



2020 Swimming NSW State Open Championships

Sydney Olympic Park
Aquatic Centre

Friday 13th – Sunday 15th March, 2020

Information Booklet v1.

26/11/2019

The Information contained in this booklet is correct at the time of publication.

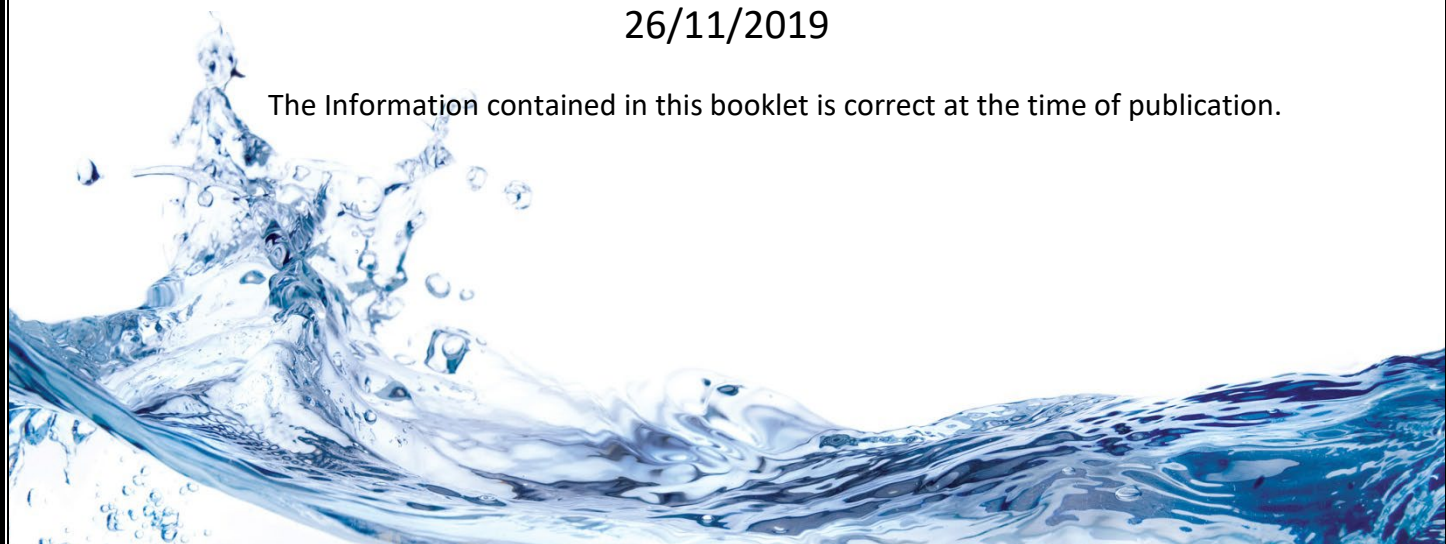


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SECTION ONE: GENERAL INFORMATION

1.1 SWIMMING NEW SOUTH WALES BOARD OF DIRECTORS

President
Directors

Chris Fydler OAM
Graham Towle OAM
Steve Traplin
Lynn Lonngren
Janelle Barnett
Mark Payne
David Goff
Benjamin Tuxford

Chief Executive Officer
Events Manager

Mark Heathcote
Greta Brodie

The information contained in this publication has been compiled, primarily for the benefit of Club Race Secretaries or the responsible Club Official and to assist Coaches in the preparation of swimmers for the SNSW State Open Championships.

Any enquiries concerning fixtures or meeting dates should be directed to:

Swimming New South Wales Ltd

PO Box 571

SYDNEY MARKETS NSW 2129

Telephone: (02) 9763 5833

Email: meet.entries@nsw.swimming.org.au

Website: nsw.swimming.org.au



1.2 SWIMMING NEW SOUTH WALES KEY EVENT STAFF CONTACT DETAILS

Events Manager – Greta Brodie
greta.brodie@nsw.swimming.org.au

Operations Manager – Josh Karp
josh.karp@nsw.swimming.org.au

Marketing & Communications Coordinator – Aliena Conciatore
aliena.conciatore@nsw.swimming.org.au

Finance Manager – Michelle Boon
finance@nsw.swimming.org.au



1.3 SWIMMING AUSTRALIA EVENT CALENDAR

DATE	MEET	VENUE
25 - 27 January, 2020	Australian Open Water Swimming Championships	Adelaide
07 - 14 April, 2020	Hancock Prospecting Australian Age Swimming Championships	Perth
17 - 21 April, 2020	Hancock Prospecting Australian Club Championships	Perth
14 - 19 June, 2020	Hancock Prospecting Australian Swimming Championships	Adelaide

1.4 2019/20 SWIMMING NSW EVENT CALENDAR

DATE	MEET	VENUE
25 - 26 January, 2020	NSW Country Regional Meets	Various
1 - 2 February, 2020	NSW Speedo Sprint Series HEATS	Various
21 - 23 February, 2020	SNSW Country Championships	SOPAC
29 February, 2020	NSW Speedo Sprint Series FINALS	SOPAC

1 March, 2020	NSW MC (Disability) Meet #1	SOPAC
7 - 8 March, 2020	SNSW Junior Metropolitan Championships	SOPAC
13 - 15 March, 2020	SNSW State Open Championships	SOPAC
28 - 29 March, 2020	SNSW Junior State Age Championships	SOPAC
14 - 17 May, 2020	Sydney Open	SOPAC

SECTION TWO: EVENT INFORMATION

2.1 EVENT DATE

The 2020 New South Wales State Open Championships will be held from Friday 13th March - Sunday 15th March 2020

2.2 EVENT VENUE

The 2020 New South Wales State Open Championships will be held at the Sydney Olympic Park Aquatic Centre, located on Olympic Boulevard within the Sydney Olympic Park Precinct.

