2014 AUSTRALIAN OPEN WATER SWIMMING CHAMPIONSHIPS

Eastern Beach, Geelong, VIC
Friday 14 – Sunday 16 February 2014

EVENT INFORMATION BOOK

11/02/2014

Swimming Australia Limited Commercial and 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.
Swimming Australia would like to thank the following sponsors:

**Sponsors**

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City of Greater Geelong

**Official Suppliers**

2XU Compression, Novotel

**Partners**

Australian Olympic Committee, Australian Sports Commission, Commonwealth Games Australia
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1.1. Event Staff

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<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>E-mail Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Robert Gregg</td>
<td>Technical Manager</td>
<td><a href="mailto:rgregg@gyc.tas.edu.au">rgregg@gyc.tas.edu.au</a></td>
</tr>
<tr>
<td>Bill Ford</td>
<td>Assistant Technical Manager (OWS)</td>
<td><a href="mailto:bill.ford026@gmail.com">bill.ford026@gmail.com</a></td>
</tr>
<tr>
<td>Ingrid Keates</td>
<td>General Manager, Events</td>
<td><a href="mailto:ingrid.keates@swimming.org.au">ingrid.keates@swimming.org.au</a></td>
</tr>
<tr>
<td>Ben Carter</td>
<td>Event Operations Manager</td>
<td><a href="mailto:ben.carter@swimming.org.au">ben.carter@swimming.org.au</a></td>
</tr>
<tr>
<td>Tara Alcorn</td>
<td>Event Operations Coordinator</td>
<td><a href="mailto:tara.alcorn@swimming.org.au">tara.alcorn@swimming.org.au</a></td>
</tr>
<tr>
<td>Liz Avery</td>
<td>Records and Events Coordinator</td>
<td><a href="mailto:liz.avery@swimming.org.au">liz.avery@swimming.org.au</a></td>
</tr>
<tr>
<td>Jess Gilbert</td>
<td>Corporate Partnerships Account Manager</td>
<td><a href="mailto:jess.gilbert@swimming.org.au">jess.gilbert@swimming.org.au</a></td>
</tr>
<tr>
<td>Kathleen Rayment</td>
<td>Media and PR Coordinator</td>
<td><a href="mailto:kathleen.rayment@swimming.org.au">kathleen.rayment@swimming.org.au</a></td>
</tr>
</tbody>
</table>

1.2. Swimming Australia Calendar 2014

<table>
<thead>
<tr>
<th>Month</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>January</td>
<td>2014 BHP Billiton Aquatic Super Series Elite Pool Event</td>
<td>Perth WA</td>
</tr>
<tr>
<td></td>
<td>2014 BHP Billiton Aquatic Super Series Open Water Event</td>
<td>Perth WA</td>
</tr>
<tr>
<td></td>
<td>2014 Open Water Swimming Championships</td>
<td>Geelong VIC</td>
</tr>
<tr>
<td>April</td>
<td>2014 Australian Swimming Championships</td>
<td>Brisbane QLD</td>
</tr>
<tr>
<td></td>
<td>2014 Georgina Hope Swimmers Foundation Australian Age and Multi Class Age Swimming Championships</td>
<td>Sydney NSW</td>
</tr>
<tr>
<td>August</td>
<td>2014 Hancock Prospecting Pan Pacific Championships</td>
<td>Gold Coast QLD</td>
</tr>
<tr>
<td>September</td>
<td>2014 State Team Age Short Course Championships</td>
<td>Canberra ACT</td>
</tr>
<tr>
<td>November</td>
<td>2014 Australian Short Course Championships</td>
<td>Adelaide SA</td>
</tr>
</tbody>
</table>
SECTION TWO: EVENT INFORMATION

2.1. Event Details

The 2014 Australian Open Water Swimming Championships will be held at Eastern Beach in Geelong, VIC from Friday 14 – Sunday 16 February. The event will showcase Australia’s top open water swimming talent and will incorporate the selection trials for the 2014 Junior Pan Pacific OWS Championships to be held in Hawaii, USA.

The open water JX Clinic and 2.5km JX open water event will again take place at the event and will be conducted on Friday 14 February.

2.2. Entry Procedures

Entries for the 2014 Australian Open Water Swimming Championships will open at 9.00am AEDST on Monday 16 December 2013. Entries will close at 11.59pm (AEDST) on Tuesday 4 February 2014.

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.

Age groups are determined by the swimmer’s age as at Friday 14 February 2014 (JX entrants) and Saturday 15 February 2014 (Open and Age Group entrants).

Further enquiries relating to entries should be directed to Liz Avery via liz.avery@swimming.org.au or by calling 02 6219 5600.

2.2.1. Entry fees (prices are inclusive of GST)

JX event: $30.00 (includes clinic)
5k event: $30.00
10k event: $30.00

Appendix A – Preparing Swimmers for Open Water Events
Appendix B – JX Open Water Information

Please take note of the prerequisites for entry to 2014 Australian Open Water Swimming Championships as set out below.

2.2.2. Open Entry Qualifying Procedures

Swimmers must have achieved the 5km qualifying times at a recognised 5km open water swimming event on or after 1st October 2012.

OR

Swimmers have achieved the 5km pool qualifying time at an approved 5km time trial on or after 1st January 2013.

