

A larger version of the logo, with the map of Australia on the left and the text '20 JNR' in large orange letters, '24 PAN PACS' in smaller orange letters, and 'CANBERRA' in orange letters below.

21<sup>st</sup> -24<sup>th</sup> August 2024

TEAM LEADERS HANDBOOK

## COMPETITION INFORMATION

### ELIGIBILITY

- The competition is restricted to athletes who are 13 to 18 years. Age will be determined as of the 31st of December. For 2024, athletes born in 2006, 2007, 2008, 2009, 2010 and 2011 will be eligible.
- All non-LEN (non-European) nations will be invited to the meet.
- All athletes (from all nations) that competed in the Olympic Games, long course World Championships and/or the Pan Pacific Championships (either individually or on a relay) will NOT be permitted to swim at the Junior Pan Pacific Championships in that same calendar year.
- \* **Note:** An exception has been agreed to by the Charter Nations to allow athletes who competed at the rescheduled World Championships held in Doha in 2024 who are not selected in their countries 2024 Olympic team, to compete at the 2024 Junior Pan Pacific Championships in Canberra.
- An athlete who competes at the World Aquatic Championships in the Open Water events can compete in the Junior Pan Pacific Pool Championships in the same year of competition.

### ENTRIES

- Each country may enter an unlimited number of swimmers in the heats in each event.
- In events that there are timed finals, a maximum of two (2) swimmers per country are permitted to swim in the fastest heat of that event.
- In events that are Timed Finals and have eight (8) swimmers or less entered in the entire event, a country will be permitted to have more than two swimmers in the fastest heat. These additional swimmers will be seeded behind all swimmers conforming to the two per country rule, in one of the outside lanes of the heat. These swimmers do not have to be designated prior to the race, but only the fastest two swimmers from any one country will be permitted to score in the top eight (8).
- Entry period for timed finals will be 18 months prior to start of the competition.
- In events that have heats and finals, a maximum of two (2) swimmers per country are permitted to advance to the finals.
- In individual, timed final races only, if there are nine or 10 swimmers entered, and the pool has 10 lanes and does not have marketing banners in the outside lanes, nine or 10 swimmers will be permitted to swim in the timed final at night.
- Note when we are in a 10 lane pool and if there are less than 10 entries the swimmers regardless of numbers from each nation can progress to a straight final in the finals session, the same would apply to an 8 lane pool and if they are 8 or less entries (maximum of 2 from each country will score)
- In events when A and B Finals are conducted, only two (2) swimmers per nation shall be allowed to qualify for the A Finals. When one nation has qualified more than two (2) swimmers for an A final event, only the fastest two (2) swimmers (after scratches) shall advance. If a country has two (2) athletes in the A Final, that country may also qualify two (2) additional athletes to the B Final. If the country has only one (1) athlete in the A Final, that country may have up to two (2) athletes in the B Final. If the country has zero (0) athletes in the A Final, that same country may qualify up to three (3) athletes in the B Final.

### Example

- In the 100 Backstroke, Country XYZ has athletes qualify 1st, 2nd, 4th, 7th and 8th in the morning heats. For the finals, the athletes who qualified 1st and 2nd will swim in the A Final. The athletes who qualified 4th and 7th will swim in the B Final, and the athlete who qualified 8th will not swim in either the A or B Finals.

### OTHER ENTRY ISSUES

- In the situation when B Finals are swum, and there are not eight (8) athletes in that heat (due to #5 above), that heat may be filled by the 5th, 6th, etc. athlete from a particular country, based on preliminary times.
- Example: There are 14 athletes entered in an event, which will mean that the B final will not be full. If Country XYZ has five athletes in that event, the 5th fastest from Country XYZ will be permitted to swim in an outside lane in the B final. These athletes may not count in the team score.
- Relays - Each country may enter up to one team in each relay event to swim in the final heat and count toward the team score. Countries may also enter a “B” relay that will swim in a preceding heat. These “B” relays may not score points and are not eligible for medals.

[24JPP Swimmer Entry Form](#) – to be submitted to Shannon Smith ([Shannon.smith@swimming.org.au](mailto:Shannon.smith@swimming.org.au) by 9am **5th August 2024**) *Download form before editing.*

### COMPETITION

- Semifinals will not be held in this meet.
- The 50 Backstroke, 50 Breaststroke and 50 Butterfly will not be conducted in this meet.
- The 400 Freestyle and 400 Individual Medley will have heats and finals.
- Timed finals will be conducted for the 800 Freestyle and 1500 Freestyle and all relays.
- Early heats of the 800 and 1500 Freestyle events will be swum at the end of the preliminary heats on that day, fastest to slowest, alternating women and then men. The fastest timed final heat will be swum with the finals.
- All relays will be swum with the finals’ session.
- The maximum team size will be 40 for the pool team.