2.3 ENTRY PROCEDURES

The following requirements apply to all NSW Meets. The responsible Club Official must certify that each entrant is eligible to compete and is the stipulated age in accordance with the Rules of Swimming New South Wales Ltd. Swimming NSW provides two methods for entry as outlined below:

- **ONLINE ENTRIES - for INDIVIDUAL and RELAY entries**

Online Entries will close: 5:00pm on Tuesday 3rd March 2020.

LONG COURSE and SHORT COURSE TIMES ACHIEVED SINCE 1ST JANUARY, 2019 CAN BE USED TO ENTER THIS MEET

- Competitors must enter with their long course entry times where possible, however if you enter using a Short Course entry time you will be entered on the Qualifying Time for that event
- An approved qualifying time must have been achieved, uploaded and approved by the specified closing time and date of the meet
- It is the responsibility of the person processing the online entries to ensure that all times listed in the system are legal and valid to the swimmer. Errors can happen in the OME system from time to time so we trust that stakeholders will not take advantage of this and use incorrect times to process entry into events they do not actually qualify for.

- Manual Entries will not be accepted
- Payment for online Individual and online Relay entries must be completed online via credit card at the time of processing in order to be accepted
- Individual Entries - \$19
- Relay Entries - \$38
- Swimming NSW does not take responsibility for any entries processed via AnotherPB or any other external avenue. Please ensure you have checked that your entries and payments were successful with these companies prior to the entry closing date to ensure your entries will be accepted on time

To ensure swimmers entry details are correct, Entry Lists will be published on the Swimming NSW website following the closing date. It is the competitor's responsibility to email meet.entries@nsw.swimming.org.au within 48 hours of the entry lists being posted to request corrections. Payment must be received by Swimming NSW within (2) days of the closing date.

Entries into the 2020 New South Wales State Open Championships will be available from the 1st of November 2019 via the Swimming NSW website at <https://nsw.swimming.org.au>

NSW Championship Entry Times should be related to the Course in which the Meet is to be conducted. Entrants must use the appropriate Entry Qualifying Time where applicable.

Entries for Swimming NSW meets will not be accepted if:

- Submitted by telephone or fax
- Entry Cards will no longer be accepted

2.4 RELAY ENTRIES

All Relay entries must be submitted by an authorised club official.

Swimming NSW requires that any Relay Only Swimmers must be entered into the Meet by the relevant closing date. Please ensure relay swimmers are chosen when entering via E Entry.

PLEASE NOTE: Should you wish to make any changes to your relay team, an updated relay form must be submitted to the Chief Recorder on race day prior to the start of the session in which the event will be contested. If you are adding new swimmers, you must include their DOB. Relay forms are not required if you are not making any changes.

Any further enquiries regarding entry procedures should be directed to Shannon Smith at greta.brodie@nsw.swimming.org.au or on (02) 8047 8503.

2.5 ENTRY FEES

Individual Events: \$19.00 (GST incl.)

Relay Events: \$38.00 (GST incl.)

2.6 PROGRAM OF EVENTS

The Program of Events at the 2020 New South Wales State Open Championships will be held over 3 days.

Distance Events (800m/1500m Freestyle) will be run as Timed Finals with the fastest heat held during the Finals Session.

Relay Events will be run as Timed Finals during the Finals Session.

The Program of Events for the 2020 New South Wales State Open Championships are included as Appendix A.

2.7 BACKSTROKE LEDGES

Backstroke Ledges will be made available for use at the 2020 New South Wales State Open Championships.

During warm-up, a ledge will be placed in Lane 0 of the Diving Pool from 8:15am on the morning of all heats sessions for specific backstroke starts.

A Backstroke Ledge will also be made available in Lane 0 of the Competition Pool from 8:15am on the morning of all heats sessions.

A ledge will also be available from 5:15pm on Friday and Saturday in Lane 0 of the Diving Pool for backstroke practice and from 4:45pm on Sunday.

2.8 B FINALS

B Finals will only be held where at least 25 swimmers contest that event (excluding events to be swum as Timed Finals).

2.9 QUALIFYING TIMES

The Qualifying Times for the 2020 New South Wales State Open Championships are included as Appendix B.

A Qualifying Time must have been achieved since the 1st of January, 2019.

NSW Championship Entry Times should be related to the Course in which the Meet is to be conducted. The following rules now apply for qualifying purposes:-

- (i) When qualifying for **Long Course** Championships, swimmers can use either a **Long Course** or **Short Course** qualifying time, however if entering using a **Short Course** time, their entry time will be **equal to** the qualifying time for that event.
- (ii) When qualifying for **Short Course** Championships, swimmers can use either a **Long Course** or **Short Course** qualifying time. Long Course qualifying times will be accepted given they have met the qualifying time without any conversion factor.

