

TOOWOOMBA TADPOLES
Masters Swimming Club
40 Year Club Anniversary
SHORT COURSE SWIM MEET

Saturday 7th October 2023

MSQ Sanction Meet No Q14/23

The Glennie Aquatic Indoor Centre
Vacy Street
Toowoomba



Meet Date: Saturday 7 th October 2023	Meet Director: Don Taylor	Events: 6 Individual + Relays
Entries Close: Tuesday 26th September 2023	secretary@toowoombatadpoles.com.au	Entry Fee: \$35 (plus transaction fees)
Venue: The Glennie Aquatic Centre	0400 701 113	
Warm up: 12 Noon Start time: 12:45PM	MSQ Sanction Number: Q14/23	Enter via: Swim Central

Program of Events

Event	Distance	Stroke
1.	100m	Individual Medley
2.	25m	Butterfly
3.	50m	Backstroke
4.	100m	Breaststroke
5.	25m	Freestyle
6.	50m	Butterfly
7. Relay	4 x 25m	Men's Freestyle
8. Relay	4 x 25m	Women's Freestyle
9.	200m	Butterfly
10.	200m	Backstroke
11.	200m	Breaststroke
12.	200m	Freestyle
13.	200m	Individual Medley
14. Relay	4 x 25m	Mixed Freestyle
15. Relay	4 x 25m	Mixed Medley
16.	100m	Backstroke
17.	25m	Breaststroke
18.	50m	Freestyle
19.	100m	Butterfly
20.	25m	Backstroke
21.	50m	Breaststroke
22.	100m	Freestyle
23. Relay	4 x 25m	Women's Medley
24. Relay	4 x 25m	Men's Medley

Event limits: 1 x 200m event



Event Details

Welcome

This is our Club 40 Year Anniversary and on behalf of the members of the Toowoomba Tadpoles, we welcome you to our 2023 swim meet.

To all the swimmers attending our swim meet I would like to extend the club's thanks. I hope you enjoy the day, meet some new friends, and catch up with some old friends.

Thanks are extended to all the volunteers and club members who have helped to get the swim meet organised. As always, much appreciation is extended to the officials, timekeepers and our various support people that are needed to make the meet a success.

A number of our members have been very generous either as individuals or through their business with donations to the raffle. Thank you to all who have helped out with this and donated raffle prizes. The raffles will be drawn during the day.

If you have the time, have a look around Toowoomba and enjoy the gardens which are in Full Bloom for the Toowoomba Carnival of Flowers.

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 on 1st September 2023 and **closing date for entries is Tuesday the 26th September 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.

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 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 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 Six (6) competition events for \$35 (plus transaction fees). Relay and exhibition entries are free.

A swimmer may enter 1 x 200m events.

Entry fee is \$35 (plus transaction fees). All entrants must pay

Event Details

the nomination fee online as directed by [Swim Central](#).
event. Please enter and swim within your physical limits.

Entry List and Timeline

The Entry List will be available on the MSQ meet event page on 29th September. All competitors must check their entries thoroughly and submit discrepancies to the [MSQ Director of Recording](#) by 6PM, Saturday 30th September 2023. The Timeline for this meet will be published on 4th October 2023.

Event changes, withdrawals and refund policy

A swimmer may change their entries or withdraw from the meet in Swim Central up until the closing date. A refund will only be considered prior to the closing date. If the meet has already closed, please do not attempt this process, but contact the meet organiser.

To make changes to events entered, the swimmer can simply add a new event if they have not filled the allowed quota of events, or withdraw from unwanted events by requesting a refund, and once approved add a new event(s).

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 to withdraw from. The Order History page will display, and you will click the 'Request Refund' link for that event and provide a reason. Once the meet organiser has approved, you may then add another entry.

If you are withdrawing from the meet entirely, you will need to click the 'Request Refund' link for each and every event entered (including \$0.00 events), and also the Meet Entry Fee, (where applicable), then provide a reason. This requires approval before changes are confirmed. If approved, a refund will be granted, minus the administration fee(s).

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/QTW Swim Club/ Pool 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.

This event will be held in compliance with all QLD Health directives and venue COVID-19 restrictions in place at the time of the event. By nominating for and/or attending this swim meet you agree to accept the [MSQ COVID-19 Terms and Conditions of Event Entry and Attendance](#) and the venue management's conditions of use that apply at the time of the meet, both of which are subject to change at short notice.

