

SNSW TECHNICAL SWIMMING COMMITTEE COACHES AND ATHLETES BRIEFING NSW JUNIOR METROPOLITAN CHAMPIONSHIPS – MARCH 2020

The 2020 SNSW Junior Metropolitan Championships will be held at SOPAC on 7th-8th March. Information on the Meet is as detailed below.

Technical Manager

The Technical Manager for this meet is **Graham Towle OAM**.

Rules

The Meet will be conducted under SNSW Rules.

Marshalling

Please note the Marshalling Procedure, GR9.1.1 “For Heats, Semi-Finals and Finals, swimmers shall report to the Clerk of the Course at a time determined by the event management. A swimmer failing to do so shall be deemed to be withdrawn. Once reported, a swimmer is not permitted to leave the marshalling area unless approval is first obtained from the Clerk of the Course. All heats of each event shall be deemed to be one event for the purpose of this Rule.”

For this meet, Event Management has determined that swimmers must ensure they report to the Clerk of the Course to be marked present at least two events ahead of their scheduled event, or 10 minutes prior to the start of a Sessions if swimming in the first two events.

“For example if entered in Event 9, the swimmer must have reported to **the Clerk of the Course** before the start of the first heat of Event 7” GR9.1.1

Marshalling “Cut off” Procedure:

- When closed, the Marshalling Sheets will be marked with the number of the event and the heat then in the water, along with the scoreboard time.
- In all cases where a swimmer has reported late for an event, including when an event has been amalgamated or reseeded, the swimmer will be taken to the Technical Manager. The Referee will ultimately make decisions as to entitlement to swim.

Withdrawals

Please advise the Clerk of the Course in advance if a swimmer is not competing in a race in which they are entered. This can allow for early amalgamations or reseeds of Events.

Backstroke Ledges

Backstroke Ledges will be used during this Meet. A swimmer is not required to use the Ledge for the start of a backstroke race.

The ledges will be set to “0” (zero) by an Official and it will be swimmer’s responsibility to adjust the ledge, and to make sure that it is locked in place after this adjustment.

MC Swimmers

MC swimmers are required to report with their classification card to the Referee prior to each Session. Each Support Staff member for MC swimmers must wear their Pool Deck Accreditation tag while in the Marshalling Area, and on Pool Deck.

Taping

The following uses of tape are **generally permitted** in competition and **advanced notification to the Technical Manager is recommended**. This is best achieved, if practicable, by emailing a copy of the Medical Certificate to Shannon Smith [HERE](#).

- a. Wound protection and closure.
 - Band-Aids, dressings, “Butterfly” type, etc. are normally permitted **with no advanced notification to the Technical Manager**.
- When the tape to hold a dressing in place completely circles a major limb **or** the dressing is exceptionally large in size
 - b. Taping of no more than two (2) injured fingers or toes together.
 - c. Tape to secure medical alert bracelets and pendants, religious objects, etc.
 - d. Tape to secure medical devices such as insulin pumps, ostomy bags, etc.
- In all other cases taping, including Kinesio Taping, Elastic Therapeutic Tape, taping intended to provide compression or support to muscles, ligaments, tendons or joints (except as stated above), the swimmer must provide **advanced notification to the Technical Manager** by way of a medical certificate. The certificate must be signed and dated by a Medical Practitioner or Physiotherapist indicating credentials of the medical practitioner and incorporate the period taping is required.
- Casts supporting a broken bone or other injury, whether fibre glass, plastic or plaster, are **not permitted in competition** – irrespective of whether a Medical Practitioner’s note has been presented.

Medal Presentation

At the completion of their event, medallists are to proceed immediately to the presentation area. Competitors must ensure they wear club apparel for the medal ceremony. Presentation of medals will take place as soon as the results are finalised and swim downs are to take place after the medal ceremony.

Finalist Ribbons

Swimmers entitled to a finalist ribbon **must** collect any ribbons earned in a session **prior** to the commencement of the next session e.g. Ribbons earned in session one (1) **must** be collected **prior** to the start of session two (2).

ASCTA Accreditation

All Coaches must clearly display their ASCTA accreditation upon entry to SOPAC. Failure to do so will incur the standard entry charge.

Thank you and good luck to all swimmers and coaches.