2.10 RULES

The 2020 New South Wales State Open Championships will be conducted under the Rules of Swimming New South Wales. A copy of the Rules is available from the Swimming NSW website <https://nsw.swimming.org.au>

2.11 CHAMPIONSHIP PROCEDURES

Obtain a Program and check your name against Event/s. If incorrect immediately see the Chief Recorder.

Marshalling Procedures

Any swimmer who fails to report personally to the Clerk of Course at least ten (10) minutes prior to the scheduled time for the start of that session if entered in the first or second events, or at the time of the start of an event at least two (2) events prior to the event in which they are entered shall be deemed to be withdrawn. It is permissible for a swimmer's representative to report to the Clerk of Course on their behalf. Where a swimmer has difficulty in reporting to the Clerk of Course by the required time, it is recommended that their representative report to the Clerk of Course on their behalf prior to the event closing. Once reported, a swimmer is not permitted to leave the marshalling area unless approval is first obtained from the Clerk of Course. All heats (including heats of 800 metres and 1500 metre freestyle) shall be deemed to be one event for the purpose of this rule.

For Example: If entered in Event 9, the swimmer must have personally reported to the Clerk of Course **before the start of** the first heat of Event 7.

Coaches or parents are not permitted to be in the Marshalling Area. Refer Swimming New South Wales Ltd. Swimming Rule SW10.17.

In the event of there being sufficient withdrawals from the heats of an event, which would enable the number of heats to be reduced, the Referee may at their discretion either amalgamate heats by filling vacant lanes in a heat or heats with those swimmers whose heat has been cancelled, or reseed the whole event.

All entrants in meets conducted by Swimming New South Wales must abide by, and be subject to all the rules, policies and procedures of the meet as decided from time to time by Swimming New South Wales Ltd.

Withdrawals

Swimmers who fail to report to the Clerk of Course by the specified time shall be a withdrawal.

Note:

The 800m Freestyle and 1500m Freestyle events will be swum as timed finals with the fastest heat swum in the finals session. Where the fastest heat is to be swum in the finals session, competitors must advise the Clerk of Course of their intent to swim in accordance with the Marshalling Procedures above.

Finals

In all State Championship events, finalists and reserves wishing to withdraw from a final shall do so in writing on the official form, signed by the swimmer or their authorised representative within 30 minutes following the posting of the result of the event in which the qualification took place.

Note:

1. 'B' Finals will be conducted for 200m and 400m events provided that twenty five (25) swimmers contest the heats of that event. The 'B' Final will be held immediately following the final of the event. There will be no reserves listed for the 'B' finals.
2. Where less than twenty five (25) swimmers contest the heat of that event, the ten (10) fastest swimmers from all the heats will comprise the final and the next two (2) fastest swimmers shall be reserves to replace qualifying swimmers who withdraw from the final.

An entrant / team not having withdrawn as stated above shall be deemed a late withdrawal except where there are medical reasons or proven hardships. A late withdrawal will incur a fine in accordance with Swimming New South Wales Ltd General Rule GR9.1.2.2

Medal Ceremony

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

Swimming NSW has recently seen an increase in the occurrence of either swimmers attending their medal presentation late and/or incorrectly attired or not attending the presentation at all. This behaviour is disrespectful to the other swimmers who have competed in the event.

In light of this, Swimming NSW requests that all swimmers must attend their medal presentation and be correctly attired to collect their medal. **Failure to do so will result in the forfeiture of the medal.**

If a swimmer needs to marshal or compete in another event, they must let the Presentation Officer know as soon as possible.

Finalist Ribbons

Finalist Ribbons must be collected during the session in which the finalist placing was achieved.

Condition of Entry

It is a condition of entry to all Swimming New South Wales conducted meets; that all Entry Times are able to be verified in accordance with the Swimming New South Wales procedures. It is the responsibility of the Club to ensure that these times are able to be verified. Should a swimmer swim slower than the qualifying time in a Swimming New South Wales conducted meet and the qualifying time of the participant is not able to be verified, then the swimmer will be fined in accordance with Swimming New South Wales General Rule GR7.7

2.12 STARTING INSTRUCTIONS

1. When the swimmers have been placed behind the starting platforms, the Announcer will announce the Event and Heat number, e.g. Event 4 Heat 3.
2. On the long whistle from the Referee, the swimmers shall step onto the starting platform and remain there. For Backstroke and Medley Relay events they shall immediately enter the water and a second long whistle shall bring them back to the starting position.
3. On the command **“Take your marks”**, the swimmers will immediately take up their starting positions with at least one foot at the front of the starting platform, or in the case of a Backstroke or Medley Relay event, their starting position in the water and remain stationary.
4. When all swimmers are stationary the Starter shall give the starting signal.
5. Any swimmer starting before the starting signal has been given, shall be disqualified. If the starting signal sounds before the disqualification is declared, the race shall continue and the swimmer or swimmers shall be disqualified upon completion of the race. If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining swimmers shall be called back and start again.

6. Swimmers must remain and finish in the lane in which they start, and will remain in the water in their lanes at the finish of the event. On the signal from the Referee swimmers are to leave the water by the side of the pool.
7. In an Individual Medley event, the sequence of strokes is Butterfly, Backstroke, Breaststroke, Freestyle. In a Medley Relay event, the sequence of strokes is Backstroke, Breaststroke, Butterfly, Freestyle.
8. In 800 and 1500 metre events, lap counters will be displayed at the turning end of the pool to advise the number of laps to be completed. A warning whistle will be given when each swimmer has two (2) lengths plus five (5) metres of the course to finish.

