



2018 HANCOCK PROSPECTING AUSTRALIAN SHORT COURSE SWIMMING CHAMPIONSHIPS

Melbourne Sports and Aquatic Centre (MSAC)

Thursday 25 – Saturday 27 October 2018

Information Book

as at 07/09/2018

Swimming Australia Limited Events Unit

IMPORTANT NOTE:

The information in this booklet is correct at the time of publishing. Swimming Australia Limited will not be held liable for any costs and expenses incurred by any person following any changes to the information outlined in this Event Information Book.

Any updates/amendments to this booklet will be posted on the SAL website in the same location this booklet can be found.



OPTUS

PRINCIPAL PARTNERS



MAJOR PARTNERS



MELBOURNE
SPORTS & AQUATIC
CENTRE



EVENT PARTNERS

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SECTION ONE: General Information

1.1 Event Staff

| Name | Position | E-mail Contact |
|-------------------|---|--|
| Amie Quirk | General Manager, Events | amie.quirk@swimming.org.au |
| Liz Avery | Entries, Records and Results Specialist | liz.avery@swimming.org.au |
| Hannah Sidebottom | Event Manager | Hannah.sidebottom@swimming.org.au |
| Dale Johnson | Event Coordinator | Dale.johnson@swimming.org.au |
| Karen MacLeod | Technical Manager | kjmacleod@bigpond.com |

1.2 Swimming Australia Calendar 2018

October

| | | |
|---------|---|---------------|
| 03 – 05 | 2018 State Teams Swimming Championships | Canberra ACT |
| 26 - 28 | 2018 Hancock Prospecting Australian Short Course Swimming Championships | Melbourne VIC |

SECTION TWO: Event Information

2.1 Event Details

The 2018 Hancock Prospecting Australian Short Course Swimming Championships will be held **in the outdoor pool** at the Melbourne Sports and Aquatic Centre (MSAC) from Thursday 25 to Saturday 27 October 2018.

Melbourne Sports and Aquatic Centre

30 Aughtie Dr, Albert Park VIC 3206

2.2 Entry Procedures

Entries for the 2018 Hancock Prospecting Australian Short Course Swimming Championships are currently open and will close at 11.59pm AEDST on **Monday 8 October 2018**.

All entries including relay entries must be lodged using the Swimming Australia Ltd (SAL) online entry system. The online entry system can be accessed via the Swimming Australia website, www.swimming.org.au. Please note that SAL has a strict 'no late entries' policy.

2.2.1 Entry Fees (all prices are inclusive of GST)

| | |
|---------------------|-------------------------------|
| Individual Event | \$28.00 per event |
| Relay | \$60.00 per relay team |
| Relay only swimmers | \$28.00 |

2.2.2 Relays

All swimmers only participating in relays must register online in **Event 64** as a **relay only swimmer**. Registrations can be made through the individual entry section, and a **\$28.00** accreditation fee applies.

All relays are timed finals to be swum in the evening session. Relay forms can be collected from the SAL office (records and results room) during the event, and forms must be returned to the SAL office prior to the commencement of the heats session on the day that the timed final relay is to be swum.

Further enquiries relating to entries should be directed to Liz Avery on liz.avery@swimming.org.au or 0417 794 392.

2.3 Program of Events

The 2018 Hancock Prospecting Australian Short Course Swimming Championships will consist of 63 events held over 3 days.

Appendix A – Program of Events

2.4 Qualifying Times

For the Australian Short Course Championships, the standard qualifying time should be achieved in a 25m pool. A time in a 50m pool can only be used without a conversion factor when a short course time is not available.

Qualifying times must have been achieved since 1 January 2017.

2.5 By-Laws

The 2018 Hancock Prospecting Australian Short Course Swimming Championships will be conducted under the By-Laws for the Conduct of Australian Championships.

This event is also governed by World Para Swimming Rules and Regulations for multi class events.

2.6 Accreditation

Accreditation passes provide personnel with access to the pool for pre-meet training and all competition sessions.

Photo accreditation **will not be used at this event**. Athletes' accreditations will be provided as part of their event entries. You do not need to apply separately or send in a photo. Simply register through the online entries page as an individual or relay only swimmer to be allocated an accreditation pass upon arrival.

All patrons wishing to gain access to the competition venue must wear their accreditation in a visible position at all times. Accreditation checkpoints will be located at the entrance to each accreditation zone, and the cooperation of all personnel in providing their pass for inspection is greatly appreciated.

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

NOTE: Accreditation passes are not transferable. Any accreditation passes found to be used by any other person will be confiscated.

