum of 9 individual events
Warm up: 7:30AM Start time: 8:30AM		Meet cost: \$77/entrant (plus transaction fees)
	MSQ Sanction Number: Q4/23	Relay Entry: \$22 (plus transaction fees)

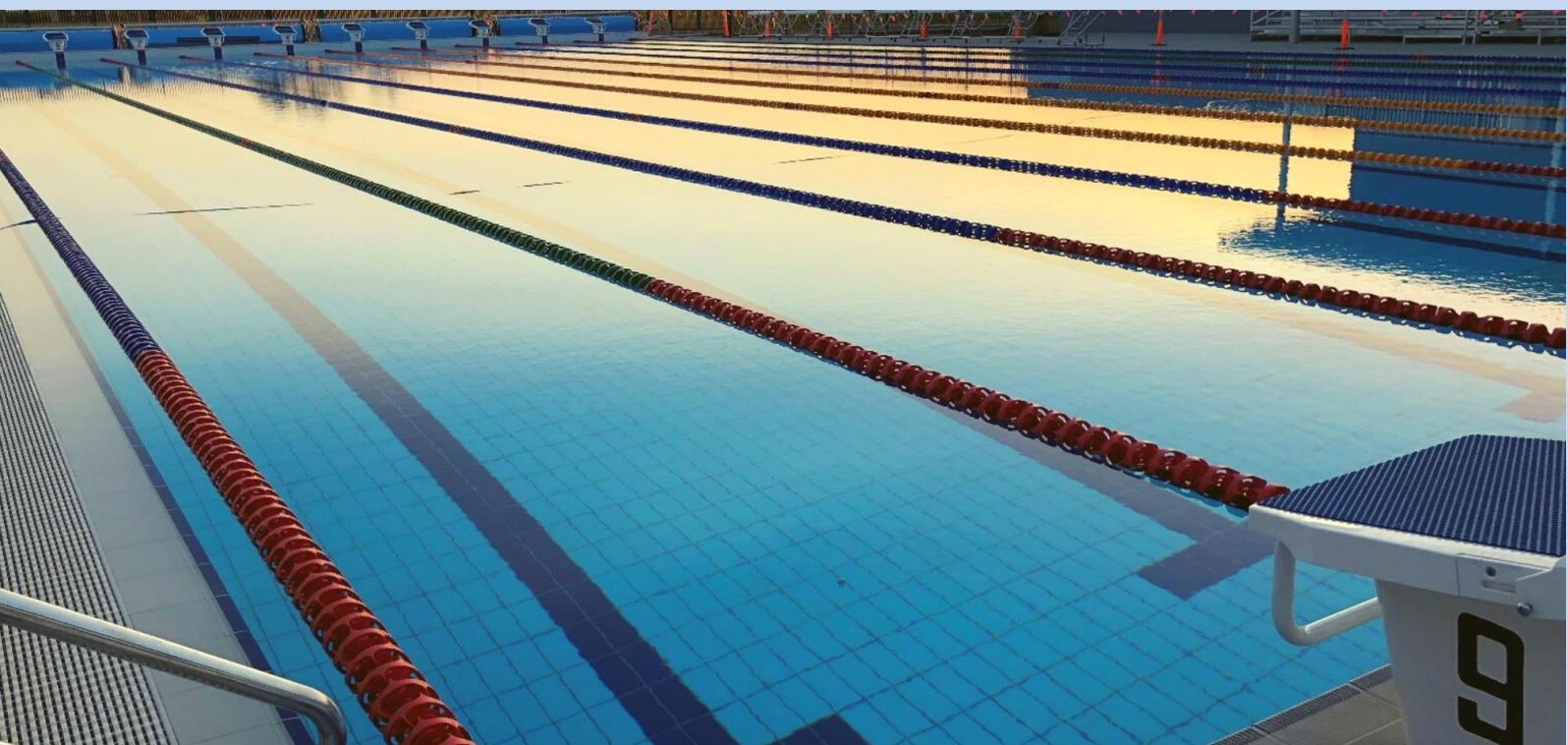
Proudly hosted by Masters Swimming Queensland and North Mackay Sinkers Masters