OR

Open swimmers who have not swum a 5km qualifying time may enter into the 5km event based on their time in the 800m freestyle or 1500m freestyle in accordance with the Open 5km Qualifying Procedure. Swimmers must be 14 years or over to enter an Open event.
2.2.3. Age Entry Procedures

Entry to:

(ii) 10 kilometre events
Swimmers must have achieved the 10km qualifying times at a recognised 10km open water swimming event on or after 1st October 2012.

OR
Swimmers who have not swum a 10km qualifying time may enter into the 10km event based on their time in the 800m freestyle or 1500m freestyle in accordance with the 5km & 10km Pool Qualifying Procedure. Swimmers must be 14 years or over.

(ii) 5 kilometre events
Swimmers must have achieved the 5km qualifying times at a recognised 5km open water swimming event on or after 1st October 2012.

OR
Swimmers have achieved the 5km pool qualifying time at an approved 5km time trial on or after 1st January 2013.

OR
Swimmers who have not swum a 5km qualifying time may enter into the 5km event based on their time in the 800m freestyle or 1500m freestyle in accordance with the 5km & 10km Pool Qualifying Procedure. Swimmers must be 13 years or over.

2.2.4. JX Entry Procedures

To be eligible to enter the 2.5km JX swim at the 2014 Open Water Championships participants must meet the following criteria:

- 11-13 years of age as of the day of the meet
- Registered SAL swimming member
- Consent to participate has been provided by both the parent and coach
- Has qualified as a JX swimmer since April 2013
- Complete and return the SAL JX Consent Form by Tuesday 4 February 2014 (close of entries)

Appendix C – JX Consent Form

2.3. Qualifying Times

2.3.1. Open Qualifying Times

<table>
<thead>
<tr>
<th></th>
<th>5KM</th>
<th>5KM</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Open Water QT</td>
<td>Pool QT</td>
</tr>
<tr>
<td>Open</td>
<td>1 Hour 05 Min</td>
<td>1 Hour 02 Min</td>
</tr>
<tr>
<td>Open Multi Class</td>
<td>1 Hour 20 Min</td>
<td>1 Hour 17 Min</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>5KM</th>
<th>5KM</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Open Water QT</td>
<td>Pool QT</td>
</tr>
<tr>
<td>Open</td>
<td>1 Hour 10 Min</td>
<td>1 Hour 07 Min</td>
</tr>
<tr>
<td>Open Multi Class</td>
<td>1 Hour 25 Min</td>
<td>1 Hour 22 Min</td>
</tr>
</tbody>
</table>
2.3.2. Age Qualifying Times

<table>
<thead>
<tr>
<th>AGE</th>
<th>BOYS 5KM</th>
<th>BOYS 5KM</th>
<th>BOYS 10KM</th>
</tr>
</thead>
<tbody>
<tr>
<td>17/18Years</td>
<td>1 Hour 05 Min</td>
<td>1 Hour 02 Min</td>
<td>2 Hours 15 Min</td>
</tr>
<tr>
<td>16 Years</td>
<td>1 Hour 07 Min</td>
<td>1 Hour 04 Min</td>
<td>2 Hours 20 Min</td>
</tr>
<tr>
<td>15 Years</td>
<td>1 Hour 09 Min</td>
<td>1 Hour 06 Min</td>
<td>2 Hours 25 Min</td>
</tr>
<tr>
<td>14 Years</td>
<td>1 Hour 11 Min</td>
<td>1 Hour 08 Min</td>
<td>2 Hours 30 Min</td>
</tr>
<tr>
<td>13 Years</td>
<td>1 Hour 13 Min</td>
<td>1 Hour 10 Min</td>
<td>NA</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>AGE</th>
<th>GIRLS 5KM</th>
<th>GIRLS 10KM</th>
</tr>
</thead>
<tbody>
<tr>
<td>17/18Years</td>
<td>1 Hour 10 Min</td>
<td>2 Hours 25 Min</td>
</tr>
<tr>
<td>16 Years</td>
<td>1 Hour 12 Min</td>
<td>2 Hours 30 Min</td>
</tr>
<tr>
<td>15 Years</td>
<td>1 Hour 14 Min</td>
<td>2 Hours 35 Min</td>
</tr>
<tr>
<td>14 Years</td>
<td>1 Hour 16 Min</td>
<td>2 Hours 40 Min</td>
</tr>
<tr>
<td>13 Years</td>
<td>1 Hour 18 Min</td>
<td>NA</td>
</tr>
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</table>

2.3.3. Criteria for an approved 5km pool time trial

To achieve an approved 5km pool time trial a swimmer must swim a continuous 5km swim under the designated pool qualifying time.

The swim must have an official starter and referee present who sign off on the final results.

Time trial information for the claimed performance (date, location, name of swimmer and club) as well as the contact details for the swimmers home coach must then be submitted to Liz Avery at Swimming Australia liz.avery@swimming.org.au

2.3.4. Open 5km Pool Qualifying Procedure

Athletes who have not swum a 5km event to achieve an entry time in the qualifying period but who have meet the following electronically timed verifiable pool standards may enter the Open 5km event. Qualifying time must be achieved on or after 1st January 2013.

