

# 2019 HANCOCK PROSPECTING AUSTRALIAN AGE SWIMMING CHAMPIONSHIPS



**SA AQUATIC & LEISURE CENTRE**

**Monday 15 – Monday 22 April 2019**

## **Information Book**

**as at 04/02/2019**

**Swimming Australia Limited Events Unit**

**IMPORTANT NOTE:**

The information in this booklet is correct at the time of publishing. Swimming Australia Limited will not be held liable for any costs and expenses incurred by any person following any changes to the information outlined in this Event Information Book.

Any updates/amendments to this booklet will be posted on the SAL website in the same location this booklet can be found.

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## **SECTION ONE: General Information**

### **1.1 Event Staff**

<b>NAME</b>	<b>TITLE</b>	<b>EMAIL</b>
Event Enquiries: <a href="mailto:events@swimming.org.au">events@swimming.org.au</a>		
Amie Quirk	GM - Events	<a href="mailto:amie.quirk@swimming.org.au">amie.quirk@swimming.org.au</a>
Hannah Sidebottom	Event Manager	<a href="mailto:hannah.sidebottom@swimming.org.au">hannah.sidebottom@swimming.org.au</a>
Liz Avery	Entries, Records and Results Specialist	<a href="mailto:liz.avery@swimming.org.au">liz.avery@swimming.org.au</a>
Wade Meaney	Event Coordinator	<a href="mailto:wade.meaney@swimming.org.au">wade.meaney@swimming.org.au</a>
Dale Johnson	Event Coordinator	<a href="mailto:dale.johnson@swimming.org.au">dale.johnson@swimming.org.au</a>
Karen MacLeod	Technical Manager	<a href="mailto:kjmacleod@bigpond.com">kjmacleod@bigpond.com</a>
Shelley Tilbrook	Head of Marketing and Engagement	<a href="mailto:shelley.tilbrook@swimming.org.au">shelley.tilbrook@swimming.org.au</a>
Kate Hutchison	Head of Media & Communications	<a href="mailto:kate.hutchison@swimming.org.au">kate.hutchison@swimming.org.au</a>
Victoria Rickard	GM - Partnerships	<a href="mailto:victoria.rickard@swimming.org.au">victoria.rickard@swimming.org.au</a>
Libby Forbes	Sponsorship Coordinator	<a href="mailto:Libby.forbes@swimming.org.au">Libby.forbes@swimming.org.au</a>
Mick Coyne	Marketing Manager	<a href="mailto:Mick.Coyne@swimming.org.au">Mick.Coyne@swimming.org.au</a>

### **1.2 2019 Swimming Australia Event Calendar**

#### **April**

5 – 12	2019 Hancock Prospecting Australian Swimming Championships	Adelaide SA
15 – 22	2019 Hancock Prospecting Australian Age Championships	Adelaide SA

#### **June**

9 – 14	2019 Hancock Prospecting Australian Swimming Trials	Brisbane QLD
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#### **October**

4 – 6	2019 State Teams Championships	Canberra ACT
24 – 26	2019 Hancock Prospecting Australian Short Course Swimming Championships	Melbourne VIC

## **SECTION TWO: Event Information**

### **2.1 Event Details**

The 2019 Hancock Prospecting Australian Age Swimming Championships will be held at the SA Aquatic & Leisure Centre from Monday 15 April to Monday 22 April 2019. The event will incorporate the selection trials for the 2019 FINA World Junior Championships in Budapest and will see Australia's future swimming stars competing for the opportunity to be crowned Australian Age Champion.

### **2.2 Entry Procedures**

Entries for the 2019 Hancock Prospecting Australian Age Swimming Championships open at 9am on **Monday 4 February 2019**. Entries will close at 11.59pm AEDST on **Monday 25 March 2019**.

All entries must be lodged using the Swimming Australia Ltd (SAL) online entry system. The online entry system can be accessed via the Swimming Australia website [www.swimming.org.au](http://www.swimming.org.au)

Do not leave it until the last minute to enter. Once you have entered check the competitors list to verify that your entries have been successful.

Ensure that you have entered before you book flights and accommodation.

Multi Class swimmers please note that QT's apply for all events so check you meet the qualifying time before you enter.

**Please note that SAL has a strict 'no late entries' policy.**

#### **2.2.1 Entry Fees (all prices are inclusive of GST)**

Individual Event	<b>\$28.00</b> per event
Relay	<b>\$60.00</b> per relay team
Relay only swimmers	<b>\$28.00</b>

#### **2.2.2 Relays**

Relay entries for the event must be entered online by the club registrar.

All swimmers ONLY participating in relays and not entered in individual events must register online as a **relay only swimmer**. Registrations can be made through the individual entry section in event 180 for Girls and 181 for Boys, and a **\$28.00** accreditation fee applies per swimmer on top of the \$60 relay entry fee.

All relays are timed finals to be swum in the evening session. Relay forms can be collected from the SAL office (records and results room) any time during the competition. Forms must be returned to the SAL office prior to the commencement of the heat's session on the day that the timed final relay is to be swum. Even though you may have named your relay swimmers when entering on line you will still need to fill out a name form on the day.

Further enquiries relating to entries should be directed to Liz Avery on [liz.avery@swimming.org.au](mailto:liz.avery@swimming.org.au)

### 2.2.3 Age Groups

Age groups are determined by the swimmer's age as at **Monday 15 April 2019**.

All swimmers competing in the event must be 13 years (Girls) and 14 years (boys) of age by this date. For Multi Class (MC) events, all swimmers competing in the event must be at least 11 years of age by this date.

Further enquiries relating to entries should be directed to Liz Avery on [liz.avery@swimming.org.au](mailto:liz.avery@swimming.org.au).

### 2.2.4 Classification

Multi Class events are open to all age group swimmers with a disability in sport classes 1 - 16. Swimmers classification must be recorded in the National Classification Master List managed by SAL. Athletes are required to meet the qualifying times and must be members of a swim club affiliated with a State Swimming Association.

Swimmers in classification groups 1 – 10 (Physical Impairment) are required to hold an eligible classification with a Sport Class Status of National Review (NR) or National Confirmed (NC) by the close of entries, swimmers with Provisional Review (PrR) status classifications may enter however will be required to attend a Physical Impairment Athlete Evaluation at the competition to obtain an eligible classification. (Refer to section 2.2.6)

Swimmers in classification groups 11 – 13 (Vision Impairment) are required to hold an eligible classification with a Sport Class Status of National Review (NR) or National Confirmed (NC) by the close of entries, swimmers with Provisional Review (PrR) status classifications will not be eligible for entry.

Swimmers in classification group 14 (Intellectual Impairment) are required to hold an eligible classification with Sport Class Status National Confirmed (NC) prior to close of entries, swimmers with Provisional Review (PrR) Status classifications will not be eligible for entry.

Swimmers in class groups 15 (Hearing Impairment) and 16 (Transplant) must hold an eligible classification with Sport Class Status National Confirmed (NC) prior to the close of entries.

International Athletes are required to hold an approved IPC Swimming International Classification or hold an approved National Classification issued by their National Paralympic Committee. In the case of a National Classification swimmers are required to supply proof of their approved classification in writing signed by their NPC to Swimming Australia prior to close of entries. Swimming Australia reserves the right to determine classification eligibility of International Athletes.

It is advised swimmers confirm their classification and Sport Class Status well in advance of the close of entries. For more information, please refer to the SAL Classification Policy and Procedures at [www.swimming.org.au](http://www.swimming.org.au).

**To confirm your classification details in the National Classification Master List [CLICK HERE](#).**

It is a requirement that Multi Class swimmers hold a current SAL Classification Card. Swimmers may be requested to present this card to meet officials at the competition. To apply for a Classification Card [CLICK HERE](#).

### 2.2.5 Physical Impairment Athlete Evaluation (Classes 1-10)

Athlete Evaluations will be offered for swimmers with Physical Impairment prior to competition on the 19<sup>th</sup> – 20<sup>th</sup> April at the SA Aquatic & Leisure Centre.

Swimmers with Sport Class Status Provisional Review (PrR) and Swimmers with Sport Class Status National Review (NR) due for re-evaluation in 2019 will be required to attend Athlete Evaluation to be eligible to compete.

