



**masters
swimming**
QUEENSLAND

2020 Masters Swimming Queensland Short Course Championships

Tobruk Memorial Pool
370 Sheridan St, Cairns North QLD 4870
8-10 May 2020

MEET GUIDE



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MSQ Sanction Meet Number: Q1/20



Event Details

Eligibility

This championship meet is open to Masters Swimming Queensland (MSQ) registered swimmers, and swimmers registered with other Masters Swimming Australia (MSA) affiliated clubs. International swimmers who are current members of their National Masters Swimming Federation may also compete. International swimmers and teams must supply proof of their current membership.

All non-Queensland swimmers are visitors and will be identified with (V) in program lists and results.

Age

Age as at the 31 December 2020. Minimum age is 18 years at day 1 of competition.

Entries

Entries are to be submitted via Quick Entry located on the MSQ website. Entries will open in February 2020. The closing date for individual entries is 11:00PM on Tuesday 21 April 2020.

Relay entries are to be submitted online also via Quick Entry using the Club Relay Teams link, and will remain open until 10:00AM on the day of the relay. It is preferable that all relays be entered and paid for prior to Wednesday 6 May 2020. All clubs entering relays are to nominate a Club Captain for coordination and communication purposes.

Club Captains, interstate and international swimmers and teams are to contact the MSQ Director of Recording for entry procedure information.

Events

All events will be conducted as timed finals. Heats will be swum from fastest to slowest. The fastest seeded heat will be heat 1 of each event. Starts will be 'over the top' where possible. 400m form stroke events are to be swum as programmed i.e. a 400m form stroke cannot be swum in the 400m freestyle.

Qualifying times

There are no qualifying times required currently. You must submit a time for each event entered, preferably your personal best from the previous two (2) years. Entering 'no time' (NT) is not permitted for this championship event.

Entry fees

All entrants must pay the nomination fee online as directed by Quick Entry. Swimmers may enter six (6) events for \$50, plus \$5/event up to a maximum of 12 individual events.

Relay entries are \$20 per team per event.

An optional commemorative meet cap will be available for sale for \$10 at the time of entry. Details of the cap offer can be found below.

Entry List and Timeline

The entry list will be available on the event page of the MSQ website on Friday 24 April 2020. All competitors must check their entries thoroughly and submit discrepancies to the Director of Recording by 11:00PM on Tuesday 28th April, 2020. The timeline for this meet will be published on the event page of the MSQ website on or before Thursday 7 May 2020.

Late entries

All entries submitted after the closing date will incur a late nomination fee of \$20.00 per event. Late entries will be accepted in the timing room up until one (1) hour before the commencement of the first day of competition. Late entries are subject to lane availability in the event, and may result in swimmers being entered in the slowest heat.

Multi Class events

Multi Class events will be conducted within the full program and will be awarded medals according to the age group and gender category in each classification. Details of disability classification must be provided (if not currently on MSQ file) prior to the commencement of the first day of competition. Multi Class events will not be using the Multi Class point score system for this meet.

Rules

All Masters Swimming Queensland rules, Masters Swimming Australia and FINA Swimming Rules apply. By nominating to participate in this swim meet, all swimmers thereby authorise the Meet Director/Masters Swimming Queensland/Tobruk Memorial Pool Cairns 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.

Event Details

Tickets and programs

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

Programs will be available for online download prior to and during the meet. 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 posted at the venue on the morning of each session, and 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 the affected event(s).

Swimmers should check-in as they arrive at the venue each session. It is the swimmer's responsibility to report to the marshaling area in good time as soon as their event is called.

Warm-up start time

Warm-up for each session will commence in the main pool at 7:30 am with the competition end closing at 8:15am. The far end of the pool will remain open throughout the duration of the day's session for warm-up and swim down. Competition will commence at 8:30am.

Results

Live results will be made available for this meet via the Meet Mobile application downloaded to your chosen device. Results will be posted at the venue soon after the completion of each event. Daily results will be updated to the MSA Portal, and a PDF results file will be published to the event page of the MSQ website.

Medals

Medals will be awarded to all age groups, Multi Class classifications, men and women, for all individual events:

18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100-104

Medals will be awarded to all age groups, all four swimmers, men's, women's, and mixed for all relay events:

72-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359, 360-400

Visiting swimmers will be awarded medals for overall placings, with Queensland swimmers awarded medals based on Queensland placings for each event.