**Pool Standards**

<table>
<thead>
<tr>
<th></th>
<th>800m</th>
<th>1500m</th>
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</thead>
<tbody>
<tr>
<td>MEN</td>
<td>8:40:00</td>
<td>16:15:00</td>
</tr>
<tr>
<td>WOMEN</td>
<td>9:05:00</td>
<td>18:00:00</td>
</tr>
</tbody>
</table>

2.3.5. Age 5km & 10km Pool Qualifying Procedure

Athletes who have not swum a 5km or 10km event to achieve an entry time in the qualifying period but who have meet the following electronically timed verifiable pool standards may enter the Age 5km & 10km events. Qualifying time must be achieved on or after 1st January 2013. Note that 13 years may only enter the 5km event.

**Pool Standards**

<table>
<thead>
<tr>
<th></th>
<th>800</th>
<th>1500</th>
</tr>
</thead>
<tbody>
<tr>
<td>BOYS</td>
<td></td>
<td></td>
</tr>
<tr>
<td>17/18Years</td>
<td>-</td>
<td>16:25:00</td>
</tr>
<tr>
<td>16 Years</td>
<td>-</td>
<td>16:30:00</td>
</tr>
<tr>
<td>15 Years</td>
<td>-</td>
<td>17:00:00</td>
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<tr>
<td>14 Years</td>
<td>-</td>
<td>17:20:00</td>
</tr>
<tr>
<td>13 Years</td>
<td>9:35:00</td>
<td>-</td>
</tr>
</tbody>
</table>
Swimming Australia Limited Commercial and Events Unit

<table>
<thead>
<tr>
<th>GIRLS</th>
<th>800</th>
<th>1500</th>
</tr>
</thead>
<tbody>
<tr>
<td>17/18Years</td>
<td>9:10:00</td>
<td>-</td>
</tr>
<tr>
<td>16 Years</td>
<td>9:20:00</td>
<td>-</td>
</tr>
<tr>
<td>15 Years</td>
<td>9:27:00</td>
<td>-</td>
</tr>
<tr>
<td>14 Years</td>
<td>9:34:00</td>
<td>-</td>
</tr>
<tr>
<td>13 Years</td>
<td>9:44:00</td>
<td>-</td>
</tr>
</tbody>
</table>

2.4. Race Program and Briefings

2.4.1. Team Leaders Meeting
A compulsory Team Leaders Meeting will be held on Friday 14 February at 2.30pm. A Team Manager and/or Coach from each club must be present for this meeting. It will detail important event information and highlight safety procedures in place for the event. Accreditation passes will be available for collection at the meeting.

2.4.2. JX Clinic and 2.5km Swim
The JX Clinic and 2.5km swim will take place on Friday 14 February. The clinic will commence at 11.00am sharp, and all participants are to meet outside the competition management office (temporary building) on the green space at Eastern Beach near the water entry/exit point. The 2.5km race will start at 12.30pm, directly after a Race Briefing to be held at 12.15pm. All participants are required to register at the registration desk between 10.30am and 11.00am prior to the commencement of the clinic. Participants will be given a timing chip, cap and number at this time for the 2.5km event.

2.4.3. Welcome Barbeque
All swimmers, coaches, parents and officials are invited to attend a welcome BBQ on Friday 14 February at 12.00pm – 3.00pm at Eastern Beach. Guests will receive a sausage sandwich and a soft-drink. This is a chance for the open water swimming community to get together before racing commences.

2.4.4. Pre-Race Briefings
There will be a compulsory pre-race briefing for all competitors prior to each event. Athlete briefings will be held at the competition venue. Briefing times are listed in the detailed program below.

Coaches and handlers (10km events) are encouraged to join athletes at briefings, as all instructions concerning the course, water conditions, and other relevant matters will be detailed by the race referee at this time. The Course Officer at the briefing will also provide full directions of the course.

2.4.5. Detailed Program

Friday 14 February 2014

Pre meet Training: 9.30am – 11.30am
2.00pm – 4.00pm

JX Clinic  11.00am – 12.30pm
(Non-Championship Event)

JX 2.5km Race  12.30pm – 2.00pm

Team Leaders Meeting  2.30pm

Welcome Barbeque  12.00pm- 3.00pm

Saturday 15 February

Event 1  Boy’s 14 – 18 Years 10km
Registration  7.00am
Swimming Australia Limited Commercial and Events Unit

Pre-race Briefing 7.30am

**Event 1 Race Start** 8.00am
Event 2  Girl’s 14 – 18 Years 10km
Registration 10.00am
Pre-race Briefing 10.30am

**Event 2 Race Start** 11.00am

Event 3  Boy’s 13 Years 5km
Event 4  Girl’s 13 Years 5km
Registration 1.00pm
Pre-race Briefing 1.30pm

**Event 3 Race Start** 2.00pm
**Event 4 Race Start** 2.15pm

**Sunday 10 February 2013**

Event 5  Men’s Open 5km
Event 6  Men’s Open MC 5km
Event 7  Boy’s 18 & 17, 16, Years 5km
Registration 7.00am
Pre-race Briefing 7.30am

**Event 5 Race Start** 8.00am
**Event 6 Race Start** 8.00am
**Event 7 Race Start** 8.00am

Event 8  Women’s Open 5km
Event 9  Women’s Open MC 5km
Event 10  Girls 18 & 17, 16 Years 5km
Registration 8.30am
Pre-race Briefing 9.00am

**Event 8 Race Start** 9.30am
**Event 9 Race Start** 9.30am
**Event 10 Race Start** 9.30am

Event 11  Boy’s 15 & 14 Years 5km
Event 12  Girl’s 15 & 14 Years 5km
Registration 10.00am
Pre-race Briefing 10.30am

**Event 11 Race Start** 11.00am
**Event 12 race Start** 11.15am

**Please note:** Start times may be adjusted due to weather, increased numbers of competitors entered or at the discretion of the event organiser.

