

2017 HANCOCK PROSPECTING AUSTRALIAN SHORT COURSE SWIMMING CHAMPIONSHIPS

SA Aquatic & Leisure Centre

Thursday 26 – Saturday 28 October 2017

Information Book

as at 23/08/2017

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

Name	Position	E-mail Contact
Karen MacLeod	Technical Manager	kjmacleod@bigpond.com
Amie Quirk	General Manager, Events	amie.quirk@swimming.org.au
Liz Avery	Records and Events Coordinator	liz.avery@swimming.org.au
Leigh Sherman	Event Manager	leigh.sherman@swimming.org.au
Chelsea Ryan	Event Coordinator	chelsea.ryan@swimming.org.au
Matthew Todd	General Manager Marketing & Communications	matthew.todd@swimming.org.au
Kathleen Rayment	Senior Digital and Media Coordinator	kathleen.rayment@swimming.org.au
Miles Rose	General Manager Sponsorship	miles.rose@swimming.org.au
Gary Vandeburgt	High Performance Operations Manager	gary.vandeburgt@swimming.org.au

1.1. Swimming Australia Calendar 2017

September

22 - 24 2017 State Teams Championships Canberra ACT

October

26 - 28 2017 Hancock Prospecting Australian Short Course Adelaide SA
Swimming Championships

SECTION TWO: Event Information

2.1 Event Details

The 2017 Hancock Prospecting Australian Short Course Swimming Championships will be held at the SA Aquatic & Leisure Centre (SAALC) from Thursday 26 to Saturday 28 October 2017.

2.2 Entry Procedures

Entries for the 2017 Hancock Prospecting Australian Short Course Swimming Championships will open on **Monday 14 August 2017**. Entries will close at 11.59pm AEDST on **Tuesday 3 October 2017**.

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

2.2.1. Entry Fees (all prices are inclusive of GST)

Individual Event	\$28.00 per event
Relay	\$60.00 per relay team
Relay only swimmers	\$28.00

2.2.2. Relays

Relay entries for the event must be entered separately on the relay entry page, and can only be submitted by the club registrar.

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.

[CLICK HERE TO ENTER RELAY TEAMS](#)

Further enquiries relating to entries should be directed to Liz Avery on liz.avery@swimming.org.au or 0417 794 392.

2.2.3. 90 Day Rule

The 90 day rule has now been abolished. Swimmers will swim for the club that they belong to at the close of entries. If you change clubs after the close of entries you will swim for your old club

2.3 Program of Events

The 2017 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 in a 50m pool after January 1, 2016.

Appendix B – Qualifying Times

2.5 By-Laws

The 2017 Hancock Prospecting Australian Short Course 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 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

Club Staff Packs replace club packages from 2017. Club Staff Packs can be ordered through the online system on the event webpage to gain access to 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 viewing areas on deck at the start/finish area of the pool. They will also have access to a 'Club Staff Room' where tea, coffee and light refreshments will be available throughout the event

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

[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.

2.1. 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.

2.6.3 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.

Any corrections or withdrawals need to be emailed to liz.avery@swimming.org.au or handed to Liz in the events office by 5pm AEST on Wednesday 25 October.

2.7 Team Selection

This event is a non-selection meet and as such no teams will be selected from this event.

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

2.8 Training Procedures

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

- Lanes 0 and 1: Reserved for 25m dive sprints (one way only). Swimmers must clear the lane immediately.
- Lanes 2 and 3: Reserved for pace swimming (no diving).
- Lanes 4 – 19: Reserved throughout the whole of the warm up period as circle swimming lanes.

2.9 Medal Presentations

Medal presentations will be held for all championship 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. Please note that you will not be allowed to undertake your medal presentation without the appropriate attire.

2.10 Operating Hours

Pre-Meet Training: Wednesday 25 October 2017

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 26 – Saturday 28 October 2017

Heats Session

9:00am

Athlete warm up

Accreditation desk open

Ticket booth open

Gates open to public

Finals Session

5.00pm

Athlete warm up

Accreditation desk open

Ticket booth open

Gates open to public

11.00am

Competition

7:00pm

Competition

2.11 Seating

2.11.1 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 utilize this seating area during races that their athletes are competing in.

2.11.2 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.

2.12 Ticketing

2.12.1 Prices and Categories

More information will be provided closer to the event.

2.12.2 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.

2.13 Broadcast and Live Streaming

The 2017 Hancock Prospecting Australian Short Course Swimming Championships will not be televised.

2.14 Merchandise

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

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

2.15 Transport Deal

Appendix D – Thrifty Discount Vehicle Hire

2.16 Medical Services

2.16.1 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.

2.16.2 Event Medical Officer

Swimming Australia has sourced an 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 and can be contacted on the event medical phone.

2.16.3 Medical Directory

SERVICE	ADDRESS	SUBURB	POSTCODE	PHONE
Emergency - Ambulance, Police, Fire SA Police Service				000 131 444
Public Hospitals and Medical Centres				
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
Private Hospitals				
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
*Does not offer 24 hour emergency				
Pharmacies				
Terry White Chemist	746 Marion Road	MARION	5043	08 8276 8600
National Pharmacies	Ascot Park Shopping	MARION	5043	08 8276 1745

2.16.4 Doping Control

The Australian Sports Anti-Doping Authority (ASADA) has been notified of the event, and may conduct random testing during the 2017 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 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 E – ASADA Doping Control Information

2.17 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

*Note times are a GUIDE only and are subject to change.