Program of Events

Session 1 – Thursday 30 March 2023		Session 2 – Friday 31 March 2023		Session 3 – Saturday 1 April 2023	
1	50m Breaststroke	11	100m Backstroke	23	200m Freestyle
2	100m Freestyle	12	200m Breaststroke	24	100m Breaststroke
3	200m Butterfly	13	50m Butterfly	25	200m Backstroke
4	400m Backstroke	14	400m Individual Medley	26	100m Butterfly
5	4x50m Freestyle - Mixed	15	4x50m Medley - Mixed	27	400m Freestyle
6	1500m Freestyle	16	800m Butterfly	28	50m Backstroke
7	200m Individual Medley	17	1500m Breaststroke	29	400m Breaststroke
8	400m Butterfly	18	50m Freestyle	30	800m Individual Medley
9	800m Breaststroke	19	800m Backstroke	31	1500m Backstroke
10	4x200m Freestyle - Mixed	20	800m Freestyle	32	4x50m Medley - Women
		21	4x50m Freestyle - Men	33	4x50m Medley - Men
		22	4x50m Freestyle - Women		

Event limits: 1 x 800m and 1 x 1500m event maximum per person

Please see separate Meet Guide for the Open Water Swim



Welcome to the 2023 Masters Swimming Queensland Long Course Championships, being held at the fabulous Mackay Aquatic and Recreation Centre. This year we will be offering all events from 50m to 1500m with AOE timing. There will also be a 4 x 200m relay with big cash prizes on offer. Please come along and join us!

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 are current members of their national Masters Swimming Federation may also compete (proof of membership must be provided).

Non-Member swimmers are not permitted to enter this meet. MSA/MSQ membership is available via the [MSA website](#).

Age

Age as at the 31 December 2023. Minimum age is 18 years at day 1 of competition.

Entries

Entries are to be submitted online via [Swim Central](#). Entries will open in January 2023. **The closing date for entries is Tuesday 14 March 2023.**

International Masters members are invited to contact the [MSQ Director of Recording](#) who will provide specific entry instructions.

No swimmer is allowed to represent more than one club.

Late entries may be considered, but will incur an additional fee of \$30. Late entries are subject to lane availability in the event, and may result in swimmers being entered in the slowest heat.

Conduct of events

Heats will be swum from fastest to slowest. The fastest seeded heat will be heat 1 of each event. All events will be conducted as timed finals. Starts will be 'over the top' where possible.

In this meet, events will be conducted as Mixed events.

Please note: based on numbers and combinations of entries received, the meet organisers reserve the right to make changes and combine heats and events where necessary.

All form stroke events are to be swum as programmed, e.g. a 400m form stroke will not be recognised if swum in the 400m freestyle.

Qualifying times

There are no qualifying times required for this meet. On selecting an event in Swim Central, if you have matching results from the previous two (2) years, the fastest time will be displayed. If you have no previous results, "NT" will be displayed, and you may be seeded in the slower heats. It is advised that you email the [MSQ Director of Recording](#) to provide a recent or training time. If you have an appropriate medical reason that may vary your performance greatly, you may also request a seed time adjustment.

Relays

Race Secretaries must complete and pay for relay nominations in Swim Central by the advertised meet closing date. Clubs entering relays must ensure their members are entered individually in ample time to complete relay entry. Only club relays are allowed - no composite teams. Clubs may enter more than one team per age group for all relays.

If on the day of the event a nominated swimmer cannot swim a relay due to unforeseen circumstances such as illness or personal reasons, a club may, at the discretion of the Meet Director, and in advance of the event, substitute another swimmer from the same club.

Swimmers must enter at least one individual event to be eligible to swim in a relay team. All relay teams must consist of members or second claim members of the same club. The age of the team shall be the sum of the ages in whole years of its members. All teams not disqualified will score points.

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.

4x200m Freestyle prize money: \$300 1st, \$200 2nd, \$100 3rd - closest to nominated time. Clubs must register a time separately to be eligible for this award.

Multi Class events

Multi Class events will be conducted within the full program and will be awarded medals according to the age group and

gender category in each classification. Details of disability classification must be provided (if not currently on MSQ file) prior to the commencement of the first day of competition. Multi Class events will not be using the Multi Class point score system for this meet.

Entry fees

Entry fee is \$77 (plus transaction fees). All entrants must pay the nomination fee online as directed by [Swim Central](#).

Each entrant may enter up to nine (9) individual events in total. A swimmer may enter unlimited 50m, 100m, 200m, and 400m events. A swimmer may enter a limit of one (1) 800m and one (1) 1500m event.

Please enter and swim within your physical limits.

Please note: additional 800m/1500m events entered will be deleted with no refund given.

Entry List and Timeline

The draft Entry List will be available on the MSQ meet event page on Thursday 16 March 2023. All competitors must check their entries thoroughly and submit discrepancies to the [MSQ Director of Recording](#) by 6PM, Tuesday 21 March 2023. The Program and Estimated Timeline for this meet will be published on or before Monday 27 March 2023.