Swimmers will be notified after the close of entries of their scheduled Athlete Evaluation session.

Attending Athlete Evaluation does not guarantee swimmers will receive an eligible Sport Class. Swimmers deemed to be Not Eligible at the completion of Athlete Evaluation will be permitted to participate in their nominated event(s) as an exhibition swimmer.

Further enquiries relating to Classification and Athlete Evaluation should be directed to [classification@swimming.org.au](mailto:classification@swimming.org.au).

### *Appendix A – Multi Class Competition & Classification*

#### **2.3 Program of Events**

The 2019 Hancock Prospecting Australian Age Swimming Championships will consist of 179 events conducted over 8 days.

### *Appendix B – Program of Events*

#### **2.4 Qualifying Times**

Qualifying times must have been achieved in a 50m pool and must have been achieved after 1 May 2018.

### *Appendix C – Qualifying Times*

#### **2.5 By-Laws**

The 2019 Hancock Prospecting Australian Age Swimming Championships will be conducted under the By-Laws for the Conduct of Australian Championships (October 2011). A copy of the By-Laws can be found on the SAL website by clicking on the following link: [SAL Constitution and By-Laws](#)

This event is also governed by WPS Swimming Rules and Regulations for multi class events.

#### **2.6 Accreditation**

Accreditation passes provide personnel with access to the pool for pre-meet training and all competition sessions.

***Photo accreditation will not be used at this event.*** Athletes' accreditation is automatically provided as part of the event entry process. You do not need to apply separately or send in a photo. Simply

register through the online entries page as an individual or relay only swimmer to be allocated an accreditation pass upon arrival.

All patrons wishing to gain access to the competition venue must wear their accreditation in a visible position at all times. Accreditation checkpoints will be located at the entrance to each accreditation zone, and the cooperation of all personnel in providing their pass for inspection is greatly appreciated.

To ensure that all personnel attending the event are issued with the appropriate pass, please ensure that you follow the procedure outlined below.

***NOTE: Accreditation passes are not transferable. Any accreditation passes found to be used by any other person will be confiscated.***

***For further information on accreditation please contact: [events@swimming.org.au](mailto:events@swimming.org.au)***

#### 2.6.1 Applying for Club Staff Packs

Club Staff Pack applications must be lodged using the SAL on-line application system which is now open. Please follow the link below to apply for club packages.

Coach and manager passes will only be issued to those persons listed on the online application form and accompanied by a fee (the fee structure for Club Staff Packs is outlined below):

Coach or Manager - \$95.00 per person

Support Staff - \$50.00 per person

Multi-Class ONLY - \$35.00 per person (Coach, Manager & Support Staff)

[CLUB STAFF PACKS APPLICATIONS](#)

[MULTI-CLASS CLUB STAFF PACK APPLICATIONS](#)

#### **Applications for club staff packs close on Monday 25 March 2019**

It is the responsibility of the club secretary to ensure that club staff packs for coaches and team managers are lodged online prior to applications closing. As noted above applications for club staff packs close on Monday 25 March 2019. Following this date coaches and managers will need to apply for a Late Club Staff Pack via the link provided on the event website. Late club staff packs will be charged at a flat rate of \$190. Late applications will be accepted until Friday 12 April 2019, applications received after this date will not be accepted.

#### 2.6.2 Restrictions

For each club staff pack purchased, clubs will receive one accreditation pass for a nominated coach or team manager, an event program and catering (tea/coffee/etc.) for the coach/manager nominated (please note the club staff packs are non-transferable).

Event programs for this event can be collected from the coach's desk, located on pool deck on the far side of the pool (opposite AOE room). Coaches catering will be available from the coach's room at the event.



Clubs are eligible to purchase club staff packs based on the number of athletes from their club attending the event. Accreditation applications will be allocated based on the following:

1 to 5 swimmers in individual events	2 x Accreditation Passes @ \$95.00 each
6 to 10 swimmers in individual events	3 x Accreditation Passes @ \$95.00 each
11 to 20 swimmers in individual events	4 x Accreditation Passes @ \$95.00 each
21 to 30 swimmers in individual events	6 x Accreditation Passes @ \$95.00 each
31 or more swimmers in individual events	7 x Accreditation Passes @ \$95.00 each

Teams may travel with any combination of managers and coaches that they wish.

**NOTE: There will be no free entry to the pool on ASCTA Membership or SAL's accredited coach cards.**

### 2.6.3 Important Information

- A coach accreditation pass for pool deck access will only be issued to licensed coaches. Licensed coaches are current members of the Australian Swimming Coaches and Teachers Association (ASCTA) and Swimming Australia Ltd.
- Applications for pool deck accreditation for all coaches/managers must be made as part of the online club staff pack application.
- Accreditation will only be granted to applicants wishing to attend the event in a club working capacity i.e. Coach, Team Manager, Physio, etc.
- If a club purchases over its allocated number of club staff pack passes (as indicated above), the club will be contacted to confirm which passes will be cancelled. Fees for excess club staff packs purchased will be refunded, less an administration fee of \$10.00 per excess pass.
- Accreditation must only be requested to the extent required to enable the applicant to properly perform his or her duties for their club in connection with the event.
- Unless authorised in writing by Swimming Australia, accredited parties must not directly or indirectly engage in (or authorise or procure that other persons engage in) the marketing or promotion of any products or services while at the event or in the vicinity of the event, including (and without limitation):
- Representing, distributing and/or promoting products and services of any kind, including those which compete with those offered by Swimming Australia or its sponsors
  - Ambush marketing.

### 2.6.4 Accreditation Collection

Accreditation can be collected from the Events South Australia Caravan which will be located at the entrance to the SA Aquatic & Leisure Centre. Accreditation van opening hours are listed below:

#### **Saturday 13 – Sunday 14 April 2019**

Morning: 9.00am – 12.00pm  
 Afternoon: 3.00pm – 6.00pm

#### **Monday 15 – Friday 19 April 2019**

Heats: from 7:00am

Finals: from 4:00pm

### **Saturday 20 April 2019**

Heats: from 7:00am

Finals: from 2:00pm

### **Sunday 21 – Monday 22 April 2019**

Heats: from 8:00am

Finals: from 2:00pm

Only coaches and team managers can request to collect the entire club package for their club. Athletes are able to collect their own individual accreditation pass but cannot collect accreditation on behalf of others.

#### **2.6.5 Lost or Misplaced Accreditation Passes**

Should you lose or misplace your accreditation pass, replacement passes are available for purchase at **\$25.00 per pass**. \$15.00 of this amount will be refunded if the lost or misplaced accreditation is found and returned to the accreditation collection site.

## **2.7 Codes of Conduct**

Swimming Australia is proud to lead the way in providing a safe sporting environment for all. Persons involved in any way with the sport of swimming are expected to adhere to the standards of behaviour outlined in the Swimming Australia Codes of Conduct:

- The **General Code of Conduct**; and
- The **Code of Conduct for dealing with Children and Young People**.

Swimming Australia promotes its Codes of Conduct to all people involved with the sport of swimming, particularly those responsible for activities involving persons under the age of 18 years. Aligned to our values, the Codes of Conduct set out the behavioural standards that are expected of all persons involved in swimming. The Codes of Conduct are now a core part of the Swimming Australia **Safe Sport Framework**. The Safe Sport Framework also contains a specific **Child Protection Commitment Statement** and refreshed **complaint procedures and guidance**.

A complete copy of the Safe Sport Framework, including the Codes of Conduct, can be found on the Swimming Australia website under Integrity / Safe Sport Framework.

## **2.8 Information Sessions**

### **2.8.1 Team Leaders Meeting**

A Team Leaders Meeting will be held in the marshalling room at the SA Aquatic & Leisure Centre (SAALC) at 4.00pm on Sunday 14 April 2019.

This meeting will detail important information and updates for the event and is the final opportunity for clubs to lodge any changes to entries (corrections or withdrawals only).

**All clubs are required to send at least one representative to this meeting**, although it is advisable that all Team Managers, including State Team Managers attend.

Please note that no additions can be made to any event at this time.

