

# 30th SHORT COURSE LONG DISTANCE CHAMPIONSHIPS

Saturday, 31 May 2025

Launceston Aquatic Centre

High St Launceston TAS 7250



## Program

Warm up at 1:30 am for 2:00pm start; scheduled to finish by 5:30pm.

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

**Note:** no electronic timing at this meet, however National and State records may be set. A minimum of 2 timekeepers are required for each lane; clubs and swimmers are asked to assist.

Warm up/swim down lanes will be available.

## Entry Fee

\$15 registration fee plus \$5.00 per event (includes pool entry)

## Conditions of entry

- Competitors may enter **two** individual events, however you may only enter **one** 400m event.
- Form strokes may be swum – please indicate this in the **Notes Section** on the online entry form.
- 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.
- Events will be deck seeded slowest to fastest.
- Age as 31 December 2025.
- Rules of MSA as at the closing date of entries apply.
- All competitors must be registered with MSA 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.
- **Note to Clubs.** Participating clubs are requested to provide timekeepers and lap counters.
- Lap counter flip boards will be provided. Swimmers may provide their own person to count laps.

## Entry Procedures

Entries will open via Club Assistant (link on website) on Monday 17 March at 11:59am and close on Sunday 25 May at 11:59am.

The program will be available on the MST website and on SwimPhone from Tuesday 27 May.

## Parking at the 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

## Entry to the Pool

Entry to the pool is via the gate entrance at the Western end of the pool complex adjacent to the Windmill Hill Memorial Hall.