

RACKLEY
SWIM TEAM

MASTERS

2024 Rackley Masters Meet

Sunday 3 March 2024

Centenary Aquatic Centre | 400 Gregory Tce, Spring Hill

Warm up: from 1:00pm | Racing commences: 1:30pm



Important Information

Meet date: Sunday 3 March 2024

Entry Fees: \$6.60 (plus fees)

Meet Director: Zoe Outhwaite

Venue: Centenary Aquatic Centre

Event Limits: 12

Email: zoe@rackleysteam.com.au

MSQ Sanction Number: Q4/24

Entry closing date: 20 February

Entries: [Swim Central](#)




Program of Events

Event	Distance	Stroke
1	50 m	Freestyle
2	4 x 50 m	Medley Relay (Mixed)
3	100 m	Butterfly
4	100 m	Backstroke
5	100 m	Breaststroke
6	100 m	Freestyle
7	4 x 50 m	Freestyle Relay (Women)
8	200 m	IM
9	200 m	Butterfly
10	4 x 50 m	Freestyle Relay (Men)
11	200 m	Backstroke
12	200 m	Freestyle
13	200 m	Breaststroke
14	50 m	Butterfly
15	50 m	Breaststroke
16	50 m	Backstroke

Event limits: unlimited 50s & 100s, 2x 200s

EVENT SPONSORS

The Rackley Masters would like to take a moment to thank our sponsors for their continued support into the 2024 season and beyond.

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	<p>City Venue Management operates and manages, safe, high-quality, vibrant, and well-maintained aquatic, leisure, and sporting facilities. With over 34 venues across Southeast Queensland and New South Wales, each one is a vital community-focused centre that inspires healthy and active lifestyles. Subsidiaries of City Venue Management, City Aquatics, City Health Clubs, and Rackley Swimming are also major supporters of the Rackley Masters Swim Team and provide world-class facilities for our Masters Members to train both in the pool and out of the pool.</p>

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Rackley Masters Raffle

The Rackley Swim Team Masters Raffle is now underway! Enter now for your chance to win in over \$1,500 worth of prizes, including;

- Family Day Cruise to Tangalooma resort (\$780.00)
- 6 month City Health Clubs Membership (\$420.00)
- 6 months of Rackley Swimming Lessons (\$564.00)
- Health Co-Lab Wellness Vouchers
- Mountain View Alpaca Farm Experience
- Victoria Park Family Putt Putt Pass
- Bunnings Warehouse Vouchers



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Scan the QR
to enter!

Online entries close
11:59pm on 02/03/2024

RACKLEY
SWIM TEAM

Event Details

Welcome

The Rackley Masters Swim Team welcomes you to their fourth LC Swim Meet! We hope you enjoy the day at the iconic Centenary Aquatic and Health Centre, and have fun racing with friends!

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.

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 of the 31 December 2024. The minimum age is 18 years on day 1 of competition.

Entries

Entries are to be submitted online via [Swim Central](#). Entries will open in February 2024. **The closing date for entries is Tuesday 20 February 2024.**

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 the 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 Club Meet Director to provide a recent 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

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and advised to the Meet Recorder before the commencement of the competition.

Swimmers must enter at least one individual event to be eligible to swim in a relay team. All relays must consist of 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 at 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 fees

The entry fee is \$6.60 (plus transaction fees) per event. All entrants must pay the nomination fee online as directed by [Swim Central](#). A swimmer may enter unlimited 50m, 100m events, and 2 x 200m events. Please enter and swim within your physical limits.

Please note: Any additional 200m events entered will be deleted without a refund.

Entry List and Timeline

The Entry List will be available on the MSQ meet event page on 22 February 2024. All competitors must check their entries thoroughly and submit discrepancies to the Club Meet Director by 6 PM, Saturday 24 February 2024. The Timeline for this meet will be published on or before 27 February 2024.

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 before 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 minus the administration fee(s) will be granted.

Rules

All MSQ/MSA meet guidelines, by-laws and rules, and World Aquatics swim rules apply. By nominating to participate in this swim meet, all swimmers thereby authorise the Meet Director/MSQ/XYZ Swim Club/ Pool staff to take whatever action is deemed necessary in the event of an emergency, and persons involved accept responsibility for all costs arising

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from such action.

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 before and during the meet. Programs made available before the day of the competition will be drafted 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 before the start of the affected event(s).

Warm-up start time

Warm-up will commence at 1:00 PM. The competition lanes (2-7) will close at 1:20 PM, with lane 1 remaining open throughout 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 following heat in water
 - 100m events - 4 heats following heat in water
 - 200m events - 3 heats following heat in water
- Swimmers in the 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. 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.

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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 Top Ten performances will be recognised.

Meet awards and presentation function

Awards will be presented at the conclusion of this meet:

- Small Clubs Average Points Trophy
- Large Clubs Average Points Trophy
- Highest Aggregate Points Trophy

At this time the club with the highest aggregate points total will be awarded with the Rackley Masters Meet trophy. Full meet results, statistics and rankings will be made available in the days following the meet.

Photo/video release

All attendees 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 are not permitted to be worn during the meet, including warm-up and swim-down.
- Watches are not to be worn during warm-up or swim-down.
- Swimmers must comply with signage and pool staff 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.
- 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. Following 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. 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 2–4 will exit via the side at lane 1, and lanes 5–7 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

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of the meet.

Severe Weather Policy

MSQ 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. 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 Centenary 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 Centenary Aquatic Centre pool staff. Any accident or injury should immediately be brought to their attention and to the attention of the Meet Director.

Venue

There is shade available at the venue in the grandstands. Limited shade tents will be provided by the Rackley Swim Team for timekeepers and officials (where needed). 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 dive pool and amenities. Food such as tea, coffee, cold drinks, and snacks will be available for sale from the Centenary Aquatic Centre canteen throughout the event.

Contacts

Meet Director	zoe@rackleyswimteam.com.au
MSQ Business Manager	admin@mastersswimmingqld.org.au
Director of Recording	meets@rackleyswimteam.com.au
MSQ website	https://mastersswimmingqld.org.au
Meet Entry	Swim Central

Important dates

Entries open	10 February 2024
Closing date	20 February 2024
Entry list available	22 February 2024
Entry list finalised	24 February 2024
Program available	27 February 2024