## 2.9 Team Selection

The following teams/squads will be selected from performances at the 2019 Hancock Prospecting Australian Age Swimming Championships:

2019 FINA World Junior Championships Budapest

Selection criteria for all teams/squads can be found at [Selection Criteria](#)

## 2.10 Training Procedures

The competition pool will be available for warm up during pre-meet and for two hours before the commencement of each session. Please note the competition pool will be opened for warm-up following the age finals (before the open finals) when time permits.

The following general pool procedures for the **MAIN COMPETITION POOL (50m)** must be observed throughout the meet:

- Lanes 0 and 9** Reserved for dive sprints from the start end of the pool. Swimmers must clear the lane immediately
- Lanes 1 and 8** Reserved for pace swimming, feet first entry (no diving)
- Lanes 2 – 7** Reserved throughout the whole of the warm up period as circle swimming lanes, feet first entry

The following general pool procedures for the **DIVE/WARM UP POOL (50m)** must be observed throughout the meet:

- Lanes 0 and 9** Reserved for dive sprints from the start end of the pool. Swimmers must clear the lane immediately
- Lanes 1 and 8** Reserved for pace swimming, feet first entry (no diving)
- Lanes 2 – 7** Reserved throughout the whole of the warm up period as circle swimming lanes, feet first entry

*Appendix D – Training Procedures.*

## 2.11 Operating Hours

Pre-Meet Training: Saturday 13 – Sunday 14 April 2019

### **Morning Session**

9.00am – 12.00pm

Pre-meet training

Accreditation van open

Gates open to public

### **Afternoon Session**

3.00pm – 6.00pm

Pre-meet training

Accreditation van open

Gates open to public

Competition: Monday 15 – Friday 19 April 2019

**Heats Session**

7:00am

Athlete warm up  
Accreditation van open  
Ticket booth open  
Gates open to public

9.00am

Competition

**Finals Session**

4.00pm

Athlete warm up  
Accreditation van open  
Ticket booth open  
Gates open to public

6:00pm

Competition

Competition: Saturday 20 April 2019

**Heats Session**

7:00am

Athlete warm up  
Accreditation van open  
Ticket booth open  
Gates open to public

9.00am

Competition

**Finals Session**

2.00pm

Athlete warm up  
Accreditation van open  
Ticket booth open  
Gates open to public

4:00pm

MC Timed Finals Session\*

6.00pm

Finals Competition

*\* If the timeline allows, the competition pool will be opened following the MC Timed Finals Session until 5.45pm*

Competition: Sunday 21 – Monday 22 April 2019

**Heats Session**

8:30am

Athlete warm up  
Accreditation van open  
Ticket booth open  
Gates open to public

10.00am

Competition

**Finals Session**

2.30pm

Athlete warm up  
Accreditation van open  
Ticket booth open  
Gates open to public

4:00pm

Competition

**2.12 Seating**

**2.12.1 Athlete and Coach Seating**

Seating for athletes and support staff will be located on pool deck in the seating overlooking the warm-up pool and 50m turn end of the competition pool.

Coaches will have access to seating on the far side of the pool overlooking the start/finish line opposite the AOE room. As seating is limited in this area, coaches are requested to only utilise this seating area during races that their athletes are competing in.

#### 2.12.2 General Public Seating

General public seating is available in the grandstand. There will be no reserved seating with tickets purchased on a general admission basis.

### **2.13 Ticketing**

More information will be provided closer to the event.

#### 2.13.1 Programs

Event programs (heats and finals) will be available to download from the event website. The finals program will be uploaded each day when it becomes available (approximately 1.5 hours after the completion of heats).

Coaches and Team Managers who have purchased a club staff pack are entitled to one heats program for the competition and one finals program for each finals session. All finals programs can be collected from the coaches' desk from mid-way through the warm up period of each respective finals session, and heats programs will be available from the first day of pre-meet training from the accreditation van.

### **2.14 Medical**

#### 2.14.1 First Aid

Venue staff are trained in first responder care and will be providing general first aid coverage for all people attending the event.

#### 2.14.2 Event Medical Officer

Swimming Australia Event Medical Officer, Rick Steltenpool will be present to provide medical assistance to athletes attending the event.

Rick is a qualified paramedic and will be situated in either the aquatic First Aid room or will be roaming between the field of play exit and warm-up area during competition. Rick will be wearing a hi-visibility vest.

### 2.14.3 Medical Directory

Service	Address	Suburb	Postcode	Phone
Emergency - Ambulance, Police, Fire				000
SA Police Service				131 444
<b><u>Public Hospitals and Medical Centres</u></b>				
Marion Domain Medical Centre	453 Morphett Road	OAKLANDS PARK	5046	08 8375 7000
Royal Adelaide Hospital	North Terrace	ADELAIDE	5000	08 8222 4000
Queen Elizabeth Hospital	28 Woodville Road	WOODVILLE STH	5011	08 8222 6000
Modbury Public Hospital	41-69 Smart Road	MODBURY	5092	08 8161 2000
<b><u>Private Hospitals</u></b>				
Ashford Hospital*	55 Anzac Highway	ASHFORD	5035	08 8375 5222
St Andrews Private Hospital*	350 South Terrace	ADELAIDE	5000	08 8408 2111
Parkwynd Private Hospital*	137 East Terrace	ADELAIDE	5000	08 8223 3294
<i>*Does not offer 24 hour emergency</i>				
<b><u>Pharmacies</u></b>				
Terry White Chemist	746 Marion Road	MARION	5043	08 8276 8600
National Pharmacies	Ascot Park Shopping Centre, 629 Marion Rd	MARION	5043	08 8276 1745
Mitchell Park Pharmacy	97f McInerney Ave	MITCHELL PARK	5043	08 8276 3095

### 2.14.4 Doping Control

The Australian Sports Anti-Doping Authority (ASADA) has been notified of the event and may conduct random testing during the 2019 Hancock Prospecting Australian Age Swimming Championships.

To ensure that you are adequately informed on testing procedures, please read the guidelines provided by ASADA in the appendices of this document. **Please note that blood samples may be required along with standard urine samples.** If blood is collected, you may need to wait up to two hours after competing.

**Check your substance on Global Dro** <https://globaldro.com/Home>

**For questions about prohibited substances, please contact the ASADA Hotline on 1800 020 506**

**TUE (Therapeutic Use Exemption)**

A Therapeutic Use Exemption (TUE) is an exemption that allows an athlete to use, for therapeutic purposes only, an otherwise prohibited substance or method (of administering a substance) which may be present during competition. Do you need a TUE? For more information and TUE forms follow this link:

<https://www.asada.gov.au/about-asada/affiliate-bodies/about-asdmac>

### **ASADA eLearning**

Swimming Australia strongly encourages all athletes, coaches and support personnel to ensure that you maintain ample knowledge about the sample collection process and your rights and responsibilities in relation to testing. Please visit the ASADA website – [www.asada.gov.au](http://www.asada.gov.au) or the ASADA eLearning website - <http://elearning.asada.gov.au/> for further information.

ASADA eLearning is a free and easy-to-use online education tool developed by ASADA. More than 10,000 people from across the sporting community have accessed a variety of learning options offered by ASADA eLearning.

It provides everyone with the opportunity to learn about the key areas of anti-doping such as prohibited substances and methods, therapeutic use exemptions, doping control and whereabouts.

By completing the course people will build personal awareness of their anti-doping obligations as athletes or support personnel.

The course is available 24 hours a day, seven days a week (a high-speed internet connection is recommended).

**Any athletes, coaches and support staff selected to Swimming Australia camps, teams and activities are required to complete ASADA online education.**

### **ASADA Clean Sport App**

The ASADA Clean Sport App has been designed with athletes in mind. The App gives a complete list of all supplements sold in Australia that have been screened for prohibited substances by an independent laboratory. These cannot give athletes a 100% safety guarantee but does significantly lower the risk of a positive test. For non-tested supplements the App gives athletes access to a quiz to assess the risk posed by highlighting key risk factors.

The App can also be used to report doping, check if a medication is banned in sport, give ASADA feedback on testing missions, and complete online education modules.

Download the App: iTunes App store

Google Play Store

### **For further antidoping information:**

ASADA: <https://www.asada.gov.au/>

Swimming Australia: <https://www.swimming.org.au/integrity/anti-doping>

## *Appendix E – ASADA Information*

### **2.15 Lost Property**

All public lost property will be handed into Information Point in Centre Lane.

