

# 29th LONG COURSE LONG DISTANCE CHAMPIONSHIPS

Saturday, 2nd November 2024

Doone Kennedy Hobart Aquatic Centre  
1 Davies Ave Hobart TAS 7000



## Program

Warm up 11.00 am for 11.30 am start. The meet is scheduled to end by 2.30 pm.

Event 1	400 Metre Freestyle
Event 2	800 Metre Freestyle
Event 3	1500 Metre Freestyle
Event 4	400 Metre Individual Medley

Warm up/swim down lanes will be available in the dive pool.

## Entry Fee

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

## Conditions of entry

- Competitors may enter **two** individual events, but only **one** 400m event.
- 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.
- Event heats will be heat-seeded slowest to fastest.
- Age as of 31 December 2024.
- Rules of MSA as at the closing date of entries apply.
- All competitors must be registered with MSA at the time of entry. *No guests allowed.*
- 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.
- Electronic timing will be used.
- **Note to Clubs.** Participating clubs are requested to provide timekeepers to operate the electronic semi-automatic timing backup system as well as manual timing with one watch.

## Entry Procedures

Individual entries are via online Club Assistant only. Entries will open on Saturday 21 September at 11.59am and will close 11.59 pm on Monday 28 October.