



2020 Victorian Age Championships

Competition Information

Melbourne Sports
and Aquatic Centre (MSAC), Outdoor Pool

Tuesday 17 December | Heats 8:30am | Finals 5:30pm

Wednesday 18 December | Heats 8:30am | Finals 5:30pm

Thursday 19 December | Heats 8:30am | Finals 5:30pm

Friday 20 December | Heats 8:30am | Finals 5:30pm

Saturday 21 December | Heats 8:30am | Finals 5:30pm

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Section One: General Information

1.1 Swimming Victoria Competition Staff

NAME	TITLE	EMAIL
Damian Arnold	Events Coordinator	damian.arnold@vic.swimming.org.au
Ashlea Keramidopoulos	Events Coordinator	ashlea.kera@vic.swimming.org.au
General Enquiries	Events	events@vic.swimming.org.au

1.2 Swimming Victoria Competition Calendar 2019/20

DATE	EVENT	LOCATION
JANUARY 2020		
Fri 24 – Sun 26	Victorian Country Championships	Warrnambool
FEBRUARY 2020		
Fri 14 – Sun 16	Victorian Open Championships	MSAC, Outdoor Pool
Sat 29 – Sun 1 March	Victorian Sprint Championships	MSAC, Outdoor Pool
MARCH 2020		
Fri 6 – Mon 9	Victorian Metro Championships	MSAC, Outdoor Pool
Sat 14 – Sun 15*	Country All Junior Competition	MSAC, Outdoor Pool
Sat 28 – Sun 29*	Metro All Junior Competition	MSAC, Outdoor Pool
Sun 29*	Country Interdistrict Competition	MSAC, Outdoor Pool
APRIL 2020		
Fri 3 – Sun 5	Victorian Development Competition	MSAC, Outdoor Pool
MAY 2019		
Mon 11	Victorian School Associations Competition	MSAC, Outdoor Pool
Mon 16	Victorian Relay Competition	MSAC, Indoor Pool

Section Two: Competition Information

2.1 Competition Details

Tuesday 17 December – Saturday 21 December 2019

Melbourne Sports & Aquatic Centre, Outdoor Pool

Website: [2020 Victorian Age Championships](#)

2.2 Program of Events – Event Listing

160 events conducted over 5 days

Heats & Finals |

[Program of Events – Event Listing](#)

2.3 Qualifying Times

Entry times must have been achieved between 7 December 2018 & 2 December 2019.

The entry time must have been achieved in a long course (50m) pool.

Short course or converted times will **NOT** be accepted.

[Qualifying Times](#)

2.4 Entry Process

All entries into the 2020 Victorian Age Championships are to be completed via [Swim Central](#)

Entries Open | Monday 7 October 2019

Entries Close | Monday 2 December 2019 11:59pm

Age groups are determined by the swimmers age as of the 17 December 2019.

2.5 Entry Fees

Individual Event | \$16

Relay Team Entry | \$46

2.6 Relay Entries

Relay entries close 24 hours after the closing date of individual entries.

Relay entries are to be processed via [Meet Manager or Team Manager](#) files and submitted to events@vic.swimming.org.au

Please note:

- **Relay teams must be submitted with an entry time that meets the qualifying time**
- **Clubs will be fined if qualifying times are not reached.**
- **While clubs are restricted to entering two teams per event, there are no restrictions on the number of relays an individual swimmer can compete in.**

Relay Events

Relay team sheets are available from the Meet Supervisor/Technical Director

Relay team sheets must be submitted to the Chief Recorder at least one hour prior to the starting time of the session in which the event is to be swum

Clubs must clearly indicate A or B teams on the team list.

Relay team members need to swim in the order listed on the team sheet.

2.7 International Entries

International swimmers can enter via a Team Manager (TM) / Meet Manager (MM) file or with a [Hard Copy Entry Form](#) along with proof of entry times.

All entries and requests are to be emailed directly to events@vic.swimming.org.au.

Invoices will be issued, and payment must be made prior to the event. Payment is to be made by credit card at the Swimming Victoria offices. The office is located on Level 2 at MSAC.

Please Note: International swimmers must also have submitted a clearance letter from your swimming federation prior to the competition to Swimming Victoria.