Lost property from within accredited areas will go to the Sport Information Tent located on warm up pool deck.

#### **2.16 Parking Public Transport**

SAL recommends the use of public transport when travelling to and from SAALC. For detailed information on public transport services, timetables, and ticket and fare information, please call the **Adelaide Metro** on **1300 311 108** or go to their website [www.adelaidemetro.com.au](http://www.adelaidemetro.com.au).

If required, parking will be available at the nearby Westfield Shopping Centre. Charges may apply for parking in this facility.

#### **2.17 Merchandise**

An official range of merchandise will be available at the event, with merchandise sales being managed by arena.

Further details for price and items will be made available shortly.

#### **2.18 Livestreaming**

All heats and finals sessions will be live streamed through the Swimming Australia website: [www.swimming.org.au](http://www.swimming.org.au)



## **SECTION THREE: Appendices**

### **3.1 Appendix A – Multi Class Competition and Classification**

#### **Multi Class Events**

Multi Class (MC) swimming is a form of competition designed specifically for swimmers with disability. MC events are normal swimming events with some minor modifications to the rules and regulations.

MC events see swimmers with a range of impairments, competing in the same race. In order to compete in MC competition swimmers must have an eligible classification. Swimmers race against the world's best time in that event for their classification. Event results are determined using the Multi Class Point Score system. The winner of the race is not always who touches the wall first, but the swimmer who posts the highest point score (i.e. a time closest to the world's best time for their classification). Swimmers may be granted certain exceptions to the normal swimming rules in order to compete fairly. This allows for meaningful and fair competition for all swimmers.

#### **Classification**

Classification is used to place athletes of similar ability or function into groups for the purpose of competition. Classification exists in other areas of sport such as weight classes in boxing and handicaps in golf. Classification in sport for people with disability considers an athlete's medical condition and physical, sensory and cognitive attributes to group them into classes. Classification is designed to ensure a fair environment for elite competition. In Australia classification is used to ensure fair and meaningful competition at all levels.

#### **The Classes**

Classes 1-10 are allocated to swimmers with a physical disability  
 Classes 11-13 are allocated to swimmers with vision impairment  
 Class 14 is allocated to swimmers with an intellectual disability  
 Class 15 is allocated to swimmers with a hearing impairment  
 Class 16 is allocated to swimmers who have received a transplant

Swimmers receive a class for each stroke discipline, and a prefix indicates which stroke the class applies to;

<b>Prefix</b>	<b>Stroke</b>
S	Freestyle, Backstroke and Butterfly
SB	Breaststroke
SM	Individual Medley

#### **Rule Exceptions**

Classified swimmers may be entitled to exceptions to the normal swimming rules. Swimming Australia uses a system of codes to identify exceptions to the swimming rules for Multi Class competition. The table below provides an overview of the codes.

Starts	During Swimming
A ASSISTANCE REQUIRED	0 NIL EXCEPTIONS
B BLACKENED GOGGLES	1 ONE HAND START
E UNABLE TO GRIP FOR BACKSTROKE START	2 RIGHT HAND TOUCH
	3 LEFT HAND TOUCH

<p>H HEARING IMPAIRED LIGHT, SIGNAL OR TOUCH REQUIRED T TAPPERS Y STARTING DEVICE</p>	<p>4 RIGHT HAND TOUCH WITH SIMULTANEOUS INTENT TO TOUCH WITH OTHER 5 LEFT HAND TOUCH WITH SIMULTANEOUS INTENT TO TOUCH WITH OTHER 6 SIMULTANEOUS INTENT TO TOUCH 7 PART OF UPPER BODY MUST TOUCH 8 RIGHT FOOT MUST TURN OUT 9 LEFT FOOT MUST TURN OUT 12 LEG DRAG OR SHOW INTENT TO KICK + BUTTERFLY KICK IS ABLE TO BE PERFORMED [ILLEGAL BREASTROKE]</p>
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With the introduction of a new international classification rules and eligibility process, swimmers who have undergone international classification (or a classification review) under the new system will have the following exceptions apply:

<p>Starts A ASSISTANCE REQUIRED B BLACKENED GOGGLES E UNABLE TO GRIP FOR BACKSTROKE START H HEARING IMPAIRED - LIGHT OR SIGNAL REQUIRED T TAPPERS Y STARTING DEVICE</p>	<p>During Swimming 0 NIL EXCEPTIONS 1 ONE HAND START 2 BREASTSTROKE – ONE HAND TOUCH 3 BREASTSTROKE – SIMULTANEOUS INTENT TO TOUCH 4 BUTTERFLY – ONE HAND TOUCH 5 BUTTERFLY – SIMULTANEOUS INTENT TO TOUCH 7 PART OF UPPER BODY MUST TOUCH 8 RIGHT FOOT MUST TURN OUT 9 LEFT FOOT MUST TURN OUT 12 LEG DRAG OR SHOW INTENT TO KICK + BUTTERFLY KICK IS ABLE TO BE PERFORMED [ILLEGAL BREASTROKE]</p>
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### 3.2 Appendix B – Program of Events

Program of Events					
Day 1 Monday – 15 April		Day 2 Tuesday – 16 April		Day 3 Wednesday – 17 April	
Heats 9.00am		Heats 9.00am		Heats 9.00am	
Age	Event	Age	Event	Age	Event
1) Girls 14yrs	200m IM	22) Girls 16yrs	400m Free	41) Boys 16/17yrs	800m Free
2) Boys 14yrs	200m IM	23) Boys 16yrs	400m Free	42) Girls 15yrs	100m Breast
3) Girls 16yrs	200m Fly	24) Girls 15yrs	100m Free	43) Boys 15yrs	100m Breast
4) Boys 16yrs	200m Fly	25) Boys 15yrs	100m Free	44) Girls 14yrs	200m Fly
5) Boys 17yrs	50m Free	26) Girls 14yrs	200m Back	45) Boys 14yrs	200m Fly
6) Girls 13yrs	200m Free	27) Boys 14yrs	400m Free	46) Girls 16yrs	100m Back
7) Girls 14yrs	400m Free	28) Girls 13yrs	200m IM	47) Boys 16yrs	100m Back
8) Boys 14yrs	200m Back	29) Boys 17yrs	100m Back	48) Boys 17yrs	400m IM
9) Boys 17yrs	100m Breast	30) Girls 16yrs	50m Free	49) Girls 15yrs	400m Free
10) Girls 15yrs	200m Back	31) Boys 16yrs	50m Free	50) Boys 15yrs	400m Free
11) Boys 15yrs	200m Back	32) Girls 15yrs	200m Fly	51) Girls 14yrs	100m Free
12) Girls 14yrs	100m Fly	33) Boys 15yrs	200m Fly	52) Boys 14yrs	100m Free
13) Boys 14yrs	100m Fly	34) Girls 13yrs	100m Fly	53) Girls 13yrs	200m Back
14) Girls 13yrs	200m Breast	35) Boys 17yrs	200m Free	54) Boys 17yrs	200m Breast
15) Girls 16yrs	100m Free	36) Girls 16yrs	100m Breast	55) Girls 16yrs	400m IM
16) Boys 16yrs	100m Free	37) Boys 16yrs	100m Breast	56) Boys 16yrs	400m IM
17) Boys 14/15yrs	1500m Free	38) Girls 13/14yrs	800m Free	57) Girls 15yrs	50m Free
				58) Boys 15yrs	50m Free
Finals 6.00pm		Finals 6.00pm		Finals 6.00pm	
Age	Event	Age	Event	Age	Event
14yrs	200m IM	16yrs	400m Free	16/17yrs <b>Fast Heat</b>	800m Free
16yrs	200m Fly	15yrs	100m Free	15yrs	100m Breast
17yrs	50m Free	14yrs Girls	200m Back	14yrs	200m Fly
13yrs	200m Free	14yrs Boys	400m Free	16yrs	100m Back
14yrs Girls	400m Free	13yrs	200m IM	17yrs	400m IM
14yrs Boys	200m Back	17yrs	100m Back	15yrs	400m Free
17yrs	100m Breast	16yrs	50m Free	14yrs	100m Free
15yrs	200m Back	15yrs	200m Fly	13yrs	200m Back
14yrs	100m Fly	13yrs	100m Fly	17yrs	200m Breast
13yrs	200m Breast	17yrs	200m Free	16yrs	400m IM
16yrs	100m Free	16yrs	100m Breast	15yrs	50m Free
14/15yrs <b>Fast Heat</b>	1500m Free	13/14yrs <b>Fast Heat</b>	800m Free		
18) Girls 13/14yrs	4 x 50 Med	39) Girls 13/16	4 x 100 Free	59) Girls 13/16yrs	4 x 200 Free
19) Boys 14/15yrs	4 x 50 Med	40) Boys 14/17	4 x 100 Free	60) Boys 14/17yrs	4 x 200 Free
20) Girls 15/16yrs	4 x 50 Free				
21) Boys 16/17yrs	4 x 50 Free				