### SCORING & AWARDS

- A team trophy will be given to the country that scores the most points based on the following scoring system:
  - Individual Events: 9-7-6-5-4-3-2-1 (for places 1st – 8th)
  - Relay Events: 18-14-12-10-8-6-4-2 (for places 1st – 8th)
- A medal presentation will take place for all events, with a gold, silver and bronze medal awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place.
- A medal count will also be kept.
- No “Swimmer of the Meet” award will be given.

## DOPING CONTROL

- Doping control tests will be conducted at the Junior Pan Pacific Championships following World Aquatic rules.
- Sports Integrity Australia will be onsite throughout the competition to oversee the doping control as well as all other sports integrity concerns.

[Sports Integrity Australia Website](#)

## RELAYS

- The names of the swimmers for relay events, in heats of final sessions, must be submitted to the Administrative Referee no later than one (1) hour before the start of the session in which the relay takes place. All relays will be swum as timed finals in the evening sessions.
- Relay entry forms, available from the Administrative Referee, should be presented with the names of swimmers in order that they are to participate. For medley relay events, names of swimmers should be reported in the styles they are to participate.
- Relay forms can also be found on the Swimming Australia [website](#).

## WITHDRAWALS

- To properly seed heats, Team Leaders must present withdrawals to the Administrative Referee within one half hour following the conclusion of the Team Leader's Meeting at 16:00 on Monday 19, August.
- Additional withdrawals from the heats must be made in writing at least one hour before the session.
- Withdrawals from finals must be communicated to the Administrative Referee within thirty (30) minutes following the preliminary in which the qualification took place.
- Cooperation is requested from all Team Leaders to permit proper seeding and replacement of with- drawn swimmers.

## WARM – UPS

- Warm-ups will be allowed at the main competition pool until fifteen (15) minutes before the beginning of each swimming session (heats or finals).
- Warm-ups may be continued at the warm-up pool.
- The competition pool will be available for warm- ups prior to each final session for swimmers qualified for final events scheduled for that session only. Team Leaders allowed on the competition pool deck during these warm-ups are requested to instruct their competitors not participating in the final sessions to use the warm-up pool for their warm-ups.

## WORLD AQUATICS QUALIFYING MEET

World Aquatics has approved 2024 JUNIOR PAN PACIFIC CHAMPIONSHIPS (50m) - 21-24 Aug 24 - Canberra (AUS) as a competition where swimmers can achieve the World Aquatics "A" and "B" Swimming Qualifying Standard Times for the World Aquatics Swimming Championships (25m) Budapest 2024

### Timeline

Mon 8 July 2024	<a href="#">Final Team Information Form Due</a> Team List, Rooming List, Travel Information, and Final Payments due <a href="#">Athlete Information Form Due</a>
Mon 15 July 2024	<a href="#">Ticketing Requests Due</a>
Mon 5 August 2024	Entries Due <a href="#">2024 Junior Pan Pacs Entry Form</a>
Mon 12 August 2024	Draft Psych Sheet available
Sat 17 August 2024	Official team accommodations and practice available *unless alternatives have been arranged prior through the OC.
Mon 19 August 2024	Team Leader Meeting
Mon 19 August 2024	Entry corrections due
Wed 21 - Sat 24 August 2024	Competition
Sun 25 August 2024	Teams Depart

### Event Schedule

#### AM – HEATS (09:00)

W	Day 1 – Wednesday 21 August	M
1	200 Metre Freestyle	2
3	100 Metre Backstroke	4
5	200 Metre Butterfly	6
-	800 Freestyle (Slow Heats)	7
8	1500 Metre Freestyle (Slow Heats)	-
<b>Day 2 – Thursday 22 August</b>		
10	100 Metre Freestyle	11
12	100 Metre Breaststroke	13
14	400 Metre Individual Medley	15
<b>Day 3 – Friday 23 August</b>		
18	400 Metre Freestyle	19
20	100 Metre Butterfly	21
22	200 Metre Backstroke	23
<b>Day 4 – Saturday 24 August</b>		
26	200 Metre Individual Medley	27
28	50 Metre Freestyle	29
30	200 Metre Breaststroke	31
-	1500 Metre Freestyle (Slow Heats)	32
33	800 Metre Freestyle (Slow Heats)	-