Swimsuit restrictions apply to age group events as per Australian Championship By Law CBL 15.

All participants swimming in events with combined age groups (including open categories) will have medals awarded for each category based on the final results. Age group swimmers competing in an Open category may receive medals in both the Open event and their respective Age group event, provided that CBL 15 has been adhered to.

**Disclaimer**

Swimming Australia Limited and any other event organisers will not be held liable for any costs and expenses incurred by any person following cancellation of an event outlined in this Event Information Book.

This limitation of liability includes but is not limited to any costs and expenses incurred by any members, participants, families and friends of members and participants, coaches, administrative personal or medical staff of state associations or individual swimming clubs in respect of the cancelled event.
Swimming Australia Limited Commercial and Events Unit

Appendix D – Program of Events

2.5. Accreditation

A Photo Accreditation System will be implemented to manage access to the course during the 2014 Australian Open Water Swimming Championships.

All athletes and technical officials will receive an accreditation pass for the event. Athletes will be required to hand their accreditation pass to the technical official in the role of check starter before they enter the water, and can collect their pass again when exiting the water at the conclusion of the race.

An accreditation desk will be set up in the registration area for accreditation collection prior to the first pre-meet session commencing. Following this, accreditation passes will need to be collected at the Team Leaders meeting.

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

2.5.1. Photographs

Please note if you have previously submitted a passport photograph or had your photo taken at an event since August 2005 you do not need to re-send a photograph or photo accreditation release form. Should you wish to have your photo updated, please follow the procedure below. All photos and release forms are kept on file in Canberra.

Please email a current PASSPORT STYLE, jpeg format photograph to SAL for your photo accreditation pass. Photographs should be clear head and shoulders pictures only, and should not have other people in the frame.

Please send photographs to Tara Alcorn of the SAL Events Unit at accreditation@swimming.org.au

Note: please ensure that files are no larger than 500kb and no smaller than 100kb

2.8.1. Photo Accreditation Release Form

A Photo Accreditation Release Form must be completed and emailed to the SAL Events Unit, Swimming Australia Ltd accreditation@swimming.org.au.

A Photo Accreditation Release Form can be found in the appendices of this document.

All Photos and Forms for Accreditation are due no later than Tuesday 4 February 2014.

Appendix E – Photo Accreditation Release Form

2.6. By-Laws and Race Rules

The 2014 Australian Open Water Swimming Championships will be conducted under the Australian Open Water Swimming Championships By-Laws and SAL Open Water Swimming Rules (February 2011). Please contact Swimming Australia on (02) 6219 5600 or swim@swimming.org.au if you have any enquiries regarding the By-Laws, or contact the Technical Manager during the event.

Course Marshals will observe swimmers, with any infraction of the Rules being reported to the Referee during the event. Warnings for infractions may be issued during the event, but non-observance of the rules could lead to disqualification.

Electronic timing will be used for this event.
2.6.1. **Electronic Timing Instructions**
- You will be provided with two timing chips when you register for your event.
  - Wear the Velcro bands with a timing chip around each wrist at all times during the race.
  - The timing chip will record your time as you hit the finish gate.
  - Failure to complete the race with at least one timing chip will result in disqualification from that event.
  - You are required to hand your timing chips in for collection to officials at the conclusion of the race.
  - Failure to return the timing chip will incur a fee of $10.00 per timing chip.
  - The Velcro band and timing chip are hired to the event and remain the property of the timing contractors.

2.6.2. **Race Finish**
- The cut-off time limit will commence countdown after the first swimmer in each competition has finished. Cut-off times shall be advised at the pre-race briefing.
- The referee has the authority to stop the race for safety reasons. The referee can also withdraw a swimmer from the water if he believes that the swimmer will not complete the distance, or will not finish within the prescribed cut-off time.
- If you withdraw or fail to complete the designated course for any reason, you must report in person to the Medical Personnel for examination. After release from the medical area, you must report in person to the Chief Recorder to have your competitor number recorded. This process is mandatory - please do not leave the area without reporting to the Recorders.

2.6.3. **Escort Craft**
- For all events, safety/security craft will be in attendance and individual escort craft are not permitted.

2.6.4. **10km Event**
- A designated feeding area will be provided for the feeding of swimmers during this event. This area will be the only place on the course where a swimmer may be fed.
- Each swimmer is allowed one (1) handler, who will be required to check in with the swimmer at the time of registration. Once registered, the handler will be given an event specific wrist band. Failure to display this wrist band will result in the handler being denied access onto the pontoon.
- All entrants are responsible for organising their own handlers.