Records

World records will be recognised at this event pending ratification by MSA and FINA. Any MSQ member may break Queensland and Australian records. Any MSA member may break their respective state and Australian records.

Major meet awards

Awards will be presented at the conclusion of this meet:

- Vorgee Male Swimmer of the Meet
- Vorgee Female Swimmer of the Meet
- Best Swimmer 18 – 29 Years
- Best Swimmer 30 – 49 Years
- Best Swimmer 50 – 69 Years
- Best Swimmer 70+ Years
- Mary Maina Trophy – Highest Average Points – Small Club
- Max Gillespie Trophy – Highest Average Points – Large Club
- George Coronos Trophy – Highest Club Points
- Jenny Mack Trophy – Highest combined points for the 100m and 200m Breaststroke events
- Club Relay award – highest total club points in relay events

Please note that individual awards are calculated using the sum of your best 5 swims using FINA points. Club and relay awards are calculated using the standard point scoring scheme: 10, 9, 8, 7, 6, 5, 4, 3, 2, 1, then 1 point down to 16th place for individuals, and 20, 18, 16, 14, 12, 10, 8, 6, 4, 2, then 2 points down to 16th place for relays.

All swimmers, Queensland and visitors, are eligible to score points and win awards.

Pool deck access

Pool deck access is limited to marshaling for events, the officials and technical staff. Please do not stand in front of the recording area.

Protests

Protests must be made in writing on the official form and submitted to the Meet Director within a half hour of posting the provisional results.

Photo release

In nominating for this meet, swimmers agree that they may be photographed by MSQ's approved photographer and that the photos may be used by MSQ at its discretion.

Event Details

Relays

Only club relays are allowed. No composite teams. Relays shall consist of four swimmers each registered with the same club. No swimmer is allowed to represent more than one club.

It is preferable that all clubs captains complete relay nominations and payments online by Wednesday 6 May 2020. There is no limit on the number of teams a club may enter in any age group. All teams may score points.

Swimmers must enter at least one individual event to be eligible to swim in a relay team. A swimmer may only swim a particular relay event once. 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.

If on the day of the event a nominated swimmer cannot swim a relay due to unforeseen circumstances such as illness, a club may, at the discretion of the Meet Director and/or the MSQ Director of Recording, in advance of the event, substitute another swimmer from the same club, provided the team remains in the same age category.

For the guidance of competitors

- 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.
- Paddles and watches are not permitted to be worn during competition, warm-up or swim-down.
- At the conclusion of warm-up periods, swimmers must leave the competition pool promptly when asked to do so.
- Event(s) to be marshaled will be announced.

- An entrant who fails to report to the Marshaling area prior to their heat being called may be deemed withdrawn.
- Starts will be 'over the top'. Competitors will remain in their respective lanes until the next heat is started. Move quickly to the lane rope away from the wall once you have completed your heat.

Contacts:

Administrator MSQ: admin@mastersswimmingqld.org.au

Meet Director: president@mastersswimmingqld.org.au

Director of Recording: recorder@mastersswimmingqld.org.au

MSQ website: <https://mastersswimmingqld.org.au>

Member Forum of the MSQ website (for meet entry): <https://forum.mastersswimmingqld.org.au>

Important dates

Entries open	February 2020
Individual closing date.....	11:00PM April 21 2020
Entry list available	April 24 2020
Entry list finalised	April 28 2020
Relay closing date.....	10:00AM Day of relay
Draft timeline available	May 7 2020



Program of Events

Friday 8 May 2020

First Session

Competition Start Time: 8:30am

Event	Distance	Stroke
1.	50m	Freestyle
2.	100m	Breaststroke
3.	50m	Backstroke
4.	400m	Butterfly
5.	25m	Breaststroke
6.	200m	Freestyle
7.	25m	Butterfly
8.	400m	Individual Medley
9.	4 x 50m	Mixed Freestyle Relay
10.	4 x 50m	Men's Medley Relay

Saturday 9 May 2020

Second Session

Competition Start Time: 8:30am

Event	Distance	Stroke
11.	100m	Individual Medley
12.	50m	Breaststroke
13.	100m	Butterfly
14.	25m	Backstroke
15.	200m	Breaststroke
16.	200m	Backstroke
17.	400m	Freestyle
18.	4 x 50m	Mixed Medley Relay
19.	4 x 50m	Women's Medley Relay