#### PM – FINALS (17:00)

W	Day 1 – Wednesday 21 August	M
1	200 Metre Freestyle	2
3	100 Metre Backstroke	4
5	200 Metre Butterfly	6
-	800 Metre Freestyle (Fast Heat)	7
8	1500 Metre Freestyle (Fast Heat)	-
9	4x100 Metre Mixed Medley Relay	9
<b>Day 2 – Thursday 22 August</b>		
10	100 Metre Freestyle	11
12	100 Metre Breaststroke	13
14	400 Metre Individual Medley	15
16	4 x 200 Metre Freestyle Relay	17
<b>Day 3 – Friday 23 August</b>		
18	400 Metre Freestyle	19
20	100 Metre Butterfly	21
22	200 Metre Backstroke	23
24	4 x 100 Metre Freestyle Relay	25
<b>Day 4 – Saturday 24 August</b>		
26	200 Metre Individual Medley	27
28	50 Metre Freestyle	29
30	200 Metre Breaststroke	31
-	1500 Metre Freestyle (Fast Heat)	32
33	800 Metre Freestyle (Fast Heat)	-
34	4 x 100 Metre Medley Relay	35

*Administration and Logistics*

**ADMINISTRATIVE INFORMATION**

The championships will be governed by the current World Aquatics technical rules.

**FACILITY**

Australian Institute of Sport, Leverrier St, Bruce, ACT 2617

AIS Security Emergency Phone Line – 02 6214 3333

AIS Security Contact Phone – 02 6214 1616

AIS Residence Reception - 02 6214 1388

**VISITING TEAMS SUPPORT**

<b>Gary Barclay</b>	<b>Hayley VanDenBoom</b>	<b>Tracey Menzies-Stegbauer</b>
General Manager Performance Pathways, Swimming Australia	Performance Pathways Operations Lead, Swimming Australia	Team Liaison
Mob: +61 417 109 606	Mob: +61 400 029 528	Mob: +61 418 685 180
Email: <a href="mailto:gary.barclay@swimming.org.au">gary.barclay@swimming.org.au</a>	Email: <a href="mailto:hayley.vandenboom@swimming.org.au">hayley.vandenboom@swimming.org.au</a>	Email: <a href="mailto:tracey.menzies@swimming.org.au">tracey.menzies@swimming.org.au</a>
<b>Responsibilities:</b> Initial contact for all countries. Manage preparation of key documents, contracts Provide leadership to competing teams.	<b>Responsibilities:</b> All team accommodation, meal and ground transport requirements. Day to day liaison with teams around team logistics leading up to the event.	<b>Responsibilities:</b> Main contact for teams once they arrive in Canberra. Liaison between team management & event management.

**JPP24 EVENT MANAGER**

**JPP24 COMPETITION MANAGER**

<b>Kaity Brunsdon</b>	<b>Shannon Smith</b>
Event Experience Manager, Swimming Australia	Competition Manager, Swimming Australia
Mob: +61 400 411 985	Mob: +61 456 626 114
Email: <a href="mailto:Kaity.Brunsdon@swimming.org.au">Kaity.Brunsdon@swimming.org.au</a>	Email: <a href="mailto:shannon.smith@swimming.org.au">shannon.smith@swimming.org.au</a>
<b>Responsibilities:</b> Media & Broadcast Field of Play Fan Engagement Venue Liaison Accreditations Team Management	<b>Responsibilities:</b> Event Entries, programming, start lists & timelines. Competition Rules Technical Officials

### Key Meetings

#### TEAM LEADER AND TEAM OFFICIALS MEETING

All competitors must be represented at the Team Leader Meeting by their Team Leader and/or Team Officials.  
Monday 19<sup>th</sup> August, 18:00 in Silver Room, AIS

#### OPENING CEREMONY

The official opening ceremony will be held on Tuesday 20<sup>th</sup> August 2pm – 3pm in the AIS Arena.  
Family and Friends travelling to Canberra are most welcome to attend.  
We ask that each country brings with them a symbol of their home nation for a gift exchange during the ceremony

#### TECHNICAL OFFICIALS' BRIEFING

All Technical Officials certified to officiate are required to attend the Official's briefings.  
Tuesday 20<sup>th</sup> August, 17:00 in Silver Room, AIS

### Other Event Information

#### MEDICAL ASSISTANCE

Facility Lifeguards and Paramedic will be on site throughout the competition.

#### PUBLICITY.

Each athlete is required to complete the [Athlete Information Form](#) as part of their entry into the event.  
This information will assist broadcast and media.

#### ACCREDITATION HOURS

Accreditation can be collected on arrival to the AIS.  
The pickup day/time will be coordinated with each team prior to arrival.

#### WORKING WITH VULNERABLE PEOPLE CHECK

Swimming Australia and the Australian Sports Commission are working together to partition Access Canberra for an exemption for our international team officials. Further correspondence regarding this outcome will be provided in due course.

