



Noosa Masters Swimming Club

22nd LC Swim Meet

Noosa Aquatic Centre
6 Girraween Court Sunshine Beach Qld
9 September 2023 – 9am

MSQ Sanction Meet Number: Q12/23

| Event | Distance | Race Description |
|---------------------------------------|--------------------|-----------------------|
| 1 | 200m | Individual Medley |
| 2 | 200m | Butterfly |
| 3 | 200m | Backstroke |
| 4 | 200m | Breaststroke |
| 5 | 200m | Freestyle |
| 6 | 100m | Butterfly |
| 7 | 100m | Backstroke |
| 8 | 50m | Breaststroke |
| 9 | 50m | Backstroke |
| 10 | 4 x 100m | Mixed Freestyle Relay |
| | Lunch Break | 15 minutes |
| 11 | 100m | Freestyle |
| 12 | 100m | Breaststroke |
| 13 | 50m | Butterfly |
| 14 | 50m | Freestyle |
| 15 | 800m - Postal | Freestyle |
| 16 | 800m - Postal | Backstroke |
| 17 | 800m - Postal | Breaststroke |
| 18 | 800m - Postal | Butterfly |
| 19 | 800m - Postal | Individual Medley |
| 20 | 400m - Postal | Freestyle |
| 21 | 400m - Postal | Backstroke |
| 22 | 400m - Postal | Breaststroke |
| 23 | 400m - Postal | Butterfly |
| 24 | 400m - Postal | Individual Medley |
| Presentation of Awards and BBQ | | |

| | | |
|------------------------------------|--|--|
| Date: 9 September 2023 | Meet Director: Julie Bott gnameetdirector@gmail.com | Five (5) individual events + relay |
| Venue: Noosa Aquatic Centre | 0411 072 599 | Entry Fee: \$40 (plus transaction fees) Includes BBQ |
| Warm up: 9.00am | MSQ Sanction Number: Q12/23 | Enter: Swim Central |
| Start time: 10.00am | | Closing date: 29 August 2023 |



Meet Details



Eligibility

This swim 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).

Guest/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.

Entry fees

All entrants must pay the nomination fee online as directed by Swim Central. Swimmers may enter up to five (5) individual events, including up to two Postal Time Trial Events plus a team relay for \$40.00 (plus transaction fees). The BBQ is included.

Entries

All entries are to be submitted online via [Swim Central](#) located on the MSQ website.

Entries will open in July 2023. The closing date for nominations is **29 August 2023**.

Swimmers may enter up to five (5) individual events, including a max of two (2) Postal events plus a team relay.

Swimmers may nominate **one only 200m event**, chosen from events 1 - 5 inclusive.

Entrants can complete none, one or two postal events. If two swims are completed, they can be at the same distance (2x800m or 2x400m).

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

Late entries

No late entries will be accepted.

Postal Time Trial events

Postal Time Trial entries (Events 15-24 inclusive) are to be submitted by the closing date, 29 August 2023 by your Club Captain/Race Secretary to the Noosa club via email qnameetdirector@gmail.com

Entrants can complete one or two postal events. If two swims are completed, they can be at the same distance (2x800m or 2x400m).

By submitting postal entries to the Noosa club, the club representative is declaring that each swim is verified to have been completed according to the constraints of this meet and the rules of swimming.

All **Postal Time Trial** swims shall be **completed between 1 August and 27 August 2023** in a long course pool.

Entrants will need to complete their postal swims, enter all the required details on a postal form, and submit to their club representative for verification and compilation in preparation to be submitted to the Noosa club.

The entrant may then enter the meet via Swim Central by selecting all their pool events and also the Postal Time Trial events they are submitting. Please ignore any seed times or NTs that may be displayed for Postal Time Trials on the entry page as these will be ignored and replaced by your actual times by the Meet Recorder. Postal Time Trial results will not be uploaded to the results portal with the meet pool results. If swimmers would like these included for e1000, their Club Recorder will need to enter these as usual.

Please also note:

- Attempted events are to be swum in the period 1 August to 27 August 2023.
- Events must be swum in a 50-meter pool
- Each swim must be performed in an empty lane – no sharing or dragging/drafting
- No equipment may be worn during the swim, i.e. fins, pull-buoys, paddles, etc
- The supervisor will observe and enforce all aspects of the swimming rules, including starts, turns, finishes and technique
- The supervisor must be familiar with the use of a stopwatch regarding reset, start, splits, and stop
- It is recommended two stopwatches be used to aid in circumstances such as malfunction



Meet Details



- All splits and the final time are to be recorded on the postal form as per instructions on the form
- Postal swim forms must be signed by the supervisor, scanned and emailed to the Meet Director by close of entries on 29 August 2023
- All entries with no form will be removed from the meet
- A split time for one event may not be used for a second event

Please follow this link to select the approved Postal Forms to record your Postal Swims - [Postal Forms](#)

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 can 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 change.

Relays

Club Captains/Race Secretaries must complete relay nominations by 29 August 2023 in Swim Central.

