



# 2018 HANCOCK PROSPECTING AUSTRALIAN SHORT COURSE SWIMMING CHAMPIONSHIPS

Melbourne Sports and Aquatic Centre (MSAC)

Thursday 25 – Saturday 27 October 2018

Information Book

as at 15/10/2018

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>Position</b>	<b>E-mail Contact</b>
Amie Quirk	General Manager, Events	<a href="mailto:amie.quirk@swimming.org.au">amie.quirk@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>
Hannah Sidebottom	Event Manager	<a href="mailto:Hannah.sidebottom@swimming.org.au">Hannah.sidebottom@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>

### **1.2 Swimming Australia Calendar 2018**

#### **October**

03 – 05	2018 State Teams Swimming Championships	Canberra ACT
25 - 27	2018 Hancock Prospecting Australian Short Course Swimming Championships	Melbourne VIC

## **SECTION TWO: Event Information**

### **2.1 Event Details**

The 2018 Hancock Prospecting Australian Short Course Swimming Championships will be held **in the outdoor pool** at the Melbourne Sports and Aquatic Centre (MSAC) from Thursday 25 to Saturday 27 October 2018.

#### **Melbourne Sports and Aquatic Centre**

30 Aughtie Dr, Albert Park VIC 3206

### **2.2 Entry Procedures**

Entries for the 2018 Hancock Prospecting Australian Short Course Swimming Championships are currently open and will close at 11.59pm AEDST on **Monday 8 October 2018**.

All entries including relay 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). 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

All swimmers only participating in relays must register online in **Event 64** as a **relay only swimmer**. Registrations can be made through the individual entry section, and a **\$28.00** accreditation fee applies.

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) during the event, and forms must be returned to the SAL office prior to the commencement of the heats session on the day that the timed final relay is to be swum.

Further enquiries relating to entries should be directed to Liz Avery on [liz.avery@swimming.org.au](mailto:liz.avery@swimming.org.au) or 0417 794 392.

### **2.3 Program of Events**

The 2018 Hancock Prospecting Australian Short Course Swimming Championships will consist of 63 events held over 3 days.

*Appendix A – Program of Events*

### **2.4 Qualifying Times**

For the Australian Short Course Championships, the standard qualifying time should be achieved in a 25m pool. A time in a 50m pool can only be used without a conversion factor when a short course time is not available.

Qualifying times must have been achieved since 1 January 2017.

## 2.5 By-Laws

The 2018 Hancock Prospecting Australian Short Course Swimming Championships will be conducted under the By-Laws for the Conduct of Australian Championships.

This event is also governed by World Para 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' accreditations will be provided as part of their event entries. 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 procedures outlined below.

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

### 2.6.1 Club Staff Packs

Accreditation for Coaches, Support Staff and Team Managers can be can obtained by ordering a Club Staff Pack. Applications for Club Staff Packs can be made via the online system on the event webpage (or via the link provided below).

Coach Packs will only be issued to licenced coaches. Licensed coaches are current members of the Australian Swimming Coaches and Teachers Association (ASCTA) and Swimming Australia Ltd.

Support Staff Packs will only be issued to applicants who provide a copy of their current PPLI certificate in this application.

Under the Swimming Australia Safe Sport Framework, all paid employees of clubs or affiliates are required to obtain a Working With Children's Check or equivalent ("WWCC").

Each Club Staff Pack is entitled to one accreditation

Club Staff Packs provide the following:

- Access to required areas of the venue for the entirety of the event, including access to grandstands during competition & warm up pool deck
- Complimentary heats & finals programs throughout the event, available from the coaches desk
- Team Managers & Coaches will have access to a viewing area on the pool deck.

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

Club Staff Pack applications close at **11.59pm on Monday 8 October 2018**. Applications for Staff Packs after this date will incur a late fee (of 100% of the price), Swimming Australia asks that you please apply for accreditation before closing date.

### [CLICK HERE TO APPLY FOR CLUB STAFF PACKS](#)

#### 2.6.2 Lost or Misplaced Accreditation Passes

Should you lose or misplace your accreditation pass, replacement passes are available for purchase in cash 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 desk.

#### 2.7 Codes of Conduct and the Safe Sport Framework

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 Swimmers / A Sport for Everyone / Safe Sport.