### Travel & Transport

- Delegations may be required to obtain travel visas to enter Australia. If your delegation requires assistance in obtaining travel visas to enter Australia, please contact Sam Watson General Manager Government & International Relations, at [sam.watson@swimming.org.au](mailto:sam.watson@swimming.org.au)
- Transfers will be made available on Saturday 17<sup>th</sup> August from Canberra or Sydney International Airport; nations will have an opportunity to provide travel details.



- Airport Transfer will also be provided for departure on Sunday 25<sup>th</sup> August from the Australian Institute of Sport to Canberra or Sydney International Airport.
- All Nations may wish to book their own hire vehicle from a company such as SIXT, Hertz or Avis. These can be collected on arrival at Canberra airport.

**COMPETITION VENUE**

**THE AUSTRALIAN INSTITUTE OF SPORT (AIS)**

The AIS has two indoor 50m pools (2.2m deep) within walking distance from accommodation and dining hall. The Strength and Conditioning Gym includes electronic cardiovascular training equipment such as treadmills, bikes, elliptical cross trainers, and rowing machines. It also incorporates force plates and linear position transducers for strength and power capacity assessments.

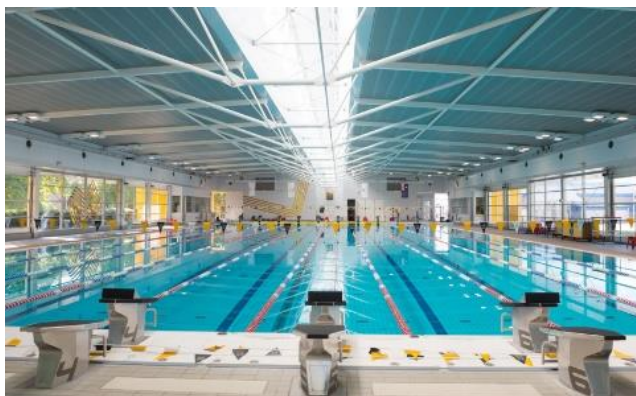
Training Pool access is included in payment.

[Athlete Village to Pool entrance](#)

\* Appendix A – Campus Map

**POOL HOURS**

	Training Pool	Competition Pool
Sat 17 <sup>th</sup> Aug	15:00 - 19:00	
Sun 18 <sup>th</sup> - Tue 20 <sup>th</sup> Aug	08:00 - 12:00	08:00 - 12:00
	15:00 - 19:00	15:00 - 19:00
Wed 21 <sup>st</sup> - Sat 24 <sup>th</sup> Aug	07:15 - 1 hour after the morning session	07:15 - 08:45 09:00 Heats begin
	15:15 - 1 hour after the morning session	15:15 - 16:45 17:00 finals begin



## Accommodation

- The competition accommodation for participants will be in the AIS Athlete Village onsite at the **Australian Institute of Sport**. Charter nations will have priority. If a nation decides to stay at alternate accommodation, costs incurred are payable by individual countries.
- The Organising Committee will make accommodation arrangements for all athletes, coaches, and team support staff at the competition accommodation. Check-in time is 13:00 and check-out time is 10:00, so please plan your arrival and departures accordingly. Early check-in and/or late check-out may result in an additional night's fee.
- Nations will be asked to submit rooming / dorm lists we will be asking for this to be submitted July 8<sup>th</sup> 2024. This will be emailed to team contacts separately.
- AIS Residences reception is located in the Athletes Village and is open daily from 7am – 10pm  
If you have any issues or concerns during your stay, speak to the reception staff.  
The AIS Residences includes long stay residents and high-performance athletes from other sports, we ask that your teams respect that this is also their home while we visit.
- Below are the AIS Residences stay guidelines:
  - Alcohol and illicit drugs are strictly prohibited on site. There are designated zones away from AIS Residences for smoking and vaping, with the rest of the site being strictly smoke-free.
  - All site users are expected to behave in a courteous, considerate, and respectful manner toward other residents, staff, visitors, personal property and the wider facility.
  - Noise must be kept to a minimum between 10:00pm -8:00am
  - Aerosols, hair dyers and hair straighteners are only permitted to be used in bathrooms, as they may set off fire alarms if used in other areas.
  - For any maintenance requests, please scan the QR codes around the site or contact the AIS Residences Reception

## COMPETITION ACCOMMODATION – AIS ATHLETES VILLAGE

The Athlete Village consists mainly of four-story split-level blocks, each with 12 single rooms and a separate flat (sleeping 2). Each room has a desk, wardrobe, fan, oil heater, small fridge, and internet connection point. Each block consists of four (4) shared bathrooms, and two (2) common lounge spaces.

