



Brisbane Southside Masters Long Course Swim Meet

Sleeman Sports Complex
Chandler

29th June 2024

Fitness, Friendship & Fun



...Meet Guide...



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Dear Swimmers,

Welcome to the Brisbane Southside Masters Long Course Swim Meet on June 29th 2024!

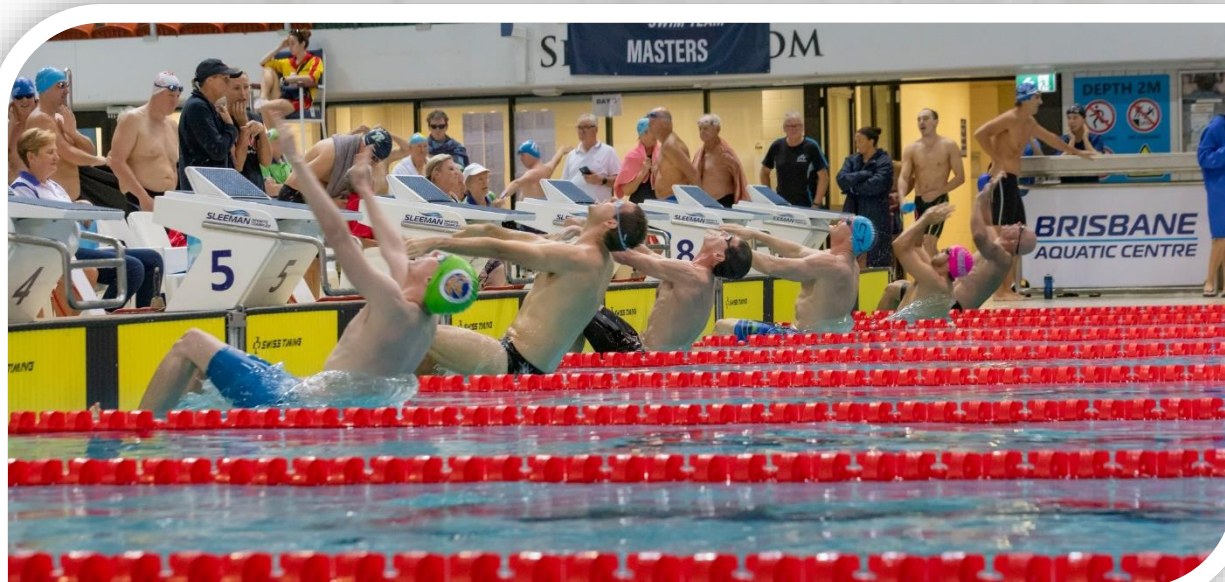
Thank you for your support in making this event possible. Your enthusiasm and dedication to masters swimming is inspiring.

At Brisbane Southside Masters, we are planning a swim meet that will celebrate the culmination of your hard work and training! I'm sure you'll be able to see how we are working hard building a club centred around the three core values: Fitness, Friendship, and Fun.

Let's not only strive for personal bests but also enjoy the camaraderie and friendship that comes with competing with fellow masters swimmers.

Thank you once again for your support, and here's to a fantastic day of swimming!

*Regards,
Josh Hemelaar
Meet Director*





...Program of Events...



Date: 29 June 2024	Meet Director: Josh Hemelaar meet-director@bsmswimming.asn.au 0412 791 886	Events: Five (5) individual + relays
Venue: Sleeman Sports Complex; Aquatic Centre (Indoor)		Entry Fee: \$45
Warm up: 8:30	MSQ Sanction Number: Q10/24	Enter: <u>Swim Central</u>
Start time: 9:00		Closing date: 18 th June 2024

Saturday 29th June 2024

A total of FIVE (5) individual events may be entered.

Event	Distance	Stroke
1.	400 m	Individual Medley
2.	400 m	Backstroke
3.	200 m	Freestyle
4.	50 m	Butterfly
5.	100 m	Breaststroke
6.	100 m	Backstroke
7.	50 m	Breaststroke
8.	200 m	Butterfly
9.	4 x 100 m	Medley Relay (Male)
10.	4 x 100 m	Medley Relay (Female)
11.	400 m	Freestyle
12.	400 m	Breaststroke
13.	400 m	Butterfly
14.	50 m	Backstroke
15.	100 m	Freestyle
16.	200 m	Breaststroke
17.	200 m	Backstroke
18.	200 m	Individual Medley
19.	100 m	Butterfly
20.	50 m	Freestyle
21.	4 x 50 m	Freestyle Relay (Mixed)

Limits: 1 x 400m and 1 x 200m events



...Event Details...