Interstate swimmers no longer require a clearance when entering via the online entry system.

2.8 Pre-event Training

Swimming Victoria has organised training for clubs who wish to make use of MSAC prior to the competition. Limited lanes are available for use.

DATE	TIME	POOL
Sunday 15 December	3pm – 5pm	Indoor
Monday 16 December	9am – 11am	Indoor
Monday 16 December	3pm – 5pm	Indoor

2.9 Warm Up & Competition Times

SESSION	HEATS/ FINALS	DATE	WARM UP TIMES	COMPETITION START TIME
1	Heats	Tuesday 17 December	7:00am	8:30am
2	Finals	Tuesday 17 December	4:00pm-5:10pm (<i>due to Opening Ceremony</i>)	5:30pm
3	Heats	Wednesday 18 December	7:00am	8:30am
4	Finals	Wednesday 18 December	4:00pm	5:30pm
5	Heats	Thursday 19 December	7:00am	8:30am
6	Finals	Thursday 19 December	4:00pm	5:30pm
7	Heats	Friday 20 December	7:00am	8:30am
8	Finals	Friday 20 December	4:00pm	5:30pm
9	Heats	Saturday 21 December	7:00am	8:30am
10	Finals	Saturday 21 December	4:00pm	5:30pm

During sessions there will be 10 x 25m lanes in the Indoor Pool available for warm up and cool down

2.10 Backstroke Events

Backstroke ledges **will be** used at this competition as stated in the [Backstroke Ledge Guidelines](#).

2.11 Team Managers

Team Managers must be nominated by a club representative via the [Team Manager Accreditation Application](#) by the closing date of entries.

Team Manager Accreditation can be collected from the Swimming Victoria office (Level 2, MSAC) from 11:00am on Monday 16 December 2019 prior to the competition OR from the Meet Supervisor on pool deck on the first day of competition only.

2.11 Introductions & Medal Presentations

1. In the finals session, all competitors will be lead onto pool deck prior to being introduced at the starting blocks. There will generally be a presentation of medals for the previous event. The swimmers will then be introduced, prepare to swim and the race will begin.
2. At the conclusion of the event, place getters are to remain near the presentation area underneath the scoreboard, dry off and get dressed for presentation of medals. A Presentation Official will be in the area to assist. **Do not go for a swim down**. Medals will be presented as soon as the following event has been swum.
3. Dress requirements for medal presentations are tracksuit (preferably Club or State) or Club or State t-shirt with appropriate tracksuit pants or shorts. Footwear is optional. Towels and/or head wear are not to be worn.
4. Swimming Victoria requests the cooperation of all swimmers and coaches in the presentation of medals. Medal presentations will be held as soon as possible after the results have been published. Place getters should proceed directly to the presentation area.

2.12 Opening & Closing Ceremony

Opening Ceremony | Will be held before the finals session on Day 1 Tuesday 17th December.

Closing Ceremony | Will be held after the finals session on Day 5 Saturday 21st December.

2.13 Age Group Champions

Age Group Champions are awarded as part of the closing ceremony to the male and female in each age group category who achieve the highest points score. Presentation of Age Group Champions will take place at the conclusion of the final session on Day 5 to all Age Champions. The following conditions will apply in determining the winners of the Awards:

- Swimmers must be a registered member of a Victorian Club at the start of the Victorian Championship.
- If two or more swimmers of the one age and gender obtain an equal number of points, the Champion Award will be awarded to the swimmer who has obtained the greatest number of first placings in finals. If there is still equality, a decision will be made based on the number of second placings, etc.

2.14 Visitors & International Competitors

Swimming Victoria By-Law 8 – Competitions & Events 10. Victorian Championships.

10.1 No more than two Visiting Competitors may swim in the final of a Victorian Age Group Championship Event. This does not include members of Border Clubs.

2.15 Withdrawals

Withdrawals prior to event day can be emailed to events@vic.swimming.org.au

Withdrawals on event day for Heats can be done by letting the marshal know but is not mandatory.

Finals

The following is an extract from the Swimming Victoria By-Law 8 – Competitions & Events 12. Withdrawals:

12.1 A Competitor wishing to withdraw from a final in an SV Competition must do so in writing, signed by the Competitor, or their authorised representative, within thirty minutes of the posting of the list of finalists for that event.