2.7. **Behavioural Guidelines**

Swimming Australia is proud to lead the way in providing a safe and harassment free sporting environment for all members. Persons involved in any way with the sport of swimming are therefore expected to adhere to the standard of behaviour outlined in the SAL Behavioural Guidelines.

Swimming Australia promotes its behavioural guidelines to all people involved with the sport of swimming, particularly those responsible for activities involving members under the age of 18 years. The behavioural guidelines highlight the principles and values of Swimming Australia, and are the core principles of the Swimming Australia Member Welfare and Child Welfare Policies.
Swimming Australia Limited Commercial and Events Unit

A complete copy of the Behavioural Guidelines, Swimming Australia Member Welfare Policy, and Swimming Australia Child Welfare Policy can be found by clicking on the following link: Swimming Australia Member Welfare Policy

2.8. Team Selection

The 2014 OWS team for the 2014 Junior Pan Pacific OWS Championships will be selected at the event. Please refer to the Swimming Australia website to access the selection criteria for the above team. These can be found at the following link: Selection Criteria

2.9. Pre Meet Training

Pre meet training will be take place on Friday 14 February from 9.30am – 11.30am and 2.00pm – 4.00pm. A designated section of the course will be provided for athletes undertaking pre meet training. This area will be communicated to athletes by a SAL staff member as they enter the water. Please ensure all athletes adhere to the pre-meet training course as communicated.

All athletes are required to hand their accreditation pass to the SAL staff member on duty when signing in to enter the water. Each athlete must then sign back out again when exiting the water and collect their accreditation pass.

Please see a Swimming Australia staff member before entering the water as course set-up may still be taking place.

2.10. Warm-up

Warm up and cool down swimming during the event will occur in the swimming enclosure at Eastern Beach (area inside the promenade walkway).

2.11. Registrations

Registrations close fifteen (15) minutes before the advertised start of each event on each day.

All competitors are advised to:

- Ensure that all jewellery items have been completely removed
- Ensure that all acrylic nails have been completely removed
- Ensure that their finger nails and toe nails have been trimmed so that they do not extend passed the tip of the finger/toe
- Ensure that they present themselves to registration in their race costumes.
- Leave both shoulders and upper left and right arms free of grease or sunscreen, as their competitor number will be stamped on these areas. Care should be taken when applying grease to ensure that the competitor numbers remain legible.
2.12. Results and Awards

Medals will be awarded to 1st, 2nd, and 3rd place for all Championship events. In events where there is more than one age group, medals will be awarded in each age group for that race. (Note: 17/18 is a single age group)

Medal presentations will take place after medal winners have been confirmed for an event, and all competitors in that event have completed the course.

Official results will be posted on the Swimming Australia website as soon as possible following the completion of each race.

Please note that full results may not be available on-site on the day of the race taking place.

2.13. Merchandise

Speedo Australia will sell merchandise at the event from Friday 14 February, and will continue selling until all stock is SOLD OUT.

A list of items for sale and pricing will be available on the event webpage closer to the event.

The Speedo Australia merchandise marquee will be located near the competition area.

2.14. Medical Information

2.14.1. Event First Aid
First Aid and Emergency Medical Services for this event will be jointly provided by Aquatic Rescue Management and Sports Medicine Australia. One qualified paramedic and two sports trainers will be onsite during the event.

First Aid and Emergency Medical Services will be located in the First Aid Room located in the portable building to the left of the jetty. The First Aid room will be serviced and stocked by the Medical Team from Aquatic Rescue Management.

2.14.2. Local Medical Facilities

<table>
<thead>
<tr>
<th>SERVICE</th>
<th>ADDRESS</th>
<th>SUBURB</th>
<th>POSTCODE</th>
<th>PHONE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emergency - Ambulance, Police, Fire</td>
<td></td>
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<td>000</td>
<td></td>
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<tr>
<td>Geelong Police Station</td>
<td></td>
<td></td>
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<td>(03) 5225 3100</td>
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Public Hospitals and Medical Centres

<table>
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<tr>
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<th>Address</th>
<th>Suburb</th>
<th>Postcode</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Geelong Hospital</td>
<td>Bellerine Street</td>
<td>Geelong</td>
<td>3220</td>
<td>(03) 4215 0000</td>
</tr>
<tr>
<td>Corio Bay Sports Medicine Centre</td>
<td>Corner Latrobe Tce and Little Myers St</td>
<td>Geelong</td>
<td>3220</td>
<td>(03) 5229 8822</td>
</tr>
<tr>
<td>Myers Street Family Medical Practice</td>
<td>148 Myers Street</td>
<td>Geelong</td>
<td>3220</td>
<td>(03) 5229 5192</td>
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</table>

Private Hospitals

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<th>Suburb</th>
<th>Postcode</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Geelong Private Hospital*</td>
<td>Corner Ryrie and Bellerine Streets</td>
<td>Geelong</td>
<td>3220</td>
<td>(03) 5226 1600</td>
</tr>
</tbody>
</table>

*Does not offer 24hr emergency

Pharmacies

<table>
<thead>
<tr>
<th>Service</th>
<th>Address</th>
<th>Suburb</th>
<th>Postcode</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bull and Owen Pharmacy</td>
<td>265 Ryrie Street</td>
<td>Geelong</td>
<td>3220</td>
<td>(03) 5229 9000</td>
</tr>
<tr>
<td>Chemist Warehouse</td>
<td>179 – 181 Lt Malop Str</td>
<td>Geelong</td>
<td>3220</td>
<td>(03) 5221 9940</td>
</tr>
<tr>
<td>Geelong Day and Night Pharmacy</td>
<td>255 Ryrie Street</td>
<td>Geelong</td>
<td>3220</td>
<td>(03) 5229 9612</td>
</tr>
</tbody>
</table>
Swimming Australia Limited Commercial and Events Unit

2.14.3. Australian Sports Anti-Doping Authority (ASADA)
Please be aware that random Drug Testing may be conducted by the Australian Sports Anti-Doping Authority.