#### 2.8 Team Leaders Meeting

There will be **no Team Leaders Meeting** for this event. All relevant information will be placed on the event webpage a week out from the event.

#### 2.9 Team Selection

This event is the selection event for the 14th FINA World Short Course Swimming Championships be held December 11–16, 2018 in Hangzhou, China.

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

#### 2.10 Training Procedures

The following general pool procedures for the **MAIN COMPETITION POOL (25m)** must be observed throughout the meet:

- |                       |   |
|-----------------------|---|
| <b>Lanes 0 and 9:</b> | Reserved for dive sprints from the start end of the pool. Swimmers must clear the lane immediately. |
| <b>Lanes 1 and 8:</b> | Reserved for pace swimming (no diving).   |

**Lanes 2 – 7:** Reserved throughout the whole of the warm up period as circle swimming lanes.

The following general pool procedures for the **INDOOR WARM UP POOL (25m)** must be observed throughout the meet:

**Lanes 0, 1, 8, 9, 10:** Reserved for 25m dive sprints (one way only). Swimmers must clear the lane immediately.

**Lanes 2, 7, 11:** Reserved for pace swimming (no diving).

**Lanes 3 - 6, 12 – 17:** Reserved throughout the whole of the warm up period as circle swimming lanes.

**Lanes 18 - 19:** Reserved for MC athletes only

### *Appendix C – Training Procedures*

#### **2.11 Medal Presentations**

Medal presentations will be held for all events, and medal chaperones will be available to direct medal winners to the medal preparation area after their event.

Athletes are encouraged to arrive at the medal presentation area well in advance of their ceremony. All athletes are required to be wearing a shirt.

#### **2.12 Operating Hours**

##### Pre-Meet Training: Wednesday 24 October 2018

###### **Morning Session**

9.00am – 12.00pm

Pre-meet training  
Accreditation desk open  
Gates open to public

###### **Afternoon Session**

3.00pm – 6.00pm

Pre-meet training  
Accreditation desk open  
Gates open to public

##### Competition: Thursday 25 – Friday 26 October 2018

###### **Heats Session**

8:00am

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

###### **Finals Session**

4.30pm

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

10.00am

Competition

6:30pm

Competition

##### Competition: Saturday 27 October 2018

###### **Heats Session**

7:30am

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

###### **Finals Session**

2.30pm

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

9:30am

Competition

4:30pm

Competition



## **2.13 Seating**

### 2.13.1 Athlete and Coach Seating

Seating for athletes and support staff will be provided in the grandstand.

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

### 2.13.2 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.

## **2.14 Ticketing**

### 2.14.1 Prices and Categories

Tickets are on sale via the Swimming Australia website - [swimming.org.au](http://swimming.org.au) from Friday 7 September. Seating is general admission.

### 2.14.2 Programs

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.

## **2.15 Public Transport and Parking**

For up to date information on parking and public transport option to get to MSAC please visit:

<https://www.melbournesportshub.com.au/msac/contact-us/>

**Please note:** no public parking will be provided in the multi-deck carpark.

## **2.16 Broadcast and Live Streaming**

The 2018 Hancock Prospecting Australian Short Course Swimming Championships will be livestreamed on the Swimming Australia website and via facebook. To access the stream please visit: [www.swimming.org.au](http://www.swimming.org.au)

## **2.17 Merchandise**

There will not be official merchandise for this event.

Event merchandise will be sold at a prominent position at the venue during the event.

## **2.18 Medical Services**

### 2.18.1 First Aid

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

The aquatic centre First Aid room will be available to team doctors, medical staff (including the SAL Event Medical Officer) and aquatic centre First Aid staff members.

### 2.18.2 Event Medical Officer

Swimming Australia Event Medical Officer, Rick Steltenpool, 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. He will be wearing an orange hi-visibility vest.

### 2.18.3 Medical Directory

Service	Address	Suburb	Postcode	Phone
Emergency - Ambulance, Police, Fire				000
VIC Police Service				03 9247 6666
<b><u>Public Hospitals and Medical Centres</u></b>				
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
<b><u>Private Hospitals</u></b>				
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>				
<b><u>Pharmacies</u></b>				
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	03 690 5151

### 2.19 Doping Control

The Australian Sports Anti-Doping Authority (ASADA) has been notified of the event and may conduct random testing during the 2018 Hancock Prospecting Australian Short Course 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.

