



2020
South Australian LC
Swimming Championships

EVENT INFORMATION BOOK

Saturday 18 – Thursday 23 January
SA Aquatic and Leisure Centre, Oaklands Park

Correct as at 02/01/2020

Contents

1.	SWIMMING SA EVENT STAFF AND KEY PERSONNEL	3
2.	SWIMMING SA EVENTS CALENDAR 2019/20	3
3.	EVENT DETAILS	3
4.	ENTRY PROCEDURES	3
5.	PROGRAM OF EVENTS.....	3
6.	EVENT OPERATING HOURS.....	4
7.	AWARDS AND RECOGNITION	4
8.	QUALIFYING TIMES	4
9.	BY-LAWS	5
10.	VISITORS.....	5
11.	REPORTING FOR DISTANCE EVENTS, MARSHALLING AND WITHDRAWALS	5
11.1	ACCREDITATION AND MARSHALLING	5
12.	SWIMWEAR (EBL 15.1).....	6
13.	STRAPPING AND TAPING	6
14.	CLUB PACKAGES	6
15.	VENUE ACCESS.....	7
16.	VENUE PARKING & TRAFFIC MANAGEMENT	7
17.	EMERGENCY PROCEDURES.....	7
18.	MEDICAL DIRECTORY	8
19.	TIMELINES	8
20.	WARM UP PROCEDURES.....	8
21.	BACKSTROKE EVENTS.....	9
22.	MEDAL PRESENTATION PROTOCOLS	9
23.	ACCREDITATION	9
23.1.	REGISTRATION PROCESS.....	9
23.2.	ACCESS CATEGORIES AND AREAS	10
23.3.	POLICE CLEARANCE / DCSI SCREENING	10
23.4.	ACCREDITATION APPLICATION	11
23.5.	COLLECTING YOUR ACCREDITATION – SUBJECT TO CHANGE	11
23.6.	LATE APPLICATIONS	11
23.7.	LOST OR MISPLACED ACCREDITATION PASSES.....	11
24.	TEAM MANGER MEETINGS	12
25.	SEATING	12
26.	STREAMING	12
27.	TICKETING.....	12
28.	BEHAVIOURAL GUIDELINES.....	12
29.	LOST PROPERTY	13
30.	FIRST AID	13
31.	PHOTOGRAPHY.....	13
32.	EVENT MERCHANDISE.....	13

1. Swimming SA Event Staff and Key Personnel

NAME	TITLE	CONTACT DETAILS
Michelle Doyle	Chief Executive Officer	michelle.doyle@sa.swimming.org.au 0438 040 403
Sarah-Jane Couche	Events Coordinator	sarah-jane.couche@sa.swimming.org.au 0404 972 724
Leanne Beames	Events, Records and Results Officer	leanne.beames@sa.swimming.org.au
Tania Carlino	Technical Officials Coordinator	tania.carlino@sa.swimming.org.au
Daniel Lawlor	Club Development Officer	daniel.lawlor@sa.swimming.org.au
Cory Bampton	Athlete and Coach Performance Officer	cory.bampton@sa.swimming.org.au
Tanya Matic	Administration and Membership Officer	tanya.matic@sa.swimming.org.au

2. Swimming SA Events Calendar 2019/20

<i>1 December 2019</i>	<i>2020 South Australian Open Water Championships</i>	<i>West Lakes Rowing Course</i>
<i>9 – 12 January 2020</i>	<i>2020 South Australian Country Swimming Championships</i>	<i>Murray Bridge Olympic Pool</i>
<i>18 – 23 January 2020</i>	<i>2020 South Australian LC Swimming Championships</i>	<i>SA Aquatic & Leisure Centre</i>
<i>27 – 29 March 2020</i>	<i>2020 Mad March Titles</i>	<i>SA Aquatic & Leisure Centre</i>

3. Event Details

The 2020 South Australian Long Course Championships is one of three flagship events on the SwimmingSA calendar. This event will be held at South Australia's premier aquatic venue, the SA Aquatic and Leisure Centre over six days, with the first day of competition beginning with the Junior Participation Carnival and Relay Championships. It is expected that 800+ athletes will compete at this event from both regional and metropolitan South Australia as well as interstate visitors.