**Address:** Leverrier St, Bruce ACT 2617

Athlete Village map can be found [here](#)

Athlete Village Video can be found [here](#)

Saturday 17<sup>th</sup> August check-in time is 13:00

Sunday 25<sup>th</sup> August check-out time is 10:00

## CHILD SAFEGUARDING

The AIS is committed to providing a positive and safe environment for everyone. All individuals at the AIS.

- Have the right to be and feel safe.
- Have the right to privacy.
- Have a right to be treated fairly.
- Have the right to have your say.

If at any time athletes or guests feel uncomfortable, please speak up. Contact Residences Reception or Security. To report a concern please go to the ASC's [Report a Concern](#) page.

Child Safeguarding is everyone's responsibility. Whilst on the AIS Campus you are bound by the ASC's Child Safe Policy, and you must comply with the Child Safe Practices (Appendix B of the Child Safe Policy).

As well as maintaining child safe practices, you must not engage in Prohibited Conduct, including

- Any form of child abuse
- Any sexual behaviour
- Bullying, discrimination, harassment
- Taking inappropriate photos
- Requesting a child or young person keep secrets.
- Supplying alcohol or drugs to a child or young person

As a group manager for an underage camp, it is your responsibility to remain onsite with athletes and ensure that supervision is constant, active, and diligent, prioritising the safety and wellbeing of athletes.

To report a concern please go to the ASC's [Report a Concern](#) page.

## SECURITY

**IF YOU, OR ANY OTHER PERSON, ARE IN IMMEDIATE DANGER, ARE IN IMMEDIATE DANGER CALL 000 (Triple zero)**

After calling emergency services, contact site security on their emergency phone number 02 6214 3333. Site security will assist emergency services in getting access to appropriate areas of their site, and to provide further guidance for site visitors.

For assistance in non-emergency situations, you can call site security on 02 6214 1616.

The AIS Security team is available 24 hours a day, 7 days a week. Their office is located next to the AIS Residence Reception in Building 16, immediately to the left after exiting reception.

If you see any unusual or suspect behaviour, please report it immediately to AIS Site Security on 02 6214 1616

## ACCESS CARDS

As part of your check in process, you will be issued an AIS Security card & room key for access to your room and required spaces of the AIS campus. Access to some spaces will only be given to qualified staff and/or the group manager to manage supervised athlete access. All cards are to be returned at check out. Lost cards/keys may incur a \$40 fee.

- Please ensure that you carry your pass with you at all times.
- DO NOT share or give your pass to another person.
- DO NOT use your pass to swipe in another person.
- Pod doors are to remain closed and locked at all times.
- Please advise Residence Reception if you lose your card.

## SELF INJECTION

The ASC (Australian Sports Commission) enforces a No Needles Policy, the purpose of which is to ensure that no ASC staff or other individual using the AIS facilities possess injection equipment or administer injections, other than those individuals authorised to do so. Should a guest have a medical condition that requires self-injection or the carrying of self-injection equipment, they must contact AIS Sports Medicine via the [Self-Injection Registration Request Form](#) and comply with any related requirements.

Failure to comply with the ASC's No Needles Policy may result in athletes or staff members being removed from the AIS Residence, if this occurs Swimming Australia will take no responsibility for sourcing alternate accommodation.

## SEARCH & DISCOVERY

As part of the ASC's commitment to clean and fair sport, all users of AIS facilities may be subject to the ASC's Search & Discovery Program. As part of the terms and conditions of use of the AIS facilities authorized representatives may, at a time and without prior notice, enter facilities provided by the ASC to conduct a search and remove items which they believe may be a breach of any ASC or related policy.

## MEALS & CATERING

The Australian Institute of Sport Dining Hall will be open for Breakfast, Lunch & Dinner each day for countries staying on site.

All athletes & staff staying onsite at the AIS there will have 24 hours snack room accessible, that will be stocked daily with nutritious choices.

### Dietary Requirements

Due to the extensive variety of food provided in the daily self-service buffet menu, the majority of food preferences, food allergies and intolerances are generally catered for.

It is requested that all guests with food allergies list these while completing the online Registration and Conditions form.

These will be reviewed by the AIS Nutrition team who will contact the participants if further information is required. Please visit this [page](#) for additional information on special dietary requirements while eating at the AIS Dining Hall.

Dining times will be: (timings are due to capacity limits within the dining hall)

Breakfast – 0630, 0715, 0800, 0845, 0915

Lunch – 1130, 1215, 1300, 1345

Dinner – 1730, 1815, 1900, 1945, 2030

[Athlete Village to Dining Hall](#)

Each sitting time is only open for 30minutes for a maximum of 150 patrons. Guests are required to clear their own tables and return cutlery and crockery to wash areas before departing the dining hall.

