

The BRISBANE NORTHSIDE Masters Swimming Club 2024 Short Course Meet

Valley Pool,
Wickham Street
Fortitude Valley
Saturday 24th August 2024

MEET GUIDE



Date: 24 th August 2024	Meet Director: Richard Sargent	Meet Entry fee: \$20 (plus fees)
Venue: Valley Pool	gbnmasters@gmail.com	Event fee per event: \$5 (plus fees)
Warm up: 8am Start time: 9am	0418 796 885	Maximum 5 events
Entries Close: 13 th August 2024	MSQ Sanction Number: Q12/24	Enter: Swim Central

Program of Events

Event	Distance	Stroke
1.	100m	Freestyle
2.	50m	Breaststroke
3.	100m	Butterfly
4.	50m	Backstroke
5.	200m	Freestyle
6.	200m	Breaststroke
7.	100m	Individual Medley
8.	25m	Backstroke
2 minute breather		
9.	25m	Butterfly
10 minute BREAK – See you at Café NOAH		
10.	25m	Breaststroke
2 minute breather		
11.	25m	Freestyle
12.	100m	Backstroke
13.	100m	Breaststroke
14.	200m	Backstroke
15.	200m	Butterfly
16.	50m	Freestyle
17.	200m	Individual Medley
18.	50m	Butterfly
Events 19-28 are Postal. Swimmers may enter any number of postals up to the maximum of 5 events.		
19.	400m	Freestyle
20.	400m	Backstroke
21.	400m	Breaststroke
22.	400m	Butterfly
23.	400m	Individual Medley
24.	800m	Freestyle
25.	800m	Backstroke
26.	800m	Breaststroke
27.	800m	Butterfly
28.	800m	Individual Medley

Event limits: Maximum 5 events

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Welcome and meet summary

Brisbane Northside club is very happy to be hosting a swim meet and welcoming all entrants to the Valley Aquatic Centre. Due to pool hiring costs and to shorten the duration of the meet, this year we are having a short distance meet and aim to finish early afternoon.

Eligibility

This meet is open to Masters Swimming Queensland (MSQ) registered swimmers, and swimmers registered with other Masters Swimming Australia (MSA) affiliated clubs. Swimmers must compete for their primary MSA club. Second claim membership will not be accepted.

International swimmers who are current members of their national Masters Swimming Federation may also compete.

Guest swimmers are not permitted to enter this meet.

MSA/MSQ membership is available via the [website](#).

Age

Age as at the 31 December 2024. Minimum age is 18 years at day 1 of competition.

Entries

Entries are to be submitted via [Swim Central](#). Entries will open in July 2024. The closing date for individual entries is Tuesday 13 August 2024.

International Masters members are invited to contact the QBN Meet Director at qbnmasters@gmail.com who will provide specific entry instructions.

International swimmers and teams must supply proof of their current membership. Entries will be processed as quickly as possible, and contact made if further information is required.

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 QBN Meet Director 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.

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.

Relays

Relays will not be contested at this meet.

Multi Class events

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

Entry fees

Meet entry fee is \$20 (plus transaction fees).

A swimmer may enter a maximum of five (5) competition events at \$5 (plus transaction fees) per event. This includes Postal events.

Entry List and Timeline

The Entry List will be available on the MSQ meet event page on Wednesday 14th August. All competitors must check their entries thoroughly and submit discrepancies to the QBN Meet Director at qbnmasters@gmail.com by midnight, Friday 16th August. The program for this meet will be published on or before Wednesday 21 August 2024.

Postal entries – Certified Short Course Pool

Postal Time Trial entries (Events 19-28 inclusive) are to be submitted by your Club Captain/Race Secretary to Brisbane Northside Masters Club via email. By submitting postal entries, 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.

Postal events must be swum in a Short Course certified Pool between the 9th July and 13th of August (inclusive).

Entrants are 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 Brisbane Northside Masters at qbnmasters@gmail.com.

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 on the entry page as these will be ignored and replaced by your actual times by the Meet

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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 as detailed in the Meet Guide
- Events must be swum in a pool with length as designated by the host club, i.e. short and/or long course
- 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
- 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
- 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
- [Postal Forms](#)

Completed Postal forms must be submitted on standard Masters Swimming 400/800 postal forms no later than the 13th of August to: qbnmasters@gmail.com

Late entries

Late entries are **not** permitted at this meet.

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.

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 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.

Tickets and programs

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

No printed programs will be available. Programs will be available on the MSQ event page to download and print. Programs made available before the day of competition will be draft and are subject to change without notice. Final programs for the day will be made available online. This will allow for re-seeding of events, or heat and lane allocation changes on the day of competition if required. 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 any affected event(s).

Warm-up start time

Warm-up will commence at 8am at both ends of the pool. When events start at 9am, the Wickham St. end of the pool will be available for warm-up and swim-down.

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Self-Marshalling

All swimmers will be required to self-marshall. Swimmers and officials are to be physically distanced and minimize 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 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

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.

Records

Semi-Automatic Timing (SAT) will be in use. World records will not be recognized at this event. Any MSQ member may break

Queensland records. Any MSA member may break their respective state and national records. World Aquatics World Top Ten performances will be recognized.

Event Limits

There is **NO LIMIT** on the number of swims that can be entered for any distance, up to the limit of 5 swims in total.

Meet awards and presentation function

Awards will be presented at the conclusion of this meet:

The following club trophies will be presented:

- Highest Average Points – Small Club
- Highest Average Points – Large Club
- Highest Club Points

Club awards are calculated using standard event points.

All swimmers, Queensland and visitors, are eligible to score points and win 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 maybe called on to assist with timekeeping throughout the meet.
- 400m swimmers are to provide their own lap counter should they require one.
- Paddles are not permitted to be worn during the meet, including warm-up and swim-down.
- Watches are not to worn during warm-up or 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 World Aquatics 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

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competition. See [MSA Swimwear Rules](#) for more information.

- 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 1, and lanes 5–8 exiting via the side at 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.

Venue

No glass is to be brought on site.

Barbeque and tea, coffee, cakes and sandwiches will be available for sale from the club's covered area.

Credit and debit cards are preferred for purchases of food and raffle tickets as card readers will be onsite.

Severe Weather Policy

Brisbane Northside recognizes the dangers of extreme weather in Queensland and the need to ensure that all staff and users of our 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, wind and storms,

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.

Contacts

Meet Director qbnmasters@gmail.com
Administrator 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..... July
Individual closing date 13th August
Entry list available 14th August
Entry list finalised 16th August
Draft timeline available 21st August

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