

**SNSW Technical Swimming Committee
COACHES AND ATHLETES BRIEFING
SUMMER 2022-23**

The **SNSW Country Championships** will be held at SOPAC on Friday 17th to Sunday 19th February 2023. Information on the Meet is as detailed below.

Technical Director

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

Coaches Meeting

The Technical Manager will be available for a coaches meeting an hour and a quarter prior to the first session and then during warm up each morning if there are any matters that arise in the course of the meet.

Rules

The Meet will be conducted under SNSW Rules.

Heats will be conducted in order of **fastest to slowest**.

The program of events will be finalised before the meet and this program will be final. No reseeding or modifications to lane allocations will be made, except as outlined below for 400m events and above unless, at the discretion of the Referee and Technical Manager, a simple amalgamation is available in the slowest heats. A copy of the program will be placed on the Swimming NSW web site on Wednesday night prior to the meet. Meet Mobile will also have these details on the day of competition. If it is deemed that we may be able to reseed due to the withdrawal of athletes in 400m, 800m & 1500m events swimmers will be notified by announcement. Athletes may inform SNSW if they are withdrawing from events via meet.entries@nsw.swimming.org.au

Protests

Team Managers, Coaches and Competitors may appeal a disqualification, or any other issue which has had a negative impact on that competitor. The process provides an opportunity for the Referee, and subsequently a Jury of Appeal, to review a decision based on any information that is provided that may lead to a different decision.

SNSW GR23 is the applicable rule and the procedures can be found [here](#).

The protest must be made to the Referee by the responsible team leader. It must be in writing and accompanied by a deposit of \$100.00 within thirty (30) minutes following the conclusion of the respective event, usually the posting of the result. The deposit is refundable if the protest is upheld.

If conditions causing a potential Protest are known before the competition, the Protest must be lodged prior to the starter's signal being given.

The protest process is a valuable and necessary part of swimming and protests should be brought to the Referee's attention promptly. All protests are considered by the Referee who may accept or reject the protest.

The protestor may appeal against a rejection to the Jury of Appeal. The decision of the Jury shall be final.

Social Distancing

Parents, club managers, and coaches are responsible for ensuring that their team members adhere to social distancing in the stadium and warm up pool at all times.

The Swimming NSW Event Manager has been appointed as the Covid Safety Officer for the meet.

Coaches and Swimmers are required to maintain social distancing at all times. Swimmers are not permitted to remain on pool deck when they are not proceeding to marshalling or the warm up pool. Athletes are required to leave the pool deck immediately after their race or cool down.

Warm Up Pool

- Maximum of Ten (10) Swimmers per lane at any one time.

Marshalling

- Swimmers are responsible for being ready to take their position on the starting platform or in the water when whistled up by the Referee.
- Swimmers will have assisted self-marshalling at this meet. Check Starters will be available to assist, support and direct swimmers on the pool deck when requested by the swimmer. The Help Desk clerk in the call room will indicate when the next heat is required to move to the area behind the blocks.
- Swimmers are expected to know what event, heat and lane they will be swimming in from the published program. Copies of the race sheets will be posted in the call room.
- Swimmers will **report to the area behind the blocks**, for their event preferably via the call room, as per the following process.
 - **The fastest heats will report first.**

In order to avoid congestion and ensure social distancing, swimmers need only be available to enter the call room or the areas behind the blocks

- **Four (4) heats prior** to their heat for 50m, 100m and 200m events.
- For events 400m and more, **two (2) heats prior** to their event.
- The **first heats of sessions** should report **5 minutes prior** to the scheduled start time.
- After the start of the previous heat, swimmers may progress to the next deck position without causing any interference to technical officials. Swimmers are expected to be behind the starting platform ready for the whistles to start their heat.
- Swimmers will not be prevented from swimming if they only make it to their seat one heat prior to their event. If they miss their heat they need to alert a technical official and they will be placed in a spare lane if it becomes available.
- The Referee will ultimately make decisions as to entitlement to swim.
- Swimmers will have the option to either report directly to the row of chairs behind each lane or proceed through the Call Room area to pool deck. There will be technical officials there to assist swimmers if needed. These Officials will be available for athletes, team managers and coaches to find information on events, withdraw swimmers and make enquiries.
- Swimmers will leave clothing so that it is able to be collected without re-entering the competition area after their event.

