

2020

South Australian Country

Swimming Championships



EVENT INFORMATION BOOK

Thursday 9 – Sunday 12 January 2020
Murray Bridge Swimming Centre

Correct as at 23 December 2019

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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	Finance Officer & 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

2. Swimming SA Events Calendar 2019/20

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

3. Event Details

The 2020 South Australian Country Championships is one of three flagship events on the SwimmingSA calendar. This event will be held at Murray Bridge Swimming Pool over four days, with the first day of competition beginning with the Superfish Carnival. It is expected that 800+ athletes will compete at this event from regional South Australia as well as interstate visitors.

Keep up to date with all info on the EDSA website – [Click Here](#)

4. Entry Procedures

Entries for the 2020 South Australian Country 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 11 December 2019.

Enter the 2020 South Australian Country Championships & Superfish: [ENTER HERE](#)

Late entries will not be accepted under any circumstances.

Junior Participation activity is open to juniors aged 7 – 12 years of age.

To register interest [CLICK HERE](#)

5. Program of Events

The 2020 South Australian Country Championships is a combination of age and open championships. This is a championship meet under the performance strand of the South Australian competition structure.

AM Sessions: Open, Timed Finals, Age Heats

PM Sessions: Age Finals, Open Finals and Timed Finals

This event incorporates the Superfish Carnival on Thursday 9 January 2020.

SA COUNTRY LC CHAMPIONSHIPS

PERFORMANCE (ENDORSED)

Contact

SwimmingSA

7123 0848 | events@sa.swimming.org.au

Event Information

Thursday – Sunday, 9 – 12 January 2020

Murray Bridge Swimming Centre | 58 Adelaide Road, Murray Bridge SA 5253

Long Course Pool (50m)

Day 1 Session 1:	Gates Open: 2:30pm	Warm Up: 2:45pm	Start Time: 4:00pm
Day 2 Session 2:	Gates Open: 7:00am	Warm Up: 7:15am	Start Time: 8:30am
Day 2 Session 3:	Gates Open: 3:15pm	Warm Up: 3:30pm	Start Time: 4:30pm
Day 3 Session 4:	Gates Open: 7:00am	Warm Up: 7:15am	Start Time: 8:30am
Day 3 Session 5:	Gates Open: 3:15pm	Warm Up: 3:30pm	Start Time: 4:30pm
Day 4 Session 6:	Gates Open: 7:00am	Warm Up: 7:15am	Start Time: 8:30am
Day 4 Session 7:	Gates Open: 12:30pm	Warm Up: 12:45pm	Start Time: 2:00pm

Event Nomination Fees: Individual \$17.90 | Relay \$21.00 | Superfish Free

Pool Entry: Swimmers Free | For venue entry visit sa.swimming.org.au

Free Entry: ASCTA Accredited Coaches | Working Technical Officials

Awards & Recognition

All 50m Events: 10 – 11 | 12 | 13 | 14 | 15 | 16 – 17 | 18&O | Open

All 100m Events: 10 – 11 | 12 – 13 | 14 – 15 | 16 – 17 | 18&O | Open

200m Free & IM: 11 – 12 | 13 – 14 | 15 – 16 | 17&O

200m Back, Breast, Fly: Open

400m Free & IM: 12 – 13 | 14 – 15 | 16&O

800m & 1500m Free: Open

Entry Information

Closing Date: Wednesday, 11 December 2019 at 9:00am

Entry Method: Entries via **SWIM CENTRAL**

Website: sa.swimming.org.au

Standard times apply and must be achieved in the heat to be eligible to swim in a final
Time qualifying period 1 October 2017 – close of entries