4. Entry Procedures

Entries for the 2020 South Australian Swimming Championships are now open. Competitors can enter this event by clicking on the link below or visiting the SwimmingSA website. Entries will close 9.00am Wednesday 18 December 2019.

[ENTER HERE](#)

Late entries will not be accepted under any circumstances.

Relay entries will be accepted via the 3 below options:

- Entries via Meet Manager Backup – this has been emailed to all club presidents
- Entries via Team Manager – this has been emailed to all club presidents
- Entries via JotForm – [click here](#)

5. Program of Events

The 2020 South Australian Long Course Swimming Championships is a combination of age and open championships.

AM Sessions: Age Heats & Open Timed Finals

PM Sessions: Age Finals, Open Finals & Timed Finals

[View Program of Events Here](#)

6. Event Operating Hours

Pre-Meet Training: Friday 17 January

Session 1: 9:00am – 11:00am

Session 2: 1:30pm – 3:30pm

For lane bookings prior to 17 January at the SA Aquatic and Leisure Centre please contact Matt

(matthew.perriman@ymca.org.au)

Club packages collection date/time: Friday 17 January between 9am – 5pm

	Box Office	Gates Open	Warm Up	Session Starts	Expected Finish
Junior Participation Carnival	7:00am	7:30am	7:45am – 8:45am	9:00am	12:00pm
Relay Championships	1:15pm	1:45pm	2:00pm – 3:30pm	4:00pm	7:00pm
AM: Sun 19 – Thurs 23 Jan	7:00am	7:30am	7:45am – 8:45am	9:00am	1:00pm
PM: Sun 19 – Thurs 23 Jan	3:00pm	3:30pm	3:45pm – 4:45pm	5:00pm	8:00pm

7. Awards and Recognition

INDIVIDUAL – Points are awarded in the following places

1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
10 points	9 points	8 points	7 points	6 points	5 points	4 points	3 points	2 points	1 point

RELAYS – Points are awarded in the following places

1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
20 points	18 points	16 points	14 points	12 points	10 points	8 points	6 points	4 points	2 points

If a visitor has placed in an individual or team event, they shall score the same points as if a SwimmingSA registered swimmer had achieved this place (no swimmer in the top 10 will need to have their points adjusted)

The following perpetual trophies will be awarded at the championships:

- Bayside Aquatic Shield (highest point score in individual events)
- Maidstone Trophy (best female performance - % of SA record)
- President's Trophy (best male performance - % of SA record)
- Peter Bowen Pain Trophy (female age swimmer of the meet – points gained)
- Peter Bowen Pain Trophy (male age swimmer of the meet – points gained)

8. Qualifying Times

Qualifying times apply to this event. For the latest qualifying information visit <https://sa.swimming.org.au/events/forms-resources>

Age: Competitors must achieve a faster or equal to the qualifying time for their age in the heat to qualify for final to be eligible for age finals.

Open: Competitors must achieve a time faster or equal to the open qualifying time for their event to be eligible for a medal.

9. By-Laws

This event is conducted under the SwimmingSA Swimming Rules and Event By-Laws. To view these documents please [CLICK HERE](#)

10. Visitors

Please note that interstate competitors can compete in these championships. All visitors will be marked with a (V) in the program and on the scoreboard.

Visitors can compete in finals under the following rule:

- EBL 23.1 (1): A maximum of two swimmers who are visitors can compete in the final of all events at the South Australian State and Country Championships.

11. Reporting for Distance Events, Marshalling and Withdrawals

In accordance with EBL 22, any competitor who fails to report to the marshalling area at least ten minutes prior to the scheduled time for the start of the session on the day if entered in the first two events, or at the start of an event at least two events prior to the event in which they are entered shall be deemed to be withdrawn. All heats in an event (including heat of 800m and 1500m) shall be deemed to be one event for the purpose of this rule.

In all events, finalists, semi-finalists and all reserves up to and including 30th place wishing to be withdrawn from a semi-final or final shall do so in writing and signed by the competitor or his/her authorised representative within 30 minutes following the posting of the results for that event:

Withdrawal process (step-by-step):

- Results are posted in the following locations:
 - Ground level corridor (near competition change facilities)
 - Between Bay 3 and 4 on grandstand concourse
- On each result the time of posting is written
- Competitors have until 30 minutes after this time to complete a withdrawal form
- Withdrawal forms are in the marshalling room and may only be completed by the competitor or team manager
- The form must be completed and handed to the marshal who will add the time of the submission to the form and place in a locked submission box
- Please ensure you witness the form being placed in the submission box to ensure that it doesn't get lost (A recorder will check the box periodically and process your withdrawal)

A competitor who does not withdraw and does not compete in the event shall be deemed as a late withdrawal except where medical reasons or proved hardship and the club with which the competitor is registered with shall be fined the sum of \$100.00.