Day 4 Thursday – 18 April		Day 5 Friday – 19 April		Day 6 Saturday 20 - April	
Heats 9.00am		Heats 9.00am		Heats 9.00am	
Age	Event	Age	Event	Age	Event
61) Girls 13/14yrs	1500m Free	81) Boys 17yrs	200m Back	103) Girls 15/16	800m Free
62) Boys 17yrs	100m Fly	82) Girls 13yrs	400m Free	104) Boys 17yrs	200m Fly
63) Girls 16yrs	200m Free	83) Girls 14yrs	100m Back	105) Girls 14yrs	200m Free
64) Boys 16yrs	200m Free	84) Boys 14yrs	100m Back	106) Boys 14yrs	200m Free
65) Girls 14yrs	50m Free	85) Girls 15yrs	200m Free	107) Girls 15yrs	200m IM
66) Boys 14yrs	50m Free	86) Boys 15yrs	200m Free	108) Boys 15yrs	200m IM
67) Girls 15yrs	100m Back	87) Boys 17yrs	400m Free	109) Girls 13yrs	100m Back
68) Boys 15yrs	100m Back	88) Girls 16yrs	100m Fly	110) Boys 17yrs	100m Free
69) Girls 13yrs	200m Fly	89) Boys 16yrs	100m Fly	111) Girls 16yrs	200m Back
70) Boys 17yrs	200m IM	90) Girls 13yrs	50m Free	112) Boys 16yrs	200m Back
71) Girls 16yrs	200m Breast	91) Girls 14yrs	400m IM	113) Girls 15yrs	100m Fly
72) Boys 16yrs	200m Breast	92) Boys 14yrs	400m IM	114) Boys 15yrs	100m Fly
73) Girls 15yrs	400m IM	93) Girls 15yrs	200m Breast	115) Girls 14yrs	200m Breast
74) Boys 15yrs	400m IM	94) Boys 15yrs	200m Breast	116) Boys 14yrs	200m Breast
75) Girls 13yrs	100m Free	95) Girls 16yrs	200m IM	117) Girls 13yrs	400m IM
76) Girls 14yrs	100m Breast	96) Boys 16yrs	200m IM	118) Boys 16/17yrs	1500m Free
77) Boys 14yrs	100m Breast	97) Girls 13yrs	100m Breast		
78) Girls 15/16yrs	1500m Free	98) Boys 14/15yrs	800m Free		
Finals 6.00pm		Finals 6.00pm		Finals 6.00pm	
Age	Event	Age	Event	Age	Event
13/14 <b>Fast Heat</b>	1500m Free	17yrs	200m Back	15/16yrs <b>Fast Heat</b>	800m Free
17yrs	100m Fly	13yrs	400m Free	17yrs	200m Fly
16yrs	200m Free	14yrs	100m Back	14yrs	200m Free
14yrs	50m Free	15yrs	200m Free	15yrs	200m IM
15yrs	100m Back	17yrs	400m Free	13yrs	100m Back
13yrs	200m Fly	16yrs	100m Fly	17yrs	100m Free
17yrs	200m IM	13yrs	50m Free	16yrs	200m Back
16yrs	200m Breast	14yrs	400m IM	15yrs	100m Fly
15yrs	400m IM	15yrs	200m Breast	14yrs	200m Breast
13yrs	100m Free	16yrs	200m IM	13yrs	400m IM
14yrs	100m Breast	13yrs	100m Breast	16/17yrs <b>Fast Heat</b>	1500m Free
15/16 Girls <b>Fast Heat</b>	1500m Free	14/15yrs <b>Fast Heat</b>	800m Free	119) Mixed 13/17yrs	4 x 50 Med
79) Girls 13/16yrs	4 x 100 Med	99) Girls 15/16yrs	4 x 50 Med	2 Boys/2Girls	
80) Boys 14/17	4 x 100 Med	100) Boys 16/17yrs	4 x 50 Med		
		101) Girls 13/14yrs	4 x 50 Free		
		102) Boys 14/15yrs	4 x 50 Free		

<b>Day 6 – Multi Class - Saturday 20 April</b>		<b>Day 8 – Multi Class - Monday 22 April</b>	
<b>Timed Finals - 4.00</b>		<b>Timed Finals - 10.00am</b>	
Age	Event	Age	Event
120) Girls 11 - 15yrs	MC 400m Free S6 – S16	152) Girls 11 - 15yrs	MC 200m IM SM5 – SM16
121) Boys 11 - 15yrs	MC 400m Free S6 – S16	153) Boys 11 - 15yrs	MC 200m IM SM5 – SM16
122) Girls 11 - 18yrs	MC 200m Free S1 – S5	154) Girls 17 – 18yrs	MC 50m Freestyle
123) Boys 11 - 18yrs	MC 200m Free S1 – S5	155) Boys 17 – 18yrs	MC 50m Freestyle
124) Girls 16 - 18yrs	MC 400m Free S6 – S16	156) Girls 15 – 16yrs	MC 50m Backstroke
125) Boys 16 - 18yrs	MC 400m Free S6 – S16	157) Boys 15 – 16yrs	MC 50m Backstroke
		158) Girls 11 – 14yrs	MC 100m Freestyle
<b>Day 7 – Multi Class - Sunday 21 April</b>		159) Boys 11 – 14yrs	MC 100m Freestyle
<b>Timed Finals - 10.00am</b>		160) Girls 17 – 18yrs	MC 100m Butterfly
126) Girls 15 – 16yrs	MC 100m Backstroke	161) Boys 17 – 18yrs	MC 100m Butterfly
127) Boys 15 – 16yrs	MC 100m Backstroke	162) Girls 15 – 16yrs	MC 50m Butterfly
128) Girls 11 – 14yrs	MC 50m Freestyle	163) Boys 15 – 16yrs	MC 50m Butterfly
129) Boys 11 – 14yrs	MC 50m Freestyle	164) Girls 11 – 14yrs	MC 50m Butterfly
130) Girls 17 – 18yrs	MC 100m Freestyle	165) Boys 11 – 14yrs	MC 50m Butterfly
131) Boys 17 – 18yrs	MC 100m Freestyle		
132) Girls 15 – 16yrs	MC 100m Breaststroke	<b>Timed Finals - 4.00pm</b>	
133) Boys 15 – 16yrs	MC 100m Breaststroke	166) Girls 17 – 18yrs	MC 100m Backstroke
134) Girls 11 – 14yrs	MC 100m Butterfly	167) Boys 17 – 18yrs	MC 100m Backstroke
135) Boys 11 – 14yrs	MC 100m Butterfly	168) Girls 11 – 14yrs	MC 50m Backstroke
136) Girls 11 – 18yrs	MC 150 IM SM1 – SM4	169) Boys 11 – 14yrs	MC 50m Backstroke
137) Boys 11 – 18yrs	MC 150 IM SM1 – SM4	170) Girls 15 – 16yrs	MC 100m Freestyle
		171) Boys 15 – 16yrs	MC 100m Freestyle
<b>Timed Finals - 4.00pm</b>		172) Girls 17 – 18yrs	MC 100m Breaststroke
138) Girls 17 – 18yrs	MC 50m Butterfly	173) Boys 17 – 18yrs	MC 100m Breaststroke
139) Boys 17 – 18yrs	MC 50m Butterfly	174) Girls 15 – 16yrs	MC 50m Breaststroke
140) Girls 11 – 14yrs	MC 100m Backstroke	175) Boys 15 – 16yrs	MC 50m Breaststroke
141) Boys 11 – 14yrs	MC 100m Backstroke	176) Girls 11 – 14yrs	MC 100m Breaststroke
142) Girls 15 – 16yrs	MC 50m Freestyle	177) Boys 11 – 14yrs	MC 100m Breaststroke
143) Boys 15 – 16yrs	MC 50m Freestyle	178) Girls 16 - 18yrs	MC 200m IM SM5- SM16
144) Girls 17 – 18yrs	MC 50m Backstroke	179) Boys 16 - 18yrs	MC 200m IM SM5- SM16
145) Boys 17 – 18yrs	MC 50m Backstroke		
146) Girls 11 – 14yrs	MC 50m Breaststroke		
147) Boys 11 – 14yrs	MC 50m Breaststroke		
148) Girls 15 – 16yrs	MC 100m Butterfly		
149) Boys 15 – 16yrs	MC 100m Butterfly		
150) Girls 17 – 18yrs	MC 50m Breaststroke		
151) Boys 17 – 18yrs	MC 50m Breaststroke		