Time qualifying course – LC & SC times allowed

Note minimum age applies – Country Individual 10 years, Country Relay 8 years

2019 SA Country Championships - 09-Jan-20 to 12-Jan-20**Session: 1 Day of Meet: 1 Starts at 04:00 PM**

Finals	1 Mixed 200 Medley Relay
Finals	2 Mixed 8 & Under 50 Butterfly Time Trial
Finals	3 Mixed 9 Year Olds 50 Butterfly Time Trial
Finals	4 Mixed 10 Year Olds 50 Butterfly Time Trial
Finals	5 Mixed 11 Year Olds 50 Butterfly Time Trial
Finals	6 Mixed 8 & Under 50 Backstroke Time Trial
Finals	7 Mixed 9 Year Olds 50 Backstroke Time Trial
Finals	8 Mixed 10 Year Olds 50 Backstroke Time Trial
Finals	9 Mixed 11 Year Olds 50 Backstroke Time Trial
Finals	10 Mixed 14 & Over 1500 Freestyle
Finals	11 Mixed 8 & Under 50 Breaststroke Time Trial
Finals	12 Mixed 9 Year Olds 50 Breaststroke Time Trial
Finals	13 Mixed 10 Year Olds 50 Breaststroke Time Trial
Finals	14 Mixed 11 Year Olds 50 Breaststroke Time Trial
Finals	15 Mixed 8 & Under 50 Freestyle Time Trial
Finals	16 Mixed 9 Year Olds 50 Freestyle Time Trial
Finals	17 Mixed 10 Year Olds 50 Freestyle Time Trial
Finals	18 Mixed 11 Year Olds 50 Freestyle Time Trial
Finals	19 Mixed 200 Freestyle Relay

Session 2 Day of Meet: 2 Starts at 08:00 AM

Prelims	20 Women 10 & Over 100 Breaststroke
Prelims	21 Men 10 & Over 100 Breaststroke
Finals	821 Mixed 100 Breaststroke Multi-Class
Prelims	22 Women 10 & Over 50 Freestyle
Prelims	23 Men 10 & Over 50 Freestyle
Finals	823 Mixed 50 Freestyle Multi-Class
Prelims	24 Women 10 & Over 100 Backstroke
Prelims	25 Men 10 & Over 100 Backstroke
Finals	825 Mixed 100 Backstroke Multi-Class
Finals	26 Women 12 & Over 400 Freestyle
Finals	27 Men 12 & Over 400 Freestyle
Finals	827 Mixed 400 Freestyle Multi-Class
Finals	28 Women 400 Freestyle Relay
Finals	29 Men 400 Freestyle Relay
Finals	829 Mixed 400 Freestyle Relay Multi-Class

2019 SA Country Championships - 09-Jan-20 to 12-Jan-20**Session 3 Day of Meet: 2 Starts at 04:30 PM**

Finals	20	Women 10 & Over 100 Breaststroke
Finals	21	Men 10 & Over 100 Breaststroke
Finals	22	Women 10 & Over 50 Freestyle
Finals	23	Men 10 & Over 50 Freestyle
Finals	24	Women 10 & Over 100 Backstroke
Finals	25	Men 10 & Over 100 Backstroke
Finals	30	Women 11 & Over 200 IM
Finals	31	Men 400 Medley Relay
Finals	32	Women 400 Medley Relay
Finals	832	Mixed 400 Medley Relay Multi-Class

Session 4 Day of Meet: 3 Starts at 08:00 AM

Finals	33	Women 11 & Over 200 Freestyle
Prelims	34	Men 10 & Over 50 Butterfly
Prelims	35	Women 10 & Over 50 Butterfly
Finals	835	Mixed 50 Butterfly Multi-Class
Finals	36	Men 200 Breaststroke
Finals	37	Mixed 12 & Over 800 Freestyle
Prelims	38	Men 10 & Over 50 Backstroke
Prelims	39	Women 10 & Over 50 Backstroke
Finals	839	Mixed 50 Backstroke Multi-Class
Finals	40	Men 200 Butterfly
Finals	41	Women 200 Butterfly
Finals	42	Women 200 Medley Relay
Finals	43	Men 200 Medley Relay
Finals	843	Mixed 200 Medley Relay Multi-Class

