



North Mackay Sinkers *2024 Short Course*

Mackay North State High School

Valley St – North Mackay

Sanctioned Swim Meet #Q3/24

**11am warm up for 12pm start
Saturday 24th February 2024**



Please note: This Meet is classed as a Time Trial as guests are invited. Records and World Aquatics Top Ten performances will not be recognised.

MEET DETAILS

Date: 24 th February 2024	Meet Director: Dan Stampa	Entries Close: Tuesday 13 th February 2024
Venue: Mackay North State High School	Email: nthmkysinkers@gmail.com	Kiosk: Available, Donation to MS Swimathon
Warm up: 11am Start time: 12pm	Meet entry fee: \$35 plus fees & charges	MSQ Sanction Number: Q3/24
Enter: Swim Central (opens 01.01.2024)	Event Dinner: Mt Pleasant Tavern, bookings required. Numbers to be advised.	

Program of Events

Limit of 6 Individual events.

Event	Distance	Stroke
POOL EVENTS – 12:00PM		
SESSION 1 (One event only)		
1.	800m (Either 800 or 400m event, one only)	Individual Medley
2.	800m	Butterfly
3.	800m	Backstroke
4.	800m	Breaststroke
5.	800m	Freestyle
6.	400m	Individual Medley
7.	400m	Butterfly
8.	400m	Backstroke
9.	400m	Breaststroke
10.	400m	Freestyle
SESSION 2 (Max 6 events including Session 1 if event swum)		
11.	25m	Breaststroke
12.	25m	Freestyle
Break: 30 Minutes: Skins Event - No nominations		Freestyle
13.	50m	Backstroke
14.	50m	Butterfly
15.	100m	Freestyle
16.	25m	Backstroke
17.	25m	Butterfly
18.	100m	Breaststroke
19.	100m	Butterfly
20.	100m	Backstroke
21.	50m	Freestyle
22.	50m	Breaststroke
23.	100m	Individual medley
Relays held - Time permitting	These do not add to team tallies	On the day nomination only
	4 x 25m	Male Freestyle
	4 x 25m	Female freestyle
	4 x 100m (Mixed 2 + 2)	John Quinn Trophy *



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Welcome and Introduction

Welcome to the second Queensland Masters swim meet of 2024. The North Mackay Sinkers Masters Swimming Club prides itself on being focused on fitness, friendship and fun. We hope you enjoy our program of competitive swimming. Presentations will be held on site immediately after the swim. An after-swim venue has been selected and we hope you are able to join us after the event.

Eligibility

This meet is open to Masters Swimming Queensland (MSQ) registered swimmers, and swimmers registered with other Masters Swimming Australia (MSA) affiliated clubs. International swimmers who are current members of their national Masters Swimming Federation may also compete. (proof of membership must be provided).

Guest swimmers are permitted to enter this meet.

Please Note: As guests are invited, this meet is classed as a Time Trial, and all records and World Aquatics Top Ten performances will not be recognized.

MSA/MSQ membership is available via the [website](#).

Age

Age as at the 31 December 2024. Minimum age is 18 years at Day 1 of competition.

Entries & Fees

Entries are to be submitted online via [Swim Central](#). Entries will open on 1st January 2024. The closing date for entries is Tuesday 13th February 2024.

International Masters members are invited to contact the [MSQ Director of Recording](#) who will provide specific entry instructions.

No late entries are permitted at this meet after the closing date. A swimmer may enter a maximum of six (6) competition events for \$35.00 (plus transaction fees). Relay and exhibition entries are free.

A swimmer may enter only one 800m or 400m event.

Multi Class events

Multi Class swimmer are always welcome, however there will be no separate Multi Class events

conducted at this meet.

Entry List and Timeline

The Entry List will be available on the MSQ meet event page on or about 14th February. All competitors must check their entries thoroughly and submit discrepancies to the MSQ Director of Recording by 6PM, Friday 16th February 2024.

The timeline for the meet will be published on or before Tuesday 20th February 2024.

Non-members/guests

Non-member/guests will need to:

1. Register a Swim Central account (if you do not have one already) and log in with your email address.
2. Purchase an event membership of \$5 (plus fees)
 - a. Click on Store in left menu
 - b. Click Memberships link.
 - c. Search for "Masters Swimming Queensland" in Find a Club
 - d. Select the "MSQ - North Mackay Sinkers Non-Member 2024" membership when displayed.
 - e. Add to cart and purchase
 - f. Once purchased, you will be able to enter the meet via your home page or the Events link.
3. Enter the meet paying the applicable entry fee plus costs.