### 3.3 Appendix C – Qualifying Times

#### GIRLS

Event	16yrs	15yrs	14yrs	13yrs
50m Freestyle	27.82	28.07	28.58	29.09
100m Freestyle	1:00.10	1:00.65	1:01.76	1:01.86
200m Freestyle	2:11.80	2:13.01	2:15.43	2:17.85
400m Freestyle	4:38.09	4:40.64	4:45.75	4:50.85
800m Freestyle	9:24.91	9:30.10	9:40.46	9:50.46
1500m Freestyle	18:01.99	18:11.92	18:31.77	18:51.62
100m Backstroke	1:07.39	1:08.00	1:09.21	1:10.42
200m Backstroke	2:27.10	2:28.52	2:31.18	2:33.83
100m Breaststroke	1:18.56	1:19.25	1:20.64	1:22.03
200m Breaststroke	2:51.04	2:52.55	2:55.58	2:58.60
100m Butterfly	1:05.89	1:06.48	1:07.67	1:08.86
200m Butterfly	2:27.44	2:28.77	2:31.43	2:34.08
200m Individual Medley	2:30.87	2:32.23	2:34.95	2:37.67
400m Individual Medley	5:21.27	5:24.16	5:29.95	5:35.74
<b>Relays</b>				
4 x 50 Free	13 - 14 years		1:56.00	
4 x 50 Free	15 - 16 years		1:52.00	
4 x 100 Free	16 and under		4:09.00	
4 x 200 Free	16 and under		8:50.00	
4 x 50 Medley	13 - 14 years		2:09.00	
4 x 50 Medley	15 - 16 years		2:05.00	
4 x 100 Medley	16 and under		4:36.00	

1. Entry times for these Championships must have been swum in a 50m pool.
2. Qualifying time must be achieved since 1st May 2018
3. Minimum Age is 13 years

**BOYS**

<b>Event</b>	<b>17yrs</b>	<b>16yrs</b>	<b>15yrs</b>	<b>14yrs</b>
50m Freestyle	24.76	25.22	25.90	26.58
100m Freestyle	54.34	55.33	56.83	58.32
200m Freestyle	1:59.14	2:01.32	2:04.60	2:07.88
400m Freestyle	4:14.17	4:18.83	4:25.83	4:32.82
800m Freestyle	8:46.22	8:55.87	9:10.36	9:24.84
1500m Freestyle	16:41.10	16:59.47	17:27.02	17:54.57
100m Backstroke	1:01.03	1:02.69	1:04.36	1:06.02
200m Backstroke	2:13.72	2:17.36	2:21.01	2:24.66
100m Breaststroke	1:08.87	1:10.71	1:12.56	1:14.40
200m Breaststroke	2:29.34	2:33.34	2:37.34	2:41.34
100m Butterfly	58.39	59.98	1:01.57	1:03.17
200m Butterfly	2:12.11	2:15.71	2:19.32	2:22.92
200m Individual Medley	2:15.10	2:18.79	2:22.47	2:26.16
400m Individual Medley	4:49.31	4:57.20	5:05.09	5:12.98
<b>Relays</b>				
4 x 50m Free	14 – 15 years		1:45.00	
4 x 50m Free	16 – 17 years		1:41.00	
4 x 100m Free	17 and under		3:42.00	
4 x 200m Free	17 and under		8:05.00	
4 x 50m Medley	14 – 15 years		2:03.00	
4 x 50m Medley	16 – 17 years		1:59.00	
4 x 100m Medley	17 and under		4:10.00	

1. Entry times for these Championships must have been swum in a 50m pool.
2. Qualifying time must be achieved since 1st May 2018
3. Minimum Age as 14 years

Mixed 4 x 50m Medley	13 – 17 years* (Girls 13-16 year) (Boys 14-17yrs)	2:04.00
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**MULTI CLASS ENTRY QUALIFYING TIMES**

**MALE**

**11/14 Years**

	S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
<b>50FR</b>	50.67	45.95	48.70	45.74	44.28	49.73	45.14	48.80	50.94	53.29	57.35	1:03.01	1:12.30	1:22.04	1:55.76	2:04.35
<b>100FR</b>	1:55.55	1:40.51	1:46.58	1:42.36	1:38.05	1:49.14	1:37.97	1:46.50	1:50.97	1:56.21	2:06.05	2:15.27	2:38.75	3:01.07	4:11.29	4:31.08
<b>50BK</b>	1:04.09	53.73	58.62	56.33	55.52	1:02.22	55.08	57.39	59.59	1:07.58	1:08.10	1:07.48	1:22.25	1:25.33	2:01.66	2:36.48
<b>100BK</b>	2:16.99	1:54.49	2:02.87	1:55.26	1:54.34	2:10.46	1:56.61	1:59.11	2:04.55	2:18.55	2:22.49	2:27.46	3:07.44	3:45.69	4:31.22	6:11.63
<b>50BR</b>	1:05.54	54.83	58.33	1:00.41	1:03.50	1:06.81		56.16	1:04.23	1:13.97	1:14.49	1:21.27	1:29.49	1:33.38	1:48.37	2:53.21
<b>100BR</b>	2:24.79	1:55.55	2:07.92	2:04.47	2:09.92	2:15.83		2:07.03	2:09.05	2:37.52	2:43.91	2:56.22	3:06.06	3:34.04	4:16.95	
<b>50BF</b>	58.55	47.80	52.31	52.50	51.50	54.81	49.28	52.85	54.00	58.49	59.30	1:06.11	1:22.08	1:51.33	2:41.23	3:47.52
<b>100BF</b>	2:10.96	1:43.80	1:56.36	1:50.31	1:49.58	1:57.71	1:47.83	1:54.28	1:56.42	2:11.42	2:18.18	2:34.51				
<b>200IM</b>	5:18.52	3:55.38	4:26.00	4:13.90	4:12.50	4:35.34	4:12.86	4:17.29	4:31.39	5:00.28	5:12.34	5:25.89	4:55.75 *	5:47.62 *		

\*This event is 150m Individual Medley

**15/16 years**

	S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
<b>50FR</b>	41.22	37.38	39.62	37.21	36.02	40.45	36.73	39.70	41.44	43.35	46.66	51.27	58.82	1:06.74	1:34.18	1:41.17
<b>100FR</b>	1:34.01	1:21.77	1:26.71	1:23.27	1:19.76	1:28.79	1:19.70	1:26.64	1:30.28	1:34.54	1:42.55	1:50.05	2:09.15	2:27.31	3:24.43	3:40.54
<b>50BK</b>	52.14	43.71	47.69	45.83	45.17	50.62	44.81	46.69	48.48	54.98	55.40	54.90	1:06.92	1:09.42	1:38.97	2:07.30
<b>100BK</b>	1:51.45	1:33.15	1:39.96	1:33.77	1:33.02	1:46.13	1:34.87	1:36.91	1:41.32	1:52.71	1:55.93	1:59.97	2:32.50	3:03.61	3:40.65	5:02.34
<b>50BR</b>	53.32	44.61	47.46	49.15	51.66	54.35		45.69	52.25	1:00.18	1:00.60	1:06.12	1:12.81	1:15.97	1:28.16	2:20.92
<b>100BR</b>	1:57.79	1:34.01	1:44.07	1:41.26	1:45.70	1:50.51		1:43.35	1:44.99	2:08.15	2:13.35	2:23.36	2:31.37	2:54.13	3:29.04	
<b>50BF</b>	47.63	38.89	42.55	42.71	41.90	44.59	40.09	42.99	43.93	47.58	48.24	53.79	1:06.78	1:30.58	2:11.17	3:05.10
<b>100BF</b>	1:46.54	1:24.45	1:34.67	1:29.75	1:29.15	1:35.76	1:27.72	1:32.97	1:34.71	1:46.92	1:52.42	2:05.70				
<b>200IM</b>	4:19.13	3:11.49	3:36.40	3:26.56	3:25.42	3:44.00	3:25.72	3:29.32	3:40.79	4:04.29	4:14.10	4:25.13	4:00.61 *	4:42.80 *		