### Dress Code in Dining Halls

Guests must be dressed appropriately when entering the dining hall. Guests will not be permitted entry if they are topless, wearing a towel or barefoot.

If coming directly from training or the pool, please shower and change before coming into the dining halls.

## LOCAL SERVICES

### AFTER HOURS GENERAL PRACTITIONER

1800 022 222

[After Hours Medical Support](#)

### MEDICAL CENTRES

- **CALMS - Canberra After-hours Locum Medical Service - Calvary Hospital Day Services Building Mary Potter Cct, Bruce ACT 2617**  
1300 422 567
- **Ochre Medical Centre - Allawoona Street (cnr Ginninderra Drive), Bruce ACT 2617**  
(02) 6180 8500
- **Ginninderra Medical Centre - Nettlefold Street (cnr Coulter Drive), Belconnen ACT 2616**  
(02) 6112 7111
- **Belconnen Medical Centre - Shop 1/2nd Level Westfield Shopping town, Belconnen ACT 2617**  
(02) 6251 8898

### HOSPITALS

#### North Canberra Hospital

4 Mary Potter Circuit, Bruce ACT 2617

(02) 6201 6111 (Switchboard – 24 hrs)

#### Canberra Hospital - Yamba Drive, Garran ACT 2605

Yamba Drive, Garran ACT 2605

(02) 6244 2222 (Switchboard – 24 hrs)

### CHEMIST/PHARMACY

- **Capital Chemist UC, Bruce (2.5km from AIS)**  
Ochre Health Medical Centre cnr Allawoona St & Ginninderra Drive, Bruce ACT 2617  
(02) 6251 3044  
7.30AM – 7.30PM
- **Capital Chemist, Dickson (4.9km from AIS)**  
2/6 Dickson Place, Dickson ACT 2602  
(02) 6248 7684  
8.30AM – 7.00PM
- **Chemist Warehouse – Belconnen (4.3km from AIS)**  
LG5 Belconnen Markets, 2 Ibbott Lane, Belconnen ACT 2617  
(02) 6147 5106  
9.00AM – 8.00PM

### SUPERMARKETS

- **Woolworths Metro Cameron Ave (3.2km from AIS)**  
U 1/6 Grazier Lan, Belconnen ACT 2617  
(02) 6132 9326  
7.00AM – 10.00PM

- **Coles Belconnen (3.9km from AIS)**  
Westfield Belconnen, Benjamin Way,  
Belconnen ACT 2617  
(02) 6256 1300  
7.00AM – 10.00PM
- **Coles Jamison (4.2km from AIS)**  
Jamison Plaza, Bowman St, Macquarie ACT 2614  
(02) 6256 2200  
7.00AM – 11.00AM

### INTERNET, DATA & ANALYSIS

Free access to the public Wi-Fi internet is available in most part of the AIS campus including accommodation, dining hall and pool.

With the large number of people on site during competition this may not be as high speed as required for race analysis. We are suggesting that team purchase 5G internet dongles for their analysis needs.

[Telstra](#) and [Optus](#) are Australia largest internet and cell phone providers, [Vodafone](#) is also another option you may wish to investigate.

We also recommend purchasing (if time allows) at the airport you arrive into Australia. Canberra Airport does not have these providers onsite.

### RACE ANALYSIS REQUIREMENTS

Filming for the meet will be available from the grandstand on the south-western side of the building. Power will be provided to this location for your analysis team's use. Please note that the elevation is lower than previous JPP locations and take that into account for your planning – if this may be a problem, please contact

[Lachlan.mitchell@swimming.org.au](mailto:Lachlan.mitchell@swimming.org.au) to discuss. Teams will be allocated a 1.5 m space based on request timing.

### ICE BATHS AND RECOVERY

Teams are permitted to bring 1 x ice bath (or similar) with them to the AIS campus to be accessible during competition. Teams will need to supply and arrange collection of ice themselves.

Please note that it will be winter in Australia with an average temperature of 14 degrees Celsius.

### TICKETING & SEATING

In order to secure tickets for the Junior Pan Pacs prior to arriving, Team Leaders are asked to submit the form (link below) for their team's ticketing requirements for family and friends. Swimming Australia will then arrange these tickets to be sent to you to distribute and an invoice will be created for the total tickets requested.

Tickets for each session are AU\$10 per person. Tickets for Finals can be purchased online once arrived in Australia or can be purchased at the venue. Additional Heats tickets can also be purchased at the venue if there is seating capacity available.

All participants with accreditation (athletes, coaches, team managers etc) are not required to purchase tickets.