Event changes, withdrawals and refund policy

A swimmer may change their entries or withdraw from the meet in Swim Central up until the closing date. A refund will only be considered prior to the closing date.

To make changes to events entered, the swimmer can simply add a new event if they have not filled the allowed quota of events, or withdraw from unwanted events by requesting a refund, and once approved add a new event(s).

You will lodge your request in Swim Central against your entries. Go to your profile, to the meet, to the event, and click the green 'Entered' button for the event to withdraw from. The Order History page will display and you will click the 'Request Refund' link for that event and provide a reason. Once the meet organiser has approved, you may then add another entry.

If you are withdrawing from the meet entirely, you will need to click the 'Request Refund' link for each and every event entered (including \$0.00 events), and also the Meet Entry Fee, (where applicable), then provide a reason. This requires

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approval before changes are confirmed. If approved, a refund will be granted, minus the administration fee(s).

Conduct of events

Heats will be swum from fastest to slowest. The fastest seeded heat will be heat 1 of each event. All events will be conducted as timed finals. 5 lanes will be used for competition with the remaining 3 lanes for warmup and cool down.

Qualifying times

There are no qualifying times required for this meet. On selecting an event in Swim Central, if you have matching results from the previous two (2) years, the fastest time will be displayed. If you have no previous results, "NT" will be displayed, and you may be seeded in the slower heats. You cannot edit your entry times. It is advised that you email the [MSQ Director of Recording](#) to provide a recent or training time. If you have a valid reason that may vary your performance greatly, you may also request a seed time change.

Relays

On the day relay nominations for participation only, no club points involved.

* The John Quinn trophy is for masters' swimmers only, however non-masters may enter a team if desired.

Entry List and Timeline

The Entry List will be available on the MSQ meet event page on or about the 14th February 2024. All competitors must check their entries thoroughly and submit discrepancies to the MSQ Director of Recording by midnight 16th February 2024. Program information for this meet will be published on or before 20th February 2024.

Late entries

No late entries will be accepted.

Postal Swims

No Postal swims are being offered in the 2024 event.

Rules

All MSQ/MSA meet guidelines, by-laws and rules, and World Aquatics swim rules apply. By nominating to participate in this swim meet, all swimmers thereby authorise the Meet Director/MSQ/North Mackay Sinkers Masters to take whatever action is deemed necessary in the event of an emergency, and persons involved accept responsibility for any and all costs arising from such action.

Tickets and programs

Entry to this meet is free for spectators – no tickets are required.

No printed programs will be available at the meet. Programs will be available on the MSQ event page for online download prior to and during the meet. Programs made available before the day of the competition will be draft and are subject to change without notice. All changes will be reflected immediately in the Meet Mobile application and swimmers in attendance will be notified by announcement prior to the start of the affected event(s).

Warm-up start time

Warm-up will commence in the pool at 11:00AM. The competition pool will close at 11:55AM with competition starting at 12:00PM. Lanes will be allocated within the pool for the duration of the meet for warm-up and swim down. Follow the directions of the Meet Director and Technical Officials for lane use.

Self-Marshaling

All swimmers will be required to self-marshall. People who are not swimming or officiating should not be near the starting end of the pool during the meet.

- Swimmers are responsible for knowing the event, heat, and lane they are competing in, and for being aware of what event/heat is currently in the water. The Meet Announcer will be calling the heat number in the water after the start of every heat, and regularly reminding how many heats there are in total for the current event.
- An entrant who fails to report to the Marshaling area prior to their heat being called to the blocks may be deemed withdrawn.
- No more than four (4) heats of swimmers are permitted in the marshaling area including behind the blocks:
 - 25m events – 4 heats following heat in water
 - 50m events - 4 heats following heat in water
 - 100m events - 4 heats following heat in water

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- 200m events - 3 heats following heat in water
- 400m+ events - 2 heats following heat in water
- Swimmers in 25m and 50m events need to be prepared to move quickly.
- The Marshal will be a helper who can verify a swimmers' position, answer questions, and direct heats to the blocks.
- The Check-Starter(s) will do a name and lane check behind the blocks prior to the heat.
- When asked to clear the pool lanes 1–4 will exit via the side at lane 1, and lanes 5–8 exiting via the side at lane 8.
- MSQ notes that the information provided is correct at the time of publishing. However, some aspects are subject to change, including changes required in the event of too many entries being received for the allowed duration of the meet.

Results

Printed result sheets will be posted up in a central location near the recording area.

Live results will be made available for this meet. The Meet Mobile application will be operating and can be downloaded to your chosen device(s). Results will be posted to the MSA Portal, with results and statistics posted on the MSQ website meet event page in the days following the meet.