The Referee / Chief Executive Officer shall determine the acceptability on all matters where medical reasons or hardships are claimed, and this decision shall be final.

a. Accreditation and Marshalling

Athletes are required to surrender their accreditation pass at Marshalling when checking in. Athlete accreditations will be held by the marshals and check starters until the conclusion of their race where the swimmer will need to collect it from the accreditation table via the competition pool exit point.

12. Swimwear (EBL 15.1)

- (1) The swimsuits of all swimmers shall be in good moral taste and suitable for the individual sports discipline.
- (2) All swimsuits shall be non-transparent and must conform with FINA approved standards in all respects.

OR

- (3) Until otherwise directed by SSA, swimmers may wear 'traditional' swimsuits provided the suits meet the following criteria:
 - (a) Men's swimwear may not extend above the navel or below the knee. Women's swimwear shall not cover the neck, extend past the shoulders or below the knee.
 - (b) No zippers or other fastening devices are allowed except for a waist tie on traditional swim suits.
 - (c) Suits must be of a textile material and must not contain any non-textile material such as polyurethane or neoprene.

Modification of a swimsuit to accommodate a competitor's disability is permitted (IPC 2.13.2). Proposed modification shall be submitted in writing to SwimmingSA for approval at least 14 days prior to the meet. Approval letter and modified swimsuit(s) shall be presented to the Referee prior to the swimmers first event at the competition.

The Referee of a competition has the authority to exclude any competitor whose swimsuit does not comply with this By-Law.

Swimwear is limited to one (1) swimsuit.

EBL 15.2 – ADDITIONAL SWIMSUIT GUIDELINES FOR AGE GROUP EVENTS

- (1) All swimwear worn by competitors in Age Group Events (18 and under) conducted in Australia shall be commercially available products.
- (2) Swimwear worn by competitors in Age Group Events shall conform to the following design:
 - (a) Men's swimwear is limited to one (1) swimsuit that covers at most the body surface from navel to knee. Swimwear may not extend above the navel or below the knees;
 - (b) Women's swimwear is limited to one (1) swimsuit that is of "open back" and "open shoulder" designs that may extend down to the knee. Swimwear must not extend below the knees. Swimwear must not have a zipper or any type of fastening devices except for a waist tie on traditional swimsuits.
 - (c) Suits must be of textile material and must not contain any non-textile material such as polyurethane or neoprene.

13. Strapping and Taping

Swimmers must cover any wounds with waterproof dressing (not band aids) and may after presentation to the Referee of the meet use tape to hold the dressing in place as long as it does not give the swimmer any advantage. Any other strapping must be presented to the Referee who will decide if it gives the swimmer any advantage. Strapping not approved by the Referee is forbidden.

14. Club Packages

Each club must collect their club package which contains their club's allocation of heats programs, accreditation passes for athletes, coaches and team support, relay confirmation sheets and other event notices.

These can be collected by an authorised club representative from Friday 17th January from the SwimmingSA Office during the business hours of 9am – 5pm.

15. Venue Access

Access to the event is via Event Entry. See Event Operating Hours for more information. Accreditation Entry will be used for this event.

EFTPOS will be available at the box office.

16. Venue Parking & Traffic Management

Due to this event falling during South Australian School Holidays, the SA Aquatic and Leisure Centre will be extremely busy during all days of this event. SwimmingSA recommends the use of public transport to access the venue. For detailed information on public transport services please call Adelaide Metro on 1300 311 108 or go to their website www.adelaidemetro.com.au

There will be changes to parking access at the SA Aquatic and Leisure Centre during event days. All access to the venue carpark is via Morphett Road only. Exit is through the multi-story carpark exit to Milham Street.

There is limited parking in the outdoor parking area as most carparks are reserved during this event.

The SA Aquatic and Leisure Centre carpark will be managed by security attendants during all sessions.