12.2 Subject to clause 12.3 a Competitor who does not comply with clause 12.1 and who does not compete in the final, shall be deemed a late withdrawal and ineligible to compete in their next

individual race at the same SV Competition. If the Competitor is not entered in any subsequent races at that SV Competition, then SV may impose such sanction on the Competitor as SV sees fit.

12.3 SV may waive or modify the operation of clause 12.2 where the Competitor demonstrates that the withdrawal or failure to compete was due to: (a) Medical grounds; or (b) Other circumstances beyond the Competitor's control.

12.4 A Competitor who is added to an event final following the withdrawal of another Competitor, and who can show that he was unaware of the change may claim hardship.

12.5 SV's decision in relation to any request to waive or modify the operation of clause 12.2 is final and cannot be appealed.

Please Note: Emergencies where listed will also need to withdraw from finals if they choose.

Withdrawal forms will be available at the Meet Supervisor/Technical Director desk.

Completed withdrawal forms can only be lodged with the Technical Director.

2.16 Admission & Ticketing

FREE ENTRY to MSAC for swimmers, spectators, coaches and officials.

2.17 Coaches Seating

Limited coaches seating will be available on pool deck. Alternatively, there will be seating allocated in the grandstand for coaches only.

2.18 Pool Deck Guidelines – asctaVIC

Swimming Victoria and asctaVIC conduct all meets in accordance with the [Pool Deck Code of Behaviour](#). These guidelines restrict unauthorised access to pool deck at all times throughout the meet. All coaches, support staff, officials and competitors are expected to adhere to these guidelines whilst on pool deck. Coaches **MUST** display their current ASCTA Coaching Licence and Working with Children Check (WWCC) Cards at all times. Coaches will be asked to leave pool deck if they fail to display their cards.

2.19 Anti-Doping

Swimming Victoria adheres to the Swimming Australia Illicit Drug Policy. Swimming Australia has adopted and implemented an anti-doping policy and rules which conform to the rules established by the World Anti-Doping Authority (WADA), the International Olympic Committee (IOC), FINA and the Australian Sports Anti-Doping Authority (ASADA). An updated list is supplied every 12 months. For further information please visit the [Swimming Australia Anti-Doping](#).

2.20 Technical Officials

Technical Officials are a vital part of every swim meet and are responsible for ensuring that an event is run in accordance with the rules and regulations. We encourage and welcome all officials to officiate at Swimming Victoria competitions. If you would like to officiate at this competition please complete the [Online Technical Officials Roster Call](#).

2.21 Venue Information – Melbourne Sports & Aquatic Centre (MSAC)

[Travel to MSAC & Parking Information](#)

Spectators | Public restrooms are located at the back of the grandstand.

Athletes | Restrooms & change rooms are located on pool deck adjacent to the pool concourse area.

Lost Property | Swimming Victoria do not collect lost property. Please check with MSAC reception.

2.22 Key Dates

EVENT	DETAILS	DATE PUBLISHED
Entries Open		Monday 7 October 2019
Entries Close		11:59pm Monday 2 December 2019
Relay Entries Close		11:59pm Tuesday 3 December 2019
Psych Sheet	Any changes to incorrect information or entry times are to be emailed to events@vic.swimming.org.au by 10am on Monday 9 December 2019	Wednesday 4 December 2019
Timekeepers Roster	All clubs are encouraged to identify parents who can assist with timekeeping duties for this meet.	Tuesday 10 December 2019
Meet Program		Thursday 12 December 2019
<u>Results</u>	Results by event will be posted on the walls behind the grandstand following the conclusion of each event. Results will also be available via Meet Mobile throughout the meet	Post event

