

# 28th SHORT COURSE LONG DISTANCE CHAMPIONSHIPS

Saturday, 10<sup>th</sup> June 2023

Launceston Aquatic Centre

High St Launceston TAS 7250



## Program

Warm up 1:30 am for 2:00pm start. The meet is scheduled to end by 5:30pm.

Event 1	1500 Metre Freestyle
Event 2	800 Metre Freestyle
Event 3	400 Metre Freestyle

Electronic timing will be used, and warm up/swim down lanes will be available.

## Entry Fee

\$5.00 registration plus \$10.00 per event (includes pool entry)

## Conditions of entry

- Competitors may enter **two** individual events.
- Form strokes or medley strokes may be swum – please indicate this in the **Notes Section** on the entry form when registering online.
- Swimmers registered for two events may be limited to one event on the day at the discretion of the Meet Director due to time constraints. Refunds will apply in this situation.
- Event will be heat seeded slowest to fastest.
- Age as 31<sup>st</sup> December 2023.
- Rules of MSA as at the closing date of entries apply.
- All competitors must be registered with MSA/World Aquatics at the time of entry.
- No changes to entries or refund of entry fees after the close of entries, except at the discretion of the Meet Director.
- Swimmers are to provide their own person to count laps if required. Lap counter flip boards will be provided.
- **Note to Clubs.** Participating clubs are requested to provide timekeepers.

## Entry Procedures

Individual entries are via online Club Assistant only. Entries will open on Monday 1<sup>st</sup> May at 11.59am and will close 11.59 pm on Friday 2<sup>nd</sup> June.

## COVID-19 Requirements

- Individuals must abide by the Launceston Aquatic Centre COVID-19 Plan and follow all directions from LAC staff including requirements for pool entry.
- Entry to the pool will be via the back entrance.

## PARKING AT POOL

Memorial Hall / Bowls Club, \$2.00 per 3 hours, \$4.00 per 6 hours, Monday to Sunday 9am- 5pm  
Leisure and Aquatic Centre, \$1.00 per 90 minutes (90 minute limit), Monday to Sunday 9am - 5pm  
High Street off-street parking spaces, FREE parking: Saturday, Sunday