2.6.1 Club Staff Packs

Accreditation for Coaches, Support Staff and Team Managers can be can obtained by ordering a Club Staff Pack. Applications for Club Staff Packs can be made via the online system on the event webpage (or via the link provided below).

Coach Packs will only be issued to licenced coaches. Licensed coaches are current members of the Australian Swimming Coaches and Teachers Association (ASCTA) and Swimming Australia Ltd.

Support Staff Packs will only be issued to applicants who provide a copy of their current PPLI certificate in this application.

Under the Swimming Australia Safe Sport Framework, all paid employees of clubs or affiliates are required to obtain a Working With Children's Check or equivalent ("WWCC").

Each Club Staff Pack is entitled to one accreditation

Club Staff Packs provide the following:

- Access to required areas of the venue for the entirety of the event, including access to grandstands during competition & warm up pool deck
- Complimentary heats & finals programs throughout the event, available from the coaches desk
- Team Managers & Coaches will have access to a viewing area on the pool deck.

NOTE: There will be no free entry to the pool on ASCTA Membership or SAL's accredited coach cards.

Club Staff Pack applications close at **11.59pm on Monday 8 October 2018**. Applications for Staff Packs after this date will incur a late fee (of 100% of the price), Swimming Australia asks that you please apply for accreditation before closing date.

[CLICK HERE TO APPLY FOR CLUB STAFF PACKS](#)

2.6.2 Lost or Misplaced Accreditation Passes

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

2.7 Codes of Conduct and the Safe Sport Framework

Swimming Australia is proud to lead the way in providing a safe sporting environment for all. Persons involved in any way with the sport of swimming are expected to adhere to the standards of behaviour outlined in the Swimming Australia Codes of Conduct:

- The General Code of Conduct; and
- The Code of Conduct for dealing with Children and Young People.

Swimming Australia promotes its Codes of Conduct to all people involved with the sport of swimming, particularly those responsible for activities involving persons under the age of 18 years. Aligned to our values, the Codes of Conduct set out the behavioural standards that are expected of all persons involved in swimming, The Codes of Conduct are now a core part of the Swimming Australia **Safe Sport Framework**. The Safe Sport Framework also contains a specific **Child Protection Commitment Statement** and refreshed **complaint procedures and guidance**.

A complete copy of the Safe Sport Framework, including the Codes of Conduct, can be found on the Swimming Australia website under Swimmers / A Sport for Everyone / Safe Sport.

2.8 Team Leaders Meeting

There will be **no Team Leaders Meeting** for this event. All relevant information will be placed on the event webpage a week out from the event.

2.9 Team Selection

This event is the selection event for the 14th FINA World Short Course Swimming Championships be held December 11–16, 2018 in Hangzhou, China.

Selection criteria for all teams/squads can be found at [Selection Criteria](#)

2.10 Training Procedures

The following general pool procedures for the **MAIN COMPETITION POOL (25m)** must be observed throughout the meet:

- | | |
|-----------------------|---|
| Lanes 0 and 9: | Reserved for dive sprints from the start end of the pool. Swimmers must clear the lane immediately. |
| Lanes 1 and 8: | Reserved for pace swimming (no diving). |

Lanes 2 – 7: Reserved throughout the whole of the warm up period as circle swimming lanes.

The following general pool procedures for the **INDOOR WARM UP POOL (25m)** must be observed throughout the meet:

Lanes 0, 1, 8, 9, 10, 19: Reserved for 25m dive sprints (one way only). Swimmers must clear the lane immediately.
Lanes 2, 3, 6, 7, 11, 18: Reserved for pace swimming (no diving).
Lanes 4, 5, 12 – 17, 20 - 26: Reserved throughout the whole of the warm up period as circle swimming lanes.
Lanes 27 – 29: Reserved for MC athletes only

Appendix C – Training Procedures

2.11 Medal Presentations

Medal presentations will be held for all events, and medal chaperones will be available to direct medal winners to the medal preparation area after their event.

Athletes are encouraged to arrive at the medal presentation area well in advance of their ceremony.
All athletes are required to be wearing a shirt.

2.12 Operating Hours

Pre-Meet Training: Wednesday 24 October 2018

Morning Session

9.00am – 12.00pm

Pre-meet training
Accreditation desk open
Gates open to public

Afternoon Session

3.00pm – 6.00pm

Pre-meet training
Accreditation desk open
Gates open to public

Competition: Thursday 25 – Friday 26 October 2018

Heats Session

8:00am

Athlete warm up
Accreditation desk open
Ticket booth open
Gates open to public

Finals Session

4.30pm

Athlete warm up
Accreditation desk open
Ticket booth open
Gates open to public

10.00am

Competition

6:30pm

Competition

Competition: Saturday 27 October 2018

Heats Session

7:30am

Athlete warm up
Accreditation desk open
Ticket booth open
Gates open to public

Finals Session

2.30pm

Athlete warm up
Accreditation desk open
Ticket booth open
Gates open to public

9:30am

Competition

4:30pm

Competition

2.13 Seating

2.13.1 Athlete and Coach Seating

Seating for athletes and support staff will be provided in the grandstand.

