

2015 VICTORIAN SPRINT CHAMPIONSHIPS

7-8 FEBRUARY 2015

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7-8 February 2015, MSAC Outdoor Pool



Welcome

On behalf of Swimming Victoria and its Board of Directors, I welcome you to the 2015 Victorian Sprint Championships.

This event runs over two days, consisting of 66 events and will see over 1500 athletes converge on the Melbourne Sports & Aquatic Centre (MSAC) making this a very exciting event.

The 2015 Victorian Sprint Championships would not be possible without the ongoing commitment of our loyal partners and sponsors, in particular Swimming Victoria's major partner Engine.

Thanks also to Vic Health, The Victorian Institute of Sport and Swimming Australia who have contributed to the ongoing success of our sport from the community level all the way through to the elite swimming we will see at this Championship.

I would also like to acknowledge the support received from the Victorian Government, in particular The Department of Planning and Community Development – Sport and Recreation, who have been great supporters of swimming in Victoria.

To all members of asctaVIC and the wider coaching fraternity we trust your efforts in the preparation of your athletes will be rewarded.

I am sure that all involved with the Championships will acknowledge the fantastic efforts of the Swimming Victoria staff, Technical Officials and volunteers who contribute to the success of the event and uphold the key values of the organisation.

To all competitors, remember first and foremost to enjoy yourself while you strive to reach or exceed your goals. Good luck to you all and have a wonderful Championship.

A handwritten signature in blue ink, appearing to read "Paul Malcolm".

Paul Malcolm
President
Swimming Victoria



Event conducted under the rules of Swimming Australia Limited and the Swimming Victoria (SV) Competition By-laws.

Start Times

Saturday:

Morning Session – 9:00am | Warm-Up from 7:30am | Doors Open – 7:15am

Afternoon Session – 45 mins after the conclusion on the AM session | Warm-Up from the conclusion of the morning session.

Sunday:

Competition Starts – 9:00am | Warm Up from 7:30am | Doors Open 7:15am

Pool Entry & Admission Fees

Swimmers	Free
Adults (heats)	\$8.00
Adults (finals)	\$5.00
Concession (5-17 yrs & seniors card)	\$4.00
Children under 5	Free
Coaches – free entry upon presentation of 14/15 ascta accreditation pass.	

There will only be one entry point to the venue – via the outdoor pool entrance.

Sport Information Desk

Swimming Victoria will have a Sport Information Desk located on the second level entry foyer at MSAC. Any queries from participants, support staff or spectators can be directed to this desk. The Sport Information Desk should be the first point of contact for any queries or feedback relating to the event.

Toilets and Change Rooms

Public toilets are located at the back of the Outdoor pool grandstand. Athlete toilets and change room facilities are located adjacent to the outdoor and indoor pool concourse area, access via the rear corridor. Athletes must use these change rooms facilities to change – NOT the public toilets behind the grandstand.

Coaches Seating, Concourse and Passageways

- There will be a “Coaches Seating Area” located in the grandstand near the finish end of the pool
- A coaches area will also be provided on pool deck in an allocated area on the grandstand side of the pool. Athletes must not congregate in this area – no athlete bags are to be left in this area
- Parents and spectators are not to enter onto the pool concourse area or passageways. Please keep these areas clear for swimmers and officials.
- Where an area of seating is sectioned off, do not remove barriers or sit in this area as you will be removed.
- Please DO NOT RESERVE SEATS by placing towels/banners/bags on or over seats as they will be removed by SV staff or MSAC personnel.

Pool Deck Guidelines

The Swimming Victoria and asctaVIC pool deck guidelines restrict unauthorised access on to pool deck at all times throughout this meet. Only coaches and support staff who have been issued a current pool deck pass will be permitted on pool deck. Passes must be visible at all times.

Travel to MSAC

Please be aware of the parking policies in place at MSAC – this is available on the MSAC website – <http://www.msac.com.au/about-msac/location-parking>. Public transport is also available to travel to MSAC. Tram 96 or 112 from the city will take you directly to MSAC. Visit www.ptv.vic.gov.au for more information.

Lost Property

All participants and spectators are encouraged to bring minimal personal items to the event. Any essential items that must be brought along to the venue should be clearly labelled with a swimmer's name and club. MSAC staff will do a thorough sweep through the venue after each session and any items will be handed to MSAC Customer Services. It should be reiterated to all swimmers that all non-essential items should not be taken to pool deck or into change rooms.