Withdrawal, event editing and refund policy

A swimmer may change their entries, or withdraw from the meet up until the closing date. You will lodge your request in Swim Central against your entries. Go to your profile, to the meet, to the event, and click the green 'entered' button for the event you wish to withdraw from or remove. You may then add another entry. If a refund is required, click 'request refund' for that event in order history – this will only be considered prior to the closing date. Provide a reason, then click 'request refund'. This requires approval before changes are confirmed. If approved, a refund will be granted, minus the processing fee.

Rules

All MSQ/MSA meet guidelines, by-laws and rules, and Fina swim rules apply. By nominating to participate in this swim meet, all swimmers thereby authorise the Meet Director/MSQ/Mackay ARC staff 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.

COVID-Safe Meet Information

To help reduce the spread of COVID-19 please:

- Do not attend if you are COVID-19 positive or have COVID-19 symptoms
- Maintain physical distancing to the extent possible outside of the pool
- Practice good hand hygiene, washing/sanitising hands often

Tickets and programs

Entry to this meet is free for spectators – no tickets are required.

No printed programs will be available at the meet. Programs will be available on the MSQ event page for online download prior to and during the meet. Programs made available before the day of the competition will be draft and are subject to change without notice. All changes will be reflected immediately in the Meet Mobile application and swimmers in attendance will be notified by announcement prior to the start of the affected event(s).

Warm-up start time

Warm-up will commence at 7:30AM. The competition lanes (0-9) will close at 8:15AM, with lanes remaining open in the 25m pool throughout the duration of the day's session for warm-up and swim down. Follow the directions of pool staff and Technical Officials for lane use.

Self Marshaling

All swimmers will be required to self-marshal. Swimmers and officials are to be physically distanced and minimise contact with surfaces. People who are not swimming or officiating should not be near the starting end of the pool during the meet.

- Swimmers are responsible for knowing the event, heat, and lane they are competing in, and for being aware of what event/heat is currently in the water. The Meet Announcer will be calling the heat number in the water after the start of every heat, and regularly reminding how many heats there are in total for the current event.

- An entrant who fails to report to the Marshaling area prior to their heat being called to the blocks may be deemed withdrawn.
- No more than four (4) heats of swimmers are permitted in the marshaling area including behind the blocks:
 - 50m events - 4 heats prior to the heat in the water
 - 100m events - 4 heats prior to the heat in the water
 - 200m events - 3 heats prior to the heat in the water
 - 400m+ events - 2 heats prior to the heat in the water
- Swimmers in the 50m events need to be prepared to move quickly.
- Swimmers in the 400m+ events should be prepared to report early to the marshaling area as heats may be combined to save time.
- The Marshal will be a helper who can verify a swimmers' position, answer questions, and direct heats to the blocks.
- The Check-Starter(s) will do a name and lane check behind the blocks prior to the heat.

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, with results and statistics 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.

Relays: 72-119, 120-159, 160-199, 200-239, 240-279, etc.

Records

Automatic Officiating Equipment (AOE) timing will be in use. World records will be recognised at this meet pending ratification by MSA and Fina. Any MSQ member may break Queensland records. Any MSA member may break their respective state and national records. Fina World Top Ten performances will be recognised.

Major meet awards

All awards will be announced and presented at the conclusion of this meet:

- Male Swimmer of the Meet
- Female Swimmer of the Meet
- Best MSQ Swimmer 18 – 29 Years

- Best MSQ Swimmer 30 – 49 Years
- Best MSQ Swimmer 50 – 69 Years
- Best MSQ Swimmer 70+ Years
- Mary Maina Trophy – Highest Ave Points – Small Club
- Max Gillespie Trophy – Highest Ave Points – Large Club
- George Coronos Trophy – Highest Club Points
- Jenny Mack Trophy – Highest combined points for the 100m and 200m Breaststroke events
- Club Relay Award – Highest Ave Club Points in relay events
- Champion Region Award - Highest Ave Points from all clubs in each region
- 4x200m Freestyle Relay prizes – 1st, 2nd, and 3rd closest to nominated time
- Margaret Cunningham Award – Highest Fina points for 200 IM

Please note that individual awards are calculated using the sum of the best 5 Fina swims using Fina points. Club and relay awards are calculated using standard event points scoring.

All swimmers, Queensland and visitors, are eligible to score points and win awards, excluding the 'Best MSQ Swimmer' awards.