Coaches will have access to standing room on the far side of the pool overlooking the start/finish line opposite the AOE room. As space is limited in this area, coaches are requested to only utilize the position during races that their athletes are competing in.

2.13.2 General Public Seating

General public seating is available in the grandstand. There will be no reserved seating with tickets purchased on a general admission basis.

2.14 Ticketing

2.14.1 Prices and Categories

Tickets are on sale via the Swimming Australia website - swimming.org.au from Friday 7 September. Seating is general admission.

2.14.2 Programs

Coaches and Team Managers who have purchased a club staff pack are entitled to one heats program for the competition and one finals program for each finals session. All finals programs can be collected from the coaches' desk from mid-way through the warm up period of each respective finals session, and heats programs will be available from the first day of pre-meet training.

2.15 Public Transport and Parking

For up to date information on parking and public transport option to get to MSAC please visit:

<https://www.melbournesportshub.com.au/msac/contact-us/>

Please note: no public parking will be provided in the multi-deck carpark.

2.16 Broadcast and Live Streaming

The 2018 Hancock Prospecting Australian Short Course Swimming Championships will be livestreamed on the Swimming Australia website and via facebook. To access the stream please visit: www.swimming.org.au

2.17 Merchandise

There will not be official merchandise for this event.

Event merchandise will be sold at a prominent position at the venue during the event.

2.18 Medical Services

2.18.1 First Aid

Venue staff are trained in first responder care and will be providing general first aid coverage for all people attending the event.

The aquatic centre First Aid room will be available to team doctors, medical staff (including the SAL Event Medical Officer) and aquatic centre First Aid staff members.

2.18.2 Event Medical Officer

Swimming Australia Event Medical Officer, Rick Steltenpool, to provide medical assistance to athletes attending the event.

Rick is a qualified paramedic and will be situated in either the aquatic First Aid room or will roaming between the field of play exit and warm-up area during competition. He will be wearing an orange hi-visibility vest.

2.18.3 Medical Directory

| Service | Address | Suburb | Postcode | Phone |
|--|--------------------------|-----------------|----------|--------------|
| Emergency - Ambulance, Police, Fire | | | | 000 |
| VIC Police Service | | | | 03 9247 6666 |
| <u>Public Hospitals and Medical Centres</u> | | | | |
| The Alfred | 55 Commercial Road | MELBOURNE | 3004 | 03 9076 2000 |
| Cabrini Hospital | 181-183 Wattle tree Road | MALVERN | 3144 | 03 9508 1222 |
| The Royal Melbourne Hospital | 300 Grattan Street | PARKVILLE | 3050 | 03 9342 7000 |
| Epworth Richmond | 89 Bridge Road | RICHMOND | 3121 | 03 9426 6666 |
| Albert Park Sports & Spinal* | 36/44 Mills Street | ALBERT PARK | 3206 | 03 9690 0457 |
| Albert Park Medical Centre* | 51 Dundas Place | ALBERT PARK | 3206 | 03 9699 8044 |
| <u>Private Hospitals</u> | | | | |
| The Avenue Hospital* | 40 The Avenue | WINDSOR | 3181 | 03 9529 7377 |
| St Vincent's Private Hospital | 159 Grey Street | EAST MELBOURNE | 3002 | 03 9928 6555 |
| <i>*Does not offer 24 hour emergency</i> | | | | |
| <u>Pharmacies</u> | | | | |
| Craven's Pharmacy | 134 Bridport Street West | ALBERT PARK | 3206 | 03 9690 5426 |
| Chemist Warehouse | 310 Clarendon Street | SOUTH MELBOURNE | 3205 | 03 9699 2042 |
| Victoria Avenue Pharmacy | 51 Victoria Avenue | ALBERT PARK | 3206 | 03 690 5151 |

2.19 Doping Control

The Australian Sports Anti-Doping Authority (ASADA) has been notified of the event and may conduct random testing during the 2018 Hancock Prospecting Australian Short Course Swimming Championships.

To ensure that you are adequately informed on testing procedures, please read the guidelines provided by ASADA in the appendices of this document. Please note that blood samples may be required along with standard urine samples.