2019 SA Country Championships - 09-Jan-20 to 12-Jan-20**Session 5 Day of Meet: 3 Starts at 04:30 PM**

Finals	44	Men 11 & Over 200 Freestyle
Finals	844	Mixed 200 Freestyle Multi-Class
Finals	45	Women 200 Breaststroke
Finals	34	Men 10 & Over 50 Butterfly
Finals	35	Women 10 & Over 50 Butterfly
Finals	38	Men 10 & Over 50 Backstroke:
Finals	39	Women 10 & Over 50 Backstroke
Finals	46	Men 11 & Over 200 IM
Finals	846	Mixed 200 IM Multi-Class
Finals	47	Men 8-12 200 Freestyle Relay
Finals	48	Women 8-12 200 Freestyle Relay
Finals	49	Men 10-14 200 Freestyle Relay
Finals	50	Women 10-14 200 Freestyle Relay
Finals	51	Men 12-16 200 Freestyle Relay
Finals	52	Women 12-16 200 Freestyle Relay
Finals	53	Men 14-18 200 Freestyle Relay
Finals	54	Women 14-18 200 Freestyle Relay

Session 6 Day of Meet: 4 Starts at 08:00 AM

Prelims	55	Women 10 & Over 50 Breaststroke
Prelims	56	Men 10 & Over 50 Breaststroke
Finals	856	Mixed 50 Breaststroke Multi-Class
Prelims	57	Women 10 & Over 100 Freestyle
Prelims	58	Men 10 & Over 100 Freestyle
Finals	858	Mixed 100 Freestyle Multi-Class
Prelims	59	Women 10 & Over 100 Butterfly
Prelims	60	Men 10 & Over 100 Butterfly
Finals	860	Mixed 100 Butterfly Multi-Class
Finals	61	Women 12 & Over 400 IM
Finals	62	Men 12 & Over 400 IM
Finals	63	Women 200 Freestyle Relay
Finals	64	Men 200 Freestyle Relay
Finals	864	Mixed 200 Freestyle Relay Multi-Class

2019 SA Country Championships - 09-Jan-20 to 12-Jan-20**Session 7 Day of Meet: 4 Starts at 02:00 PM**

Finals	55	Women 10 & Over 50 Breaststroke
Finals	56	Men 10 & Over 50 Breaststroke
Finals	57	Women 10 & Over 100 Freestyle
Finals	58	Men 10 & Over 100 Freestyle
Finals	59	Women 10 & Over 100 Butterfly
Finals	60	Men 10 & Over 100 Butterfly
Finals	66	Women 200 Backstroke
Finals	67	Men 200 Backstroke
Finals	68	Women 8-12 200 Medley Relay
Finals	69	Men 8-12 200 Medley Relay
Finals	70	Women 10-14 200 Medley Relay
Finals	71	Men 10-14 200 Medley Relay
Finals	72	Women 12-16 200 Medley Relay
Finals	73	Men 12-16 200 Medley Relay
Finals	74	Women 14-18 200 Medley Relay
Finals	75	Men 14-18 200 Medley Relay

6. Event Operations

Pre-Meet Training - Thursday 9 January - No registration required. For lane bookings prior to Thursday 9 January please contact the Murray Bridge Swimming Centre.

Please note that start and finish times are subject to change after close of entries. Extreme weather policy may apply