SwimmingSA recommends that if you are not travelling to the venue via public transport that you arrive early to secure a park. Please keep in mind that if you move your vehicle between sessions that there may not be spare parks when you return.

Parking is not available for group transport vehicles on site or Westfield Marion. Drop off zones are located on Morphett Road (near Accreditation Entry) and on Warracowie Way (near Marion Cultural Centre)

Additional parking is not available in Westfield Marion. Overflow parking is available in nearby streets a short walk from the SA Aquatic and Leisure Centre. **PLEASE ALWAYS USE CAUTION WHEN USING THE SAALC CARPARK.**

17. Emergency Procedures

In the event of an emergency at the SA Aquatic and Leisure please listen carefully to stadium announcements and follow the direction of venue staff.

Stage 1: Upon hearing the alert tones (Beep.. Beep.. Beep..)

- Be aware of an emergency
- DO NOT EVACUATE ON THIS TONE

Stage 2: Upon hearing the alert tones (Whoop.. Whoop.. "Evacuate Now") – Evacuate the venue immediately via the nearest safe exit

- DO NOT USE ANY LIFTS
- Proceed to your nearest external assembly area
- DO NOT RE ENTER THE BUILDING until authorised

The emergency assembly area is located at the northern side of Bunnings Warehouse (carpark) closest to the Centrelink/Medicare building.

18. Medical Directory

SERVICE	ADDRESS	SUBURB	POSTCODE	PHONE
Emergency (Ambulance, Police, Fire 000)				
Marion Domain Medical Centre	453 Morphett Road (next to SAALC)	OAKLANDS PARK	5046	08 8375 7000
Royal Adelaide Hospital	Port Road	ADELAIDE	5000	08 7074 0000
Queen Elizabeth Hospital	28 Woodville Road	WOODVILLE SOUTH	5011	08 8222 6000
Modbury Hospital	41-69 Smart Road	MODBURY	5092	08 8161 2000
Flinders Medical Centre	Flinders Drive	BEDFORD PARK	5042	08 8204 5511
Ashford Hospital *does not offer 24hr emergency	55 ANZAC Highway	ASHFORD	5035	08 8375 5222
Calvary Wakefield Hospital	300 Wakefield Street	ADELAIDE	5000	08 8405 3333
United Chemist Express Marion Domain	453 Morphett Road (next to SAALC)	OAKLANDS PARK	5046	08 8375 7000
Terry White Chemist	Westfield Marion, 297 Diagonal Road Marion (across from SAALC)			08 8296 2270

19. Timelines

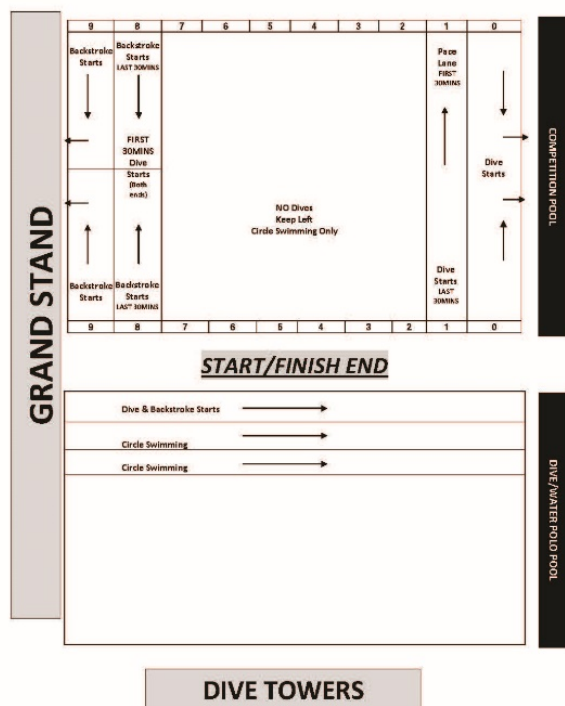
All session timelines are provided as a guide only and can change.

Any major revisions to the timeline will be provided at the Team Managers briefing daily. Timelines will be attached to this document once final.

20. Warm Up Procedures



WARM UP PROCEDURE



Note: Lanes 9 and 8 will include the use of the new FINA approved Omega Backstroke Start Devices

These devices will be operated by SwimmingSA Staff and/or Technical Officials and athletes must not touch these devices in warm-up or competition (other than touching wedge during start).

