



## 2008 Victorian Long Distance Long Course Masters Swimming Championships

### EVENT DETAILS

- DATE** Day 1: **Sunday**, November 23rd 2008  
Day 2: **Friday**, November 28th 2008
- TIME** Day 1: Warm up – **12pm** to 12.25pm Start: 12:30pm  
Day 2: Warm up – **6pm** to 6.25pm Start: 6:30pm  
(Cool down/warm up facilities will exist for the remainder of the meet in separate pool)
- VENUE** Melbourne Sports and Aquatic Centre (MSAC)  
Aughtie Drive Albert Park  
(Melways – 2K D7)  
**50m Indoor Pool**
- COST** Registration \$15 + \$5 per Individual Event (Max. 4)
- CONTACT** Masters Swimming Victoria (Marked- LDSC Entries)  
Sports House  
Level 2, 375 Albert Road  
Albert Park VIC 3206  
Phone: 9682 5666  
e-mail: admin@aussivic.com.au

### PROGRAMME OF EVENTS

#### Day 1, November 23<sup>rd</sup> 2008 - 12pm

1. 400m Individual Medley
- 2a. 1500m Freestyle or
- 2b. 1500m Backstroke or
- 2c. 1500m Breaststroke or
- 2d. 1500m Butterfly

#### Day 2, November 28<sup>th</sup> 2008 – 6pm

- 3a. 400m Freestyle or
- 3b. 400m Backstroke or
- 3c. 400m Breaststroke or
- 3d. 400m Butterfly
- 4a. 800m Freestyle or
- 4b. 800m Backstroke or
- 4c. 800m Breaststroke or
- 4d. 800m Butterfly or
- 4e. 800m Individual Medley

### IMPORTANT INFORMATION

Each swimmer can choose 400m IM and in the 1500m, 400m and 800m events either freestyle or one (1) form stroke.

You cannot swim freestyle and form stroke in the same event (E.g. 800m Freestyle and 800m Breaststroke is not allowed).

Dependent on the number of entries the electronic timing system may be used for the 400m events only.

The 1500m and 800m Events will be deck seeded and the freestyle events may be swum two swimmers per lane or staggered starts used



## **2008 Victorian Long Distance Long Course Masters Swimming Championships**

### **IMPORTANT INFORMATION FOR ALL SWIMMERS**

<b>EVENT LIMIT</b>	Maximum of four (4) events per swimmer
<b>AWARDS</b>	Medals for first place and ribbons for second and third place will be awarded for the fastest time in all age groups & both sexes for all the strokes.
<b>TIMEKEEPING</b>	<b>All swimmers MUST arrange for a timekeeper for their swims and nominate the name of the timekeeper on the entry form otherwise your entry may not be accepted.</b> (This will ensure that the Meet will proceed. It is imperative that we have the required number of Timekeepers for all lanes)
<b>VISITORS</b>	Visiting interstate and international swimmers are eligible for awards.
<b>ENTRY FORMS</b>	Please enter on the Entry Form and <u>ensure that your registration is current as at November 1<sup>st</sup> Club</u> as well as Individual entries will be accepted. Cheques to be made payable to AUSSI Masters Swimming Victoria. <u>No Cash will be accepted.</u>
<b>CLOSING DATE</b>	<b>Day 1 &amp; 2: <u>Friday November 14<sup>th</sup> 2008</u></b> <b>Day 2 only: <u>Tuesday November 24<sup>th</sup> 2008</u></b>

### **NO LATE ENTRIES WILL BE ACCEPTED**

<b>PROGRAMME</b>	The programme for the Meet will be computer generated from the Individual Entry forms. The programme will be available on the Masters Swimming Victoria website- ( <a href="http://www.aussivic.com.au">http://www.aussivic.com.au</a> ) 2-3 days prior to the meet. <b><u>No printed programs will be available on the day.</u></b>
<b>CHANGES TO ENTRIES</b>	Please check the program prior to the meet (available on the Masters Swimming Victoria website). If you discover a recording mistake or an event is missing you may contact the Victorian Office via mail, email (see above) or in person and provide the following details: Name, event, heat, lane, time and description.

All changes to the program must be submitted to the Victorian Office by Thursday Nov. 20<sup>th</sup> 2008 12pm for Day 1 and Wednesday Nov. 26<sup>th</sup> 2008 12pm for Day 2.

### **No changes will be made on the day of the meet.**

**Note: Once you entered an event you cannot change to another event nor change the entry time**



## 2008 Victorian Long Distance Long Course Masters Swimming Championships

### ENTRY FORM

- Please complete this Individual Entry form clearly and accurately and send it to the Masters Swimming Victoria Office by Friday Nov. 14<sup>th</sup> 2008 for Day 1 & 2 or by Tuesday Nov. 24<sup>th</sup> 2008 for Day 2 only.
- You must be financial with the State Branch in order to swim
- All Details to be completed. Incomplete forms will be returned unprocessed.

AUSI Number			
Surname		First Name	
Gender	M / F (circle)	Age (as at 31/12/08)	
Date of Birth	/ /	Age group	-
Club Code		Club Name	
Medical Disability	Yes / No (You must have this already registered with your Branch)		

<u>Emergency Contact during the Meet</u>			
Name		Contact Telephone	

<b>Registration Fee</b>	<b>@ \$ 15.00</b>	<b>\$ 15.00</b>
Entry per Event (max 4)	Number of Events:	@ \$ 5.00
<b>Total enclosed (Payable to - AUSI Masters Swimming Victoria (No cash accepted))</b>		

### ENTRY DETAILS

- Make sure your events are listed clearly and in order
- All details must be submitted correctly. **If any detail is missing ... The entry will be rejected.**
- There is a maximum of four (4) individual events. You may swim all four (4) events.
- You can only enter one stroke for 400m, 800m & 1500m
- All details to be completed, correct and the declaration (below) to be signed

Event No.	Distance	Stroke	Nominated Time	Nominated Timekeeper
<b>Day 1: Sunday, November 23<sup>rd</sup> 2008 – 12pm</b>				
<b>Day 2: Friday, November 28<sup>th</sup> 2008 – 6pm</b>				
<i>Example</i>				
2b	1500m	Backstroke	32 : 4 5 . 5 0	Mr. XYZ

### Declaration

I the undersigned, in consideration of and as a condition of my entry in the 2008 Long Course Long Distance Masters Swimming Championships for myself, heirs, executors and administrators hereby waive all and any claim, right or cause of action which I or they may otherwise have for or arising out of my life or injury damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequent upon my entry or participation in the said event and admit that I participate in the event solely at my own risk. The waiver release and discharge shall be and operate separately in favour of all persons, corporations and bodies involved or otherwise engaged in promoting or staging the event and the servants agents, representatives and officers of them and includes but is not limited to Masters Swimming Victoria, medical and paramedical personnel, police officers and so shall operate whether or not the loss or injury is attributable to the act or neglect of any or more of them. I also declare this to be my entry, the above numbers as being for the events in which I wish to participate.

Signed \_\_\_\_\_ Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Telephone Number \_\_\_\_\_