

**SNSW TECHNICAL SWIMMING COMMITTEE
COACHES AND ATHLETES BRIEFING
STATE OPEN CHAMPIONSHIPS
MARCH 2020**

The NSW Open Championships will be held at Sydney Olympic Park Aquatic Centre (SOPAC) from 13th to 15th March 2020. This Meet consists of 6 Sessions which are run in a Heats and Finals format.

Meet information 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.

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 the Inspector of Turns and it will be swimmer's responsibility to adjust the ledge, and to make sure that it is locked in place after this adjustment.

Relay Procedures

The Chief 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***"

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.

Marshalling

Please note the SNSW Marshalling Procedure (GR 9.1.1) was amended by the SNSW Board in December 2017. GR 9.1.1 now reads ***"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 A swimmer failing to do so shall be deemed to be withdrawn***.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 the Rule.”

For this meet, the Event Management has determined that **swimmers must ensure they report to the Clerk of the Course to be marked present before the Heat of the Event in which the competitor is swimming is handed over to the Check Starter.**

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.

At any time during the Meet, a swimmer or swimmer’s representative is able to advise the Clerk of the Course in advance of a swimmer’s intention to compete or withdraw from an event(s) in which they are entered.

Taping

- The following uses of tape are **generally permitted** in competition and **advanced notification to the Technical Manager or Referee is recommended**:
 - a. Wound protection and closure.
 - Band-Aids, dressings, “Butterfly” type, etc. are normally permitted **with no advanced notification to the Technical Manager or Referee.**
 - 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 or Referee** 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 in the Finals session, 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.

Swimming New South Wales Technical Swimming Committee
March 2020