For questions about prohibited substances, please contact the ASADA Hotline on 1800 020 506.

Swimming Australia strongly encourages all athletes and support personnel to ensure that you maintain ample knowledge about the sample collection process and your rights and responsibilities in relation to testing. Please visit the ASADA website – www.asada.gov.au or the ASADA eLearning website - <http://elearning.asada.gov.au/> for further information.

ASADA eLearning

ASADA eLearning is a free and easy-to-use online education tool developed by ASADA.

More than 10,000 people from across the sporting community have accessed a variety of learning options offered by ASADA eLearning.

It provides everyone with the opportunity to learn about the key areas of anti-doping such as prohibited substances and methods, therapeutic use exemptions, doping control and whereabouts.

By completing the course people will build personal awareness of their anti-doping obligations as athletes or support personnel.

The course is available 24 hours a day, seven days a week (a high-speed internet connection is recommended).

Appendix D – ASADA Doping Control Information

2.20 Lost Property

All lost property will be handed in to the aquatic centre pool attendants on duty.

SECTION THREE: Appendixes

3.1 Appendix A – Program of Events

| Day 1 – Thursday 25 October | | Day 2 – Friday 26 October | | Day 3 – Saturday 27 October | |
|------------------------------|---|------------------------------|---|-----------------------------|----|
| Heats | | Heats | | Heats | |
| 1) 400m Freestyle MC T/F | M | 22) 100m Freestyle MC | M | 42) 100m Breaststroke MC | M |
| 2) 400m Freestyle MC T/F | W | 23) 100m Freestyle MC | W | 43) 100m Breaststroke MC | W |
| 3) 400m Freestyle | M | 24) 200m Freestyle | M | 44) 200m Butterfly | W |
| 4) 200m Backstroke | W | 25) 400m Freestyle | W | 45) 100m Butterfly | M |
| 5) 200m Butterfly | M | 26) 100m Butterfly | W | 46) 200m Breaststroke | M |
| 6) 100m Breaststroke | W | 27) 200m Backstroke | M | 47) 100m Butterfly MC | M |
| 7) 100m Freestyle | W | 28) 100m Backstroke | W | 48) 100m Butterfly MC | W |
| 8) 100m Freestyle | M | 29) 100m Breaststroke | M | 49) 50m Freestyle | M |
| 9) 400m IM | W | 30) 200m Breaststroke | W | 50) 200m IM | W |
| 10) 50m Backstroke T/F | M | 31) 50m Freestyle | W | 51) 400m IM | M |
| 11) 50m Freestyle MC | W | 32) 200m IM | M | 52) 50m Backstroke T/F | W |
| 12) 50m Freestyle MC | M | 33) 100m IM T/F | W | 53) 200m Freestyle | W |
| 13) 50m Butterfly T/F | W | 34) 100m Backstroke MC | M | 54) 100m Backstroke | M |
| 14) 50m Breaststroke T/F | M | 35) 100m Backstroke MC | W | 55) 50m Breaststroke T/F | W |
| 15) 800m Freestyle T/F | W | 36) 50m Butterfly T/F | M | 56) 1500m Freestyle T/F | M |
| 16) 50m Breaststroke MC T/F | M | 37) 800m Freestyle T/F | M | 57) 100m IM T/F | M |
| 17) 50m Breaststroke MC T/F | W | 38) 50m Butterfly MC T/F | M | 58) 150m IM MC T/F | MX |
| | | 39) 50m Butterfly MC T/F | W | 59) 1500m Freestyle T/F | W |
| Finals | | Finals | | Finals | |
| 18) 200m IM MC T/F | M | 22) 100m Freestyle MC | M | 42) 100m Breaststroke MC | M |
| 19) 200m IM MC T/F | W | 23) 100m Freestyle MC | W | 43) 100m Breaststroke MC | W |
| 3) 400m Freestyle | M | 24) 200m Freestyle | M | 44) 200m Butterfly | W |
| 4) 200m Backstroke | W | 25) 400m Freestyle | W | 45) 100m Butterfly | M |
| 5) 200m Butterfly | M | 26) 100m Butterfly | W | 46) 200m Breaststroke | M |
| 6) 100m Breaststroke | W | 27) 200m Backstroke | M | 47) 100m Butterfly MC | M |
| 7) 100m Freestyle | W | 28) 100m Backstroke | W | 48) 100m Butterfly MC | W |
| 8) 100m Freestyle | M | 29) 100m Breaststroke | M | 49) 50m Freestyle | M |
| 9) 400m IM | W | 30) 200m Breaststroke | W | 50) 200m IM | W |
| 11) 50m Freestyle MC | W | 31) 50m Freestyle | W | 51) 400m IM | M |
| 12) 50m Freestyle MC | M | 32) 200m IM | M | 60) 50m Backstroke MC T/F | W |
| 15) 800m Freestyle T/F | W | 34) 100m Backstroke MC | M | 61) 50m Backstroke MC T/F | M |
| 20) 4 x 100m Freestyle Relay | M | 35) 100m Backstroke MC | W | 53) 200m Freestyle | W |
| 21) 4 x 100m Freestyle Relay | W | 40) 4 x 200m Freestyle Relay | M | 54) 100m Backstroke | M |
| | | 41) 4 x 200m Freestyle Relay | W | 56) 1500m Freestyle T/F | M |
| | | | | 62) 4 x 100m Medley Relay | M |
| | | | | 63) 4 x 100m Medley Relay | W |

