

**SNSW TECHNICAL SWIMMING COMMITTEE
COACHES AND ATHLETES BRIEFING
2019 NSW JUNIOR STATE AGE CHAMPIONSHIPS**

The 2019 SNSW Junior State Age SC Championships will be held at SOPAC from 7th – 8th September. Information on the Meet is as detailed below.

Technical Manager

The Technical Manager for this meet is **Chris Hayes OAM**.

Rules

The Meet will be conducted under SNSW Rules.

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.

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

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.

Taping

- The following uses of tape are **generally permitted** in competition and **advanced notification to the Technical Manager is recommended** (via email: greta.brodie@nsw.swimming.org.au):
 - a. Wound protection and closure.
 - Band-Aids, dressings, “Butterfly” type, etc. are normally permitted **with no advanced notification to the Technical Manager**.
 - 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.
- When the tape to hold a dressing in place completely circles a major limb **or** the dressing is exceptionally large in size

- 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.

Relay Procedures

The Recorder must be notified in writing prior to a session commencing, **only if there are any changes to a relay team’s electronic entry**. It is a good idea to also list your reserves on the electronic entry.

GR9.1.3 “In relay events the names of swimmers and the order in which they are to swim shall be submitted in *accordance with the Swimming NSW Entry procedures*. **Any changes to the swimmers and/or the order in which they are to swim must be submitted in writing to the Chief Recorder or delegate prior to the commencement of the sessions at which the relays are to be swum**”.

Medal Presentation

Swimming NSW TSC are introducing a new initiative at our meets. We would like to invite Club Coaches and Team Managers to submit events in which they would like to present medals.

Presentations are awarded to people on a first-come, first-served basis, so we invite you to select up to three (3) events in which you would like to present in case your first option is already taken. Please read more and submit your wishes [here](#).

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).

Posting of Results

Results and the time of posting are displayed on the SNSW website “Live Results” banner.

Restricted Areas

The diving boards, tower and the spa are **Out Of Bounds at all times**.

Thank you, and good luck to all swimmers and coaches.