



**Masters Swimming Australia
2010 National Championships**

Dear Competitors,

To make life easier for all concerned we have put together this entry package that contains all the information you will require to complete your individual entry. Please read the Fact file before you start.

- The Individual entry form (2 pages) is available in .pdf and word format that can be completed on your computer and emailed to your Club secretary.
To reduce the possibilities of transcription errors please either type or write clearly.
- Enter your choice of events, Note : you may swim a maximum of three (3) individual events on any one day, maximum total of twelve (12) individual events for entire championships.
- Return completed forms (pages 1 & 2) with fees to your Club secretary

Individual Fees:

Championship entry	\$50	
Individual events	\$5 per event	
Welcome function	Free of charge	Venue size limit 300 persons
Presentation Function	\$55	Venue size limit 230 persons
Accompanying person	\$20 (Optional - see Fact file for details)	

Example of entry

Day One Wednesday 7th April 2010 Warm up 0730, Programs starts 0830

X	Event No	Event	Nominated Time (Min : Sec)
	1	400m Freestyle (Women's) Note :Start 0830	:
X	2	400m Freestyle (Men's) Note: Start 0830	7:45
X	3	50m Butterfly	0:39
	4	25m Backstroke	
X	5	100m Individual Medley	1:55
	6	200m Breaststroke	:



MASTERS SWIMMING AUSTRALIA 2010 NATIONAL CHAMPIONSHIPS FACT FILE

Accompanying person

People over 18 accompanying competitors have the option to register. Registration will entitle the person to transport concessions on Metro buses, free attendance at the Welcome function, Presentation function tickets at same cost as competitors (\$60), access to specially organized tours visiting a range of tourist attractions, historic homes, wineries and discounted access to the Aquarius Roman Baths day spa. Registration cost is \$20 (accompanying persons under 18 free), tours will cost between \$60 and \$85 (normally about \$130 - more details will be posted when exact itineraries have been finalized). *Note: Presentation function cost for non-registered persons is \$85*

Age groups

Individual swimming 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 and five year age groups as high as necessary.

Relays based on total combined age of team members in whole years.

72 -119, 120 -159, 160 -199, 200 -239, 240 -279, 280 -319, 320 - 359, and forty year increments as high as necessary.

Competition dates

Wednesday 7th April to Saturday 10th April (inclusive).

The pool swim meet will commence each session as advised on entry form and Swim program - any changes will be advised at venue.

There will be no open water swim as part of this championships as the predicted water temperatures will be well below the minimum specified temperature.

Competition venue

Launceston Aquatic, Windmill Hill reserve, corner of High and York St, Launceston, Tasmania.

Eligibility

This event is open to any financial member of Masters Swimming Australia.

Swimmers from other FINA affiliated Masters Organizations may compete, however proof of membership status is required.

Entries

Postal entries must be received by Monday 22nd February 2010. Email entries close at midnight EST Monday 22nd February 2010.

Late entries will not be accepted

Entries without estimated times will not be accepted.

Our preference is for Club secretaries to use Team Manager files (downloadable from National web site) for Club entries and email, with deposit receipt to mastersswimmingtas@bigpond.com

We recommend competitors from overseas email their entries.

Postal address for entries

2010 National Championships

AUSSI Tasmania

PO Box 5229

Launceston, Tas, 7250

Bank details

CBA Rosny Park Tas

Account name: AUSSI Tasmania.-National Swim Account

BSB: 067103

Account No: 10268025.

Entry restrictions

A swimmer may enter a maximum of 12 individual events with a maximum of 3 individual events on any one day. Relay swimmers must have entered at least 1 individual event and shall not swim for more than one team in each relay event.

Club Relay team names must be nominated on entry form. See Relay event details below.

