



The 91.4 FM Community Radio
Miami Masters Long Course Swim Meet

Saturday 15th February 2020

BLK Performance Centre
1 Sports Drive, Runaway Bay 4216

Entries close: 5.00pm, 1st February 2020

Relay entries close: 8th February 2020

Warm-up: 8.45am **Event starts:** 9.30am

Swim and BBQ: \$30.00

MSQ Sanction No. Q2/20

Multi-class swimmers welcome.

Postal Events

(Maximum of two [2] events. **Must** be completed and entered by 1st February 2020 and **must** be swum in a 50m pool.)

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|-----------------------|----------------------------|
| 1. 1500m Freestyle | 8. 800m Individual Medley |
| 2. 1500m Backstroke | 9. 400m Freestyle |
| 3. 1500m Breaststroke | 10. 400m Backstroke |
| 4. 800m Freestyle | 11. 400m Breaststroke |
| 5. 800m Backstroke | 12. 400m Butterfly |
| 6. 800m Breaststroke | 13. 400m Individual Medley |
| 7. 800m Butterfly | |

Events on the day – You may enter a maximum of 5 events (incl. 2 Postals)

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|----------------------------|---------------------------------|
| 14. 200m Butterfly | 21. 200m Breaststroke |
| 15. 100m Breaststroke | 22. 100m Butterfly |
| 16. 50m Freestyle | 23. 50m Backstroke |
| 17. 200m Backstroke | 24. 200m Freestyle |
| 18. 100m Freestyle | 25. 100m Backstroke |
| 19. 50m Butterfly | 26. 50m Breaststroke |
| 20. 200m Individual Medley | 27. 4x50m Mixed Freestyle Relay |
| LUNCH BREAK | 28. 4x50m Mixed Medley Relay |

By nominating to participate in this swim meet, all swimmers thereby authorise the Meet Director/Miami Masters/Miami Aquatic Centre to take whatever action is deemed necessary in the event of an emergency, and persons involved accept responsibility for any and all costs arising from such action.

Contact: Lindy Salter – qmmcaptain@gmail.com



QMM Meet information (SM Q2/20) — 15 February 2020

Entries and Relays

- Swimmers must be registered financial members of a Masters' club at close of entry, 1st February 2020, unless entering as a one-off 'Guest' competitor.
- Competitors may enter in a maximum of five (5) individual events which may include two (2) postal events.
- Postal events must be swum between 1st January and 1st February 2020. Results must be submitted to the MSQ website by 5.00pm on 1st Feb. Completed Postal Forms should be given to Club Captains for later reconciliation.
- A postal swim must be done under the supervision of a club official with knowledge of the rules of swimming to verify that strokes and turns were executed in accordance with Masters' Rules. The supervisor must sign the Entry Form.
- Entries are to be submitted via Entry Manager located on the 'Members' Forum' of the MSQ website. Go to <http://forum.mastersswimmingqld.org.au> and then choose the 'Quick Entry' option. Entries close at 5.00pm, 1st February 2020.
- All entrants must pay the nomination fees online as directed by Entry Manager, linking to 'How to pay online'. Payment may be made either by card or Pay Pal.
- Relay entries must be submitted via Entry Manager by 8th February 2020. Relays are to be swum in the order swimmers are nominated. New entries won't be accepted on the day, but any changes (due to illness) may be made before 11.00am on race day.
- Swimmers must enter one individual event to be eligible for a relay. Entrants may only compete once in each relay event. Clubs may submit as many teams as they wish for each age group, but team points will only be allocated for the 'A' relay team.

Other details

- There is a partially covered grandstand on the western side of the pool. There's also room for your own shade gazebos around the pool, but there's no grass – so bring weights instead of tent pegs.
- Warm-up will begin at 8.45am and competition at 9.30am. Warm-up lanes will be allocated according to stroke choice so please abide by the signage. Lane 8 has been allocated as a warm-up and warm-down lane while the competition is in progress.
- Timekeepers will be required throughout day and everyone's cooperation will be greatly appreciated.
- Food and refreshments will be on sale at the BLK Pool's canteen – sandwiches, wraps, pies, sausage rolls, chips etc. as well as tea, coffee, sports drinks and soft drinks.
- Please download individual programs from the MSQ website before the meet. Each club will receive one printed program.
- Parking: Please park in the Western Carpark. Take the fourth entrance from Sports Drive. This leads to the Western Carpark. The map shows how to walk around to the pool. The Centre will have other events on that day, so please do not park out the front.
- Multi-class swimmers are welcome to compete. Disability Certificates are to be handed to the Chief Referee before the commencement of the meet.

Presentation of awards will take place around the pool. Please join us for a drink, and the barbeque. Awards will be presented to (1) Age Group winners; (2) the club with 6 or fewer competitors with the highest average number of points; and (3) the club with 7 or more competitors with the highest average number of points.

(SEE BELOW FOR THE MEET GUIDE)