

River City Masters
Swimming Club
2023 Long Course Meet

The Valley Pool, 432 Wickham Street,
Fortitude Valley, QLD 4006

Saturday, July 8, 2023

MEET GUIDE



**RIVER CITY
MASTERS**

Meet Date: Saturday, July 8, 2023	Meet Director: Stephen Howell	Individual Event Meet Cost: \$35 (plus fees)
Entries Close: Tuesday, June 27, 2023	riverscityswimteam@gmail.com	Relays are free
Venue: The Valley Pool		
Warm up: 8:00AM Start time: 9:00AM	MSQ Sanction Number: Q9/23	Entry via Swim Central

Program of Events

Event	Distance	Stroke
1.	800m	Freestyle
2.	400m	Freestyle
3.	400m	Individual Medley
4.	200m	Backstroke
5.	100m	Breaststroke
6.	50m	Butterfly
7.	4 x 100m Relay	Medley (Mixed)
8.	200m	Butterfly
9.	200m	Freestyle
10.	50m	Breaststroke
11.	100m	Butterfly
12.	50m	Backstroke
13.	200m	Individual Medley
14.	100m	Freestyle
15.	200m	Breaststroke
16.	100m	Backstroke
17.	50m	Freestyle
18.	4 x 50m Relay	Medley (Mixed)
19.	4 x 100m Relay	Freestyle (Mixed)

Event limits: 1 x 800m or 1 x 400, 2 x 200, 2 x 100, maximum of 5 individual events, unlimited relays

NOTE: The above program reflects the order that the meet will be run – Swim Central will not be updated before event close.



Event Details

Welcome and meet summary

Welcome to the River City Masters Long Course Meet, held at the Valley Pool. Whether you are a seasoned veteran of masters swimming or a first timer, we're excited to include you and can't wait to see you compete. Like last year, we will have medal presentations at the end of the meet with additional medals for relay placings.

This meet is timed as ideal preparation for those who plan to compete in Japan at the World Aquatic Masters event at the start of August.

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 May 2023. **The closing date for individual and relay entries is Tuesday June 27, 2023.**

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

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.

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.

800m and 400m stroke events are to be swum as programmed, i.e. 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. You cannot edit your entry times. It is advised that you email the [MSQ Director of Recording](#) to provide a recent or training time. If you have a valid reason that may vary your performance greatly, you may also request a seed time change.

Relays

Race Secretaries must complete relay nominations in Swim Central by the closing date. Clubs entering relays must ensure their members are entered individually in ample time to complete relay entry. Clubs may enter multiple teams per age group for all relays. Any changes to relay composition shall be only accepted if due to illness or nonattendance and advised to the Meet Recorder before the commencement of competition.

Swimmers must enter at least one individual event to be eligible to swim in a relay team. All relays must consist of members or second claim members of the same club. All teams not disqualified will score points.

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. A swimmer may only swim a particular relay event once.

Multi Class events

Multi Class swimmer are always welcome, however there will be no separate Multi Class events conducted at this meet.

Entry fees

A swimmer may enter a maximum of five (5) competition events for \$35 (plus fees). Relay entries are free.

A swimmer may enter 1 x 800m event or 1 x 400m event, 2 x 200m events, 2 x 100m events up to a maximum of 5 events.

All entrants must pay the nomination fee online as directed by



Event Details

[Swim Central](#).

Entry List and Timeline

The Entry List will be available on the MSQ meet event page on June 29, 2023. All competitors must check their entries thoroughly and submit discrepancies to the [MSQ Director of Recording](#) by 6PM, Friday June 30, 2023. The Timeline for this meet will be published on or July 4, 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 and Valley Pool staff to take whatever action is deemed necessary in the event of an emergency, and persons involved accept responsibility for 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 8:00AM. The competition lanes (2-8) will close at 8.50AM, with lane 1 remaining open 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-marshall. 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
 - 800m event - 1 heat prior to the heat in the water
- Swimmers in 50m events need to be prepared to move quickly.
- Swimmers in the 800/400m 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



Event Details

meet event page in the days following the meet.

Competition results for men and women will be separated and 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, 280-319, 320-359 and 360-399.

Records

Semi-Automatic Timing (SAT) will be in use. World records will not be recognised at this event. Any MSQ member may break Queensland records. Any MSA member may break their respective state and national records. World Aquatics Masters World Top Ten performances will be recognised.

Meet awards and presentation

Awards will be presented at the conclusion of the meet:

- Club with the highest aggregate points
- Club with the highest average point score – small clubs
- Individual points first, second, and third per age group
- Swimmer of the Meet

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 maybe called on to assist with timekeeping throughout the meet.
- 800m, 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.
- When asked to clear the pool all lanes will clear via Lane 8.
- 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

River City Masters recognises the dangers of extreme weather in Queensland and the need to ensure that all staff and users of Valley Pool 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 Valley 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 Valley Pool staff. Any accident or injury should immediately be brought to their attention and to the attention of the Meet Director.



Event Details

Venue

No glass to be brought on site.

Limited food and drinks will be available from the Valley Pool reception and bar.

Meet Director Stephen Howell riverscityswimteam@gmail.com

MSQ Business Manager ...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 May 2023

Individual and relay closing date.....June 27, 2023

Entry list availableJune 29, 2023

Entry list finalised..... July 2, 2023

Program available July 4, 2023