Events 1 & 2

Events 1 & 2, the Women's and Men's 400m Freestyle will be swum as concurrent events. Both events will start at 8:30 am on Wednesday 7th April. The men's heats will be swum in the eastern section of the pool, whilst the women's heats will be swum in the western section. There will be one swimmer per lane and you may nominate a form stroke

Medals

Individual events

First = gold, second = silver, third = bronze in each age group, M and F

Relays

First to third in each age group with each team member receiving a medal

Merchandise



Quality polo shirt with embroidered event logo on left breast. - \$35

Details: BIZ COOL 100% breathable Polyester single jersey knit – very comfortable shirt. Sizes- Ladies (half chest in cm)

8 (48), 10 (50), 12 (52.5), 14 (54.5), 16 (57), 18 (60), 20 (63), 22 (66), 24 (68)

Men: S (52), M (55), L (58), XL (62), 2XL (65), 3XL (71), 5XL (79)

Minimum age limit

Swimmers aged 19 years or over. Age determined as at 31st December 2010 .

Note: Although you may join Masters Swimming Australia at 18, you must have achieved your 18th birthday and be a registered member by the closing date for entries to be eligible to compete.

Open Water Swim

There is no open water swim as part of this championship, however Surf Lifesaving Tasmania will be conducting the Devil's Island swim at Bichino (on the East Coast about 2 hours drive from Launceston) on Sunday 5th April. Wet suits advisable. Shane Gould is the patron of the Devil's Island project and the swim is a fund raiser for the project. More details will be posted when they become available.

Pool Characteristics

A modern 8 lane 50 m pool with boom, opened May 2009, surveyed to national standard. **Pool will be utilized in the short course (25m) format, i.e with boom in centre of pool.** Competition will take place in the western (Competition pool) end excepting Event 2 (Men's 400m Freestyle) which will be conducted in the eastern end of the pool, concurrently with Event 1 taking place in the western end.

The Competition pool depth ranges from 1.8m to 1.5m. Eastern end depth ranges from 1.35m to 1.5m. The 1.35m depth meets the FINA requirement for dive starts from blocks. Timing will be by AOE (including score board), with SAT and manual watches as back up. Note: both 400m Freestyle events will be manually timed.

Pre-seeding

All events, excepting the 400m Freestyle and 400m Individual Medley, will be pre-seeded on submitted times with the slowest heats swum first.

The 400m Freestyle and 400m Individual Medley events will be deck seeded from slowest to fastest.

Registration

Competitors, Officials and registered accompanying persons will be able to register and collect their identification tags and participants bags from mid-day until 5:30 p.m. Tuesday 6th April at Launceston Aquatic. Participants unable to collect their registrations during this period will be able to register on any competition day from 7:30 am from the administration desk at Launceston Aquatic.

Relay events

A club may enter as many teams in a relay event as the Meet Director allows, but only one specified team per age group is eligible for points and awards (GR11.9).

Clubs must provide the names of competitors in each relay entered by the club at the time of the submission of their relay team entries. (Recent rule change)

If, on the day of the event, a nominated swimmer is unable to swim, a club may, at the discretion of the Meet Director, substitute another swimmer, provided the team remains in the same age group.

The order of swimmers may also be changed, however the swimmer nominated first in a team must swim first.

At the discretion of the Meet Director, composite teams may be entered for relays.

Club Relay cards will be available from 8:30 a.m. on the day of the relay from the administration desk. Team captains must confirm the entered names of the team and cards must be returned to administration desk by 10:30 p.m. on the day of the relay.

Composite Relay teams - swimmers attending from Clubs with insufficient numbers to form Club relay teams may nominate to take part in a composite relay team.

Composite Team members do not have to be from the same club or branch.

Swimmers wishing to take part in composite relay teams must register their interest (and pay entry fee of \$5) at administration desk no later than 10:30 am on the day of the relay. Teams will be posted at mid-day - entry fee will be refunded if insufficient numbers are registered to form teams.

Relay swimmers must have entered at least one (1) individual event and shall not swim for more than one team in each relay event.

Mixed relays - Mixed means both gender compete i.e. two females and two males.

Rules of meet

The meet will be conducted under Masters Swimming Australia rules as at the close of entries.

Recognition of country and world records for master swimmers will apply.

All starts will be “over the top” starts and the **ONE START RULE** will apply.

Warm up/warm down

Warm up times are as advised on the entry form and on Swim program.