NOTE: If, because of the length of the program, “starting over the top” is used, swimmers from the preceding heat are to move to the side of the lane, against the finishing wall, and remain still. Where the next race will be backstroke the swimmers are to move down the lane rope towards the backstroke flags and remain still. When the next heat has started they should leave the pool by the sides as quickly as possible.

2.13 PRE EVENT TRAINING

Pre Event training is available on Thursday the 12th March 2020 at the following venue and times:

Auburn Ruth Everuss Aquatic Centre, 50m pool
Church Street, Lidcombe NSW 2141
4:00pm to 6:00pm

2.14 LONG TERM PRE EVENT TRAINING

Please contact the Events Manager at the Swimming New South Wales office on (02) 8047 8503 or by email: greta.brodie@nsw.swimming.org.au

2.15 SESSION TIMES

The 2020 New South Wales State Open Championships session times will be as follows:

Friday 13th - Sunday 15th March, 2020

Heats sessions will begin at 9:00am - all days

Finals sessions will begin at 6:00pm - Friday and Saturday

Finals session will begin at 5:30pm – Sunday

2.16 WARM UP TIMES AND PROCEDURES

Doors will open at 7:30am prior to ALL Heats Sessions and 4:30pm prior to Finals Sessions on Friday and Saturday and 4:00pm prior to Finals Session on Sunday.

Warm Up will be available prior to ALL Heats from 7:30am - 8:45am

Warm Up will be available prior to each Finals Session on Friday and Saturday from 4:30pm - 5:45pm.

Warm Up will be available prior to the Finals Session on Sunday from 4:00pm - 5:15pm

Warm up will commence 90 minutes before the advertised commencement of the session. The main competition pool will be cleared 15 minutes prior to the advertised start time of the session. The utility pool will be available for warm up and swim down until the end of the session. Coaches are asked to co-operate in giving every competitor the best opportunity possible to prepare for their events and to give extra consideration to the Multi Class lanes available for the Multi Class swimmers only.

Please consult the following Warm up Procedure Information and be aware of announcements to determine lane usage throughout the warm up period. Usage may be varied at the discretion of the Meet Director.

COMPETITION POOL

In the interest of swimmers safety, the following general pool procedures for the MAIN COMPETITION POOL must be observed throughout the meet: All lanes in the Main Competition Pool, with the exception of lanes 0 & 9 are NO DIVING lanes, with entry to the lane "feet first, from a sitting position". Swimmers can only push start, and should observe a "keep left" rule at all times.

Lanes 0 & 9 (Diving Pool end) are reserved throughout the whole of the warm up period for dive sprints and walk backs. Swimmers must clear the lane immediately, and must use caution when doing a Backstroke start. The usage of lanes 1 & 8 will change. Up until 15 minutes before the end of Warm Up they are reserved as circle swimming lanes. For the last 15 minutes they are reserved for dive sprints and walk backs and turn practice as per the Lane 0 & 9 instructions. Lanes 2 & 7 are reserved throughout the whole of the warm up period for Race Pace work only. Lanes 3 to 6 are reserved throughout the whole of the warm up period as circle swimming lanes.

DIVING POOL

In the interest of swimmers safety, the following general pool procedures for the DIVING POOL must be observed throughout the meet:

All lanes in the Diving Pool with the exemptions of Lanes 0 & 1 are NO DIVING lanes, with entry to the lane “feet first, from a sitting position”. Swimmers can only push start, and should observe a “keep left” rule at all times.

Lanes 0 & 1 are designated for the duration of warm up as being 25m Dive Sprints one-way (walk back) lanes. There is to be no entry from the western end of the pool into these lanes. Swimmers should clear the lanes immediately. Lanes 2 and 3 are designated for the duration of the meet for Race Pace work only. There is to be no entry from the western end of the pool into lanes 2 and 3. Swimmers should clear the lanes immediately. Lanes 4 - 10 are designated for the duration of the meet as circle swimming lanes. Lanes 11 & 12 are designated for the duration of the meet for the warm up and cool down of multi-class swimmers only.

A Copy of the Warm Up set up is included as [Appendix C](#).

2.17 FIELD OF PLAY ACCESS

Swimming New South Wales Ltd recognises that, from time to time, various people have the need to access the field of play during swim meets. By necessity access to this area is restricted and only persons authorised by Swimming New South Wales are permitted access.

All persons must have a valid Working with Children Check from 1st January, 2015. Authorised personnel includes but is not limited to:

- Appointed Technical Officials & Volunteers (*must have a valid Working with Children Check*)
- Swimmers who are entered in events of the swim meet
- Accredited Coaches who are current members of ascta
- One pre-nominated team manager or where no accredited coach or pre-nominated manager, a swimmer’s parent who has been approved by Swimming NSW staff (*must have a valid Working with Children Check*)
- Sport Science staff who have been approved by Swimming NSW staff (*must have a valid Working with Children Check*)
- SNSW Staff
- Security personnel and venue lifeguards
- Media personnel
- Swimming NSW invited guests

All of whom require physical access to pool deck and the area of competition as part of their function.

The Swimmers’ change rooms/toilets are part of the “Field of Play” and are out of bounds for non-swimmers, including parents and coaches. For further clarification, please refer to the [Field of Play Access Policy](#) on the Swimming NSW Website.