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.

Swimmers must compete for their primary MSA club. Second claim membership will not be accepted

Age

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

Entries

Entries are to be submitted online via [Swim Central](#). Entries will open on May 14th 2024. **The closing date for entries is Tuesday 18 June 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.

Entry Fees

A swimmer may enter a maximum of five (5) competition events for \$45. Relay entries are free.

May enter 1 x 200m events, and 1 x 400m events.

Please note: additional 200m/400m events entered will be deleted with no refund.

A free sausage sizzle is being hosted by BSM prior to presentations at the end of the day.

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.

400m form stroke events are to be swum as programmed, i.e. a 400m form stroke will not be recognised if swum in the 400m freestyle.

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](#) (or Club 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.

Entry List and Timeline

The entry list will be available on the event page of the MSQ and BSM websites on the 20th of June. All competitors must check their entries thoroughly and submit discrepancies to meet.director@bsmswimming.asn.au by 22nd of June.

The timeline for this meet will be published on the event page of the MSQ website on or before 25th of June 2024.

Multi Class events

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

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/Brisbane Southside Masters/ Pool staff 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.

Warm-up start time

Warm-up for this meet will commence at 8:30 am. Competition will commence at 9:00am. Please follow the directions of officials. The dive pool at the Southern end of the venue will be available all day for warm up and swim downs.



...Event Details...



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).

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

This pool has a certified survey of length, and AOE timing and a manual backup will be used. Queensland, Australian and World records may be set at this meet, and results are eligible for World Aquatics World Top 10.

Meet Awards

Awards will be presented at the conclusion of the meet:

- Champion Club with the highest aggregate points
- Small Club with the highest average point score
- Individual points 1st, 2nd & 3rd per age group
- Swimmer of the Meet (based on performance relative to National Records)

Pool deck access

Pool deck access is limited to current or upcoming events, warm ups, marshalling, the officials, timekeepers and technical staff. Please do not stand in front of the recording area. For those with difficulties negotiating the stairs limited seating is available on pool deck.

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.

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 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.

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.



...Event Details...



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).

For the guidance of competitors

- 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.
- Swimmers must comply with signage on pool deck regarding the use of the warm-up and swim-down lanes. Diving will not be permitted unless the signage indicates otherwise.
- 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 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 0-4 will exit via the side at lane 0, and lanes 5-9 exiting via the side at lane 9.

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 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
 - 400m events - 2 heats following heat in water
- Swimmers in the 50m events need to be prepared to move quickly.
- Swimmers in the 400m 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.

Venue

- Swimmer and spectators will all enter via the Western Grandstand on the top level (as signed).
- The café is located adjacent to the downstairs public entrance and will be open on the day for refreshments, tea, coffee, and Lunch.
- Swimming Queensland Swim Shop will be open for all your swimming needs. It is located in the reception area of the downstairs public entrance.
- Other than the BSM raffles, the Sleeman complex is cashless
- The Sleemans Sports Complex will remain open to the public during the swim meet. Please respect other patrons as they utilise the other 50m pool, dive pool, indoor 25m pool and amenities.



...More Details...



Other information

- MSQ, BSM and the Aquatic Centre Management will continually reassess meet details to ensure that swimmers' well-being is the highest priority.
- All clubs will be called on to assist with timekeeping throughout the meet.
- Free event parking will be available
- MSQ & BSM believe the information provided is correct at the time of publishing, however is subject to change.

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 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.

Starting Lights

Starting lights will be available for use for hearing impaired swimmers. Please inform the meet director in advance of the meet so that we can prepare accordingly.

CONTACTS

Meet Director:

meet-director@bsmswimming.asn.au

Director of Recording:

recorder@mastersswimmingqld.org.au

MSQ website:

<https://mastersswimmingqld.org.au>

Swim Central:

<http://swimcentral.swimming.org.au/>

Business Manager MSQ:

admin@mastersswimmingqld.org.au

IMPORTANT DATES

<i>Entries open</i>	<i>14th May 2024</i>
<i>Closing date</i>	<i>18th June 2024</i>
<i>Draft Entry List</i>	<i>20th June 2024</i>
<i>Deadline for Corrections</i>	<i>22nd June 2024</i>
<i>Final program available</i>	<i>25th June 2024</i>