6.1 Event Operating Hours

DAY 1 – THURSDAY 9 JANUARY 2020		
Time	Location	Event/Activity
8:30am – 4:30pm	Theory: Murray Bridge Community Club	Swim Australia/ASCTA Development Coaching Course *Enrolled participants only
	Pool: Murray Bridge Swimming Centre	Swim Australia/ASCTA Teacher of Competitive Strokes Course *Enrolled participants only
12:00pm – 3:00pm	Club Rooms Murray Bridge Swimming Club Murray Bridge Swimming Centre	SwimmingSA Technical Officials Exam – Judge of Stroke & Inspector of Turns *Enrolled participants only
1:00pm	Event Entry	Gates Open **FREE ENTRY AT THIS SESSION**
1:00pm – 3:00pm	Competition Pool	Pre-Meet Training – All Competitors
1:30pm – 3:00pm	Indoor/Warm-Up Pool	Junior Participation Activity
3:00pm – 4:00pm	Competition Pool	Warm-Up – Superfish
2:45pm – 3:15pm	Marshalling Tent	Event Briefing Championship Information / Superfish Team Managers Meeting. A Team Manager from each club is required to attend. Coaches optional.
3:00pm – 4:00pm	Mobilong Room Murray Bridge Visitor Centre 3 South Terrace, Murray Bridge	Opening Night Function <i>Invitation Only</i>
3:45pm	Marshalling Room	Teams to assemble for March-On
4:00pm	Competition Pool	Opening Ceremony
4:30pm	Competition Pool	Superfish Commencement

DAY 2 – FRIDAY 11 JANUARY 2019		
Time	Location	Event/Activity
6:30am	Event Entry	Gates Open
6:40am – 7:15am	Competition Pool	Warm-Up: Group A
7:00am – 7:25am	Competition Pool (Meet at Lane 1)	Technical Officials Practical Demonstration *All novice officials and interested people welcome
7:10am	Marshalling Tent	Team Managers Briefing Please ensure a Team Manager from each club is in attendance
7:15am – 7:50am	Competition Pool	Warm-Up: Group B
7:30am	Marshalling Tent	Officials Briefing Required for all officiating at this session
8:00am – 12:30pm	Competition Pool	Session 2 Commencement
1:30pm – 3:30pm	Mobilong Room Murray Bridge Visitor Centre 3 South Terrace, Murray Bridge	SwimmingSA 'Country Connect' Presented by SwimmingSA Country Committee
3:30pm	Event Entry	Gates Open
3:30pm – 4:20pm	Competition Pool	Warm-Up (Finalists Only)
4:00pm	Marshalling Tent	Officials Briefing Required for all officiating at this session
4:30pm – 7:30pm	Competition Pool	Session 3 Commencement

DAY 3 – SATURDAY 12 JANUARY 2019

Time	Location	Event/Activity
6:30am	Event Entry	Gates Open
6:40am – 7:15am	Competition Pool	Warm-Up: Group B
7:00am – 7:25am	Competition Pool (Meet at Lane 1)	Technical Officials Practical Demonstration *All novice officials and interested people welcome
7:10am	Marshalling Tent	Team Managers Briefing Please ensure a Team Manager from each club is in attendance
7:15am – 7:50am	Competition Pool	Warm-Up: Group A
7:30am	Marshalling Tent	Officials Briefing Required for all officiating at this session
8:00am – 11:30am	Competition Pool	Session 4 Commencement
12:30pm – 3:00pm	TBC	Swim Central Features Update, Q & A
3:30pm	Event Entry	Gates Open
3:30pm – 4:20pm	Competition Pool	Warm-Up (Finalists Only)
4:00pm	Marshalling	Officials Briefing Required for all officiating at this session
4:30pm – 8:00pm	Competition Pool	Session 5 Commencement

DAY 4 – SUNDAY 13 JANUARY 2019

Time	Location	Event/Activity
6:30am	Event Entry	Gates Open
6:40am – 7:15am	Competition Pool	Warm-Up: Group A
7:00am – 7:25am	Competition Pool (Meet at Lane 1)	Technical Officials Practical Demonstration *All novice officials and interested people welcome
7:10am	Marshalling Tent	Team Managers Briefing Please ensure a Team Manager from each club is in attendance
7:15am – 7:50am	Competition Pool	Warm-Up: Group B
7:30am	Marshalling Tent	Officials Briefing Required for all officiating at this session
8:00am – 11:30am	Competition Pool	Session 6 Commencement
** VENUE WILL REMAIN OPEN BETWEEN SESSIONS **		
12:50pm – 1:50pm	Warm Up	Warm-Up (Finalists Only)
1:30pm	Marshalling Room	Officials Briefing Required for all officiating at this session
2:00pm – 5:00pm	Competition Pool	Session 7 Commencement
5:00pm	Competition Pool	Closing Ceremony & Presentations

6.2 Emergency Procedures

In the event of an emergency at the Murray Bridge Swimming Centre please listen carefully to venue announcements and follow the direction of venue/SwimmingSA staff.