- Multi Class 50m form strokes, 400m freestyle, and 200m IM are timed finals with all heats to be swum in the indicated session
- Female 800m freestyle and Male 1500m freestyle are timed finals with the fast heat to be swum in the evening session. Female 1500m and Male 800m are timed finals with all heats to be swum in the indicated morning heats session.
- 50m form strokes and 100m IM are all timed finals with all heats to be swum in the indicated morning heats session.
- Relays are all timed finals with all heats to be swum in the evening session.
- **PLEASE NOTE:** The above program of events is subject to change. Any such changes will be displayed on the event page on the Swimming Australia website.

3.2 Appendix B – Qualifying Times

QUALIFYING TIMES

| MEN | EVENT | WOMEN |
|--------------------|------------------------|----------|
| 23.16 | 50m Freestyle | 25.87 |
| 50.61 | 100m Freestyle | 56.65 |
| 1:51.49 | 200m Freestyle | 2:02.10 |
| 3:56.33 | 400m Freestyle | 4:19.58 |
| 8:19.00 | 800m Freestyle | 8:56.20 |
| 15:48.32 | 1500m Freestyle | 17:05.00 |
| | | |
| 25.82 | 50m Backstroke | 28.83 |
| 56.10 | 100m Backstroke | 1:02.21 |
| 2:03.11 | 200m Backstroke | 2:16.38 |
| | | |
| 28.92 | 50m Breaststroke | 33.06 |
| 1:03.42 | 100m Breaststroke | 1:11.07 |
| 2:17.42 | 200m Breaststroke | 2:33.88 |
| | | |
| 25.04 | 50m Butterfly | 28.08 |
| 55.59 | 100m Butterfly | 1:02.61 |
| 2:04.40 | 200m Butterfly | 2:19.57 |
| | | |
| 58.17 | 100m Individual Medley | 1:05.45 |
| 2:05.81 | 200m Individual Medley | 2:19.15 |
| 4:30.68 | 400m Individual Medley | 4:56.46 |
| | | |
| CLUB RELAYS | | |
| 3:30.00 | 4 x 100m Freestyle | 3:52.00 |
| 7:45.00 | 4 x 200m Freestyle | 8:24.00 |
| 3:52.00 | 4 x 100m Medley | 4:25.00 |

- For Australian Short Course Championships the standard Qualifying time should be achieved in a 25m pool. A time in a 50m pool can only be used without a conversion factor when a short course time is not available.
- Qualifying time must be achieved since 1st January 2017.
- Minimum age is 13 years at first day of Competition.

If you have any questions re qualifying times please contact Liz Avery: liz.avery@swimming.org.au