Section Three: Competition Resources

3.1 Warm Up Procedures

[Warm Up Procedures](#) – Swimming Victoria Competitions

3.2 Marshalling Procedures & Information

[Marshalling Procedures & Information](#) – Swimming Victoria Competitions

3.3 Awards

Medals will be as per this	17 & 18 Years	16-18 Years	16 Years	15 Years	14-15 Years	14 Years	13 Years	12-13 Years	12 Years	
Freestyle	50m	X		X	X		X	X		X
	100m	X		X	X		X	X		X
	200m	X		X	X		X	X		X
	400m	X		X	X		X		X	
	800m		X			X			X	
	1500m		X			X			X	
Backstroke	50m									
	100m	X		X	X		X	X		X
	200m	X		X	X		X	X		X
Breaststroke	50m									
	100m	X		X	X		X	X		X
	200m	X		X	X		X	X		X
Butterfly	50m									
	100m	X		X	X		X	X		X
	200m	X		X	X		X	X		X
Individual Medley	200m	X		X	X		X	X		X
	400m	X		X	X		X		X	
12-18 Years										
Freestyle Relay	4x50m		X			X			X	
	4x100m		X							
Medley Relay	4x50m		X			X			X	
	4x100m		X							

X - Both Male and Female will be awarded in these events .

3.4 Swimming Victoria By Laws

[Swimming Victoria By-Laws](#) apply.

3.5 Safe Sport

The safety of children and young people in our sport is paramount. We want swimming to be fun, enjoyable and safe for all. Everyone within the swimming community has a role to play in ensuring that we keep our proud sport as safe and enjoyable as possible. Swimming Australia have developed a [Safe Sport Framework \(SSF\)](#) which governs our sport and replaces all previous child and member

welfare policies, procedures and code of conduct. We must also be compliant under the Victorian Child Safe Legislation.

For further information please visit [‘Rules & Policies’](#) on the Swimming Victoria website.

3.6 Swim Costumes

In accordance with Swimming Victoria By-Law 8 – Competitions & Events 6. Costumes:

6.1 Swimming costumes worn by a Competitor shall comply with the FINA rules and any relevant SV rules regulations or policies unless otherwise provided by SV in the Competition Information.

6.2 Competitors 11 years and under are not permitted (or allowed) to wear a technical/performance suit in SV hosted competitions.

Please note: Swimmers who are 11-years of age or under are not eligible to compete in this competition

6.3 Only one costume may be worn in competition.

3.7 Medical Certificates & Taping

All competitors, parents and coaches need to be aware that Swimming Victoria enforces the FINA Rule relating to Medical Taping:

“SW 10.8 provides that any sort of tape on the body is subject to approval of the Sports Medicine Committee.”

Swimming Victoria is implementing this rule in modified form in that we require a certificate from a medical professional (doctor, physio etc.) specifying why the taping is required.

The certificate must be presented to the Technical Director or Chief Referee of the competition BEFORE the swimmer wearing the taping begins competing at that competition. It need only be presented once for the duration of the competition.

The certificate must be dated and will be accepted by Swimming Victoria for 30 days from the date of issue. The certificate should state that the swimmer is fit to swim and that the taping does not provide any competitive advantage to the swimmer.

The Technical Director will check that a certificate is presented and further that the taping does not provide any advantage to the competitor.

3.8 Emergency Contact Information

Service	Address	Suburb	Postcode	Phone
Emergency – Ambulance, Police, Fire				000
VIC Police Service				03 9247 6666
Public Hospitals & Medical Centres				
The Alfred	55 Commercial Road	MELBOURNE	3004	03 9076 2000
Cabrini Hospital	181-183 Wattletree Road	MALVERN	3144	03 9508 1222
The Royal Melbourne Hospital	300 Grattan Street	PARKVILLE	3050	03 9342 7000
Epworth Richmond	89 Bridge Road	RICHMOND	3121	03 9426 6666
Albert Park Sports & Spinal	36/44 Mills Street	ALBERT PARK	3206	03 9690 0457
Albert Park Medical Centre	51 Dundas Place	ALBERT PARK	3206	03 9699 8044
Private Hospitals				
The Avenue Hospital*	40 The Avenue	WINDSOR	3181	03 9529 7377
St Vincent's Private Hospital	159 Grey Street	EAST MELBOURNE	3002	03 9928 6555
<i>*Does not offer 24-hour emergency</i>				
Pharmacies				
Craven's Pharmacy	134 Bridport Street West	ALBERT PARK	3206	03 9690 5426
Chemist Warehouse	310 Clarendon Street	SOUTH MELBOURNE	3205	03 9699 2042
Victoria Avenue Pharmacy	51 Victoria Avenue	ALBERT PARK	3206	03 9690 5151