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

Swimming Australia strongly encourages all athletes 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**

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).

### *Appendix D – ASADA Doping Control Information*

#### **2.20 Lost Property**

All lost property will be handed in to the aquatic centre pool attendants on duty.

## SECTION THREE: Appendixes

### 3.1 Appendix A – Program of Events

Day 1 – Thursday 25 October		Day 2 – Friday 26 October		Day 3 – Saturday 27 October	
Heats		Heats		Heats	
1) 400m Freestyle MC T/F	M	22) 100m Freestyle MC	M	42) 100m Breaststroke MC	M
2) 400m Freestyle MC T/F	W	23) 100m Freestyle MC	W	43) 100m Breaststroke MC	W
3) 400m Freestyle	M	24) 200m Freestyle	M	44) 200m Butterfly	W
4) 200m Backstroke	W	25) 400m Freestyle	W	45) 100m Butterfly	M
5) 200m Butterfly	M	26) 100m Butterfly	W	46) 200m Breaststroke	M
6) 100m Breaststroke	W	27) 200m Backstroke	M	47) 100m Butterfly MC	M
7) 100m Freestyle	W	28) 100m Backstroke	W	48) 100m Butterfly MC	W
8) 100m Freestyle	M	29) 100m Breaststroke	M	49) 50m Freestyle	M
9) 400m IM	W	30) 200m Breaststroke	W	50) 200m IM	W
10) 50m Backstroke T/F	M	31) 50m Freestyle	W	51) 400m IM	M
11) 50m Freestyle MC	W	32) 200m IM	M	52) 50m Backstroke T/F	W
12) 50m Freestyle MC	M	33) 100m IM T/F	W	53) 200m Freestyle	W
13) 50m Butterfly T/F	W	34) 100m Backstroke MC	M	54) 100m Backstroke	M
14) 50m Breaststroke T/F	M	35) 100m Backstroke MC	W	55) 50m Breaststroke T/F	W
15) 800m Freestyle T/F	W	36) 50m Butterfly T/F	M	56) 1500m Freestyle T/F	M
16) 50m Breaststroke MC T/F	M	37) 800m Freestyle T/F	M	57) 100m IM T/F	M
17) 50m Breaststroke MC T/F	W	38) 50m Butterfly MC T/F	M	58) 150m IM MC T/F	MX
		39) 50m Butterfly MC T/F	W	59) 1500m Freestyle T/F	W
Finals		Finals		Finals	
18) 200m IM MC T/F	M	22) 100m Freestyle MC	M	42) 100m Breaststroke MC	M
19) 200m IM MC T/F	W	23) 100m Freestyle MC	W	43) 100m Breaststroke MC	W
3) 400m Freestyle	M	24) 200m Freestyle	M	44) 200m Butterfly	W
4) 200m Backstroke	W	25) 400m Freestyle	W	45) 100m Butterfly	M
5) 200m Butterfly	M	26) 100m Butterfly	W	46) 200m Breaststroke	M
6) 100m Breaststroke	W	27) 200m Backstroke	M	47) 100m Butterfly MC	M
7) 100m Freestyle	W	28) 100m Backstroke	W	48) 100m Butterfly MC	W
8) 100m Freestyle	M	29) 100m Breaststroke	M	49) 50m Freestyle	M
9) 400m IM	W	30) 200m Breaststroke	W	50) 200m IM	W
11) 50m Freestyle MC	W	31) 50m Freestyle	W	51) 400m IM	M
12) 50m Freestyle MC	M	32) 200m IM	M	60) 50m Backstroke MC T/F	W
15) 800m Freestyle T/F	W	34) 100m Backstroke MC	M	61) 50m Backstroke MC T/F	M
20) 4 x 100m Freestyle Relay	M	35) 100m Backstroke MC	W	53) 200m Freestyle	W
21) 4 x 100m Freestyle Relay	W	40) 4 x 200m Freestyle Relay	M	54) 100m Backstroke	M
		41) 4 x 200m Freestyle Relay	W	56) 1500m Freestyle T/F	M
				62) 4 x 100m Medley Relay	M
				63) 4 x 100m Medley Relay	W