\*This event is 150m Individual Medley



**17/18 years**

	S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
<b>50FR</b>	38.87	35.25	37.37	35.09	33.97	38.15	34.63	37.44	39.08	40.88	44.00	48.35	55.47	1:02.94	1:28.82	1:35.41
<b>100FR</b>	1:28.65	1:17.11	1:21.77	1:18.53	1:15.22	1:23.73	1:15.16	1:21.71	1:25.14	1:29.16	1:36.71	1:43.78	2:01.80	2:18.92	3:12.79	3:27.98
<b>50BK</b>	49.17	41.22	44.98	43.22	42.60	47.74	42.26	44.03	45.72	51.85	52.25	51.77	1:03.11	1:05.47	1:33.34	2:00.05
<b>100BK</b>	1:45.10	1:27.84	1:34.27	1:28.43	1:27.72	1:40.09	1:29.47	1:31.39	1:35.55	1:46.30	1:49.32	1:53.14	2:23.81	2:53.16	3:28.09	4:45.13
<b>50BR</b>	50.28	42.07	44.76	46.35	48.72	51.26		43.09	49.28	56.75	57.15	1:02.35	1:08.66	1:11.65	1:23.14	2:12.89
<b>100BR</b>	1:51.08	1:28.65	1:38.14	1:35.49	1:39.68	1:44.21		1:37.46	1:39.01	2:00.85	2:05.76	2:15.20	2:22.75	2:44.22	3:17.14	
<b>50BF</b>	44.92	36.67	40.13	40.28	39.51	42.05	37.81	40.54	41.43	44.87	45.49	50.72	1:02.97	1:25.42	2:03.70	2:54.56
<b>100BF</b>	1:40.47	1:19.64	1:29.27	1:24.63	1:24.07	1:30.31	1:22.73	1:27.68	1:29.32	1:40.83	1:46.02	1:58.54				
<b>200IM</b>	4:04.37	3:00.59	3:24.08	3:14.80	3:13.72	3:31.25	3:14.00	3:17.40	3:28.22	3:50.38	3:59.63	4:10.03	3:46.91	4:26.70		
													*	*		

\*This event is 150m Individual Medley

**11 – 18 years: 200m Freestyle**

S5	S4	S3	S2	S1
4:42.16	5:38.58	6:28.95	9:03.17	9:36.25

**11 – 15 years: 400m freestyle**

S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6
10:29.76	7:29.53	8:22.65	7:55.51	7:58.85	8:22.32	7:50.29	8:14.98	8:32.43	9:13.47	9:14.17

**16 - 18 years: 400m freestyle**

S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6
8:25.93	6:01.15	6:43.82	6:22.02	6:24.69	6:43.56	6:17.83	6:37.66	6:51.68	7:24.65	7:25.21

This is a long Course event and qualifying times must have been achieved in a long course pool  
 QT's must have been achieved after 1 May 2018

**FEMALE**

**11/14 years**

	S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
<b>50FR</b>	1:01.05	50.36	55.75	52.73	51.92	1:00.11	54.60	55.93	1:00.11	1:00.93	1:08.56	1:09.10	1:28.09	1:49.85	2:19.37	2:18.14
<b>100FR</b>	2:12.46	1:50.33	2:00.94	1:53.38	1:54.53	2:12.04	1:58.23	1:57.63	2:08.17	2:11.82	2:26.31	2:27.62	3:05.58	3:55.92	4:37.65	5:10.70
<b>50BK</b>	1:12.64	59.91	1:02.71	1:03.40	1:04.27	1:10.76	1:02.65	1:05.34	1:11.66	1:16.15	1:21.14	1:14.49	1:34.23	1:49.04	2:12.81	2:16.68
<b>100BK</b>	2:55.33	2:09.36	2:14.35	2:13.06	2:12.67	2:33.64	2:08.01	2:13.46	2:23.21	2:40.21	2:47.30	2:58.93	3:37.08	4:10.53	5:37.39	5:50.02
<b>50BR</b>	1:15.69	1:04.07	1:10.89	1:10.14	1:08.81	1:20.13		1:14.30	1:14.61	1:25.26	1:28.70	1:24.14	1:41.34	1:44.40	2:19.86	3:20.08
<b>100BR</b>	2:56.41	2:21.53	2:37.00	2:28.52	2:27.94	2:52.36		2:28.16	2:29.45	2:55.25	3:03.94	3:00.74	3:36.93	4:09.69	5:50.10	
<b>50BF</b>	1:04.81	56.16	59.80	58.62	57.91	1:09.97	1:00.90	1:01.59	1:04.88	1:06.38	1:14.03	1:18.02	1:48.54	1:53.32		
<b>100BF</b>	3:41.47	2:03.29	2:14.16	2:07.01	2:01.54	2:33.99	2:11.07	2:08.53	2:17.97	2:34.34	2:52.60	3:48.08				
<b>200IM</b>	5:59.94	4:37.05	4:55.43	4:45.32	4:49.05	5:31.94	4:49.15	4:44.70	5:04.88	5:24.37	6:04.45	6:12.81	5:23.24*	6:43.20*		

\*This event is 150m Individual Medley

**15/16 years**

	S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
<b>50FR</b>	49.67	40.97	45.36	42.90	42.24	48.90	44.42	45.50	48.90	49.57	55.78	56.22	1:11.66	1:29.37	1:53.39	1:52.39
<b>100FR</b>	1:47.76	1:29.76	1:38.39	1:32.24	1:33.18	1:47.42	1:36.18	1:35.70	1:44.27	1:47.25	1:59.03	2:00.09	2:30.98	3:11.93	3:45.88	4:12.77
<b>50BK</b>	59.10	48.74	51.01	51.58	52.28	57.56	50.97	53.16	58.30	1:01.95	1:06.01	1:00.60	1:16.66	1:28.71	1:48.05	1:51.19
<b>100BK</b>	2:22.64	1:45.24	1:49.30	1:48.25	1:47.94	2:05.00	1:44.14	1:48.58	1:56.51	2:10.34	2:16.11	2:25.57	2:56.61	3:23.82	4:34.48	4:44.76
<b>50BR</b>	1:01.57	52.13	57.67	57.06	55.98	1:05.19		1:00.45	1:00.70	1:09.36	1:12.17	1:08.45	1:22.44	1:24.94	1:53.78	2:42.77
<b>100BR</b>	2:23.52	1:55.14	2:07.72	2:00.83	2:00.36	2:20.23		2:00.53	2:01.58	2:22.58	2:29.64	2:27.04	2:56.48	3:23.13	4:44.83	
<b>50BF</b>	52.72	45.69	48.65	47.69	47.11	56.92	49.54	50.11	52.78	54.01	1:00.23	1:03.47	1:28.30	1:32.19		
<b>100BF</b>	3:00.18	1:40.31	1:49.14	1:43.33	1:38.88	2:05.28	1:46.64	1:44.57	1:52.24	2:05.56	2:20.42	3:05.55				
<b>200IM</b>	4:52.83	3:45.40	4:00.34	3:52.12	3:55.16	4:30.05	3:55.24	3:51.62	4:08.04	4:23.89	4:56.50	5:03.30	4:22.97	5:28.02		
													*	*		