Timekeepers

In addition to the ongoing support provided by our Swimming Victoria officials, the smooth running of this meet is also reliant on volunteer timekeepers. All timekeepers should report to the timekeepers desk situated on pool deck near the AOE room 10 minutes prior to the start of competition. All timekeepers will receive a free entry pass towards the conclusion of each session and will be provided with refreshments. It is imperative that all timekeepers turn their mobile phones off or switch them to silent during the meet. If you need to take a call please ask the chief timekeeper to cover for you and leave the pool deck area.

Swim Costumes

In accordance with SV Competition By-Law 1.5:

Costumes shall comply with the FINA Rules:

Or unless otherwise directed by SV, in all levels of competition within Victoria, competitors may wear "traditional" suits provided the suits meet the following criteria:

- (i) Suits must be of a textile material and may not contain any material such as polyurethane, neoprene or like materials.
- (ii) Male costumes or briefs may not extend above the waist, nor below the knee. Female costumes may be one or two piece and shall not cover the neck, extend past the shoulders, nor below the knee and may not utilise zippers or other fastening devices.
- (iii) Only one costume (at a time) may be worn in competition.

Medical Certificates & Taping

All competitors, parents and coaches need to be aware that Swimming Victoria enforces the FINA Rule relating to Medical Taping:

SW10.8 provides that any sort of tape on the body is subject to approval of the Sport Medicine Committee.

Swimming Victoria is implementing this rule in modified form in that we require a certificate from a medical professional (doctor, physio etc) specifying why the taping is required.

The certificate must be presented to the Technical Director of the Meet BEFORE the swimmers wearing the taping begins competing at that meet. It need only be presented once for the duration of the meet.

The certificate must be dated and will be acceptable by Swimming Victoria for 30 days from the date of issue. The certificate should state that the swimmer is fit to swim and that the taping does not provide any competitive advantage to the swimmer.

The Technical Director will check that a certificate is presented and further that the taping does not provide any advantage to the competitor.

Multi Class Swimmers (Swimmers with a Disability)

Multi Class Classification Cards must be displayed to the Technical Director/Referee in Charge **prior** to the first event in which the competitor intends to swim in the meet or series. The card is then valid for the rest of the meet/series.

A Provisional Classification is not recognised in Multi Class events at any meets conducted by Swimming Victoria unless otherwise specified.

Backstroke Events

Backstroke events require a feet first entry into the pool. Backstroke start devices will not be used at this meet.

Marshalling Procedure and Information

Girls will be marshalled in the marshalling room. Boys will be marshalled in the marquee.

An announcement will be made at the conclusion of the warm-up session to request competitors in the initial (usually three) events to report to the Marshalling area. Those events numbers and all calls for subsequent events will be displayed on the main scoreboard screen.

Please take care as published timelines are provided as a guide only and must not be relied on as the start times for particular events. Event start times may change significantly due to heat combinations or other variables. Where there are a number of withdrawals from heats and subject to time constraints, the Marshals may either re-seed events or combine heats.

Marshalling calls for the heats sessions will usually be made three events ahead of the event in the water. This may vary with the number of entries in the various events in the program. Swimmers should monitor the marshalling calls frequently and should be aware of the event, stroke and heat number in which they are competing.

Marshalling calls for the finals session will usually be made five events ahead of the event in the water.

A copy of the program will be posted outside each marshalling area to enable the swimmers to confirm these details **prior** to entering the room. Inside the marshalling area, the Marshals will call the names of the swimmers in each heat of an event at least three times if they have not reported.

Swimmers are **late** reporting if they have been called three times and

1. have not been marked as present

2. the heats have either been combined/re-seeded
3. or the first heat of that event has been handed over to the Check Starter.

Swimmers who are late reporting will only be allowed to swim at the discretion of the Referee in Charge.

Swimmers may report early for subsequent events and may then leave the area. They must return to the area and report to the Marshal in time for those events to be handed over to the Check Starter. If they fail to return in time for their heat, the onus is on the competitor.

Relay Events

1. Relay events will be swum as Timed Finals on Sunday.
2. For all team events, a list on the appropriate form (Relay Form available at the Sport Information Desk) must be submitted.
3. Relay team sheets must be submitted to the Chief Recorder prior to the starting time for the session in which the event is to be swum.
4. Clubs must clearly indicate A or B teams on the team list.