Day 1 – Thursday 26 October		Day 2 – Friday 27 October		Day 3 – Saturday 28 October	
Heats 11.00am		Heats 11.00am		Heats 11.00am	
1) 400m Freestyle MC T/F	Men	22) 100m Freestyle MC	Men	42) 100m Breaststroke MC	Men
2) 400m Freestyle MC T/F	Women	23) 100m Freestyle MC	Women	43) 100m Breaststroke MC	Women
3) 400m Freestyle	Men	24) 400m Freestyle	Women	44) 200m Butterfly	Women
4) 200m Backstroke	Women	25) 100m Butterfly	Women	45) 100m Butterfly	Men
5) 200m Butterfly	Men	26) 200m Backstroke	Men	46) 200m Breaststroke	Men
6) 100m Breaststroke	Women	27) 100m Backstroke	Women	47) 200m Freestyle	Women
7) 100m Freestyle	Women	28) 100m Breaststroke	Men	48) 50m Freestyle	Men
8) 100m Freestyle	Men	29) 200m Breaststroke	Women	49) 200m IM	Women
9) 400m IM	Women	30) 200m Freestyle	Men	50) 100m Butterfly MC	Men
10) 50m Backstroke T/F	Men	31) 50m Freestyle	Women	51) 100m Butterfly MC	Women
11) 50m Freestyle MC	Women	32) 200m IM	Men	52) 400m IM	Men
12) 50m Freestyle MC	Men	33) 100m IM T/F	Women	53) 50m Backstroke T/F	Women
13) 50m Butterfly T/F	Women	34) 100m Backstroke MC	Men	54) 100m Backstroke	Men
14) 50m Breaststroke T/F	Men	35) 100m Backstroke MC	Women	55) 50m Breaststroke T/F	Women
15) 800m Freestyle T/F	Women	36) 50m Butterfly T/F	Men	56) 1500m Freestyle T/F	Men
16) 50m Breaststroke MC T/F	Men	37) 800m Freestyle T/F	Men	57) 100m IM T/F	Men
17) 50m Breaststroke MC T/F	Women	38) 50m Butterfly MC T/F	Men	58) 150m IM MC T/F	Mixed
		39) 50m Butterfly MC T/F	Men	59) 1500m Freestyle T/F	Women
Finals 7.00pm		Finals 7.00pm		Finals 7.00pm	
18) 200m IM MC T/F	Men	22) 100m Freestyle MC	Men	42) 100m Breaststroke MC	Men
19) 200m IM MC T/F	Women	23) 100m Freestyle MC	Women	43) 100m Breaststroke MC	Women
3) 400m Freestyle	Men	24) 400m Freestyle	Women	44) 200m Butterfly	Women
4) 200m Backstroke	Women	25) 100m Butterfly	Women	45) 100m Butterfly	Men
5) 200m Butterfly	Men	26) 200m Backstroke	Men	46) 200m Breaststroke	Men
6) 100m Breaststroke	Women	27) 100m Backstroke	Women	47) 200m Freestyle	Women
7) 100m Freestyle	Women	28) 100m Breaststroke	Men	48) 50m Freestyle	Men
8) 100m Freestyle	Men	29) 200m Breaststroke	Women	49) 200m IM	Women
9) 400m IM	Women	30) 200m Freestyle	Men	50) 100m Butterfly MC	Men
11) 50m Freestyle MC	Women	31) 50m Freestyle	Women	51) 100m Butterfly MC	Women
12) 50m Freestyle MC	Men	32) 200m IM	Men	52) 400m IM	Men
15) 800m Freestyle T/F	Women	34) 100m Backstroke MC	Men	54) 100m Backstroke	Men
20) 4 x 100m Freestyle Relay	Men	35) 100m Backstroke MC	Women	56) 1500m Freestyle T/F	Men
21) 4 x 100m Freestyle Relay	Women	40) 4 x 200m Freestyle Relay	Men	60) 50m Backstroke MC T/F	Women
		41) 4 x 200m Freestyle Relay	Women	61) 50m Backstroke MC T/F	Men
				62) 4 x 100m Medley Relay	Men
				63) 4 x 100m Medley Relay	Women

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
CLUB RELAYS		
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 1st January 2016.

Minimum age is 12 years at first day of Competition.

If you have any questions re qualifying times please contact Liz Avery: 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 ————— ↓

**DIVE/UTILITY POOL (25m)
START SIDE OF POOL**

Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	BOOM		Lane 10	Lane 11	Lane 12	Lane 13	Lane 14	Lane 15	Lane 16	Lane 17	Lane 18	Lane 19
25m Dive Sprints ————— ↓	25m Dive Sprints ————— ↓	Pace Lane	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)	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)	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)

DIAGRAMS NOT TO SCALE

3.4 Appendix D – 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**

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

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

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

3.5 Appendix E - 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 and click *check your substances*.

MORE INFORMATION

For more information about anti-doping, visit www.asada.gov.au