6.3 Medical Directory

SERVICE	ADDRESS	OPENING HOURS	PHONE
Murray Bridge Soldiers Memorial Hospital	96 Swanport Road	24 Hours	08 8535 6777
Murray Bridge Day and Night Surgery	35-37 Adelaide Road	8.30am – 9:00pm Mon-Fri 8.30am – 6.00pm Sat-Sun	08 8531 2988
Terry White Chemmart	60 Bridge Street	9am – 8pm Mon-Fri 9am – 5pm Sat-Sun	08 8531 0733
Priceline Pharmacy	23-51 South Terrace, Shop T5 Market Place	9am – 6pm Mon-Fri 9am – 5pm Sat 11am – 4pm Sun	08 532 2696

6.4 Security

On site security will not be provided at this event. All personal belongings left at the venue overnight are at your own risk.

7. Ticketing and Venue Entry

Championship Passes are on sale now for the 2020 South Australian Country Championships. Single session tickets will be available for purchase on the gate.

A Championship Pass is the best option for supporters attending the entire event and includes a Heats Program (adult passes only).

TICKETS: [CLICK HERE TO PURCHASE](#)

All pre-purchased tickets and program vouchers must be printed and brought with you to the venue. Tickets are not transferrable for this event.

ONLINE – Closes Thursday 9 January 9am	
Adult + Heats Program All Sessions Championship Pass (online only offer)	\$30.00
Child/Concession All Sessions Championship Pass (online only offer)	\$10.00
AT EVENT ENTRY	
Adult – Single Session Ticket	\$7.00
Child/Concession – Single Session Ticket	\$2.00
Heats Program	\$10.00
Finals Program – Country Championships (available each night)	\$2
Thursday 9 January – FREE ENTRY TO VENUE Sunday 12 January – PAY ONCE FOR WHOLE DAY, VENUE REMAINS OPEN Competitors, Coaches, Team Managers and working Technical Officials receive free entry upon presentation of their current membership card	

8. Venue Access & Accreditation

A photo accreditation system will be implemented by SwimmingSA to provide access control at the 2020 South Australian Country 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.

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

Registration Process:

<ul style="list-style-type: none"> Athletes 	<ul style="list-style-type: none"> Technical Officials Volunteer Officials Coaches Team Support 	<ul style="list-style-type: none"> Executive VIP Production Staff & Contractors
No application needed	Apply via JotForm (link below)	Link Sent Directly

Access Categories and Areas:

Access Category	Access Areas	Inclusions
Athletes	All competition areas including field of play for duration of event	N/A
Technical Officials Volunteer Officials	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 register 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 programs 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

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.

Accreditation Application:

For Coaches and Team Support

Please register now via JotForm. [CLICK HERE](#)**Applications close 12.00pm Wednesday 11 December 2019.**

Applications are accepted from clubs as per the following ratio:

No. of Competitors	Max numbers of <u>team managers/support</u> allowed per day
20 or less	1
21-40	2
41-60	3
61-80	4
81 +	5

Any club found to be exceeding their quota will be required to withdraw additional applications.

For Technical and Volunteer Officials:

Please register now via JotForm. [CLICK HERE](#)**Applications close 12.00pm Thursday 19 December 2019** (once club allocations have been distributed).

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

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.