Please find the POE here – [2024-Junior-Pan-Pacs-Program-of-Events.pdf \(wpengine.com\)](#)

Ticketing form to complete by **15<sup>th</sup> July** - [Ticket requests - Junior Pan Pacs 2024 \(jotform.com\)](#)

### CHAMPIONSHIP RECORDS

(as of August 31, 2022 - all times in long course meters)

<u>EVENT</u>	<u>WOMEN</u>	<u>MEN</u>
50 Free	Yolane Kukla, AUS Maui - August 2010	Paul Powers, USA Maui - August 2014
	24.74	22.20
100 Free	Erin Gemmell, USA Honolulu - August 2022	Flynn Southam, AUS Honolulu - August 2022
	54.13	48.23
200 Free	Erin Gemmell, USA Honolulu - August 2022	Flynn Southam, AUS Honolulu - August 2022
	1:56.15	1:47.11
400 Free	Erin Gemmell, USA Honolulu - August 2022	Joshua Staples, AUS Honolulu - August 2022
	4:05.07	3:48.36
800 Free	Leah Smith, USA Honolulu - August 2022	Robert Finke, USA Maui - August 2016
	8:28.01	7:55.16
1500 Free	Lani Pallister, AUS Fiji - August 2018	Robert Finke, USA Maui - August 2016
	16:08.09	15:05.29
100 Back	Katharine Berkhoff, USA Fiji - August 2018	Daniel Diel, USA Honolulu - August 2022
	59.59	53.27
200 Back	Isabelle Stadden, USA Fiji - August 2018	Hidekazu Takehara, JPN Honolulu - August 2022
	2:08.81	1:57.00
100 Breast	Emily Weiss, USA Fiji - August 2018	Akihiro Yamaguchi, JPN Honolulu - August 2012
	1:07.55	59.85
200 Breast	Zoe Bartel, USA Maui - August 2016	Akihiro Yamaguchi, JPN Honolulu - August 2012
	2:25.46	2:08.03
100 Fly	Maggie MacNeil, CAN Fiji - August 2018	Thomas Heilman, USA Honolulu - August 2022
	58.38	51.98
200 Fly	Airi Mitsui, JPN Honolulu - August 2022	Aaron Shackell, USA Honolulu - August 2022
	2:07.82	1:55.81
200 IM	Dagny Knutson, USA Guam - January 2009	Maximus Williamson, USA Honolulu - August 2022
	2:10.79	1:59.01
400 IM	Mio Narita, JPN Honolulu - August 2022	Chase Kalisz, USA Honolulu - August 2022
	4:36.79	4:12.59



