

2010 Victorian State Relay Carnival – Short Course

Saturday September 11th 2010

EVENT DETAILS

- DATE** Saturday September 11th 2010
- TIME** Warm up – 9am to 9.30 am
(Cool down/warm up facilities will exist for the remainder of the meet in separate pool)
Start – 9:45am **NO entry before 8.30am**
- VENUE** Melbourne Sports and Aquatic Centre (MSAC)
Aughtie Drive Albert Park (Melways – 2K D7)
25m Indoor Pool
- COST** Registration per Relay Event **\$12 per team**
Registration per Swimmer **\$25 (Maximum of 7 swims)**
- ENTRIES TO** Masters Swimming Victoria (Marked- Relay Entries)
Sports House
Level 2, 375 Albert Road, Albert Park VIC 3206
Phone: 9682 5666 e-mail: admin@aussivic.com.au
Queries:
Contact Jeanette Holowiuk (0411 876 790) (holowiuk@optusnet.com.au)

PROGRAMME OF EVENTS

- | | | | | |
|------------|--------------------------|------------------------|--------------|-------------------------|
| 1. 4 x 50m | Mixed Freestyle Relay | | 10. 4 x 25m | Mixed Medley Relay |
| 2. 4 x 50m | Men's Medley Relay | | 11. 4 x 25m | Women's Medley Relay |
| 3. 4 x 50m | Women's Freestyle Relay | | 12. 4 x 100m | Men's Freestyle Relay |
| 4. 4 x 25m | Mixed Freestyle Relay | <u>30 Minute Break</u> | 13. 4 x 100m | Women's Freestyle Relay |
| 5. 4 x 25m | Men's Medley Relay | | 14. 4 x 50m | Men's Freestyle Relay |
| 6. 4 x 50m | Mixed Breaststroke Relay | | 15. 4 x 50m | Women's Medley Relay |
| 7. 4 x 25m | Women's Freestyle Relay | | 16. 4 x 50m | Mixed Butterfly Relay |
| 8. 4 x 25m | Men's Freestyle Relay | | 17. 4 x 50m | Mixed Medley Relay |
| 9. 4 x 50m | Mixed Backstroke Relay | | | |

IMPORTANT CLUB INFORMATION

Details for Club Entries, Relay Forms and Relay Summary Sheets, will be posted directly to Club Secretaries.

Closing date for Club Entries is Wednesday September 1st 2010 – NO LATE ENTRIES

NO changes to teams from Event 1 up to and including Event 6 can be made after Friday September 10th at 1pm FOR ANY REASON

No additional swimmers may be entered after Friday September 10th at 1pm.

Clubs should appoint a Team Captain to co-ordinate their teams and as a point of contact with the carnival officials.

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IMPORTANT CLUB INFORMATION (cont)

Clubs must send:

- 1) The Individual Summary sheet listing their swimmers for the day and
- 2) The Relay Summary sheet showing the events, age groups and nominated times entered.
- 3) Team Entry sheets for Events 1 to 6
- 4) Team Entry Sheets for Events 7 to 17 can be handed in on the day of competition.
Events 7- 12 by 9.00am
Events 13 to 17 by 10.00am
(Clubs may complete and send in Team Entry Sheets for all events by the closing date if they wish)
- 5) Swimmers must be entered on the Team Entry Sheets in order of swimming
- 6) Payment to the State office (address above) by the closing date.
(Cheques must be made payable to Masters Swimming Victoria)

IMPORTANT INFORMATION FOR ALL SWIMMERS

- GENERAL** This competition will be governed by the rules of Masters Swimming Australia in force on the closing date for entries. **Please ensure you are aware of these rules especially the new Swim Wear rules.** They can be found on the National website.
- EVENT LIMIT** No swimmer may enter more than seven (7) events. Any team that includes a swimmer who has already entered seven (7) events will be disqualified. There is no limit on the number of teams that a club may enter in any age group in any event. Swimmers ages will be calculated as at 31st December 2010.
- AWARDS** Medals will be awarded for 1st place, ribbons for 2nd & 3rd place for all age groups, sexes and members in the relay events, based on fastest times. Visiting interstate and International teams are eligible for awards.
- VISITORS** Visiting interstate and international teams are welcome. Visitors must show a proof of registration with an equivalent body overseas or interstate. No guest swimmers!
- ENTRY** Submit the completed individual entry form and payment direct to your Club Secretary. Please ensure that your Masters Swimming registration is current as at September 1st **All entries are to be submitted through your Club**
Refer to your club for their closing date
- PROGRAMME** The program for the Meet will be computer generated from the Relay Entry Forms. The program will be available on the Masters Swimming Victoria website (<http://www.aussivic.com.au>) 5 days prior to the meet.