MULTI CLASS QUALIFYING TIMES

| MEN | Classification | | | | | | | | | | | | | | | |
|-------|----------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| Event | S16 | S15 | S14 | S13 | S12 | S11 | S10 | S9 | S8 | S7 | S6 | S5 | S4 | S3 | S2 | S1 |
| 50FR | 34.33 | 29.78 | 30.98 | 30.54 | 30.06 | 34.90 | 28.27 | 30.81 | 32.87 | 34.37 | 37.92 | 45.42 | 54.29 | 1:22.98 | 1:37.75 | 2:22.78 |
| 100FR | 1:15.13 | 1:04.53 | 1:08.29 | 1:07.43 | 1:05.50 | 1:16.41 | 1:01.36 | 1:07.72 | 1:12.08 | 1:16.06 | 1:20.55 | 1:36.73 | 1:57.75 | 2:56.49 | 3:26.37 | 5:56.02 |
| 400FR | 6:15.76 | 4:56.94 | 5:25.63 | 5:20.98 | 5:10.47 | 5:58.49 | 4:55.54 | 5:16.64 | 5:27.81 | 6:06.80 | 5:56.10 | | | | | |
| 50BK | 39.35 | 35.55 | 37.91 | 35.86 | 35.59 | 42.48 | 34.93 | 34.84 | 38.64 | 42.50 | 45.08 | 49.75 | 1:06.96 | 1:26.83 | 1:38.77 | 2:27.95 |
| 100BK | 1:29.62 | 1:13.47 | 1:20.31 | 1:14.71 | 1:12.50 | 1:32.08 | 1:12.18 | 1:12.99 | 1:19.60 | 1:29.63 | 1:33.89 | 1:45.15 | 2:48.33 | 2:59.58 | 3:45.67 | 4:48.26 |
| 50BF | 37.66 | 32.28 | 34.58 | 33.50 | 34.16 | 38.81 | 32.14 | 33.53 | 34.64 | 39.94 | 39.54 | 48.27 | 1:05.90 | 1:57.74 | 3:14.13 | 2:56.48 |
| 100BF | | 1:09.12 | 1:16.21 | 1:11.87 | 1:13.44 | 1:24.44 | 1:08.99 | 1:13.45 | 1:15.48 | 1:37.01 | 1:42.52 | 2:26.06 | | | | |
| | SB16 | SB15 | SB14 | SB13 | SB12 | SB11 | | SB9 | SB8 | SB7 | SB6 | SB5 | SB4 | SB3 | SB2 | SB1 |
| 50BR | 41.40 | 36.17 | 37.46 | 38.45 | 40.24 | 43.64 | | 37.84 | 41.68 | 46.44 | 49.38 | 59.37 | 1:02.69 | 1:12.08 | 1:30.69 | 2:23.90 |
| 100BR | 1:45.76 | 1:17.36 | 1:21.92 | 1:23.58 | 1:25.33 | 1:34.90 | | 1:20.12 | 1:28.85 | 1:38.16 | 1:43.87 | 2:10.22 | 2:09.82 | 2:43.99 | 3:27.21 | |
| | SM16 | SM15 | SM14 | SM13 | SM12 | SM11 | SM10 | SM9 | SM8 | SM7 | SM6 | SM5 | SM4 | SM3 | SM2 | SM1 |
| 200IM | 3:26.03 | 2:29.48 | 2:52.17 | 2:50.74 | 2:44.58 | 3:15.36 | 2:36.29 | 2:43.40 | 2:52.81 | 3:14.42 | 3:23.15 | 3:55.47 | | | | |

| WOMEN | Classification | | | | | | | | | | | | | | | |
|-------|----------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| Event | S16 | S15 | S14 | S13 | S12 | S11 | S10 | S9 | S8 | S7 | S6 | S5 | S4 | S3 | S2 | S1 |
| 50FR | 39.07 | 33.17 | 36.80 | 34.89 | 33.44 | 40.76 | 35.76 | 36.31 | 39.99 | 40.53 | 46.21 | 53.06 | 1:12.98 | 1:39.55 | 1:56.14 | 2:03.37 |
| 100FR | 1:28.26 | 1:11.61 | 1:18.67 | 1:15.62 | 1:13.83 | 1:26.30 | 1:18.72 | 1:18.05 | 1:25.60 | 1:26.38 | 1:37.78 | 2:00.36 | 2:31.60 | 3:24.43 | 4:39.67 | 4:21.85 |
| 400FR | 7:23.64 | 5:45.89 | 5:58.11 | 5:46.50 | 5:54.39 | 6:39.77 | 5:50.38 | 5:51.32 | 6:01.04 | 6:28.72 | 6:58.86 | | | | | |
| 50BK | 47.55 | 39.18 | 40.78 | 42.74 | 43.56 | 46.15 | 41.93 | 40.96 | 46.73 | 45.41 | 53.82 | 1:00.51 | 1:17.49 | 1:37.72 | 2:06.14 | 2:10.10 |
| 100BK | 1:46.85 | 1:24.87 | 1:25.91 | 1:28.90 | 1:27.85 | 1:40.74 | 1:25.51 | 1:25.46 | 1:36.51 | 1:34.46 | 1:51.75 | 2:15.14 | 2:45.21 | 3:29.03 | 4:21.70 | 4:28.14 |
| 50BF | 43.01 | 36.53 | 39.55 | 38.64 | 38.09 | 45.67 | 40.49 | 39.85 | 42.96 | 44.31 | 48.96 | 1:00.96 | 1:20.10 | 1:51.41 | | |
| 100BF | | 1:20.95 | 1:27.50 | 1:23.31 | 1:22.02 | 1:41.25 | 1:26.86 | 1:24.68 | 1:31.02 | 1:49.00 | 1:58.24 | 2:35.12 | | | | |
| | SB16 | SB15 | SB14 | SB13 | SB12 | SB11 | | SB9 | SB8 | SB7 | SB6 | SB5 | SB4 | SB3 | SB2 | SB1 |
| 50BR | 49.59 | 45.03 | 45.65 | 44.40 | 51.27 | 52.61 | | 48.13 | 46.84 | 52.10 | 57.97 | 1:01.77 | 1:25.11 | 1:27.78 | 1:59.80 | 3:58.68 |
| 100BR | 1:51.38 | 1:37.01 | 1:41.75 | 1:35.02 | 1:33.71 | 1:51.44 | | 1:42.05 | 1:35.17 | 1:49.42 | 2:04.51 | 2:15.23 | 2:44.36 | 3:16.46 | 4:12.92 | |
| | SM16 | SM15 | SM14 | SM13 | SM12 | SM11 | SM10 | SM9 | SM8 | SM7 | SM6 | SM5 | SM4 | SM3 | SM2 | SM1 |
| 200IM | 3:55.48 | 3:07.72 | 3:14.28 | 3:06.63 | 3:08.50 | 3:35.79 | 3:11.85 | 3:07.14 | 3:16.33 | 3:38.05 | 3:57.87 | 5:22.72 | | | | |