The granting, controlling, and monitoring of the physical access to the pool deck and the area of competition is important to the safety of persons authorised.

Coaches must display their current ascta membership card at all times on pool deck.

Individuals that require pool access to assist swimmers in the event that their Club coach cannot attend or they do not have a Club coach, may apply to Swimming NSW to be granted pool deck access by filling in the [Application Form](#) and completing the [Working With Children](#) declaration.

Sport Science staff and Team managers may apply to Swimming New South Wales prior to the meet. Sport Science Staff and Team Managers must display their pool deck accreditation at all times.

This access privilege may be revoked at any time by the Board, its authorised representatives, or the Technical Manager.

2.18 DOPING CONTROL

The Australian Sports Anti Doping Authority (ASADA) has been notified of the event, and may conduct random testing during the 2020 New South Wales State Open Championships.

NOTICE: All event participants are potentially subject to ASADA anti-doping testing at this event.

For further details regarding ASADA anti-doping procedures and information, please follow the links to the ASADA website: www.asada.gov.au

By entering this event, you agree to accept that you have been warned of the potential to be selected for anti-doping testing and will comply with any anti-doping testing if required.

WARNING: Swimmers are also warned that inadvertent doping offences are generally due to the use of particular supplements. Athletes are responsible for any sports drink, food, supplement, medication etc. ingested so should check the contents or ingredients of any product to ensure that they do not contain any banned or prohibited substances.

Check your substances here: <http://www.asada.gov.au/substances/index.html>

Get Educated: It is recommended that all athletes competing at this event have a minimum Level 1 ASADA Certificate

For more information and to take the ASADA Online Course, click here:

[Get educated: ASADA online course](#)

2.19 EVENT TICKETING

Tickets for the 2020 New South Wales State Open Championships are on sale now. Event tickets can be pre-purchased from The Ticket Booth by clicking [HERE](#). Pre purchased tickets will be emailed out to each customer upon submitting payment.

Tickets will be available for purchase at the gate throughout the event.

2.20 EVENT PROGRAMS

Event Programs are available for purchase with your meet tickets prior to the event through [The Ticket Booth](#). Pre-purchased programs will be picked up at the gate upon entry to the event. Programs will be available for purchase throughout the event. Finals Programs will be available for purchase at the gate prior to each finals session from 4:30pm.

2.21 COMPETITOR PASS/ACCREDITATION

No competitor passes will be issued for the 2020 NSW State Open Championships. All competitors will have free admission to the venue. All children under the age of 18 will have free admission to the venue. Please note that proof of age may be requested.

2.22 PARKING

Parking for the Sydney Olympic Aquatic Centre is available in the P2 and P3 car parks. Spectators are entitled to \$18 Carnival flat rate parking if you park in P2 (the Sydney Olympic Park Aquatic Centre car park). Please ensure that you have your ticket validated at the front entrance to the pool to secure this Carnival rate.

Please note: if you park in the overflow area which requires you to “pay and display” you will not be eligible to receive the Carnival \$18 flat rate parking.

2.23 LOST PROPERTY

All lost property should be handed in to the Duty Supervisors room at the Northern end of the Competition Pool, or to the Pool Attendants on duty.

2.24 MEDICAL ISSUES

By entering this event, competitors (or legal guardian) are declaring that they are fit to compete. In the event that an entrant experiences a medical issue whilst competing at, or during a New South Wales Championships, the entrant will be required to provide a medical clearance from a health care professional before being allowed to resume competition at that Championship. The Meet Director will have the sole authority to adjudicate on this rule. Please refer to GR 3.3.

2.25 MEDICAL SERVICES

Sydney Sports Medicine Centre

Level 2, NSWIS Building

6 Figtree Drive

Sydney Olympic Park NSW 2127

Phone: (02) 9764 3131

Pikes Pharmacy

9/5 Australia Ave

Sydney Olympic Park NSW 2127

Phone: (02) 9746 2072

Priceline Pharmacy

Ground Floor

Rhodes Shopping Centre

Phone: (02) 9743 3965

2.26 ACCOMMODATION

For your accommodation requirements please contact the Events Manager at the Swimming New South Wales office on (02) 9763 5833 or by email: greta.brodie@nsw.swimming.org.au

2.27 SWIM SHOP

For all your swimming equipment and apparel needs while attending the 2019 New South Wales State Open Championships, Swimming New South Wales recommends the Swim Shop located within the Sydney Olympic Park Aquatic Centre.

2.28 CAR HIRE

Swimming New South Wales recommends Thrifty car rental to interstate and international teams attending the 2019 New South Wales State Open Championships. Thrifty car rental has a range of locations across the greater Sydney metropolitan area, including the Domestic and International airports. To book your transport call 1300 367 277 or go to www.thrifty.com.au



Appendix A

NSW State Open Championships Sydney Olympic Park Aquatic Centre 13 – 15 March 2020