PLEASE NOTE – Team Managers, coaches & competitors:
Relay swimmers must present their accreditations when they marshal. Their names will be checked against those names submitted on the relay team sheet and the relay team members must swim in the order listed on the team sheet.

Withdrawals

The following is an extract from the Swimming Victoria Competition Bylaws – Section 1.13 Withdrawals:

- Competitors wishing to withdraw from a Final shall do so in writing, signed by the competitor or an authorised representative within thirty (30) minutes of the posting of the finalist list for that event.
- A competitor not having withdrawn as specified, and who does not compete in the Final shall be deemed a late withdrawal, and as such, shall be debarred from competing in his next individual event.
- If a late withdrawal occurs in the competitor's last individual event of the competition he shall be fined.
- The penalties for late withdrawal may be reviewed if there are medical grounds or the competitor can prove hardship for not competing. A competitor who is added to an event final following the withdrawal of another competitor, and who can show that he was unaware of the change may claim hardship.

Withdrawal forms will be available at the Sport Information Desk. Completed withdrawal forms should be lodged with the Technical Director.

Visitors

Swimming Victoria Competition Bylaw 1.9.2 states that no more than two (2) visiting competitors shall be permitted to swim in the final of either a State or Country Age Group Championship. This does not include members of Border Clubs referred to in Schedule D of the General Bylaws.

Warm Up and Swim Down Pool

Initial warm up will be in the 50m outdoor pool from 7:30am & at the conclusion of the morning session on Saturday. Warm up will commence on 7:30am on Sunday. Once competition has commenced, warm up and swim down facilities will be allocated in the indoor pool.

Warm Up Procedures – Outdoor Competition Pool

- Initial warm up with no dive entries. Feet first entry into water only.
- Swimmers must swim in a clockwise direction. Swimming in an anti-clockwise direction will not be tolerated.
- Sprint warm ups are to be conducted in lanes 0 and 9 (dive lanes) only, under coaching supervision and are walk back lanes. Turns are not to be practiced in these lanes.
- **Lanes 1 and 8 will become pace lanes with 30 mins of warm up to go.**
- If timing pads are installed, swimmers must not touch, grab or climb over them.
- Warm up ceases 10 minutes before the starting time. The countdown will be 10 minutes, 5 minutes, 2 minutes and 1 minute. It is the responsibility of each coach to ensure their swimmers are aware of the warm up termination time frame.

0	⇒ ⇒ ⇒ One way sprints only ⇒ ⇒ ⇒
1	-----Pace lane only-----→ ←-----
2	-----→ ←-----
3	-----→ ←-----
4	-----→ ←-----
5	-----→ ←-----
6	-----→ ←-----
7	-----→ ←-----
8	-----Pace lane only-----→ ←-----
9	⇒ ⇒ ⇒ One way sprints only ⇒ ⇒ ⇒

Results

Results will be posted during the event on the window behind the grandstand, via Live Results on the Swimming Victoria website and on the Meet Mobile app.

Results will also be posted on the National Results Database and in PDF, Meet Manager and Team Manager format on the event page at the conclusion of the event.

Introductions/Medal Presentations

1. All competitors in finals will be marched down the pool deck prior to being introduced at the blocks. There will generally be a presentation of medals for the previous event. The swimmers will then be introduced, prepare to swim and the race will begin.
2. At the conclusion of the event, place getters are to remain in the tunnel area adjacent to the AOE room, dry off and get dressed for presentation of medals. A Presentation Official will be in the area to assist. **Do not go for a swim down.** Medals will be presented as soon as the following event has been swum.
3. Swimming Victoria requests the cooperation of swimmers and coaches in the presentation of medals.
4. Dress requirements for medal presentations are tracksuit, preferably Club or State, or Club or State T-Shirt with appropriate tracksuit pants or shorts. Footwear optional. Towels and/or head wear are not to be worn.

Finalist Flashes

All finalists will receive a sew on finalist flash which can be collected from the Sport Information Desk following the conclusion of their event.

Trophies

The following perpetual trophies will be awarded:

<i>Event Number</i>	<i>Age</i>	<i>Gender</i>	<i>Distance</i>	<i>Stroke</i>	<i>Trophy</i>
65	16/U	Male	5 x 50m	Freestyle Relay	Snape Memorial Shield
66	16/U	Female	5 x 50m	Freestyle Relay	Bill Willmott Trophy



The 2015 Victorian Sprint Championships is proudly hosted by Swimming Victoria.

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