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TEAM ENTRY SHEET

Event No: _____

Event Name: _____

Club Code: _____

Club Name: _____

Age Group: _____ - _____

No.	Stroke	AUSSI ID	First Name	Surname	Age
1					
2					
3					
4					
				Total Ages	

Note: The medley order is Backstroke (BK), Breaststroke (BR), Butterfly (BU) and Freestyle (FR)

Nominated Time: _____ : _____ , _____

Team Captain: _____



2010 Victorian Short Course State Relay Carnival SUMMARY SHEET

Please return this Summary Sheet, with payment, to Masters Swimming Victoria, Sports House, Level 2, 375 Albert Road, Albert Park VIC 3206
By Wednesday September 1st 2010

CLUB NAME: _____

CODE: _____

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Age Group	Team	Event 1 Mixed Freestyle 4x 50m Nominated Time	Event 2 Men's Medley 4x 50m Nominated Time	Event 3 Women's Freestyle 4x 50m Nominated Time	Event 4 Mixed Freestyle 4x 25m Nominated Time	Event 5 Men's Medley 4x 25m Nominated Time	Event 6 Mixed Breaststroke 4x 50m Nominated Time	Fees - \$12 per Team
72-119	A							
	B							
120-159	A							
	B							
	C							
160-199	A							
	B							
	C							
200-239	A							
	B							
	C							
240-279	A							
	B							
	C							
280-319	A							
	B							
	C							
320-359	A							
	B							
360-399	A							
	B							



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CODE: _____

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Age Group	Team	Event 7 Women's Freestyle 4x 25m Nominated Time	Event 8 Men's Freestyle 4x 25m Nominated Time	Event 9 Mixed Backstroke 4x 50m Nominated Time	Event 10 Mixed Medley 4x 25m Nominated Time	Event 11 Women's Medley 4x 25m Nominated Time	Event 12 Men's Freestyle 4x 100m Nominated Time	Fees - \$12 per Team
72-119	A							
	B							
120-159	A							
	B							
	C							
160-199	A							
	B							
	C							
200-239	A							
	B							
	C							
240-279	A							
	B							
	C							
280-319	A							
	B							
	C							
320-359	A							
	B							
360-399	A							
	B							



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CLUB NAME: _____

CODE: _____

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Age Group	Team	Event 13 Women's Freestyle 4x 100m Nominated Time	Event 14 Men's Freestyle 4x 50m Nominated Time	Event 15 Women's Medley 4x 50m Nominated Time	Event 16 Mixed Butterfly 4x 50m Nominated Time	Event 17 Mixed Medley 4x 50m Nominated Time		Fees - \$12 per Team
72-119	A							
	B							
120-159	A							
	B							
	C							
160-199	A							
	B							
	C							
200-239	A							
	B							
	C							
240-279	A							
	B							
	C							
280-319	A							
	B							
	C							
320-359	A							
	B							
360-399	A							
	B							

Contact Name: _____ Ph: _____ E-mail: _____ TOTAL Number of Teams _____ @ \$12 = \$ _____



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INDIVIDUAL ENTRY FORM

- Please complete this entry form clearly and accurately and hand it, with your entry fee, to your Club Secretary, by the date nominated by your Club.
- Your Club Secretary will then produce a Relay Summary Sheet..
- You must be financial with the State Branch in order to swim
- All Details to be completed. Incomplete forms will be returned unprocessed.

***-All details to be completed**

Membership Number	*		
Surname	*	First Name	*
Gender	M / F (circle) *	Age (as at 31/12/10)	*
Date of Birth	* / /	Age group	*
Club Code	*	Club Name	*
Medical Disability	Yes / No (You must have this already registered with your Branch) *		

1B

<u>Emergency Contact during the Meet</u>			
Name	*	Contact Telephone	*

Stroke	50m	100m
Freestyle	____:____.____	____:____.____
Backstroke	____:____.____	____:____.____
Breaststroke	____:____.____	____:____.____
Butterfly	____:____.____	____:____.____
My Favorite Stroke(s) E.g. 1 Free, 2. Fly, etc.		

Registration Fee of \$25.00 enclosed (Payable to your Club)

Declaration

I the undersigned, in consideration of and as a condition of my entry in the 2010 State Relay Carnival for myself, heirs, executors and administrators hereby waive all and any claim, right or cause of action which I or they may otherwise have for or arising out of my life or injury damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequent upon my entry or participation in the said event and admit that I participate in the event solely at my own risk. The waiver release and discharge shall be and operate separately in favour of all persons, corporations and bodies involved or otherwise engaged in promoting or staging the event and the servants agents, representatives and officers of them and includes but is not limited to Masters Swimming Victoria Branch Incorporated, medical and paramedical personnel, police officers and so shall operate whether or not the loss or injury is attributable to the act or neglect of any or more of them. I also declare this to be my entry, the above numbers as being for the events in which I wish to participate .

Signed _____ Date ____ / ____ / ____ Telephone Number _____