- Multi Class 50m form strokes, 400m freestyle, and 200m IM are timed finals with all heats to be swum in the indicated session
- Female 800m freestyle and Male 1500m freestyle are timed finals with the fast heat to be swum in the evening session. Female 1500m and Male 800m are timed finals with all heats to be swum in the indicated morning heats session.
- 50m form strokes and 100m IM are all timed finals with all heats to be swum in the indicated morning heats session.
- Relays are all timed finals with all heats to be swum in the evening session.
- **PLEASE NOTE:** The above program of events is subject to change. Any such changes will be displayed on the event page on the Swimming Australia website.

### 3.2 Appendix B – Qualifying Times

## QUALIFYING TIMES

MEN	EVENT	WOMEN
23.16	50m Freestyle	25.87
50.61	100m Freestyle	56.65
1:51.49	200m Freestyle	2:02.10
3:56.33	400m Freestyle	4:19.58
8:19.00	800m Freestyle	8:56.20
15:48.32	1500m Freestyle	17:05.00
25.82	50m Backstroke	28.83
56.10	100m Backstroke	1:02.21
2:03.11	200m Backstroke	2:16.38
28.92	50m Breaststroke	33.06
1:03.42	100m Breaststroke	1:11.07
2:17.42	200m Breaststroke	2:33.88
25.04	50m Butterfly	28.08
55.59	100m Butterfly	1:02.61
2:04.40	200m Butterfly	2:19.57
58.17	100m Individual Medley	1:05.45
2:05.81	200m Individual Medley	2:19.15
4:30.68	400m Individual Medley	4:56.46
<b>CLUB RELAYS</b>		
3:30.00	4 x 100m Freestyle	3:52.00
7:45.00	4 x 200m Freestyle	8:24.00
3:52.00	4 x 100m Medley	4:25.00

- For Australian Short Course Championships the standard Qualifying time should be achieved in a 25m pool. A time in a 50m pool can only be used without a conversion factor when a short course time is not available.
- Qualifying time must be achieved since 1<sup>st</sup> January 2017.
- Minimum age is 13 years at first day of Competition.

If you have any questions re qualifying times please contact Liz Avery: [liz.avery@swimming.org.au](mailto:liz.avery@swimming.org.au)

## MULTI CLASS QUALIFYING TIMES

MEN	Classification															
Event	S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
50FR	34.33	29.78	30.98	30.54	30.06	34.90	28.27	30.81	32.87	34.37	37.92	45.42	54.29	1:22.98	1:37.75	2:22.78
100FR	1:15.13	1:04.53	1:08.29	1:07.43	1:05.50	1:16.41	1:01.36	1:07.72	1:12.08	1:16.06	1:20.55	1:36.73	1:57.75	2:56.49	3:26.37	5:56.02
400FR	6:15.76	4:56.94	5:25.63	5:20.98	5:10.47	5:58.49	4:55.54	5:16.64	5:27.81	6:06.80	5:56.10					
50BK	39.35	35.55	37.91	35.86	35.59	42.48	34.93	34.84	38.64	42.50	45.08	49.75	1:06.96	1:26.83	1:38.77	2:27.95
100BK	1:29.62	1:13.47	1:20.31	1:14.71	1:12.50	1:32.08	1:12.18	1:12.99	1:19.60	1:29.63	1:33.89	1:45.15	2:48.33	2:59.58	3:45.67	4:48.26
50BF	37.66	32.28	34.58	33.50	34.16	38.81	32.14	33.53	34.64	39.94	39.54	48.27	1:05.90	1:57.74	3:14.13	2:56.48
100BF		1:09.12	1:16.21	1:11.87	1:13.44	1:24.44	1:08.99	1:13.45	1:15.48	1:37.01	1:42.52	2:26.06				
	SB16	SB15	SB14	SB13	SB12	SB11		SB9	SB8	SB7	SB6	SB5	SB4	SB3	SB2	SB1
50BR	41.40	36.17	37.46	38.45	40.24	43.64		37.84	41.68	46.44	49.38	59.37	1:02.69	1:12.08	1:30.69	2:23.90
100BR	1:45.76	1:17.36	1:21.92	1:23.58	1:25.33	1:34.90		1:20.12	1:28.85	1:38.16	1:43.87	2:10.22	2:09.82	2:43.99	3:27.21	
	SM16	SM15	SM14	SM13	SM12	SM11	SM10	SM9	SM8	SM7	SM6	SM5	SM4	SM3	SM2	SM1
200IM	3:26.03	2:29.48	2:52.17	2:50.74	2:44.58	3:15.36	2:36.29	2:43.40	2:52.81	3:14.42	3:23.15	3:55.47				