Collecting your accreditation:

Access Category	Collection Method	Collection Location	Collection Time
Athletes	One club package (must be collected by a club representative)	<u>During Meet:</u> Event Entry	Event Entry during opening hours
Coaches			
Team Support			
Volunteer Officials Technical Officials			
Executive VIP	Individual collection	Event Entry	Any time during event entry opening hours
Production Staff Contractors		<u>During Meet:</u> Event Entry	Event Entry during opening hours
Event Volunteers		<u>During Meet:</u> Event Entry	<u>During Meet:</u> Any time during event entry opening hours

Late Applications:

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

Lost or Misplaced Accreditation Passes:

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

9. Venue Parking & Traffic Management

Parking will not be available at the Murray Bridge Swimming Centre. It is recommended that you park in surrounding streets. A drop off zone will be available. Please see map attached at the end of this book.

Please note the Murray Bridge Swimming Centre Carpark is reserved for staff, officials and disability parking

If you require a disability reserved park, please contact sarah-jane.couche@sa.swimming.org.au

10. 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 Mangers briefing daily. Timelines will be attached to this document once finalised.

11. Awards and Recognition

INDIVIDUAL – Points are awarded in the following places:

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

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

- **THE BOWEN PAIN TROPHY** - Best Female 12/13 at Country Championships (Most Points Gained)
- **THE BRAENDLER TROPHY** - Best Female 11/U at Country Championships (Most Points Gained)
- **BRYANT TROPHY** - Best Male 11/U at Country Championships (Most Points Gained)
- **FAIRWEATHER TROPHY** - Best Female 14/15 at Country Championships (Most Points Gained)
- **GRAHAM MASHFORD TROPHY** - Winner Male 100m Butterfly at Country Championships
- **JOHN FAUX TROPHY** – Fastest Female 4 x 100m Medley Relay at Country Championships
- **KLIEVE TROPHY** - Best Male 12/13 at Country Championships (Most Points Gained)
- **KRUEGER TROPHY** - Best Open Female at Country Championships (Most Points Gained)
- **KASSEBAUM TROPHY** - Winner Male 100m Freestyle at Country Championships
- **McKINNON TROPHY** - Best Male 16/18 at Country Championships (Most Points Gained)
- **PAPPLE TROPHY** - Best Female 16/18 at Country Championships (Most Points Gained)
- **SWIMMINGSA DEVELOPMENT TROPHY** - Female Swimmer of the Meet – Country Championships (% SA Country All-Comers Record)
- **SWIMMINGSA DEVELOPMENT TROPHY** - Male Swimmer of the Meet - Country Championships (% SA Country All-Comers Record)
- **RACHEL COWAN MEMORIAL TROPHY** - Fastest Female 400m Freestyle Swimmer at Country Championships
- **RAY JEWASKIEWITZ TROPHY** – Fastest Male 4 x 100m Medley Relay at Country Championships
- **ROGERS TROPHY** - Best Male 14/15 at Country Championships (Most Points Gained)
- **SEYFANG TROPHY** - Best Open Male at Country Championships (Most Points Gained)
- **SWIMMING SA COUNTRY CHAMPIONSHIP SHIELD** - Club scoring most points at Country Championships
- **VAN KEULEN TROPHY** - Fastest Female 100m Freestyle Swimmer at Country Championships
- **THE CITY OF WHYALLA TROPHY** – Fastest Female 4 x 100m Freestyle Relay at Country Championships

The Male and Female Swimmers of the Meet are calculated on % of SA Country All-Comers Record

These trophies/awards will be presented as the championships progress and results become available. All 'most points gained' trophies and the Development Trophies will be awarded at the conclusion of the Championships.

12. Qualifying Times

Please note that qualifying times apply for this event.

View Qualifying Times [HERE](#)

13. By-Laws

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

14. Visitors

Please note that interstate competitors are able to compete in these championships. All visitors will be marked with a (V) in the program.

Visitors are able to compete in finals under the following rule:

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

15. 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 that 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 a n event (including heats 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 a central location
- On each result the time of posting is written
- Competitors have until 30mins 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 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 this 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 proven 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.

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 swimmers will need to collect it from the accreditation table via the competition pool exit point.