There will be a minimum of 5 x 25 m lanes available throughout the meet, in the outdoor pool during the conduct of Events 1 and 2 (Women's & Men's 400m Freestyle) and in the eastern end of the pool for the remainder of the event.

Need more information or assistance ?

Email masterswimmingtas@bigpond.com or 0418 540 819



Masters Swimming Australia 2010 National Championships

Individual entry form - Page 1

(Please print clearly or download form in Word format and complete on your computer)

(Please enter name as per your Masters Swimming Membership)

To be completed by all competitors and **received by the organizers no later than Monday 22nd February 2010**

Family Name: _____ Given/first name: _____
 Address: _____
 City or Town: _____
 Post or Zip code: _____ Country (if not Australia): _____
 Telephone number (w) _____ (h) _____ Fax: _____
 Email address _____
 Date of Birth / / Age as at 31 December 2010 Yrs
 Male Female Club

Masters Membership number _____

FEES							
Competitor's Registration Fee							\$50
Individual Event entry Fee events @ \$5 per event							
Registration and events sub total (A)							
Merchandising							
Polo Shirt @\$35 Men	S	M	L	XL	2XL	3XL	
Ladies	8	10	12	14	16	18	
Merchandising sub total (B)							
Social Function/Miscellaneous							
Presentation Dinner @ \$60 per head							
Accompanying person/s @ \$20 (Over 18, Under 18 Free)							
Social Function sub total (C)							
Any dietary requirements ? Details							
TOTAL FEES A + B + C							

Accompanying Person/s Name/s

Complete and return this page and page 2, with fees to your Club Secretary

Overseas entries: Email this page and page 2 to:
mastersswimmingtas@bigpond.com with a copy of fee transfer receipt.
See Fact file for Banking details

Disclaimer ; I acknowledge that by sending in an entry form I declare myself to be fit enough to compete. I hereby declare that I exonerate of all liability and responsibility however so arising, Masters Swimming Australia, its affiliates, venue owners, the organizing committee, sponsors, and any other persons that participate in this event, in respect to all and every action or claim about any accident that may occur (except liability and responsibility for personal injury or death caused due to negligence of those respective bodies or persons). I understand how risky the competitions in which I am going to participate are and I hereby certify that I am in very good physical condition in order to participate in these events and that I am in very good health suitable for the effort I am going to submit myself.

Date / / Signature _____

**Masters Swimming Australia 2010 National Championships
Individual Event Entry Form Page 2**

Please enter name as per Masters Swimming Registration Please print clearly or Type

Family Name	First name	Membership No.
Club Name	Club Code	Gender M F

Emergency Contact:

Name:

Phone:

You may enter a total of 12 Individual Events with a maximum of 3 events per day

Day One Wednesday 7th April 2010 Warm up 0730, Program starts 0830

X	Event No	Event	Nominated Time (Min : Sec)
	1	400m Freestyle (Women's) Note :Start 0830	:
	2	400m Freestyle (Men's) Note: Start 0830	:
	3	50m Butterfly	:
	4	25m Backstroke	:
	5	100m Individual Medley	:
	6	200m Breaststroke	:

Day Two Thursday 8th April 2010 Warm up 0730, Program starts 0830

X	Event No	Event	Nominated Time (Min : Sec)
	8	200m Individual Medley	:
	9	100m Butterfly	:
	10	200m Backstroke	:
	11	50m Freestyle	:
	12	25m Breaststroke	:

Day Three Friday 9th April 2010 Warm up 0730, Program starts 0830

X	Event No	Event	Nominated Time (Min : Sec)
	15	25m Freestyle	:
	16	200m Butterfly	:
	17	50m Breaststroke	:
	18	100m Backstroke	:
	19	200m Freestyle	:

Day Four Saturday 10th April 2010 Warm up 0730, Program starts 0830

X	Event No	Event	Nominated Time (Min : Sec)
	22	400m Individual Medley	:
	23	100m Freestyle	:
	24	25m Butterfly	:
	25	50m Backstroke	:
	26	100m Breaststroke	: