

38th WINTER SHORT COURSE CHAMPIONSHIPS

Saturday, 20 and Sunday 21 August 2022

Launceston Aquatic Centre



Program

Saturday, 20 August 2022

1:30 pm – 2pm warm-up, 2:10 pm start

1. 4 x 25m Mixed Medley Relay
2. 200m Backstroke
3. 100m Butterfly
4. 50m Freestyle
5. 100m I.M.
5-minute break
6. 25m Butterfly
7. 25m Freestyle
5-minute break
8. 4 x 25m Women's Medley Relay
9. 200m Freestyle
10. 50m Backstroke
11. 100m Breaststroke
12. 400m I.M.
10-minute Break
13. 4 x 25m Men's Freestyle Relay

Sunday, 21 August 2022

8:00 am – 8.30am warm-up, 8.40 am start

14. 400m Freestyle
5-minute Break
15. 4 x 25m Mixed Freestyle Relay
16. 200m I.M.
17. 100m Backstroke
18. 200m Butterfly
19. 50m Breaststroke
5-minute break
20. 25m Backstroke
21. 25m Breaststroke
5-minute break
22. 4 x 25m Women's Freestyle Relay
23. 100m Freestyle
24. 200m Breaststroke
25. 50m Butterfly
10-minute Break
26. 4 x 25m Men's Medley Relay

Entry Fees

Individual - \$50 Relay - \$7.50 per team

Awards

Individual

- Aggregate medals - 1st, 2nd and 3rd in all age groups
- Male and female swimmers of the meet (best eligible 5 FINA recognised events) Club
- Winter Championship Shield
- Relay Shield

Conditions of entry

- Individuals may enter up to 7 events.
- No limit to number of relay teams per Club entered, however only 1 team per age group can score points in each relay event.
- Age is at 31 Dec 2022
- Meet conducted under Masters Swimming Australia rules as at close of entries.
- Competitors must be registered members of Masters Swimming Australia or a FINA Masters club at time of entry.
- Events will be heat seeded slowest to fastest.
- No alterations can be made to entries or entry fees refunded after close of entries

Officials

Each Club is to provide at least 1 timekeeper for the duration of the meet.

Entries

Entries, via Club Assistant will open from 11.59 am 1st July and close at 11.59 pm on 12th August. Relays are only via Club Assistant and will open from 11.59am 14th August and close at 11.59pm on 16th August.

Access to the entry system is from the link at MSTAS website.

** If you wish to order a printed program, you must indicate the quantity required and pay a fee at the time of entry.

The program (for individual events only) will be available from SwimPhone and will also be available for download from the website by 15th August. An updated program including relays will be available from 18th August.

COVID-19 Requirements

Individuals must abide by the Launceston Aquatic Centre COVID-19 Plan and follow all directions from LAC staff. All entrants must also comply with MST's COVID-19 requirements for pool entry.

Entry to the pool will be via the back gate (not the front entrance)

Results and Medal Presentations

Results and medals will be available at a Presentation Lunch to be held in the Bowls Club (behind the pool) from 12.30pm. Lunch will \$20 and payment must be made at the time of entry. *Please indicate dietary requirements in the notes section of the entry form.*

PARKING AT POOL

Memorial Hall / Bowls Club, \$2.00 per 3 hours, maximum of 6 hours, Monday to Sunday from 9am to 5pm
Leisure and Aquatic Centre, \$1.00 per 90 minutes (90 minute limit), Monday to Sunday from 9am to 5pm
High Street off-street parking spaces, FREE parking: Saturday and Sunday