2012 Long Distance Long Course Championships
Masters Swimming Victoria

EVENT DETAILS

DATE
Day 1: Sunday, 11 November 2012
Day 2: Sunday, 18 November 2012

TIME
Day 1: Warm up – 4:00pm to 4.35pm  Start: 4:45pm
Day 2: Warm up – 4:00pm to 4.35pm  Start: 4:45pm
(Cool down/warm up initially in main pool then in a separate pool for the remainder of the meet.

VENUE
Melbourne Sports and Aquatic Centre (MSAC)
Aughtie Drive Albert Park
(Melways – 2K D7)
50m Indoor Pool

COST
Registration $20 + $5 per Individual Event (Max. 4)
Bank account details- BSB- 063-115; Account Number- 00901013; Account Name MSV.
Please provide your name & club code as reference.

CONTACT
Masters Swimming Victoria (Marked- LDLC Entries)
Sports House
Level 2, 375 Albert Road
Albert Park VIC 3206
Phone: 9682 5666  e-mail: admin@aussivic.com.au

EVENTS

Day 1, 11 November 2012 – 4.45pm
1a. 400m Freestyle or
1b. 400m Backstroke or
1c. 400m Breaststroke or
1d. 400m Butterfly or
1e. 400m IM
2a. 1500m Freestyle or
2b. 1500m Backstroke or
2c. 1500m Breaststroke

Day 2, 18 November 2012 – 4.45pm
3a. 400m Freestyle or
3b. 400m Backstroke or
3c. 400m Breaststroke or
3d. 400m Butterfly or
3e. 400m IM
4a. 800m Freestyle or
4b. 800m Backstroke or
4c. 800m Breaststroke or
4d. 800m Butterfly or
4e. 800m IM

IMPORTANT INFORMATION

For the 400m, each swimmer can swim one stroke in events 1 &3 but cannot swim the same stroke in both events.

For the 800 & 1500m 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 as staggered starts.
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Masters Swimming Victoria

IMPORTANT INFORMATION FOR ALL SWIMMERS

LIMIT OF EVENTS
Maximum of four (4) events per swimmer

AWARDS
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. 400m results will not be final until after Event 3 on Day 2.

TIMEKEEPING
All swimmers MUST arrange for a timekeeper for their swims and nominate the name of the timekeeper on the entry form otherwise their entry will be rejected. If there is no timekeeper in your lane, you will not be permitted to swim. For any record attempts there needs to be 3 timekeepers in that lane. Swimmers should ensure that their timekeeper is not swimming in the same events/heats that they are.

VISITORS
Visiting interstate and international swimmers are eligible for awards.

ENTRY FORMS
Please enter on the Entry Form and ensure that your registration is current as at 2 November 2012. Club as well as Individual entries will be accepted. Cheques to be made payable to Masters Swimming Victoria. No Cash will be accepted.
Bank account details- BSB- 063-115; Account Number- 00901013; Account Name MSV.
Please provide your name & club code as reference.

CLOSING DATE
Day 1 & 2: Thursday 2 November 2012 NO LATE ENTRIES WILL BE ACCEPTED

PROGRAMME
The program for the Meet will be computer generated from the Individual Entry forms.
The program will be available on the Masters Swimming Victoria website- (http://www.aussivic.com.au) 2-3 days prior to the meet.
No printed programs will be available on the day.

CHANGE TO ENTRIES
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 should contact the Victorian Office via mail, email (see above) or in person and provide the following details: Name, event, heat, lane, time and description of the error.
All changes to the program must be submitted to the Victorian Office by Thursday 9 November 2012 at 1pm for Day 1 & Day 2.
Note: once you have entered an event, you cannot change to another event or change the entry time

No changes will be allowed on the day of the meet.
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ENTRY FORM

Please complete this Individual Entry form clearly and accurately and send it to the Masters Swimming Victoria Office by Thursday 2 November 2012 for Day 1 & 2. You must be financial with the State Branch in order to swim.

All Details to be completed. Incomplete forms will be returned unprocessed.

Membership Number

Surname

First Name

Gender M / F (circle)

Age (as at 31/12/12)

Date of Birth / / Age group -

Club Code

Club Name

Medical Disability Yes / No (You must have this already registered with your Branch)

Emergency Contact during the Meet

Name

Contact Telephone

Registration Fee @ $ 20.00

Entry per Event (max 4) Number of Events: @ $ 5.00

Total enclosed (Payable to - Masters Swimming Victoria) (No cash accepted) $ 20.00

Bank details: 858- 063-115; Account Number- 00901013; Acct Name MSV

Please provide your name & club code as reference.

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.

For the 400m, each swimmer can swim one stroke in events 1 & 3 but cannot swim the same stroke in both events.

For the 800 & 1500m events either Freestyle or one (1) form stroke
All details to be completed, correct and the declaration (below) to be signed

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<th>Event No.</th>
<th>Distance</th>
<th>Stroke</th>
<th>Nominated Time</th>
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Example

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 2012 Long Distance Long Course Championships Masters Swimming Victoria 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 favor 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 Inc, 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 __________________