Day One HEATS Friday 13 March, 9:00am			Day One FINALS Friday 13 March, 6:00pm		
1	Men's 400m Freestyle		1	Men's 400m Freestyle	
2	Women's 50m Butterfly		2	Women's 50m Butterfly	
3	Men's 200m Butterfly		3	Men's 200m Butterfly	
4	Women's 100m Breaststroke		4	Women's 100m Breaststroke	
101	Men's 11 & O 50m MC Freestyle		101	Men's 11 & O 50m MC Freestyle	
102	Women's 11 & O 50m MC Freestyle		102	Women's 11 & O 50m MC Freestyle	
5	Men's 50m Breaststroke		5	Men's 50m Breaststroke	
6	Women's 100m Freestyle		6	Women's 100m Freestyle	
7	Men's 100 Freestyle		7	Men's 100 Freestyle	
8	Women's 400 Individual Medley		8	Women's 400 Individual Medley	
9	Women's 200m Backstroke		9	Women's 200m Backstroke	
103	Men's 11 & O 200m MC IM		103	Men's 11 & O 200m MC IM	
104	Women's 11 & O 200m MC IM		104	Women's 11 & O 200m MC IM	
10	Men's 50m Backstroke		10	Men's 50m Backstroke	
*11	Women's 800m Freestyle	Timed Finals	*11	Women's 800m Freestyle	Timed Finals
			12	Women's 4x100m Club Medley Relay	Timed Finals
			13	Men's 4x100m Club Medley Relay	Timed Finals

* Fastest Heat to be swum in the Finals Session

ENTRIES CLOSE 5PM TUESDAY 3 MARCH 2020

ENTRY FEE \$19 PER INDIVIDUAL EVENT \$38 PER RELAY EVENT (GST INCLUSIVE)

NOTE: 'B' Finals will be conducted for all events provided that twenty-five (25) swimmers contest the heats of that event. 800m & 1500m Freestyle events will be swum as timed finals with the fastest heat swum in the finals session. No 'B' Finals will be conducted for Multi Class Events. Each Multi Class Final will consist of ten (10) swimmers, with priority given to the top three (3) swimmers of each Class.



NSW State Open Championships

Sydney Olympic Park Aquatic Centre

13 - 15 March 2020

Day Two HEATS Saturday 14 March, 9:00am			Day Two FINALS Saturday 14 March, 6:00pm		
14	Women's 400m Freestyle		14	Women's 400m Freestyle	
15	Men's 50m Butterfly		15	Men's 50m Butterfly	
16	Women's 100m Butterfly		16	Women's 100m Butterfly	
105	Men's 11 & O 100m MC Butterfly		105	Men's 11 & O 100m MC Butterfly	
106	Women's 11 & O 100m MC Butterfly		106	Women's 11 & O 100m MC Butterfly	
17	Men's 200m Freestyle		17	Men's 200m Freestyle	
18	Women's 100m Backstroke		18	Women's 100m Backstroke	
19	Men's 100m Breaststroke		19	Men's 100m Breaststroke	
107	Men's 11 & O 400m MC Freestyle		107	Men's 11 & O 400m MC Freestyle	
108	Women's 11 & O 400m MC Freestyle		108	Women's 11 & O 400m MC Freestyle	
20	Women's 200m Breaststroke		20	Women's 200m Breaststroke	
21	Men's 200m Backstroke		21	Men's 200m Backstroke	
22	Women's 50 Freestyle		22	Women's 50 Freestyle	
23	Men's 200m Individual Medley		23	Men's 200m Individual Medley	
109	Men's 11 & O 100m MC Backstroke		109	Men's 11 & O 100m MC Backstroke	
110	Women's 11 & O 100m MC Backstroke		110	Women's 11 & O 100m MC Backstroke	
*24	Men's 800m Freestyle	Timed Finals	*24	Men's 800m Freestyle	Timed Finals
			25	Women's 4x200m Club Freestyle Relay	Timed Finals
			26	Men's 4x200m Club Freestyle Relay	Timed Finals

* Fastest Heat to be swum in the Finals Session

ENTRIES CLOSE 5PM TUESDAY 3 MARCH 2020

ENTRY FEE \$19 PER INDIVIDUAL EVENT \$38 PER RELAY EVENT (GST INCLUSIVE)

NOTE: 'B' Finals will be conducted for all events provided that twenty-five (25) swimmers contest the heats of that event. 800m & 1500m Freestyle events will be swum as timed finals with the fastest heat swam in the finals session. No 'B' Finals will be conducted for Multi Class Events. Each Multi Class Final will consist of ten (10) swimmers, with priority given to the top three (3) swimmers of each Class.



NSW State Open Championships

Sydney Olympic Park Aquatic Centre

13 - 15 March 2020

Day Three HEATS Sunday 15 March, 9:00AM			Day Three FINALS Sunday 15 March, 5:30PM		
27	Women's 200 Butterfly		27	Women's 200 Butterfly	
28	Men's 100m Butterfly		28	Men's 100m Butterfly	
29	Women's 50m Breaststroke		29	Women's 50m Breaststroke	
30	Men's 200m Breaststroke		30	Men's 200m Breaststroke	
111	Men's 11 & O 100m MC Freestyle		111	Men's 11 & O 100m MC Freestyle	
112	Women's 11 & O 100m MC Freestyle		112	Women's 11 & O 100m MC Freestyle	
31	Women's 200m Freestyle		31	Women's 200m Freestyle	
32	Men's 50m Freestyle		32	Men's 50m Freestyle	
33	Women's 200m Individual Medley		33	Women's 200m Individual Medley	
34	Men's 400m Individual Medley		34	Men's 400m Individual Medley	
35	Women's 50m Backstroke		35	Women's 50m Backstroke	
113	Men's 11 & O 100m MC Breaststroke		113	Men's 11 & O 100m MC Breaststroke	
114	Women's 11 & O 100m MC Breaststroke		114	Women's 11 & O 100m MC Breaststroke	
36	Men's 100m Backstroke		36	Men's 100m Backstroke	
*37	Men's 1500m Freestyle	Timed Finals	*37	Men's 1500m Freestyle	Timed Finals
*38	Women's 1500m Freestyle	Timed Finals	*38	Women's 1500m Freestyle	Timed Finals
			39	Women's 4x100 Club Freestyle Relay	Timed Finals
			40	Men's 4x100 Club Freestyle Relay	Timed Finals