3.3 Appendix C –Training Procedures

MAIN COMPETITION POOL (25m) - START END OF POOL

| Lane 0 | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 | Lane 9 |
|----------------------------------|------------------|--|--|--|--|--|--|------------------|----------------------------------|
| <p>25m Dive Sprints</p> <p>→</p> | <p>Pace Lane</p> | <p>Circle Swimming Only (Feet First Entry)</p> | <p>Circle Swimming Only (Feet First Entry)</p> | <p>Circle Swimming Only (Feet First Entry)</p> | <p>Circle Swimming Only (Feet First Entry)</p> | <p>Circle Swimming Only (Feet First Entry)</p> | <p>Circle Swimming Only (Feet First Entry)</p> | <p>Pace Lane</p> | <p>25m Dive Sprints</p> <p>→</p> |

**INDOOR / WARM UP (25m)
START SIDE OF POOL**

| | | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------|------------------|------------------|---|---|---|---|---|---|---|------|--|-------------|-----------|---|---|---|---|---|---|-----------|-------------|------|--|---|---|
| 29 | 28 | 27 | 26 | 25 | 24 | 23 | 22 | 21 | 20 | Boom | | 19 | 18 | 17 | 16 | 15 | 14 | 13 | 12 | 11 | 10 | Boom | | 25m Dive Sprints | 0 |
| MC Athletes Only | MC Athletes Only | MC Athletes Only | Circle Swimming Only (Feet First Entry) | Circle Swimming Only (Feet First Entry) | Circle Swimming Only (Feet First Entry) | Circle Swimming Only (Feet First Entry) | Circle Swimming Only (Feet First Entry) | Circle Swimming Only (Feet First Entry) | Circle Swimming Only (Feet First Entry) | | | Sprint Lane | Pace Lane | Circle Swimming Only (Feet First Entry) | Circle Swimming Only (Feet First Entry) | Circle Swimming Only (Feet First Entry) | Circle Swimming Only (Feet First Entry) | Circle Swimming Only (Feet First Entry) | Circle Swimming Only (Feet First Entry) | Pace Lane | Sprint Lane | | | 25m Dive Sprints | 1 |
| | | | | | | | | | | | | | | | | | | | | | | | | Pace Lane | 2 |
| | | | | | | | | | | | | | | | | | | | | | | | | Pace Lane | 3 |
| | | | | | | | | | | | | | | | | | | | | | | | | Circle Swimming Only (Feet First Entry) | 4 |
| | | | | | | | | | | | | | | | | | | | | | | | | Circle Swimming Only (Feet First Entry) | 5 |
| | | | | | | | | | | | | | | | | | | | | | | | | Pace Lane | 6 |
| | | | | | | | | | | | | | | | | | | | | | | | | Pace Lane | 7 |
| | | | | | | | | | | | | | | | | | | | | | | | | 25m Dive Sprints | 8 |
| | | | | | | | | | | | | | | | | | | | | | | | | 25m Dive Sprints | 9 |

DIAGRAMS NOT TO SCALE

3.4 Appendix D - ASADA Doping Control Information

GENERAL GUIDELINES

The Australian Sports Anti-Doping Authority (ASADA) is the Australian national anti-doping organisation. It is responsible for developing a sporting culture free from doping.