21. Backstroke Events

As per the Policy and Event By-Law, Backstroke Ledges will be used at the 2020 South Australian Long Course Swimming Championships. The use of Backstroke Ledges is not compulsory. Competitors may choose not to use a Backstroke Ledge by informing the Inspector of Turns on their lane.

The Backstroke Ledge will be installed by the Inspector of Turns and the competitor must adjust to their preferred setting. Any changes to this procedure will be advised at the Team Managers meeting.

22. Medal Presentation Protocols

Medals shall be awarded to the first three place-getters in each event, with gold for first place, silver for second and bronze for third. If equal placing occurs then medals shall be awarded to each equal placing, but the next following medal/s shall be omitted. Visitors from outside South Australia (excl. Broken Hill) shall be awarded visitors medals for 1st, 2nd or 3rd placing, and South Australians will be awarded medals for 1st, 2nd or 3rd South Australian (providing they achieve the qualifying time and are not disqualified) regardless of their final placing.

Medallists must make their way immediately to the presentation desk once they are aware. Presentations will occur during racing. It is important that all athletes and team managers are vigilant and understand the presentation schedule prior to the session commencing.

The procedure for the presentation ceremony shall be:

- 1) The specified medal presentation music (PM sessions only) will play for the athletes to walk in behind the dais
- 2) Medals are awarded in order of Bronze, Silver, Gold

Competitors must remain in the presentation area for official photos. Medal photos will be taken away from the dais near the warm up pool.

23. Accreditation

A photo accreditation system will be implemented by SwimmingSA to provide access control at the 2020 South Australian Long Course Swimming Championships. All coaches, athletes, team management, sport science, event management, media, volunteers and technical officials must wear their accreditation in a visible position whilst inside the venue.

23.1. Registration Process

This procedure should be read in conjunction with the following policies:

- Team Managers Policy ([click here](#))
- Pool Deck Access Policy ([click here](#))
- Sports Science Policy ([click here](#))

To ensure that all personnel attending the event are issued with the appropriate pass please ensure you follow the procedure below.

<ul style="list-style-type: none">• Athletes	<ul style="list-style-type: none">• Technical Officials• Volunteer Officials• Coaches• Team Support• Event Volunteers	<ul style="list-style-type: none">• Executive• VIP• Production• Staff & Contractors
No application needed	Apply via JotForm (link below)	SwimmingSA will contact you individually

23.2. Access Categories and Areas

Access Category	Access Areas	Inclusions
Athletes	All competition areas including field of play for duration of event	N/A
Technical & Event Officials, Event Volunteers	All competition and event administration areas on the day/s that you are rostered to officiate/volunteer only	N/A
Coaches	Warm-up pool, event corridor, viewing platforms (no access to field of play or event administration/control areas unless otherwise specified) for duration of event	Complimentary heats program included in club package. Complimentary finals program available from event administration. Access to tea and coffee in event administration.
Team Support	Warm-up pool, event corridor, viewing platforms (no access to field of play or event administration areas unless otherwise specified) on the day/s that you are registered for only – clubs must not exceed quota.	Complimentary heats program included in club package. Complimentary finals program available from event administration.
Executive VIP	All areas excluding field of play for duration of event unless otherwise specified on accreditation pass.	Complimentary heats and finals program available from SwimmingSA Office during business hours.
Production, Staff, Contractors	All areas for duration of event unless otherwise specified on accreditation pass.	N/A

Your accreditation pass allows you free entry into the venue only on the days specified on your pass.

WITHOUT YOUR ACCREDITATION PASS YOU WILL NOT BE ALLOWED ENTRY INTO THE ACCREDITED AREAS

23.3. Police Clearance / DCSI Screening

All persons applying for event accreditation (excluding athletes and those aged under 18) must hold a current Police Clearance or DCSI Screening (working with children check) which is no more than three years old. A copy must be either submitted with your application or previously submitted to SwimmingSA. ASCTA members are not required to supply a copy as this is covered through ASCTA. Coaches must include their ASCTA membership number when applying for event accreditation.

23.4. Accreditation Application

For Coaches and Team Support:

Please register now via JotForm. [CLICK HERE](#)

Applications close: **18th December 2019 12:00pm**

Applications are accepted from clubs as per the following ratio:

No. of Competitors	Max numbers <u>of team managers/support</u> allowed per day
20 or less	1
21-40	2
41-60	3
61-80	4
80+	5

Any club found to be exceeding their quota will be required to withdraw additional applications. Sport and Science Medicine Staff are exempt from this ratio.