* Fastest Heat to be swum in the Finals Session

ENTRIES CLOSE 5PM TUESDAY 3 MARCH 2020

ENTRY FEE \$19 PER INDIVIDUAL EVENT \$38 PER RELAY EVENT (GST INCLUSIVE)

NOTE: 'B' Finals will be conducted for all events provided that twenty-five (25) swimmers contest the heats of that event. 800m & 1500m Freestyle events will be swum as timed finals with the fastest heat swam in the finals session. No 'B' Finals will be conducted for Multi Class Events. Each Multi Class Final will consist of ten (10) swimmers, with priority given to the top three (3) swimmers of each Class.

**NSW State Open Championships
Sydney Olympic Park Aquatic Centre
13 - 15 March 2020**

QUALIFYING TIMES

MEN		WOMEN
FREESTYLE		
25.60	50m	28.50
54.50	100m	1:01.50
2:00.00	200m	2:12.00
4:20.50	400m	4:40.00
9:10.00	800m	9:25.00
16:50.00	1500m	18:15.00
BACKSTROKE		
30.50	50m	33.00
1:04.50	100m	1:10.50
2:18.50	200m	2:36.00
BREASTSTROKE		
33.50	50m	38.00
1:12.00	100m	1:21.50
2:37.00	200m	2:53.50
BUTTERFLY		
27.80	50m	31.00
1:00.00	100m	1:09.00
2:15.00	200m	2:34.50
INDIVIDUAL MEDLEY		
2:19.00	200m	2:33.50
4:57.00	400m	5:20.00
CLUB RELAYS		
3:58.00	4x100 F/S	4:22.00
8:35.00	4x200 F/S	9:18.00
4:26.00	4x100 Med	4:50.00

ENTRIES CLOSE 5PM TUESDAY 3 MARCH 2020

ENTRY FEE \$19 PER INDIVIDUAL EVENT \$38 PER RELAY EVENT (GST INCLUSIVE)

NSW State Open Championships Multi-Class Qualifying Times

Women	50m Free	100m Free	400m Free	50m Back	100m Back	50m Fly	100m Fly		50m Breast	100m Breast		200m IM
S1	2:07.08	4:30.00		2:05.00	4:31.65			SB1	2:35.40			
S2	1:52.82	4:04.70		2:01.20	4:56.25			SB2	1:52.50			
S3	1:29.60	3:05.30		1:32.10	3:18.00	1:41.50		SB3	1:23.70	3:13.80		
S4	58.65	2:14.70		1:13.30	2:48.50	1:25.80		SB4	1:20.80	2:51.20		
S5	54.40	1:58.10		1:03.95	2:40.00	1:00.70		SB5	1:14.65	2:45.90	SM5	4:49.50
S6	53.82	1:59.10	9:03.40	1:17.30	2:12.50	58.50	2:35.00	SB6	1:11.30	2:36.30	SM6	4:58.70
S7	51.90	1:51.50	8:43.25	1:04.70	2:08.20	57.60	2:09.70	SB7	1:07.80	2:22.90	SM7	4:50.10
S8	47.60	1:43.00	7:37.40	59.80	1:57.50	59.35	2:03.10	SB8	1:07.60	2:02.00	SM8	4:27.30
S9	44.05	1:33.80	7:16.90	55.45	1:45.20	50.30	1:51.20	SB9	1:05.20	1:55.00	SM9	4:04.60
S10	42.55	1:32.20	7:00.00	54.40	1:50.75	54.90	1:42.90				SM10	3:49.70
S11	49.35	1:47.00	8:04.40	57.80	2:03.20	56.80	2:00.20	SB11	1:02.30	2:14.10	SM11	4:26.00
S12	42.10	1:29.72	7:18.40	52.80	1:44.50	47.50	1:41.00	SB12	59.10	2:06.70	SM12	3:47.90
S13	40.95	1:29.50	6:55.00	54.40	1:43.60	47.40	1:38.60	SB13	57.20	1:55.20	SM13	3:38.60
S14	43.25	1:33.30	7:06.40	48.68	1:44.30	46.50	1:44.20	SB14	55.30	2:02.00	SM14	3:49.30
S15	40.95	1:28.90	6:40.70	51.90	1:42.50	46.20	1:37.80	SB15	55.30	1:51.70	SM15	3:38.30
S16	47.40	1:46.30	8:43.70	56.35	2:24.00	52.00	1:48.30	SB16	1:05.70	2:24.20	SM16	4:43.70