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 12 noon. The competition lanes (1-8) will close at 12:30pm, with lane 9 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-Marshalling

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 Marshalling 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 marshalling area including behind the blocks:
 - 25m events - 4 heats prior to the heat in the water
 - 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

Event Details

- Swimmers in 25m and 50m events need to be prepared to move quickly.
- Swimmers in the 200m events should be prepared to report early to the marshalling 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 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

Automatic Officiating Equipment (AOE) timing will be used at this meet allowing World Records to be recognized at this event.

Meet awards and presentation function

Awards will be presented at the venue at the conclusion of this meet:

- Individual Points per age group and gender
- Highest Ave Points – Small Club
- Highest Ave Points – Large Club
- Club Relay Award – Highest Ave Club Points in relay events

All swimmers, Queensland and visitors, are eligible to score points and win awards.

Dinner function

Competitors, supporters and visitors are welcome to join us for dinner at a local Hotel on the Saturday evening. The venue to be confirmed.

Please indicate your interest in attending dinner by emailing RSVP to the secretary@toowoombatadpoles.com.au. This will allow us to make a reservation on numbers once the venue is confirmed.

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

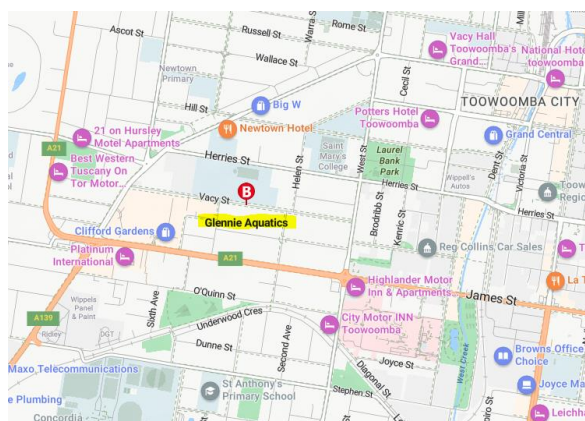
- Members from all clubs maybe called on to assist with timekeeping throughout the meet.
- Paddles are not permitted to be worn during the meet, including warm-up and swim-down.
- Swimmers must comply with signage and pool staff on pool deck regarding the use of the warm-up and swim-down lanes. Diving will not be permitted unless the signage indicates otherwise.
- Pool deck access is limited to marshalling 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 lanes 1–4 will exit via the side at lane 0, and lanes 5–8 exiting via the side at lane 9.
- 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.

Event Details

How to get to the Glennie Aquatic Centre

https://www.bing.com/maps?&mepi=109~Directions~TopOfPage~Direction_Button&ty=0&rtp=pos.-27.56424331665039_151.9372100830078_Glennie%20Aquatics_e~&mode=d&v=2&sV=1

Vacy Street Toowoomba



First aid

St Johns Ambulance officer will be in attendance throughout the warmup and the meet. First Aid will be available if required. Any accident or injury should immediately be brought to the attention of the Meet Director.

Venue

The Glennie Aquatic Centre is an indoor event with a fully enclosed and heated ten lane 25 metre pool.

- Male, female and unisex shower and toilet facilities.
- Ample off-street parking.
- Disabled access and disabled amenities.
- Access straight onto pool deck.
- This Aquatic Centre will be closed to the public during the swim meet.
- No glass is to be brought on site.
- Food such as tea, coffee, cold drinks, and snacks will be available for sale at Aquatic Centre throughout the event.
- Plenty of grandstand seating and viewing areas.

Contacts

Meet Directorsecretary@toowoombatadpoles.com.au
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.....1 September 2023
Closing date26 September 2023
Entry list available27 September 2023
Entry list finalised29 September 2023
Program available..... 2 October 2023

Event Details

Toowoomba Visitor Information Centre

86 James Street (Warrego Hwy), Toowoomba Qld 4350

T: 1800 33 11 55 (free call)

E: infocentre@tr.qld.gov.au

[Website](#)

[Visit Toowoomba Region - Discover the City of Gardens & Street Art](#)

WHERE TO STAY:

Platinum International	326 James Street, Toowoomba
Potters Hotel Group	258 Margaret Street, Toowoomba
Quest Hotel	133 Margaret Street, Toowoomba



1-30 September 2023