WOMEN	Classification															
Event	S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
50FR	39.07	33.17	36.80	34.89	33.44	40.76	35.76	36.31	39.99	40.53	46.21	53.06	1:12.98	1:39.55	1:56.14	2:03.37
100FR	1:28.26	1:11.61	1:18.67	1:15.62	1:13.83	1:26.30	1:18.72	1:18.05	1:25.60	1:26.38	1:37.78	2:00.36	2:31.60	3:24.43	4:39.67	4:21.85
400FR	7:23.64	5:45.89	5:58.11	5:46.50	5:54.39	6:39.77	5:50.38	5:51.32	6:01.04	6:28.72	6:58.86					
50BK	47.55	39.18	40.78	42.74	43.56	46.15	41.93	40.96	46.73	45.41	53.82	1:00.51	1:17.49	1:37.72	2:06.14	2:10.10
100BK	1:46.85	1:24.87	1:25.91	1:28.90	1:27.85	1:40.74	1:25.51	1:25.46	1:36.51	1:34.46	1:51.75	2:15.14	2:45.21	3:29.03	4:21.70	4:28.14
50BF	43.01	36.53	39.55	38.64	38.09	45.67	40.49	39.85	42.96	44.31	48.96	1:00.96	1:20.10	1:51.41		
100BF		1:20.95	1:27.50	1:23.31	1:22.02	1:41.25	1:26.86	1:24.68	1:31.02	1:49.00	1:58.24	2:35.12				
	SB16	SB15	SB14	SB13	SB12	SB11		SB9	SB8	SB7	SB6	SB5	SB4	SB3	SB2	SB1
50BR	49.59	45.03	45.65	44.40	51.27	52.61		48.13	46.84	52.10	57.97	1:01.77	1:25.11	1:27.78	1:59.80	3:58.68
100BR	1:51.38	1:37.01	1:41.75	1:35.02	1:33.71	1:51.44		1:42.05	1:35.17	1:49.42	2:04.51	2:15.23	2:44.36	3:16.46	4:12.92	
	SM16	SM15	SM14	SM13	SM12	SM11	SM10	SM9	SM8	SM7	SM6	SM5	SM4	SM3	SM2	SM1
200IM	3:55.48	3:07.72	3:14.28	3:06.63	3:08.50	3:35.79	3:11.85	3:07.14	3:16.33	3:38.05	3:57.87	5:22.72				

**3.3 Appendix C –Training Procedures**

**MAIN COMPETITION POOL (25m) - 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 ↓

**INDOOR / WARM UP (25m)  
START SIDE OF POOL**

Lanes under the dive tower will be used by members of the public and MSAC user groups.	Boom	19	18	17	16	15	14	13	12	11	10	Boom	25m Dive Sprints	0		
		MC ONLY	MC ONLY	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)	Circle Swimming Only (Feet First Entry)	Pace Lane		Sprint Lane	25m Dive Sprints	1	
														Pace Lane	2	
														Circle Swimming Only (Feet First Entry)	3	
														Circle Swimming Only (Feet First Entry)	4	
														Circle Swimming Only (Feet First Entry)	5	
														Circle Swimming Only (Feet First Entry)	6	
															Pace Lane	7
															25m Dive Sprints	8
															25m Dive Sprints	9

**DIAGRAMS NOT TO SCALE**



### 3.4 Appendix D - ASADA Doping Control 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 you provide a sample that meets the specific gravity requirements.
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 state and territory governments.

## **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.

It's easy to check if your substances are permitted in sport. Visit [www.asada.gov.au](http://www.asada.gov.au) and click *check your substances*.

## **MORE INFORMATION**

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