

The Sunshine Coast Masters Swimming Club 2023 Meet



Kawana Aquatic Centre
45 Sportsmans Parade, Bokarina

Saturday 28 October 2023

MEET GUIDE



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| Date: 28 October 2023 | Meet Director: Clare Somerville claresomerville@bigpond.com | Note: Meet cost \$30 (plus transaction fees) |
| Venue: Kawana Aquatic Centre | 0435 186 563 | Note: Only one 200m event per competitor |
| Warm up: 9am | | Entries Close: 17 October 2023 |
| Start time: 10am | MSQ Sanction Number: Q16/23 | Enter: Swim Central |

Program of Events

| Event | Distance | Stroke |
|---------------|----------|-------------------------|
| 1. | 200m | Individual Medley |
| 2. | 200m | Backstroke |
| 3. | 200m | Breaststroke |
| 4. | 200m | Freestyle |
| 5. | 200m | Butterfly |
| 6. | 100m | Backstroke |
| 7. | 100m | Breaststroke |
| 15 mins break | | |
| 8. | 50m | Freestyle |
| 9. | 50m | Butterfly |
| 10. | 50m | Backstroke |
| 11. | 50m | Breaststroke |
| 12. | 100m | Freestyle |
| 13. | 100m | Butterfly |
| 14. | 4 x 50m | Women's Freestyle Relay |
| 15. | 4 x 50m | Men's Freestyle Relay |
| 16. | 4 x 50m | Mixed Medley Relay |

Event limits: 1 x 200m event



Event Details

Welcome

Welcome to the Sunshine Coast Masters Meet, held at Kawana Aquatic Centre in the 50m pool. We have the club trophies, and food on offer, so please come and join us! QSC invites you to remain after the meet for some food, music and socialising.

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. International swimmers and teams must supply proof of their current membership.

Age

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

Entry fees

A swimmer may enter a maximum of five (5) competition events for \$30 (plus transaction fees). Relay entries are free.

Note limit 1 x 200m event.

Entries

Entries are to be submitted via [Swim Central](#). Entries will open in September. The closing date for individual and relay entries is Tuesday 17 October 2023.

Late entries will not be accepted.

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.

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 can email the Director of Recording to provide a recent time.

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 only be 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 in particular relay event once.

Multi Class events

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

Entry List and Timeline

The Entry List will be available on the MSQ meet event page. All competitors must check their entries thoroughly and submit discrepancies to the MSQ Director of Recording by midnight, Friday 20 October 2023.

The timeline for this meet will be published on the event page of the MSQ website by 24 October 2023.

Withdrawal, event editing and refund policy

A swimmer may change or withdraw from their entries up until the closing date. In Swim Central, go to your profile, the meet, the event, click 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. 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

Event Details

Director/MSQ/Sunshine Coast Masters Swim Club/Kawana Aquatic Centre 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.

Tickets and programs

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

Programs will be available 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 in the 50m pool at 9:00AM. At least two lanes of the 50m pool will remain open throughout the duration of the day's session for warm-up and swim down.

Self Marshalling

All swimmers will be required to self-marshall. 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
- Swimmers in 50m events need to be prepared to move quickly.
- 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 via the Meet Mobile application downloaded to your chosen device. Final results will be updated on the MSA Portal, and a PDF results file will be published on the MSQ website.

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

This pool has a certified survey of length, and semi-automatic timing will be used. Results will appear on the National Results Portal. Queensland and Australian records may be set at this meet, and results are eligible for FINA World Top 10.

Meet awards and presentation function

Awards will be presented at the conclusion of this meet:

- Club with the highest average points score - large clubs
- Club with the highest average points score - small clubs
- Individual points first, second and third per age group.

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

All swimmers are eligible to score points and win awards.

At the conclusion of this meet competitors and supporters are welcome to join us at the south end of the pool for complimentary food. At this time the medals and club trophies will be awarded.

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.

For the guidance of competitors

- Swimmers must comply with signage on the 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 competition, warm-up or swim-down.
- At the conclusion of warm-up periods, swimmers must

Event Details

- 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.
- All clubs will be called on to assist with timekeeping throughout the meet.

How to get to the Kawana Aquatic Centre

- From Nicklin Way heading North, turn left onto Meridian St and follow the road around past the school and the pool will be on your left
- From Nicklin Way heading South, turn right onto Main Drive then left onto Sportsmans Pde and the pool will be on the left
- From Kawana Way, turn onto Metier Linkway, then right onto Sportsmans Pde, and the pool will be on the right
- Parking is available along Sportsmans Pde and in the nearby car park

Venue

There is limited shade available at the venue. Shade tents will be provided by Sunshine Coast Masters for timekeepers and officials. Clubs are welcome to bring their own shade. You will be directed on arrival where setup is appropriate.

You will need to bring chairs.

No glass is to be brought on site.

The Aquatic Centre will remain open to the public during the swim meet. Please respect other patrons as they utilise the 25m pool and amenities.

Food such as tea, coffee, cold drinks, and snacks will be available for sale from the Aquatic Centre canteen throughout the event. QSC will have sandwiches, fruit, cake and drinks available to purchase.

Severe Weather Policy

Kawana Aquatic Centre 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
Sunshine Coast Masters Swim Meet 2023

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 Kawana 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 Kawana Aquatic Centre pool staff. Sunshine Coast Masters will also have a first aider on the pool deck throughout the meet. Any accident or injury should immediately be brought to their attention and to the attention of the Meet Director.

Event Details

Contacts

Meet Directorclaresomerville@bigpond.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.....19 September 2023
Individual and relay closing date 17 October 2023
Entry list available by..... 19 October 2023
Entry list finalised 22 October 2023
Meet Program available 24 October 2023

