

The HERVEY BAY Masters Swimming Club 2025 Long Course Meet

Hervey Bay Aquatic Centre
202-204 Boundary Road, Torquay

Saturday 18th October 2025

MEET GUIDE



Meet Date: Saturday 18 th October 2025	Meet Director: Linda Hodgkinson	Meet Entry Fee: \$45 (plus fees)
Entries Close: Tuesday 7 th October 2025	lindahdk@iprimus.com.au	5 Individual events (up to 2 postals and 1 x 200m within your 5 swims)
Venue: Hervey Bay Aquatic Centre	0410366688	
Warm up: 10:15 AM Start time: 11.00AM	MSQ Sanction Number: Q8/25	Enter: Swim Central

Program of Events

Event	Distance	Stroke
Events 1-5 are 200m. Swimmers can use 1 x 200m event towards their 5 individual events.		
1.	200m **	Individual Medley
2.	200m	Butterfly
3.	200m	Backstroke
4.	200m	Breaststroke
5.	200m	Freestyle
6.	100m **	Backstroke
7.	50m **	Freestyle
8.	100m	Breaststroke
9.	50m	Backstroke
10.	100m	Butterfly
11.	50m **	Breaststroke
12.	100m **	Freestyle
13.	50m	Butterfly
14.	4 x 50m	Mixed Medley Relay
15.	4 x 50m	Mixed Freestyle Relay
Events 16-25 are Postal. Swimmers can use 2 postal events towards their 5 individual events.		
16.	400m	Individual Medley
17.	400m	Butterfly
18.	400m	Backstroke
19.	400m	Breaststroke
20.	400m	Freestyle
21.	800m	Individual Medley
22.	800m	Butterfly
23.	800m	Backstroke
24.	800m	Breaststroke
25.	800m	Freestyle

Event limits: 2 x Postals, 1 x 200m within your 5 Individual Events OR Swim 5 Individual Events on the day.

Closest to time Events marked with ** win \$\$\$\$\$



Welcome

Hervey Bay Masters are happy to be hosting a Long Course Meet in our upgraded facilities. We have introduced our Postal swims again. And the ever-popular cash prizes for Closest to time Events marked with **.

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 2025. Minimum age is 18 years at day 1 of competition.

Entries

Entries are to be submitted online via [Swim Central](#). Entries will open in September 2025. The closing date for entries is Tuesday 7th October 2025.

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

No late entries are permitted at this meet after the closing date.

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.

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 Meet Director Linda Hodkinson lindahdk@iprimus.com.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 7th October 2025. 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 primary 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.

Postal Events

Postal Time Trial entries (Events 16 - 25 inclusive) are to be submitted by your Club Captain/Race Secretary to the Hervey Bay Meet Director via email. By submitting postal entries to the Hervey Bay 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 2nd September and 5th October 2025 in a long course pool. Entrants can complete one or two postal events. If two swims are completed, they can be at the same distance (2x800m or 2x400m).

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 Hervey Bay 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 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 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](#)

Multi Class events

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

Entry fees

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

A swimmer may enter 1 x 200m events, and 2 x Postal events.

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

All entrants must pay the nomination fee online as directed by [Swim Central](#).

Entry List and Timeline

The Entry List will be available on the MSQ meet event page on 9th October 2025. All competitors must check their entries thoroughly and submit discrepancies to the Meet Director Linda Hodgkinson lindahdk@iprimus.com.au by 6PM, Saturday 11th October, 2025. The Timeline for this meet will be published on or before 14th October, 2025.

Event Changes, Withdrawals & Refund Policy

Swimmers may change entries or withdraw from the meet in Swim Central until the closing date. Refunds are only considered before this deadline.

To Modify Events:

- If within the event limit, add a new event.
- To withdraw from an event, follow these steps in Swim Central:
 - Go to your profile, then navigate to the meet and event.
 - Click the green 'Entered' button for the event you wish to withdraw from.
 - On the Order History page, click the 'Request Refund' link and provide a reason.
 - Once approved by the meet organiser, you may enter a new event.

To Withdraw from the Meet Entirely:

- Request a refund for **each** event (including \$0.00 events) and the Meet Entry Fee (if applicable).
- Follow the same steps above for each event and fee.
- Provide a reason and await approval.
- If approved, a refund will be issued minus administration fees.

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/Hervey Bay 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.

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).

Participant Safety

For the safety of all participants, please do not attend this Meet if you have Covid or are displaying flu-like symptoms.

Warm-up start time

Warm-up will commence at 10:15AM. The competition lanes (1-8) will close at 10:50AM, with 2 lanes in the 25m pool 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:
 - 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.

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:

- Highest Ave Points – Small Club
- Highest Ave Points – Large Club
- Closest to time in the selected events
- Medals to 1, 2 and 3 in each age group

The *club team member* count for average awards will be the count on the morning of the meet at the start of Event 1. Clubs/individuals are to notify the meet director via email of swimmer withdrawals as early as possible prior to Event 1.

At the conclusion of this meet competitors and supporters are welcome to join us for complimentary food in the Aquatic grounds and enjoy the Presentation.

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.

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 Hervey Bay 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 Hervey Bay 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 limited shade available at the venue. Limited shade tents will be provided by Hervey Bay Masters Swim Club for timekeepers and officials. Clubs are welcome to bring their own shade. 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 Linda Hodkinson lindahdk@iprimus.com.au
MSQ Business Manager... admin@mastersswimmingqld.org.au
Director of Recording... recorder@mastersswimmingqld.org.au
MSQ website <https://mastersswimmingqld.org.au>
Meet Entry [Swim Central](#)

Important dates [edit according to rules below]

Entries open 2 September 2025
Closing date..... 7 October 2025
Entry list available 9 October 2025
Entry list finalised 11 October 2025
Program available..... 14 October 2025