Please see the Drug Testing Procedures in the Appendices of this document for further information.

Appendix F – ASADA Drug Testing Procedures

2.14.4. Heat and Sun Protection
Competitors and spectators are advised to take all possible precautions to protect themselves from the heat and sun. Temperatures in Geelong can regularly exceed 30°C in summer, and all personnel attending the event are advised to wear adequate sun protection and rehydrate regularly.

PLEASE NOTE: There is limited shade protection provided at the venue and Swimming Australia advises all spectators to bring their own portable shade options (marquees, beach umbrellas etc.) to protect themselves from the sun. There will be a designated area assigned to set up portable shade options. Please do not set up in any areas outside of this space. This will be signed and close to the water entry and exit.

2.14.5. Water Temperature
Swimmers are advised to take note that ocean based water bodies in Victoria are subject to significantly colder temperatures than enclosed water bodies (dams, lakes, etc.) and ocean based water bodies along the rest of the eastern coast of Australia.

Water temperatures in Geelong are generally around 18 ºC - 19ºC during the month of February, but can drop as low as 17ºC depending on weather conditions. FINA rules permit open water swimming in temperatures as low as 16ºC, however all swimmers are encouraged to exercise additional care in ensuring that they are adequately prepared for this event.

Appendix A – Preparing Swimmers for Open Water Events
Swimming Australia Limited Commercial and Events Unit

SECTION THREE: VENUE INFORMATION

3.1. Car Parking

Car Parking is available in the public parking areas located off Ritchie Boulevard and Hearne Parade near Eastern Beach

Appendix G – Parking Map

3.2. Venue Location

Corio Bay, located off Eastern Beach is a well-known swimming and recreation area in Geelong, located on the waterfront with a backing of the green Eastern Beach Scenic Reserve. It is located only 2km from the heart of Geelong and about an hour’s drive from the Melbourne CBD.

3.3. Course Information

The event will be conducted on a 2.5km course, with the Start/Finish area located just off the beach area near Eastern Beach Reserve. The course is to be swum in a counter-clockwise direction.

The location of the course at the southern end of Corio Bay will provide protection from potential strong winds.

Appendix H – Proposed Course Layout
3.4. Accommodation and Transport

3.4.1. Accommodation Guide (ACCOR)
Below are several Accor properties situated within an hour drive of Corio Bay.

Mercure Geelong
Cnr Myers and Gheringhap Streets
Geelong, VIC, 3220
Telephone: (03) 5223 6200
Fax: (03) 5521 5814
E-mail: H3033-RE01@accor.com

Grand Mercure Apartments Docklands
2-4 Marmion Place
New Quay, Docklands, VIC, 3008
Telephone: (03) 9641 7500
Fax: (03) 9641 7599
E-mail: reservations@grandmercuredocklands.com.au

The Sebel Melbourne Docklands
Cnr Aquitania Way and Marmion Pl
New Quay, Docklands, VIC, 3008
Telephone: (03) 9641 7503
Fax: (03) 9606 0561
E-mail: info@sebeldocklands.com.au

Mercure Melbourne Caroline Springs
10-20 Lake Street
Caroline Springs, VIC, 3023
Telephone: (03) 8358 0555
Fax: (03) 8358 0556
E-mail: reception@westwaterhotel.com.au

3.4.2. Thrifty Discount Vehicle Hire

Appendix I – Thrifty Discount Hire

3.5. Refreshments at the Venue

The Beach House Café, located on the Eastern Beach Reserve, will be available for light refreshments during the event.

Participants and spectators are able to bring in their own food/beverages, and are asked to dispose of any rubbish responsibly in the bins provided.

3.6. Toilets and Amenities

Fixed toilets and change facilities are located near the wading pool directly across from the Eastern Beach Swimming Enclosure. Please note that these facilities are also open to the general public, and may be well utilised if weather is fine across the weekend.

Additional toilets and change facilities will be provided for exclusive use of competitors only. Please note that these facilities will not be available for spectator use. Temporary facilities will be set-up closer to the water entry/exit point toward the Ritchie Boulevard end of the Eastern Beach Reserve.
3.7. Further Information

For further information regarding the 2014 Australian Open 5km and Age Open Water Swimming Championships, please visit the Swimming Australia website www.swimming.org.au, or contact the Swimming Australia Events Unit on (02) 6219 5600.
SECTION FOUR: APPENDICES

4.1. Appendix A – Preparing Age Swimmers for Open Water Swimming Events

In preparation for the Australian Open Water Swimming Championships, we suggest that coaches, swimmers and parents consider a number of issues in order to safely prepare for a successful meet. These may include:

QUESTIONS:
- What will the water temperature be?
- What are the expected weather conditions?
- What are the arrangements for feeding an athlete during the race? Are there pontoons, will I be able to wade out, are there specific feeding areas or will there be nothing at all?
- What does the course look like?
- What are the water conditions, is it flat, is it rough, and is it tidal?