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

- Members from all clubs may be called on to assist with timekeeping throughout the meet.
- 400m+ swimmers are to provide their own lap counter should they require one.
- Paddles and watches are not permitted to be worn during the meet, including warm-up and swim-down.
- Swimmers must comply with signage and pool staff on pool deck regarding the use of the warm-up and swim-down lanes. Diving will not be permitted unless the signage indicates otherwise.
- Pool deck access is limited to marshaling for events, the officials and technical staff. Please do not stand in front of the recording area.
- 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 competition pool promptly when requested.
- Swimmers should keep clear of timekeepers moving to the blocks to collect times. Use care and discretion when preparing for your start prior to the previous heat completion, i.e. adjusting your block's kick position.
- Starts will be 'over the top'. Move quickly to the lane rope away from the wall once you have completed your heat. Competitors will remain in their respective lanes until the next heat is started, then move quickly to the nearest side to exit.
- MSQ notes that the information provided is correct at the time of publishing. However, some aspects are subject to change, including changes required in the event of too many entries being received for the allowed duration of the meet.

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 meet format which will be determined by the Meet Director and Mackay ARC Pool 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 pool lifeguard(s). Any accident or injury should immediately be brought to their attention and to the attention of the Meet Director.

Meet Mobile Swim App

The Meet Mobile application (app) displays meet results in

real time as data is received during meets from the recording desk (one heat at a time). Meet Mobile is the ideal replacement to paper results and can be used for any meet you can search across the world.

- This app has the ability to display programs, timelines, team scores, entry times and results;
- You can search swim meets from all over the world or in just your local area to follow the action live, as it unfolds;
- In addition to real time results, see pre-race rankings, standings, and heat/lane assignments as they become available. You will see individual and team scores;
- Follow your favourite swimmers and/or teams as "favorites" and then easily filter down to see both completed results and upcoming schedule;
- Available on Android and iPhone devices;
- Cost is between \$6 and \$10 per year.

Venue

Mackay Aquatic & Recreation Centre
193 Boundary Road, OORALEA 4740

Please do not arrive before 7:00AM.

Please do not enter either pools before 7:30AM.

There is shade for the small grandstand to the west of the pool. Limited shade tents will be provided on the eastern edge on small, tiered seating that will face the pool. A large marquee will be provided on the eastern side and at the non-start end. Shade will be provided by the North Mackay Sinkers for timekeepers, officials and swimmers awaiting the next heat.

Clubs are welcome to bring their own shade - there is plenty of room for tents. These tents must be weighted - no pegs. You will be directed on arrival where setup is appropriate. Please provide your own weights.

You will need to BYO chairs.

No glass is to be brought on site.

Parking – ample parking is available at the pools northern end on arrival.

Presentation function

A BBQ presentation function will follow the conclusion of the final day of pool events (Saturday 1 April), and will be held in the pool grounds. The cost will be \$5.50 (plus transaction fees) per head. Please purchase the number of tickets required, and pay in full with your Swim Central entry.

Social Event

You are invited to join MSQ and Sinkers for dinner celebrating the day's events and your great swims at the Shamrock Hotel – 165 Nebo Road, Mackay.

Drinks will be available at the bar. This event includes a full catered meal and a lucky door prize. Come along and enjoy an evening with your club and fellow swimmers and supporters.

Date: Friday 31 March

Venue: Shamrock Hotel

Time: 6:00PM – 9:00PM

Cost: \$55 (plus transaction fees) (Pay with Swim Central entry)

Dress: Casual

Merchandise

A commemorative swim cap is available to purchase for \$14.30 (plus transaction fees) with your entry. Limited to 150 so order early!



* Indicative design only

Tickets

To purchase all tickets and merchandise when entering this meet, please go to the 'Products' tab next to the 'Entries' tab in Swim Central. These include:

- Commemorative cap
- Presentation Meal
- Friday Night Function

Massage

A massage therapist will be on location for the three days of the Championships. Bookings onsite at the massage tent.

Accommodation

Please see separate Accommodation Guide on the MSQ event page.

Swim Shop

The Swim Shop located within the pool complex will be open during this meet. They have a small selection of swimwear and goggles.

On site catering

The Mackay Aquatic & Recreation Centre 'Swell Café' sells a variety of hot and cold foods, tea, coffee, cold drinks and snacks.

Raffles

The North Mackay Sinkers will be running raffles and money boards over the course of the championships.

Volunteer sign up

Please let us know what you would like to do to assist. Any help you can provide will be greatly appreciated!

[Sign up form](#)

Contacts

Meet Coordinator.....president@mastersswimmingqld.org.au

Meet Director.....vpcentral@mastersswimmingqld.org.au

Business Manager MSQ...admin@mastersswimmingqld.org.au

Director of Recording ..recorder@mastersswimmingqld.org.au

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

Meet Entry..... [Swim Central](#)

Important dates

Entries open..... January 2023

Entries closing date 14 March 2023

Entry list available 16 March 2023

Entry list finalised 21 March 2023

Estimate timeline available 27 March 2023



← Scan to enter now!