

The Toowoomba
Masters Swimming Club
2024 Meet

MSQ Sanction Meet No Q15/24

The Glennie Aquatic Indoor Centre
Vacy Street
Toowoomba

Saturday 5th October 2024

MEET GUIDE



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| Meet Date: Saturday 5 th October 2024 | Meet Director: Don Taylor | Events: 5 Individual + Relays |
| Entries Close: Tuesday 24 th September 2024 | secretary@toowoombatadpoles.org.au | Entry Fee: \$40 (plus transaction fees) |
| Venue: The Glennie Aquatic Centre | 0400 701 113 | |
| Warm up: 11:45am Start time: 12:45pm | MSQ Sanction Number: Q15/24 | 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 50m | Men's Freestyle |
| 8. Relay | 4 x 50m | Women's Freestyle |
| 9. | 200m | Butterfly |
| 10. | 200m | Backstroke |
| 11. | 200m | Breaststroke |
| 12. | 200m | Freestyle |
| 13. | 200m | Individual Medley |
| SHORT BREAK | | |
| 14. Relay | 4 x 50m | Mixed Freestyle |
| 15. Relay | 4 x 50m | 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 50m | Women's Medley |
| 24. Relay | 4 x 50m | Men's Medley |

Event limits: 1 x 200m event



Event Details

Welcome

Welcome on behalf of the members of the Toowoomba Master Swimming Club, we welcome you to our 2024 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 with this and donated raffle prizes. The raffles will be drawn during the day.

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.org.au. This will allow us to make a reservation on numbers once the venue is confirmed.

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 (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 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 20th August 2024 and **closing date for entries is Tuesday the 24th of September 2024.**

International Masters members are invited to contact the QTW Secretary secretary@toowoombatadpoles.org.au 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 QTW Secretary secretary@toowoombatadpoles.org.au 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.

Event Details

Entry fees

A swimmer may enter a maximum of five (5) competition events for \$40 (plus transaction fees). Relay entries are free.

A swimmer may enter 1 x 200m event.

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

Entry List and Timeline

The Entry List will be available on the MSQ meet event page on 26th September 2024. All competitors must check their entries thoroughly and submit discrepancies to QTW Secretary secretary@toowoombatadpoles.org.au by 6PM, Saturday 28th September 2024. The program for this meet will be published on or before 1st October 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 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 World Aquatics swim rules apply. By nominating to participate in this swim meet, all swimmers thereby authorise the Meet Director/MSQ/QTW/ 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.

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 11:45am. The competition lanes (1-9) will close at 12:45pm, with lanes 0- 10 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 following heat in water.
 - 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 25m and 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

Event Details

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

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

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.

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 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.
- 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 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.

How to get to the Glennie Aquatic Centre



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

Event Details

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.org.au
MSQ Business Manager...admin@mastersswimmingqld.org.au
Director of Recording . secretary@toowoombatadpoles.org.au
MSQ website <https://mastersswimmingqld.org.au>
Meet Entry..... [Swim Central](#)

Important dates

Entries open..... 20th August 2024
Closing date24th September 2024
Entry list available26th September 2024
Entry list finalised29th September 2024
Program available.....1st October 2024

Dinner RSVP Date.....24th September 2024

