



2024 CVSA WINTER SC CHAMPIONSHIPS



HOSTED BY

COAST & VALLEY SWIMMING ASSOCIATION
and

Kincumber Pacific Dolphins Club

MEET PROGRAM

Friday 31st May to Sunday 2nd June 2024

Peninsula Leisure Centre

[243 Blackwall Road, Central Coast New South Wales 2256](#)

Friday - Warm-up: 5.00pm - Race Commencement: 6.00pm

Saturday & Sunday - Warm-up: 8.00am - Race Commencement:
9.00am

A \$10.50 PER EVENT FEE APPLIES (club relays \$25).

For FRIDAY NIGHT, SATURDAY & SUNDAY a \$10 per day pool entry fee applies. This fee will cover pool entry for both the swimmer & one spectator. Please print the receipt for showing at door. Entry is via the side door of the Centre NOT the main entry door. This entry pass will need to be purchased through Swim Central.

If you have any questions regarding the event, please email:

cvsacompetitions@gmail.com

Coast and Valley Swimming Association acknowledges the Traditional Custodians of the land in which we meet today. We pay our respects to their Elders past, present & emerging. We extend that respect to Aboriginal & Torres Strait Islander peoples here today.

MEET PROCEDURES

RULES

The Meet will be conducted under SNSW Rules. Heats will be conducted in order of **fastest to slowest**.

The program of events will be finalised before the meet and this program will be final. A copy of the program will be placed on the Coast & Valley website prior to the meet. Athletes may inform Jackie Mullington Bright via email if they are withdrawing from events at: cvsacompetitions@gmail.com

ASSISTED SELF MARSHING

Swimmers are responsible for being ready to take their position on the starting platform or in the water when whistled up to the blocks by the Referee.

Swimmers will have assisted self-marshalling at this meet. Check Starters will be available to assist, support and direct swimmers on the pool deck when requested by the swimmer. The Help-Desk Clerk in the marshalling area will indicate when the next heat is required to move to the chairs behind the blocks.

Swimmers are expected to know what event, heat, and lane they will be swimming in from the published program. Please ensure swimmer clarifies with check starter in the event of a reseed.

Swimmers will **report to the chairs behind the blocks**, for their event preferably via the marshalling area, as per the following process.

The fastest heats will report first.

To avoid congestion and ensure social distancing, please note that swimmers need only be available to enter the marshalling area or chairs behind the blocks **four (4) heats prior** to their heat for 50m events except the slowest heat.

The **slowest (last) heat** swimmers in 50m events are required to report to the Help Desk prior to the first heat of the event and be prepared to be allocated to any spare lane that arises in the preceding heats of their event.

Where a swimmer has entered, but will not be in attendance for a day, or the whole meet, the Recorders should be advised prior to the commencement of the day's competition.

The first heat of each session should report 5 minutes before the scheduled commencement of the session.

There will be chairs behind the timekeepers at the start end. After the start of the previous heat, swimmers may progress to the next deck chair position without causing any interference to technical officials.

Swimmers are expected to be at the chair ready for the whistles to start their heat. Swimmers will not be prevented from swimming if they only make it to their seat one heat prior to their event. If they miss their heat, they need to alert a technical official and they will be placed in a spare lane if it becomes available.

- The Referee will ultimately make decisions as to entitlement to swim.
- There will still be a Marshalling area setup with two (2) rows of chairs (In case there is a need revert to full Marshalling). Swimmers will have the option to either report directly to the row of chairs behind each lane or proceed through the Marshalling area to pool deck. We will have a Help Desk-Clerk in the Marshalling area to assist swimmers if needed. These Officials will be available for Athletes, Team Managers and Coaches to find information on events, with- draw swimmers and make enquiries.
- Swimmers may leave clothing in the Marshalling area so that it is able to be collected without re-entering the competition area after their event.

BACKSTROKE LEDGES

Backstroke Ledges may be used during this Meet, where available. A swimmer is not required to use the Ledge for the start of a backstroke race. The ledges will be set to "0" (zero) by the Inspector of Turns and it will be swimmer's responsibility to adjust the ledge, and to make sure that it is locked in place after this adjustment.

MEDICAL ISSUES

By entering this event, competitors (or legal guardian) are declaring that they are fit to compete. If an entrant experiences a medical issue whilst competing at, or during this meet, the entrant will be required to provide a medical clearance from a health care professional before being allowed to resume competition.

STARTING INSTRUCTIONS

1. When the swimmers have been placed behind the starting platforms, the Announcer will announce the Event and Heat number, e.g., Event 4 Heat 3.
2. On the long whistle from the Referee, the swimmers shall step onto the starting platform and remain there. For Backstroke events they shall immediately enter the water and a second long whistle shall bring them back to the starting position with the toes of both feet in contact with the end wall.
3. On the command “**Take your marks**”, the swimmers will immediately take up their starting positions with at least one foot at the front of the starting platform, or in the case of a Backstroke, their starting position in the water and remain stationary.
4. When all swimmers are stationary the Starter shall give the starting signal.
5. Any swimmer starting before the starting signal has been given, shall be disqualified. If the starting signal sounds before the disqualification is declared, the race shall continue, and the swimmer or swimmers shall be disqualified upon completion of the race. If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining swimmers shall be called back and start again.
6. Swimmers must finish in the lane in which they start and will remain in the water in their lanes at the finish of the event. On the signal from the Referee, swimmers are to leave the water by the side of the pool.

NOTE: If, because of the length of the program, “starting over the top” is used, swimmers from the preceding heat are to move to the side of the lane, against the finishing wall, and remain still. Where the next race will be backstroke, the swimmers are to move down the lane rope towards the backstroke flags and remain still. When the next heat has started, they should leave the pool by the sides as quickly as possible.