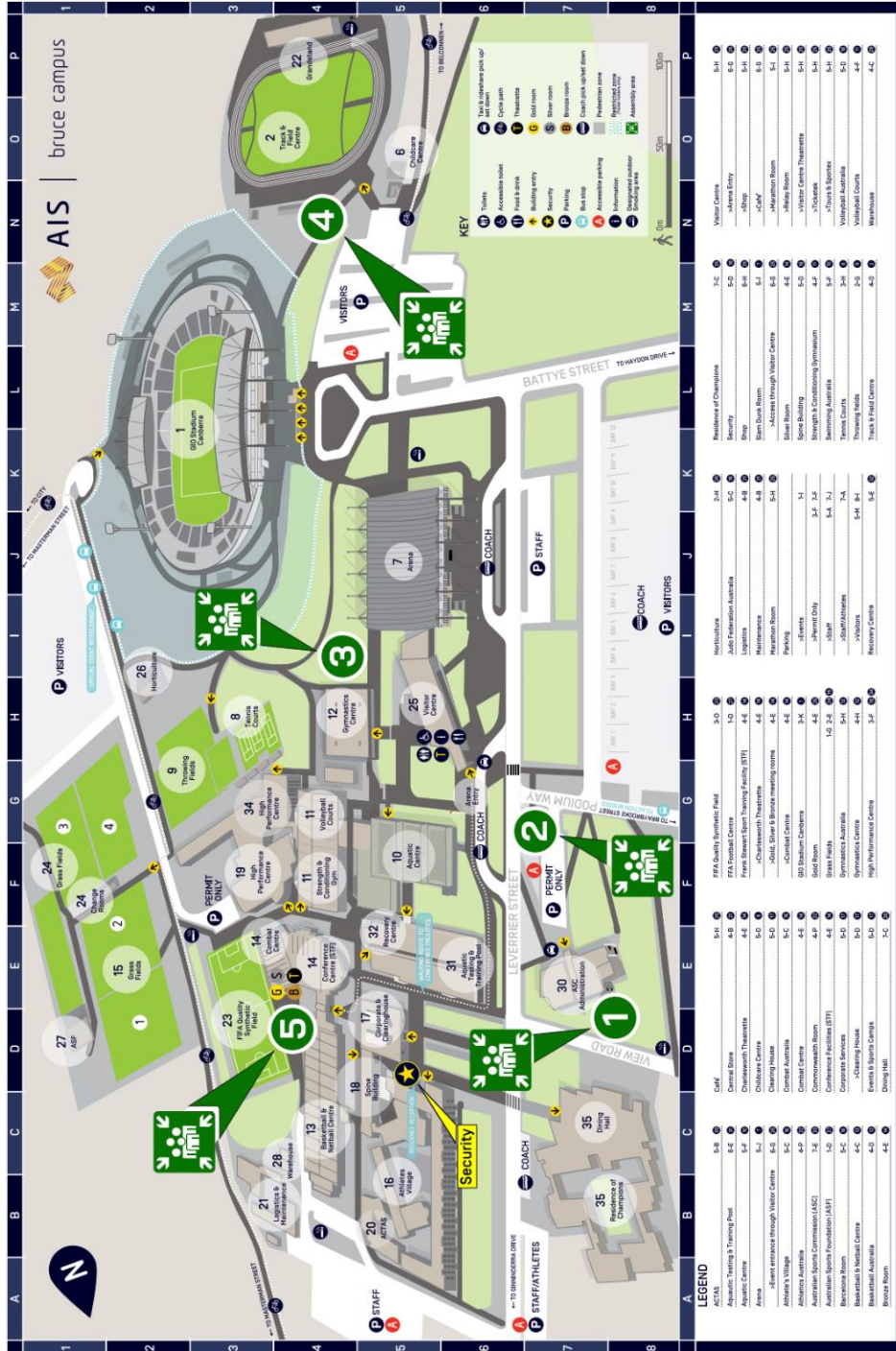
**CHAMPIONSHIP RECORDS**

(Continued)

<b><u>EVENT</u></b>	<b><u>WOMEN</u></b>	<b><u>MEN</u></b>
4x100 Medley Relay	USA 4:02.14 (M. Wanezek, P. Enge, A. Shackell, E. Gemmell) Honolulu - August 2022	USA 3:36.65 (D. Diehl, Z. Fan, T. Heilman, K. Winkler) Honolulu - August 2022
4x100 Free Relay	USA 3:37.99 (K. Wilson, A. Moesch, E. Gemmell, A. Shackell) Honolulu - August 2022	USA 3:15.79 (T. Heilman, H. McFadden, D. Diehl, K. Winkler) Honolulu - August 2022
8x200 Free Relay	USA 7:54.70 (K. Wilson, J. Cox, C. Gormsen, E. Gemmell) Honolulu - August 2022	AUS 7:13.07 (F. Southam, A. McAlpine, M. DaSilva, J. Staples) Honolulu - August 2022
	4x100 Mixed Medley Relay	USA 3:46.83 (D. Diehl, Z. Fan, A. Shackell, A. Moesch)

**APPENDIX**

**APPENDIX A – CAMPUS MAP**



## APPENDIX B – HEALTH & HYGIENE



# HEALTH AND HYGIENE IMPORTANT INFORMATION

All guests staying on site at the AIS Residences must adhere to the AIS stay guidelines detailed in the Events and Sports Camps (ESC) manual. The health and safety of all our visitors is our number one priority and we have control measures in place to reduce or remove the spread of infectious illnesses.

It is important that all guests practice good personal and food hygiene.

**Please be vigilant about typical infectious illness symptoms:**



Diarrhea



Abdominal pain



Fever



Nausea



Skin rash

- If you or any of your group feels unwell with these symptoms prior to your visit you/they must not stay at the Residences.
- Stay at the AIS should be avoided until 48 hours after the symptoms have stopped.
- Please discuss this with your ESC coordinator for advice on whether it is appropriate to stay at the AIS if you or your group has been unwell prior to visiting us.

To help minimise the impact and spread of illness always practice the following measures:

- Wash your hands before meals, after using the bathroom, and before and after training especially when using shared equipment.
- Dry hands fully after washing.
- Use alcohol-based hand wash before entering the Dining Hall.
- Cover coughs and sneezes with a tissue and dispose of appropriately and immediately after use, or cough or sneeze into the crease of your elbow.
- Do NOT share drink bottles or towels.
- Report any illness to your team leader as soon as possible.



**Please advise AIS Residences Reception on [02] 6214 1388 [between 7:30am to 10pm] or contact AIS Security on [02] 6214 1616 [between 10pm to 7:30am] if anyone feels unwell while staying on site.**