Men	50m Free	100m Free	400m Free	50m Back	100m Back	50m Fly	100m Fly		50m Breast	100m Breast		200m IM
S1	1:43.20	3:48.30		2:01.40	4:48.50			SB1	2:19.80	5:24.40		
S2	1:29.82	3:15.20		1:41.70	3:19.20			SB2	1:28.10	3:19.40		
S3	1:09.90	2:38.80		1:18.80	3:05.70	1:33.30		SB3	1:13.70	2:52.70		
S4	56.80	2:04.40		1:08.70	2:31.90	1:10.30		SB4	1:20.80	2:25.40		
S5	49.35	1:53.60		56.80	2:23.50	58.90		SB5	1:03.60	2:16.00	SM5	4:38.60
S6	46.50	1:41.80	7:59.90	55.80	1:56.60	48.80	1:53.60	SB6	1:06.10	2:16.40	SM6	4:13.60
S7	42.80	1:33.50	7:19.50	53.40	1:52.50	49.80	1:56.30	SB7	58.80	2:05.60	SM7	4:07.80
S8	41.10	1:29.60	7:03.10	52.20	1:43.60	47.80	1:40.10	SB8	55.30	1:47.30	SM8	3:46.80
S9	39.45	1:27.60	6:37.20	49.80	1:37.20	46.20	1:36.30	SB9	50.40	1:49.90	SM9	3:33.70
S10	36.95	1:20.30	6:05.10	45.80	1:31.90	40.40	1:29.10				SM10	3:22.90
S11	38.80	1:24.80	6:29.80	50.30	1:43.50	50.30	1:35.00	SB11	51.90	1:48.10	SM11	3:33.80
S12	37.85	1:24.10	6:22.80	45.50	1:35.70	41.50	1:28.20	SB12	49.30	1:44.80	SM12	3:29.60
S13	36.90	1:22.20	6:23.10	45.40	1:35.30	43.40	1:30.50	SB13	47.50	1:41.80	SM13	3:28.80
S14	37.85	1:22.70	6:35.30	45.90	1:35.30	40.70	1:30.30	SB14	45.30	1:39.20	SM14	3:26.40
S15	35.55	1:18.70	5:48.90	42.00	1:28.80	39.20	1:26.10	SB15	46.50	1:34.30	SM15	3:04.30
S16	41.30	1:32.30	8:11.30	49.35	1:51.40	43.80	2:20.00	SB16	50.80	1:59.60	SM16	4:06.70

Appendix C

WARM UP SET UP FOR COMPETITION POOL

NORTHERN END (Overhead walkway)

9	8	7	6	5	4	3	2	1	0
Turns From 15m	Circle only keep left	Race Pace	Circle only keep left	Circle only keep left	Circle only keep left	Circle only keep left	Race Pace	Circle only keep left	Turns From 15m
	Turns From 15m Last 15 minutes							Turns From 15m Last 15 minutes	
	Dive Sprints last 15 minutes							Dive Sprints last 15 minutes	
Dive Sprints One Way walk back	Circle only keep left	Race Pace	Circle only keep left	Circle only keep left	Circle only keep left	Circle only keep left	Race Pace	Circle only keep left	Dive Sprints One Way walk back
9	8	7	6	5	4	3	2	1	0

SOUTHERN END

WARM UP SET UP FOR 25m DIVING POOL

0	No Entry to Pool		25m Dive Sprints one way. Walk back	0
1	No Entry to Pool		25m Dive Sprints one way. Walk back	1
2	Race Pace Lane. NO Entry		Race Pace Lane. NO Diving	2
3	Race Pace Lane. NO Entry		Race Pace Lane. NO Diving	3
4	Circle only. Keep left. NO Diving		Circle only. Keep left. NO Diving	4
5	Circle only. Keep left. NO Diving		Circle only. Keep left. NO Diving	5
6	Circle only. Keep left. NO Diving		Circle only. Keep left. NO Diving	6
7	Circle only. Keep left. NO Diving		Circle only. Keep left. NO Diving	7
8	Circle only. Keep left. NO Diving		Circle only. Keep left. NO Diving	8
9	Circle only. Keep left. NO Diving		Circle only. Keep left. NO Diving	9
10	Circle only. Keep left. NO Diving		Circle only. Keep left. NO Diving	10
11	MC circle only. Keep left.		MC circle only. Keep left.	11
12	MC circle only. Keep left.		MC circle only. Keep left.	12



Appendix D



APPLICATION FOR SPORTS SCIENCE/SUPPORT STAFF ACCREDITATION AT SWIMMING NSW CHAMPIONSHIP MEETS

Name : _____ Club : _____

Position : _____

Name of Meet Attending : _____

No. of swimmers attending the meet: _____

1-5 = 1 support staff
6-10 = 2 support staff
11-15 = 3 support staff
16-20 = 4 support staff
20+ = 5 support staff

Name/s of support staff applying :

- | | |
|-----------|-----------|
| 1. _____ | 11. _____ |
| 2. _____ | 12. _____ |
| 3. _____ | 13. _____ |
| 4. _____ | 14. _____ |
| 5. _____ | 15. _____ |
| 6. _____ | 16. _____ |
| 7. _____ | 17. _____ |
| 8. _____ | 18. _____ |
| 9. _____ | 19. _____ |
| 10. _____ | 20. _____ |

**These names should not include Coaches.*

Only those who are sport scientists or support staff

☐ Prohibited Employment Declaration Form (Working with Children Background Check) filled in and attached.

This form is available for download from the Swimming NSW website at <https://nsw.swimming.org.au> under Club & Area Information -> Working With Children Check.

Please send this form to: greta.brodie@nsw.swimming.org.au

Greta Brodie - Events Managers
Swimming NSW, PO Box 571, Sydney Markets NSW 2129