16. Swimwear (EBL 15.1 & EBL 15.2)**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.
4. 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.
5. The Referee of a competition has the authority to exclude any competitor whose swimsuit does not comply with this By-Law.
6. Swimwear is limited to one (1) swimsuit.

15.2:

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.

17. Strapping and Taping

Strapping and taping on competitors is forbidden. Competitors must cover any wounds with waterproof dressing (excl. band aids) and use tape to hold the dressing in place, so long as it does not give the competitor any advantage.

18. 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 will be available from 1.00pm Thursday 9 January from the Event Control room. Clubs do not need to apply for these packs.

19. Medal Presentation Protocols

Medals shall be awarded to the first three placegetters in each event, with gold for first, 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. Competitors must remain in the presentation area for official photos.

Medal Presentations will occur during races where possible. Please refer to the timelines for further information. It's important that swimmers are prompt to presentations. Unfortunately, presentations will not be held back for swimmers who are not on time.

20. Behavioural Guidelines

SwimmingSA promotes the Behavioural 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 2020 South Australian Country Championships must adhere to the Behavioural guidelines/code of conduct which can be found [HERE](#)

21. Lost Property

Event Lost Property can be found at the main entry to the Murray Bridge Swimming Centre. SwimmingSA does not hold lost property.

22. First Aid

Venue staff are trained in first responder care and will be providing general first aid coverage for all people attending the event. Should you require first aid please see SwimmingSA or venue staff/lifeguards.

23. Photography

Get SnapT has been contracted as the Event Photographer for this event. Photos will be taken of individual podium photos, action shots and team photos which will be available online post event.

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



OFFICIAL PHOTOGRAPHER

Check out all your action and medal photos at
www.getsnapt.com.au

facebook.com/getsnapt get_snapt



24. Event Merchandise

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

Pre orders will be available online – <http://sportscentre.com.au>

25. Food Available for Purchase

There will be a variety of food for purchase at the venue, including:

- Various Food Stalls
- Coffee Carts

**See full menu attached to end of this document.

26. Toilet Access

There are a small number of toilets available for use inside the venue.

There will be a number of extra portable toilets set up around the venue.

27. Event Partners and Sponsors

SwimmingSA & Murray Bridge Swimming Club thank the following Event Partners and Sponsors:

- Murray Bridge Council
- PriPark
- Dr Jones & Partners
- RAA
- Coles
- Swanport Hotel
- Vanity Hire
- McCues Bakery



Bridge to Opportunity

The Rural City of
MURRAY
BRIDGE



28. Development**THURSDAY 9 JANUARY 2020****Teacher of Competitive Strokes Coaching Course**

Presenter: Carol Veldhuyzen

8:30 am to 4:30pm

Venue: TBC

Development Coaching Course

Presenter: Cory Bampton

8:30 am to 4:30pm

Venue: TBC

Please contact Cory Bampton for all registration enquiries and further information on 08 7123 0848 or email cory.bampton@sa.swimming.org.au

THURSDAY 9 JANUARY 2020**Technical Officials Development - Judge of Stroke & Inspector of Turns**

12:00pm – 3:00pm

Venue: TBC

SwimmingSA & experienced Technical Officials will be offering JOS/IOT on Thursday 9 January commencing at 12pm.

During the session there will be a video presentation, question time followed by the completion of the exam component. As time is restricted, a prerequisite of attending the course is the completion of the online modules for either or both accreditations.

The links to access the courses are below:

<https://nswtraining.swimming.org.au/courses/>

You will also need to complete the General Principles of Officiating online training (link below) to complete your accreditation.

<https://learning.ausport.gov.au/auth/login/?returnUrl=%2Fmylearning%2Fcatalogue%2Findex%3Fmenu%3DHome#/detail>

Members can bring their certificates to the training session.

Practical Assessment

If you have completed the online modules or relevant theory modules and feel you have gained enough experience from officiating in the role/s at meets, you can nominate to be practically assessed during the Country Championships.