\*This event is 150m Individual Medley

**17/18 years**

	S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
<b>50FR</b>	46.84	38.64	42.78	40.46	39.84	46.11	41.89	42.91	46.11	46.75	52.60	53.01	1:07.58	1:24.28	1:46.93	1:45.99
<b>100FR</b>	1:41.63	1:24.65	1:32.79	1:26.98	1:27.87	1:41.30	1:30.71	1:30.25	1:38.33	1:41.14	1:52.25	1:53.26	2:22.38	3:01.00	3:33.02	3:58.38
<b>50BK</b>	55.73	45.97	48.11	48.64	49.31	54.29	48.07	50.13	54.98	58.42	1:02.25	57.15	1:12.30	1:23.66	1:41.89	1:44.86
<b>100BK</b>	2:14.52	1:39.25	1:43.07	1:42.08	1:41.79	1:57.88	1:38.21	1:42.40	1:49.87	2:02.92	2:08.36	2:17.28	2:46.55	3:12.22	4:18.85	4:28.55
<b>50BR</b>	58.07	49.16	54.39	53.81	52.79	1:01.48		57.00	57.24	1:05.41	1:08.06	1:04.55	1:17.75	1:20.10	1:47.30	2:33.50
<b>100BR</b>	2:15.34	1:48.59	2:00.45	1:53.95	1:53.51	2:12.24		1:53.67	1:54.66	2:14.46	2:21.12	2:18.67	2:46.43	3:11.57	4:28.61	
<b>50BF</b>	49.72	43.09	45.88	44.98	44.43	53.68	46.72	47.25	49.78	50.93	56.80	59.86	1:23.28	1:26.94		
<b>100BF</b>	2:49.92	1:34.59	1:42.93	1:37.45	1:33.25	1:58.15	1:40.56	1:38.61	1:45.85	1:58.41	2:12.42	2:54.99				
<b>200IM</b>	4:36.16	3:32.56	3:46.66	3:38.90	3:41.77	4:14.67	3:41.84	3:38.43	3:53.91	4:08.87	4:39.61	4:46.03	4:07.99	5:09.34		
													*	*		

\*This event is 150m Individual Medley

**11 – 18 years: 200m Freestyle**

S5	S4	S3	S2
5:17.02	6:28.68	8:10.03	10:01.68

**11 – 15 years: 400m freestyle**

S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6
11:18.13	8:35.78	9:09.37	8:37.36	8:54.17	9:58.50	8:46.05	8:28.06	9:10.16	9:47.14	10:30.99

**16 - 18 years: 400m freestyle**

S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6
9:04.80	6:54.37	7:21.35	6:55.64	7:09.15	8:00.82	7:02.62	6:48.17	7:21.99	7:51.69	8:26.92

This is a long Course event and qualifying times must have been achieved in a long course pool  
 QT's must have been achieved after 1 May 2018

3.4 Appendix D – Training Procedures

**MAIN COMPETITION POOL (50m)**

**START END OF POOL**

Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9
25m Dive Sprints ↓	Pace Lane	Circle Swimming Only (Feet First Entry)	Circle Swimming Only (Feet First Entry)	Circle Swimming Only (Feet First Entry)	Circle Swimming Only (Feet First Entry)	Circle Swimming Only (Feet First Entry)	Circle Swimming Only (Feet First Entry)	Pace Lane	25m Dive Sprints ↓

**DIVE/UTILITY POOL (50m)**

**START SIDE OF POOL**

Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9
25m Dive Sprints ↓	Pace Lane	Circle Swimming Only (Feet First Entry)	Circle Swimming Only (Feet First Entry)	Circle Swimming Only (Feet First Entry)	Circle Swimming Only (Feet First Entry)	Circle Swimming Only (Feet First Entry)	Circle Swimming Only (Feet First Entry)	Pace Lane	25m Dive Sprints ↓

DIAGRAMS NOT TO SCAL

### 3.5 Appendix E – ASADA Information

#### GENERAL GUIDELINES

The Australian Sports Anti-Doping Authority (ASADA) is the Australian national anti-doping organisation. It is responsible for developing a sporting culture free from doping.

Athletes can be selected for testing by ASADA anywhere, any time, and are subject to both random and targeted selection methods. Sample collection can be either in-competition (at an event) or out-of-competition (such as a training venue or home). The majority of testing is carried out with no-advance-notice. Tests can involve the collection of urine, blood, or both.

Athletes may be selected at this event for testing. For in-competition testing at this event, athletes can be notified during heats, finals or any other time during the event.

All ASADA officials wear uniform and identification badges.

#### THE TESTING PROCESS

If you are notified for a test, the following steps are what to expect:

1. Once notified of selection for testing, you must remain in direct observation of the Doping Control Officer (DCO) or Chaperone until the DCO is satisfied that the sample collection procedure is complete.
2. For no-advance-notice testing, including in-competition testing, you are required to report to the doping control station immediately unless you request a delay in reporting for valid reasons. You are permitted to complete a warm-down, participate in medal presentations, compete in further events or fulfil media commitments if required. At all times you must be accompanied by the chaperone.
3. You will be given a choice of individually sealed collection vessels, and you will select one. You will verify that the equipment is intact and has not been tampered with, and you will maintain control of the collection vessel at all times.
4. Providing the sample
  - Urine: The Chaperone will directly witness the urine sample leaving your body and going into the beaker. Only a Chaperone of the same gender is permitted in the area of privacy when you provide the sample.
  - Blood: You will be asked to select blood collection equipment and check that it is intact and has not been tampered with. A blood collection official will collect the sample in the presence of a DCO, Chaperone and, if applicable, the athlete representative.
5. You will select an individually sealed sample collection kit that is intact and has not been tampered with.
6. Splitting the sample
  - Urine: you will pour a measured amount of the urine into each of the 'A' and 'B' labelled bottles, and then secure the kits. You will be asked to leave a small amount of urine in the collection vessel so the DCO can measure the specific gravity.
  - You will place and secure the blood samples in the relevant labelled containers and secure the kits.
7. The DCO will check the specific gravity of the residual urine left in the collection vessel, and will record the value on the Doping Control Test Form. You should avoid over hydrating; this can happen if you drink too much fluid. If your sample is too diluted and does not meet the

required specific gravity you will be required to provide additional urine samples until the DCO is satisfied.

8. Final paperwork - Your personal information is recorded on the doping Control Test Form, including contact details. You will be asked to provide information on prescription and non-prescription medications, vitamins, herbal products, food supplements, and any other substances you have used within the last seven days. These are recorded on the Doping Control Test Form.
9. The secure sample(s) and the laboratory copy of the Doping Control Test Form are sent to the laboratory for analysis. There is a strict chain of custody regarding transportation, storage and opening of the sample.

**Note:** You should not consume any unsealed drinks. You will be provided with sealed drinks when you report to the Doping Control Station. You should open them yourself and once opened, be responsible for them. Any food or drink you consume is consumed at your own risk and is not grounds for challenging a test result.

### **ATHLETE RIGHTS**

Athletes have the right to:

- have a representative present during testing (e.g. your coach or manager)
- have an interpreter, if available
- ask for additional information about the testing process
- request modifications for athletes with disabilities
- request a delay in reporting to the doping control station for valid reasons (provided they remain in sight of the Chaperone at all times):

For in-competition testing:

- performing a warm down
- competing in further competitions
- fulfilling media commitments
- participating in a victory ceremony
- obtaining necessary medical treatment
- obtaining photo identification
- locating a representative and/or interpreter
- any other exceptional circumstances as approved by the DCO

### **ATHLETE RESPONSIBILITIES**

Athletes have the responsibility to:

- remain within direct observation of the DCO or Chaperone at all times from the point of notification by the DCO or Chaperone until the completion of the sample collection procedure
- produce appropriate identification
- comply with sample collection procedures
- report immediately for a test, unless there is a valid reason for a delay.

### **SWIMMERS SUBJECT TO TESTING**

All Australian Swimming Team members and other swimmers identified by SAL as competing at an elite level are subject to ASADA's national out-of-competition testing program. Some state level swimmers are subject to state testing programs as determined by ASADA.

**CHECK YOUR SUBSTANCES**

Athletes can't just take any drug or medication, or even use any training method. Some drugs, medications and substances are banned in sport, as are some methods.

Check your substance on Global Dro <https://globaldro.com/Home>

**For questions about prohibited substances, please contact the ASADA Hotline on 1800 020 506**

**MORE INFORMATION**

For more information about anti-doping, visit [www.asada.gov.au](http://www.asada.gov.au)