Sunday 10 May 2020

Third Session

Competition Start Time: 8:30am

Event	Distance	Stroke
20.	100m	Backstroke
21.	200m	Butterfly
22.	100m	Freestyle
23.	200m	Individual Medley
24.	25m	Freestyle
25.	50m	Butterfly
26.	400m	Backstroke
27.	400m	Breaststroke
28.	4 x 100m	Women's Freestyle Relay
29.	4 x 100m	Men's Freestyle Relay

More Details

Presentation function

A presentation function and BBQ will follow the conclusion of the final day of events, and will be on location in the Tobruk Pool grounds. Tickets will be available to purchase on entry.

Merchandise

An optional commemorative meet cap will be available for sale for \$10 at the time of entry. Supplies will be limited and you will need to enter the State Championships and order your cap before 1 April 2020 to ensure you receive it at the meet.



The design is based on the iconic Woven Fish sculptures located in the Cairns Lagoon.

Event photography

TBA

Meet Mobile Swim App

The Meet Mobile application (app) displays meet results in real time as data is received during meets from the recording desk (one heat at a time). As swimming clubs and organisations cease providing paper programs, Meet Mobile is the ideal replacement, and can be used for any meet you can search across the world.

- This app has the ability to display programs, timelines, team scores, entry times and results;
- You can search swim meets from all over the world or in just your local area to follow the action live, as it unfolds;
- In addition to real time results, see pre-race rankings, standings, and heat/lane assignments as they become available. You will see individual and team scores;
- Follow your favourite swimmers and/or teams as “favorites” and then easily filter down to see both completed results and upcoming schedule;
- Available on Android and iPhone devices;
- Cost is between \$6 and \$10 per year.

Massage

TBA

Accommodation

Rydges Esplanade Resort Cairns offer accommodation:

- Garden view \$135
- Mountains view \$145
- Ocean view \$165
- Full buffet breakfast \$15 must be booked at time of accommodation booking.
- All accommodation is subject to availability. Contact them direct for more details.
- Bookings via <https://www.rydges.com/private-page/msq-state-swimming-championships/>

MiHaven:

- Each apartment block contains 7 private rooms as well as communal fully equipped kitchens, tv lounge area, laundries, outdoor entertaining area and BBQ facilities. Every room in the apartments has its own ensuite bathroom for your privacy, complimentary wi-fi and modern furnishings.
- For short stay reservations these are priced from \$79 per room per night min 2 nights. For reservation enquiries email bookings@mihaven.com.au or call 0498 980 149.
- Website: www.mihaven.com.au

Bad weather

If the meet is affected by storms, 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 Swimming Centre staff. No refund of entry fees will occur under such circumstances.

Venue

Parking is available in the car park area at the side and rear of the pool. Please follow all road signage.

This meet will be in the competition pool with the bulkhead in place. The grandstand has shade and seating for 420 people. Clubs are welcome to display banners. Please remember sunscreen and hats.

No glass is to be brought on site.

The Tobruk Memorial Pool will remain open to the public during the swim meet. Please respect patrons as they utilise the other areas of the venue.

Swim shop

The Swim Shop, located within the Tobruk Memorial swimming pool will be open during this meet. They have a small selection of swimwear and goggles.

More Details

The Tobruk Memorial Swimming Pool “Swell Café” sells a variety of well-priced hot and cold foods, tea, coffee, cold drinks, snacks and fruit.

Bags/eskies

Please note that Tobruk Memorial swimming pool rules state that bags/eskies must be a pliable nature (soft to touch) and are to be no bigger than 40cm x 40cm x 40cm and must be stowed under seats. All other bags/eskies will be refused admission.

First aid

First aid services will be provided by Category 5 Medics and the Tobruk Pool Staff. 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 “emergency entrance” at the double gates at the front entrance of the pool on the south-western boundary of the pool complex (the main pool entry). If asked to evacuate please do so immediately.

Raffles

Cairns Clams Masters Swimming Club will be holding raffles and a \$100 board during the three-day event.

Tickets will be available at the raffle table.

Sponsors

Chemist Warehouse Cairns.

Cairns Regional Council

Tobruk Memorial Pool Cairns

Vorgee

Brothers Leagues Club Cairns