- Swimmers exiting the pool after events will move to the swim down pool via designated exits and the rear corridors. One exit is located near the Coaches Room, another on the start side near the walkway exit and two exits in the warm up pool fencing behind the start area.
- Where a swimmer has entered, but will not be in attendance for a day, or the whole meet, the Recorders should be advised prior to the commencement of the day's competition.
- We look forward to your assistance and cooperation in making this change a success and that it will benefit the performance of our athlete's.

Heats for Distance Events

When listed to swim in the Finals program in 1500m and 800m freestyle and 400 individual medley events, swimmers or their representatives, are required to advise their intent to contest the final prior to the commencement of that event in the heat session. This may also be notified at any Coaches briefing that may be held prior to the heat session. A program for swimmers to mark themselves off will be available in the Call Room area. Swimmers listed to swim in the finals program, who fail to report during the heats session, will be deemed to be withdrawals, and their lane filled by another swimmer.

Withdrawal from Finals

Where Finals are to be contested, results of heats will be displayed on the window at the rear of the Call Room on the lane 9 side. Withdrawal forms will available at the Help Desk table.

Marshalling for Finals Sessions.

Swimmers for all events will be required in the call room (marshalling) area near the warm up pool, two (2) events prior to their event. The first two events of each final session should report ten (10) minutes prior to the scheduled session starting time.

Para-swimmers and Multi Class event information

Para-swimmers competing in able bodied events are required to report with their classification card to the Referee prior to each Session, where their exceptions have not already been submitted with their entries for the MC events on the program.

Each Support Staff member for Para-swimmers must wear their Pool Deck Accreditation tag while in the Call Room, and on Pool Deck. Support Staff must comply with the applicable SNSW Para Swimming rules when they are on 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 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.

Taping

1. The following uses of tape are **generally permitted** in competition and **advanced notification to the Technical Manager is recommended**:
 - 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.
2. 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.
 3. Casts and splints 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.

Smart Devices, Training Aids and Competition Rules

A reminder to all swimmers, parents, guardians and coaches about NSW Swimming Rule SW10.7. This rule states that:

4. “No swimmer shall be permitted to use or wear any device...that may aid their speed, buoyancy or endurance during a competition”.

Inclusive swimwear policy

A swimmer wishing to wear modified or alternate swimwear is required to present that swimwear to the Technical Manager or Meet Referee prior to the swimmer’s first session of competition. Further information in respect to this policy is available at <http://www.swimming.org.au/inclusion> and at SNSW Rule GR19 General Swimwear Policy.

Timekeeper Roster

Timekeepers are very important to the successful running of a meet. In the event of a “soft touch” or failure to activate the touch pad, the time recorded by the Timekeepers becomes the official time. Thank you to Clubs providing Timekeepers at this Meet.

When on Pool Deck please remember –

- If you have been allocated as a Timekeeper at the commencement of a Session, please report to the Chief Timekeeper in the designated room at least 30 minutes prior to the session commencing,
- Please bring your own drink bottles.
- You may be replaced at **hourly intervals on the hour**.
- No mobile phones are allowed on Pool deck. If you need to be contactable, please leave your phone with the SNSW Staff Member
- As athletes are concentrating on their race, please avoid conversations with swimmers, unless initiated by the swimmer.
- Refrain from talking and maintain silence during the period between the Referee’s long whistle and the point where the starting signal is activated by the Starter.
- Timekeepers in all lanes are required to step onto the end of the pool when the leading swimmer has 15m to swim.
- Watch the swimmer in your lane until the flags then look down the face of the wall.
- Press your button when any part of the swimmer makes contact with the wall.

- Should a timekeeper notice anything unusual about a finish, such as a “soft touch”, touch pad failure or any other abnormal event, they should record the details on your program and advise the Chief Timekeeper.
- Timekeepers should note that the correct swimmer is in the lane. They should promptly advise the Chief Timekeeper if they believe that an incorrect swimmer is in the lane.

Thank you and good luck to all swimmers and coaches.