Clubs may enter multiple teams per age group for all relays. Clubs entering relays must ensure their members are entered individually in ample time to complete relay entries. Any changes to relay composition shall be only accepted if due to illness or

nonattendance and advised to the Meet Recorder before event 6 on the day 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. No points will be scored for relays.

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 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 event page of the MSQ website on 31 August. All competitors must check their entries thoroughly and submit discrepancies to the [MSQ Director of Recording](#) by 6 pm on Saturday 2 September. Entries will then be made final.

The timeline and program for this meet will be published on the event page of the MSQ website on or before Tuesday 5 September.

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.



Meet Details



Rules

All Masters Swimming Queensland, Masters Swimming Australia and FINA Swimming Rules apply. By nominating to participate in this swim meet, all swimmers thereby authorise the Meet Director/MSQ/Noosa Aquatic Centre Management 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 for this meet will commence at 9am in the 50m pool. All lanes in the 50m pool will close at 9.45 am with two (2) Lanes in the 25m pool remaining open all day for warm up and swim down.

The competition will commence at 10.00am in the 50m pool.

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 25m and 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 via the Meet Mobile application downloaded to your chosen device.



Meet Details



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.

Results will also be posted at the venue soon after the completion of each event.

Records

This pool has a certified survey of length, and SAT timing with manual backup will be used. World Records will not be recognised at this meet. Any MSQ member may break Queensland, and Australian records at this meet, Any MSA member may break their respective State records and National records. FINA World Top Ten performances will be recognised.

Meet Awards & Presentation Function

Awards will be presented at the conclusion of the meet in the BBQ area. Awards include

- Small Club with the highest average point score – small clubs 3 – 6 entrants
- Large Club with the highest average point score – large clubs - 7 entrants and over
- Individual points first, second, and third per age and gender group

The BBQ is included for all competitors. If any food remains, non-competitors may purchase a BBQ at a cost of \$10 per meal.

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.

- 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,
- 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.

Severe Weather Policy

Noosa Masters Swimming recognises the dangers of extreme weather in Queensland and the need to ensure that all staff and users of facilities take the correct precautions in the event of extreme weather.



Meet Details



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 Noosa Aquatic Centre staff. No refund of entry fees will occur under such circumstances.

First aid

Venue lifeguards 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 their attention of the venue and to the attention of the Meet Director.

Emergency evacuation

In case of an emergency evacuation, you will be directed to go to the appropriate 'emergency exit' for the pool complex. If asked to evacuate please do so immediately.

Venue

Some permanent shade tents are available at the venue. Additional shade tents will be provided by QNA Swim Club for timekeepers, officials and competitors. However Clubs are welcome to bring their own shade if desired. You will be directed on arrival where setup is appropriate, and you must adhere to the weighting requirements set by the venue, i.e. 3m x 3m marquee = 90kg and 6m x 3m marquee = 120kg. Please provide your own weights as pegging tents is NOT permitted. You will need to BYO 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.

Contacts

Meet Director gnameetdirector@gmail.com
MSQ BM..... admin@mastersswimmingqld.org.au
Director Recording
..... recorder@mastersswimmingqld.org.au
MSQ website..... <https://mastersswimmingqld.org.au>
Meet Entry [Swim Central](#)

Important dates

Entries open..... July 2023
Closing date 29 August 2023
Postal Swim Forms closing date 27 August 2023
Draft Entry list available..... 31 August 2023
Register Discrepancies by 2 September 2023
Entry list finalised..... 2 September 2023
Draft Timeline and Program 5 September 2023
Swim Meet 9 September 2023





Meet Details



Accommodation Offer

CHEZ NOOSA RESORT, 263 Edwards Street, Sunshine Beach.

Entrance on David Low Way, just before traffic lights, if travelling from south. Otherwise, at the end of Ben Lexcen Drive, opposite Sunshine Beach Primary School.

Discounted Rates: Cheapest Rates in Noosa.

Sunday- Thursday, \$165 per night.

Friday & Saturday, \$175 per night – **min 2-night stay**

On booking direct please mention Noosa Masters Swim Meet to receive the discounted rates as above!

2 K walk or 5 mins drive to Noosa Aquatic Centre.

Units offer king size bed + kitchenette, including microwave oven & full-size fridge. All units recently refurbished & guests can visit Sunshine Beach SLSC via their courtesy bus.

MANAGERS : Vicki & Clem Breen.

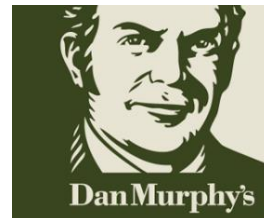
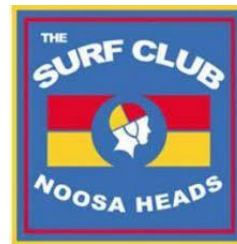
Contact: 07 54 472027

reception@cheznoosa.com.au

Event Sponsors

We would like to thank our valued Sponsors:

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