Athletes can be selected for testing by ASADA anywhere, any time, and are subject to both random and targeted selection methods. Sample collection can be either in-competition (at an event) or out-of-competition (such as a training venue or home). The majority of testing is carried out with no-advance-notice. Tests can involve the collection of urine, blood, or both.

Athletes may be selected at this event for testing. For in-competition testing at this event, athletes can be notified during heats, finals or any other time during the event.

All ASADA officials wear uniform and identification badges.

THE TESTING PROCESS

If you are notified for a test, the following steps are what to expect.

1. Once notified of selection for testing, you must remain in direct observation of the Doping Control Officer (DCO) or Chaperone until the DCO is satisfied that the sample collection procedure is complete.
2. For no-advance-notice testing, including in-competition testing, you are required to report to the doping control station immediately unless you request a delay in reporting for valid reasons. You are permitted to complete a warm-down, participate in medal presentations, compete in further events or fulfil media commitments if required. At all times you must be accompanied by the chaperone.
3. You will be given a choice of individually sealed collection vessels, and you will select one. You will verify that the equipment is intact and has not been tampered with, and you will maintain control of the collection vessel at all times.
4. Providing the sample
 - Urine: The Chaperone will directly witness the urine sample leaving your body and going into the beaker. Only a Chaperone of the same gender is permitted in the area of privacy when you provide the sample.
 - Blood: You will be asked to select blood collection equipment and check that it is intact and has not been tampered with. A blood collection official will collect the sample in the presence of a DCO, Chaperone and, if applicable, the athlete representative.
5. You will select an individually sealed sample collection kit that is intact and has not been tampered with.
6. Splitting the sample
 - Urine: you will pour a measured amount of the urine into each of the 'A' and 'B' labelled bottles, and then secure the kits. You will be asked to leave a small amount of urine in the collection vessel so the DCO can measure the specific gravity.
 - You will place and secure the blood samples in the relevant labelled containers and secure the kits.
7. The DCO will check the specific gravity of the residual urine left in the collection vessel, and will record the value on the Doping Control Test Form. You should **avoid over hydrating**; this can happen if you drink too much fluid. If your sample is too diluted and does not meet the required specific gravity you will be required to provide additional urine samples until you provide a sample that meets the specific gravity requirements.
8. Final paperwork - Your personal information is recorded on the doping Control Test Form, including contact details. You will be asked to provide information on prescription and non-prescription medications, vitamins, herbal products, food supplements, and any other substances you have used within the last seven days. These are recorded on the Doping Control Test Form.
9. The secure sample(s) and the laboratory copy of the Doping Control Test Form are sent to the laboratory for analysis. There is a strict chain of custody regarding transportation, storage and opening of the sample.

Note: You should not consume any unsealed drinks. You will be provided with sealed drinks when you report to the Doping Control Station. You should open them yourself and once opened, be responsible for them. Any food or drink you consume is consumed at your own risk and is not grounds for challenging a test result.

ATHLETE RIGHTS

Athletes have the right to:

- have a representative present during testing (e.g. your coach or manager)
- have an interpreter, if available
- ask for additional information about the testing process
- request modifications for athletes with disabilities
- **request a delay in reporting to the doping control station** for valid reasons (provided they remain in sight of the Chaperone at all times):
 - for in-competition testing:
 - performing a **warm down**
 - competing in **further competitions**
 - fulfilling **media commitments**
 - participating in a **victory ceremony**
 - obtaining necessary **medical treatment**
 - obtaining photo identification
 - locating a representative and/or interpreter
 - any other exceptional circumstances as approved by the DCO

ATHLETE RESPONSIBILITIES

Athletes have the responsibility to:

- remain within direct observation of the DCO or Chaperone at all times from the point of notification by the DCO or Chaperone until the completion of the sample collection procedure
- produce appropriate identification
- comply with sample collection procedures
- report immediately for a test, unless there is a valid reason for a delay.

SWIMMERS SUBJECT TO TESTING

All Australian Swimming Team members and other swimmers identified by SAL as competing at an elite level are subject to ASADA's national out-of-competition testing program. Some state level swimmers are subject to state testing programs as determined by state and territory governments.

CHECK YOUR SUBSTANCES

Athletes can't just take any drug or medication, or even use any training method. Some drugs, medications and substances are banned in sport, as are some methods.

It's easy to check if your substances are permitted in sport. Visit www.asada.gov.au and click *check your substances*.

MORE INFORMATION

For more information about anti-doping, visit www.asada.gov.au