Observe/Mentoring Roles

Opportunity for individuals wishing to sit and observe Technical Officials roles such as Announcer and Recorder during the Country Championships are also available.

For further information about the Officiating Development opportunities, Practical Assessment and Observe/Mentoring, please email tania.carlino@sa.swimming.org.au.

FRIDAY 10 JANUARY 2019**Club Development – COUNTRY CONNECT**

Time: 1:30pm to 3:30pm

Venue: TBC

The Country Committee welcomes Club Executive Committee Members to meet and network with each other, Country Committee Representatives, Swimming SA Board Directors and Staff. Light lunch and refreshments will be available.

Country Connect is an opportunity for clubs to collaborate and share ideas with fellow Clubs to build the sport of swimming in country areas.

Please send through enquiries to Daniel.lawlor@sa.swimming.org.au

If you would like to attend, purchase your ticket from the event page on Swim Central.

SATURDAY 11 JANUARY 2019**Training Workshop – SWIM CENTRAL**

Time: 12:30pm to 3:00pm

Venue: TBC

Update on Swim Central functionalities – for Club Administrators.

Please send through enquiries to admin@sa.swimming.org.au

If you would like to attend, purchase your ticket from the event page on Swim Central.

29. Venue Map



30. Catering Menu

GREAT SOUTHERN STALL		
All Day Toasties	Cheese	\$2.00
	Ham and Cheese	\$2.50
	Ham, Cheese and Tomato	\$3.00
All Day Salad Rolls	Chicken	\$6.00
	Ham	\$6.00
	Cheese	\$5.00
All Day Baked Goods	Muffins	\$2.00
	Cake	\$2.00
	Cookies	\$1.00

ONKAPARINGA AND MOUNTAIN POOL STALL			
Thursday	BBQ	Hamburgers – Beef or veggie patty & salad	5.50
		Sausage in bread (sauce, onion)	\$2.50
		Egg and bacon sandwich	\$4.50
		Snack packs	\$4.50
Friday	Brekky	Pancakes - 2 with various self-serve toppings (Nutella, syrup, strawberries and yoghurt, lemon and sugar)	\$4.50
		Yoghurt and Chia seed Energy Cup	\$4.00
		Egg and bacon sandwich	\$4.50
	Hot Food	Butter Chicken with rice	\$7.00
		Pulled pork roll with coleslaw	\$7.00
		Chickpea/vegie curry	\$7.00
		Sausage in bread (sauce, onion)	\$2.50
		Snack packs	\$4.50
Saturday	Brekky	Pancakes - 2 with various self-serve toppings (Nutella, syrup, strawberries and yoghurt, lemon and sugar)	\$4.50
		Yoghurt and Chia seed Energy Cup	\$4.00
		Egg and bacon sandwich	\$4.50
	Hot Food	Burritos – Beef or chicken with corn salsa, cheese and salad	\$7.00
		Sausage in bread (sauce, onion)	\$2.50
		Snack packs	\$4.50
Sunday	Brekky	Pancakes - 2 with various self-serve toppings (Nutella, syrup, strawberries and yoghurt, lemon and sugar)	\$4.50
		Yoghurt and Chia seed Energy Cup	\$4.00
		Egg and bacon sandwich	\$4.50
	Hot Food	Burritos – Beef or chicken with corn salsa, cheese and salad	\$7.00
		Butter Chicken with rice	\$7.00
		Pulled pork roll with coleslaw	\$7.00
		Chickpea/vegie curry	\$7.00
		Sausage in bread (sauce, onion)	\$2.50
		Snack packs	\$4.50

MURRAY BRIDGE STALL	
Bags of lollies	\$1.00
Bags of chips	\$2.00
Chocolate bars	\$2.00
Assorted soft drink cans	\$2.00
Bottled water	\$2.00
Powerade	\$4.00
Zooper Dooper	\$0.50
Cornetto	\$2.00
Calippo Mini	\$1.00
Icy Poles	\$1.00