For Technical and Volunteer Officials:

Please register now via JotForm. [CLICK HERE](#)

Applications close: **2nd January 2019 12:00pm**

This application includes nominating for your official positions – you will not need to complete the traditional TryBooking registration. Your accreditation pass replaces your officials tickets.

It is the responsibility of the club to ensure any application stating affiliation to their club is in fact an approved representative with the appropriate background checks in place.

23.5. Collecting your Accreditation – SUBJECT TO CHANGE

Access Category	Collection Method	Collection Location
Athletes	One club package (must be collected by a club representative)	Pre-Meet: SwimmingSA Office
Coaches		During Meet: Event Entry
Team Support		Event Entry
Executive / VIP	Individual collection	Pre-Meet: SwimmingSA Office
Production / Staff/ Contractors		During Meet: Event Entry
Technical Officials		Pre-Meet: SwimmingSA Office During Meet: Event Entry
Event Volunteers		From Volunteer Coordinator outside the venue

23.6. Late Applications

Accreditation applications which are submitted late are subject to approval by SwimmingSA and will be charged at a cost of **\$50.00**

23.7. Lost or Misplaced Accreditation Passes

Should you lose or misplace your accreditation pass, replacement passes are available for purchase at \$25.00 per pass. With \$15.00 of this amount will be refunded if the lost or misplaced accreditation is found and returned to event entry.

24. Team Manger Meetings

It is a requirement that each club have at least one representative competing at each Team Managers meeting. Meetings will be held at 8:00am each morning and will not be held in the evening otherwise called via a venue announcement. If called, an evening meeting will be held at 4:00pm (1hr prior to the commencement of competition).

25. Seating

Coach and Team Support seating will be available in the seating modules on pool. Three seating modules will be located on the northern side of the competition pool closest to the finish end. All access to these seats north of pool deck via the western warm-up pool.

All general public seating for this event is unreserved in the south grandstand overlooking the competition pool. No access to Dive Pool grandstand.

26. Streaming


All finals sessions of the 2020 South Australian Long Course Championships will be streamed live to SwimmingSA's Facebook page from 4:45pm local time. Finals commence at 5:00pm local time.

27. Ticketing

Ticketbooth have been appointed to manage all aspects of ticket sales on behalf of SwimmingSA. **All spectators must purchase a ticket to enter the event either online or at the venue box office located at Event Entry.**

All seats are unreserved in the main (south) grandstand.

Purchase your tickets online now: [CLICK HERE](#)

Online		At Event Entry	
Adult (single session)	\$7.15	Adult (single session)	\$8.00
Child (single session)	\$3.88	Child (single session)	\$4.00
Concession (single session)	\$3.88	Concession (single session)	\$4.00
Adult Championship Pass *one ticket for entire event and includes one program*	\$53.85		

Tickets purchased from Ticketbooth may either be printed and bought with you to the venue or scanned from your mobile device. Sales will remain open throughout the event allowing you to purchase.

Programs will be available for purchase at Event Entry only.

28. Behavioural Guidelines

SwimmingSA promotes the Behaviour Guidelines to all people involved in any way with the sport of swimming, particularly those responsible for activities involving members under the age of 18. These guidelines highlight the principles and values of SwimmingSA / Swimming Australia and the core principles of the Member and Child Welfare policies.

All persons participating in the 2018 South Australian Long Course Swimming Championships must adhere to the Behavioural guidelines/code of conduct which can be found here: <https://sa.swimming.org.au/policy>

29. Lost Property

Event lost property can be found at the event information desk just past the main glass doors leading to the competition pool. Lost property is handed to the SA Aquatic and Leisure Centre at the end of the day.

30. First Aid

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

31. Photography

SwimmingSA has contracted Get Snapt as the official photographer for this championship.

Photos will be taken of all medal winners as well as action and environmental shots which will be available online as soon as possible following the competition.

Should you not wish your photo to be published please email events@sa.swimming.org.au prior to the meet.

32. Event Merchandise

Sports Centre is SwimmingSA's official event merchandise supplier and will be on the grandstand concourse during each session of competition with a range of event merchandise for sale/order.