EQUIPMENT:
- Wool fat (lanolin) (Its application helps to reduce the loss of body heat in cold water)
- Vaseline helps with a number of things from reducing costume rub to providing an insulating or protective layer on the skin.
- Sun Screen
- Latex gloves. For the application of the above substances.
- Old towels or rags for removing the above substance on completion of the race.
- Sufficient hydration (Pre-race, during race, and post-race)
- Sufficient food and or Carbo Shots (Pre-race, during race, and post-race)
- Warm clothes, including closed shoes, beanie and spare towels or a blanket.
- Esky, feed sticks, cups and or bottles.

STRATEGIES:
- Have your swimmers trial different eating strategies and or products at training prior to racing. There are many brands of Carbo shots and sports drinks on the market, however tastes and consistency vary. Find out what works for your swimmer.
- If you are expecting to compete in cold water, then attempt to have your swimmers do some training or acclimatisation work in cold water during their preparation.
- Spend some time with your swimmer practicing how to feed. This can include taking a drink or Carbo Shot. Remember this is a skill, and if done well can save a lot of time and ensure a swimmers ability to continue.
- If you have the space and/or time, practice turning around a buoy. Simulate the angles and directions you will be racing.
- When and where possible, encourage you’re swimmers to participate in Club or State open water swimming events or even weekend surf races. Don’t be afraid to expose younger swimmers to open water swimming, as there are many shorter races also available.

These are just a few of the things you need to consider when preparing a swimmer for open water events.
4.2. Appendix B – JX Open Water Information

In conjunction with the 2014 Australian Open 5km and Age (all distances) Open Water Swimming Championship, Swimming Australia (SAL) is running a development activity as part of the Australian Junior Excellence (JX) Program. A 2.5km swim and a JX clinic will be run on Friday 14 February.

Eligibility
To be eligible to enter the 2.5km JX swim participants must meet the following criteria:

- 11-13 years of age as of the day of the meet
- Registered SAL swimming member
- Consent to participate provided by both the parent and coach
- Has qualified as a JX swimmer since April 2012

JX Clinic Information
In conjunction with the JX swim, an Elite Open Water Coach, together with a National Team Athlete, will conduct a clinic and information session on open water swimming prior to the 2.5km swim.

JX Event Timeline
10.30am: Check in (and numbering) for event
11.00am: JX Open Water Clinic
12.00pm: In-water session of JX Open Water Clinic
12.15pm: Pre-event briefing
12.30pm: 2.5km Event Start
2.00pm: BBQ and participation recognition

Timing and Results
- Electronic timing will be used and official results will be published on www.swimming.org.au.
- This is not a championship event, so neither points nor medals will be awarded. Swimmers will however be recognised under the scope of the JX program.
- All 11, 12, and 13 year old finishers in the 2.5km will be, at minimum, awarded Green level under the JX program. See breakdown of recognition below:
  - Gold level - Top 20%, rounded up to the next competitor, of finishers
  - Silver level - Next 20%, rounded up to the next competitor, of finishers
  - Bronze level - Next 20%, rounded up to the next competitor, of finishers
  - Green level - Final 40% of finishers.

Entry
- Entries must be submitted online. Where entries are open participants can register via the link on the 2014 Australian Open 5km and Age (all distances) Open Water Swimming Championship page on www.swimming.org.au.
- Cost to the event will be $30 and will include:
  - Event cap
  - Entry into JX 2.5km swim
  - Participation in JX Clinic
  - Participation price
  - Complementary food and drink at welcome BBQ

Rules
The event will be conducted under SAL OWS rules and on the 2014 Australian Open 5km and Age (all distances) Open Water Swimming Championship competition course.

JX Event Consent Form
Each competitor will be required to complete and submit a JX consent form before the close of entries for the event. This will be available via www.swimming.org.au at the 2014 Australian Open 5km and Age (all distances) Open Water Swimming Championship Event Page when entries open.

The consent form will request the following information:

1. Parent
   a. Gives consent and agrees that their child is capable of completing the 2.5km distance in under 1 hour
   b. Confirms that their child has qualified for the JX Program since April 2012

2. Coach
   a. Gives consent and agrees that their swimmer is capable of completing the 2.5km distance in under 1 hour
   b. Confirms that their swimmer has qualified for the JX Program since April 2012.
4.3. Appendix C – JX Consent Form

2014 Australian Open Water Championships – JX Event

JX Event Consent Form

Each competitor is required to complete and submit this JX consent form with their online entry. Entries will not be accepted without this completed and signed form.

JX Competitor Name: __________________________

JX Competitor Club: __________________________

1. Parent
   a. I consent and agree that (Name) __________________________ is capable of completing the 2.5km distance in under 1 hour.

   b. I confirm that (Name) __________________________ has qualified for the JX Program since April 2012.

Parent Signature: __________________________

Parent Name: __________________________

2. Coach
   a. I consent and agree that (Name) __________________________ is capable of completing the 2.5km distance in under 1 hour.

   b. I confirm that (Name) __________________________ has qualified for the JX Program since April 2012.