Competition results for men and women will be separated and Individual events: 18-24 and then in 5-year groups, i.e. 25-29, 30-34, 35-39, etc.

Relays: 72-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359 and 360-399.

Records

Dolphin timing will be in use. Stopwatches will be used as a back-up.

This meet is classed as a Time Trial as guests are invited.

Records and World Aquatics Top Ten performances will not be recognised.

Meet awards and presentation

All swimmers, Queensland and visitors, are eligible to score points and win awards. Full meet results, statistics and rankings will be made available in the days following the meet. Results on the day of the swim will be displayed and updated outside the shower block.

No medals will be awarded but novel prizes will be awarded to age group winners, runner up and third in keeping with the "Fun in Feb" theme.

This will take place on site as soon as final results are known. Light snacks will be available from the temporary kiosk.

Immediately after the conclusion of the meet, competitors and supporters are welcome to join us at Mt. Pleasant Tavern for a meal and beverage of choice.

Photo release

All attendees at this meet agree that they may be photographed or videoed by MSQ's approved photographer and that the material may be used by MSQ at its discretion.

Other information

- Members from all clubs may be called on to assist with timekeeping throughout the meet.
- Swimmers must comply with signage on pool deck regarding the use of the warm-up and swim-down lanes.
- Diving will not be permitted unless the signage indicates otherwise.
- Pool deck access is limited to marshaling for events, the officials and technical staff. Please do not stand in front of the recording area or interrupt the recording officials.
- Paddles and watches are not permitted to be worn during the meet, including warm-up and swim-down.
- Swimmers must wear only one pair of Fina approved swimwear. An additional item of swimwear may not be worn under another while competing.
- At the conclusion of warm-up periods, swimmers must leave the competition pool promptly when requested.
- Swimmers should keep clear of timekeepers moving to the blocks to collect times. Use care and discretion when preparing for your start prior to the previous heat completion, i.e. adjusting your block's kick position.
- Protests must be made in writing on the official form and submitted to the Meet Director within a half hour of posting the provisional results. A protest carries a fee of \$10 which is refunded if the protest is upheld. The fee must be paid when collecting the protest form.
- MSQ notes that the information provided is correct at the time of publishing, however, is subject to change.

First aid

No Lifeguard is on duty, appropriately qualified first aid club members will be on hand. Any accident or injury should immediately be brought to their attention and to the attention of the Meet Director.



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Venue

Mackay North State High School (Valley St. North Mackay)
Turn off Malcomson street into Valley Street and continue to the end where the school complex will be on your left. The pool is the last entry on the left as the street ends. Park within the grounds or on the street, parking is FREE. There are a limited number of parks immediately adjacent to the pool off Valley Street.

There is limited shade available at the venue. Limited shade tents will be provided by the North Mackay Sinkers Masters Swim Club. Clubs are welcome to bring their own shade. You will be directed on arrival where is appropriate. You will need to BYO chairs.

No glass is to be brought on site.

The school and pool are not open to the public (other than guests) during the swim meet.

Food such as tea, coffee, water and snacks will be available at our temporary kiosk and will be a donation towards the Club team in the 2024 MS Swimathon.

Severe Weather Policy

North Mackay Sinkers Masters Swimming Club recognises the dangers of extreme weather in Queensland and the need to ensure that all attendees at the event and users of the facilities take the correct precautions in the event of extreme weather.

Extreme weather includes unexpected, unusual, severe, or unseasonal weather that may pose a safety risk to users including rain, drought, wind, flood, storms, dust, hail, and extreme temperature.

If the meet is affected by extreme weather, a mandatory safety suspension of events will be imposed. This may require a shortened event format which will be determined by the Meet Director and Technical officials. No refund of entry fees will occur under such circumstances.

First aid

As this is not a public facility no lifeguard is on duty. A qualified senior first aid club member, first aid box and AED are on site to attend to incidents. Any accident or injury should immediately be brought to their attention and to the attention of the Meet Director.

Contacts

Meet
Director.....prs.nthmkysinkers@gmail.com
Administrator MSQ..... admin@mastersswimmingqld.org.au
Director of Recording .. recorder@mastersswimmingqld.org.au
MSQ website <https://mastersswimmingqld.org.au>
Meet Entry [Swim Central](#)

Important dates

Entries open.....Monday 1st January 2024
Closing dateTuesday 13th February 2024
Entry list available Wednesday 14th February 2024
Entry list finalised Friday 16th February 2024
Program information available online 20th February 2024
Swim MeetSaturday 24th February 2024