Coach Signature: __________________________

Coach Name: __________________________

Has the swimmer completed a 2.5km open water swim: Yes/No (please circle)

Does the swimmer have any pre-existing medical conditions? (e.g. asthma, diabetes, epilepsy)

Yes/No (please circle), if yes please give details __________________________

This form must be returned to Swimming Australia upon entry into the JX Event by email or fax to Liz Avery at liz.avery@swimming.org.au or (02) 6219 5606.

Failure to return this form will result in exclusion from the event.
4.4. Appendix D – Program of Events

2014 AUSTRALIAN OPEN WATER SWIMMING CHAMPIONSHIPS
Geelong, Victoria
14 - 16 February 2014

Friday 14 February

Training: Pre Meet Training 9.30am – 11.30am
2.00pm - 4.00pm

JX Clinic and 2.5km 11.00am – 2.00pm
Non-Championship Event

Saturday 15 February

Day 1:
1. Boy's 14 – 18 Years 10km 8.00am
2. Girl's 14 – 18 Years 10km 11.00am
3. Boy's 13 Years 5km 2.00pm
4. Girl's 13 Years 5km 2.15pm

Sunday 16 February

Day 2:
5. Men's Open 5km 8.00am
6. Men's Open 5km MC 8.00am
7. Boy's 18 & 17 and 16 Years 5km 8.00am
8. Women's Open 5km 9.30am
9. Women's Open 5km MC 9.30am
10. Girl's 18 & 17 and 16 Years 5km 9.30am
11. Boy's 15 and 14 Years 5km 11.00am
12. Girl's 15 and 14 Years 5km 11.15am

Please note: Swimsuit restrictions apply to all Age Group 5km and 10k events as per Australian Championship by Law CBL 15.
4.5. Appendix E – Accreditation Release Form

PHOTO ACCREDITATION RELEASE FORM

Swimming Australia Ltd. (SAL) wish to record an image of all athletes, coaches, team managers, and support staff for the purpose of Photo Accreditation at National and International events. These images will only be used for the purpose of Photo Accreditation at SAL events.

All photographs taken and received will be stored on the photo accreditation database in Canberra and can only be accessed internally by designated SAL staff. To use these images, SAL requests individuals to provide written permission on the form below.

First Name
Surname

Club
SAL Member ID

Title (please circle)  
Mr / Mrs / Miss / Ms / Dr

Gender (please circle)  
Male / Female

D.O.B.  
D m m y

Position (please tick)  
Athlete  
Coach  
Manager  
Technical Official  
Volunteer

Other (please specify): ________________________________

Address
Suburb

State
Postcode
Contact Email

Contact Telephone
Home: ____________________  Work: ____________________  Mobile: ____________________

PLEASE SEND YOUR PHOTOGRAPH TO TARA ALCORN AT THE EMAIL ADDRESS PROVIDED BELOW

☐ I give Swimming Australia permission to use the image taken of me for the purpose of Photo Accreditation at the Swimming Australia Ltd events

☐ I do not give Swimming Australia permission to use the image taken of me for Swimming Australia Ltd events

PLEASE NOTE: If you have submitted a Photo/Photo Release Form after to 1 July 2005, there is no need to re-submit this form at each event.

Please return this form, complete with a passport style (head and shoulders) photograph to Tara Alcorn at Swimming Australia Ltd. by no later than Tuesday 4 February 2014.

Telephone: 02 6219 5600  
Facsimile: 02 6219 5606

Email: accreditation@swimming.org.au  
Website: swimming.org.au
Appendix F – ASADA Drug Testing Procedures

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
   o 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.
   o 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
   o 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.
   o 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 Swim 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 and click check your substances.

MORE INFORMATION
For more information about anti-doping, visit www.asada.gov.au
4.6. Appendix G – Parking Map
4.7. Appendix H – Proposed Course Layout

1 lap of course = 2500m

NOT TO SCALE
4.8. Appendix I – Thrifty Discount Vehicle Hire

Thrifty Discount Vehicle Hire

Do you want cheaper car rentals?

As a swim club you are able to access Swimming Australia’s preferential booking rate.

You can book either over the phone

✓ Simply call Thrifty’s TOLL FREE Reservations number 1300 365 564 and quote Swimming Australia’s Corporate Discount (CD) number 4908000817
✓

or on the internet

✓ For direct access to Thrifty’s booking page and Swimming Australia’s preferential rates, please click on the hyperlink below:


Bookings may also be made via Thrifty’s website www.thrifty.com.au then clicking on “Corporate” at the top right and entering the CD number in the “Corporate CD #” box and click “Continue”.

Want 3 more reasons why you should to book with Thrifty:

- Reduced damage liability excesses
- No Single Vehicle Accident Excess (SVA)
- No under age surcharge for drivers under 25 years

Please note – the above is a credit card only account.

Only Thrifty services over 260 locations across Australia, staffed by people with vast local knowledge. To find out more information or to enquire about Thrifty’s preferred renter program – Blue Chip, contact your Thrifty Account Manager, Anthony Harridge on (02) 6247 7780, mobile 0409 667 043 or anthony.harridge@thrifty.com.au