



The 91.4 FM Community Radio

Miami Masters Long Course Swim Meet

Saturday 9th February 2019

Miami Aquatic Centre - Pizzey Park

80 Pacific Ave Miami Q 4220

Entries close: 5.00 p.m., 1st February 2019
Warm-up: 8.45 a.m. **Event starts:** 9.30 a.m.

Entry Fee : \$30.00

MSQ Sanction No. SM 01/19

Postal Events

(Maximum of two [2] events. **Must** be completed and entered by 1st February 2019, and **must** be swum in a 50m pool.)

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|-----------------------|---------------------------|
| 1. 1500m Freestyle | 5. 800m Butterfly |
| 2. 1500m Backstroke | 6. 800m Backstroke |
| 3. 1500m Breaststroke | 7. 800m Breaststroke |
| 4. 800m Freestyle | 8. 800m Individual Medley |

Events on the day – Starting at 9.30 am.

9. 400m Freestyle (Please advise the Referee if you wish to swim a form stroke.)
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|-----------------------------|------------------------------------|
| 10. 200m Butterfly* | 17. 200m Breaststroke* |
| 11. 100m Breaststroke | 18. 100m Butterfly |
| 12. 50m Freestyle | 19. 50m Backstroke |
| 13. 200m Backstroke* | 20. 200m Freestyle* |
| 14. 100m Freestyle | 21. 100m Backstroke |
| 15. 50m Butterfly | 22. 50m Breaststroke |
| 16. 200m Individual Medley* | 23. 4x100m Women's Freestyle Relay |
| | 24. 4x100m Men's Freestyle Relay |

* Only one 200m swim

*For the first time on the coast
Multi class swimmers included.*

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: Liala Davighi – qmmcaptain@gmail.com

Entries and Relays

- Swimmers must be registered financial members of a Masters' club at close of entry, 1st February, 2019, 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 2019. Results must be submitted to the MSQ website by 5.00 pm on 1st Feb. Completed Postal Forms should be given to Club Captains for later reconciliation.
- Entries are to be submitted via Entry Manager located on the 'Members' Forum' of the MSQ website <http://forum.mastersswimmingqld.org.au> before 5.00 pm, 1st February, 2019.
- All entrants should pay for the meet directly through Entry Manager using PayPal or a credit card. Please note that once you have entered, you will need to click on 'Pay Pal' and this will let you enter your credit card number, **even if you do not have a PayPal account**.
- Relay entries must be submitted via Entry Manager by the closing date. Relays are to be swum in the order swimmers are nominated. New entries won't be accepted on the day, but any changes may be made before 11.00 am on race day.
- Swimmers may only compete in one relay. 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

- Warm up will begin at 8.45 am and competition at 9.30 am. Warm up lanes will be allocated according to stroke choice so please abide by the signage. Lane 9 has been allocated as a warm up and warm down lane while the competition is in progress.
- Clubs will be allocated a specific lane for time-keeping duties. Please be aware that time-keepers will be required throughout the day and everyone's cooperation will be greatly appreciated.
- Food and refreshments will be on sale at the Miami Swim Club's canteen. If you wish to buy espresso coffee, it is available at the Miami Aquatic Centre kiosk at a very reasonable price.
- As an environmentally aware club we ask that you download individual programs from the MSQ website before the meet as printed programs will only be available for officials.
- There is adequate parking at or near the pool.
- Multi Class [MC] swimmers are welcome to compete.
- Multi Class [MC] Swimmers may nominate under their classification if they wish.
- Multi Class swimmers compete in their own right. There will not be separate heats (unless numbers allow for that) for MC swimmers, however, the results will be recognised as MC results.
- Non-MC competitors with a medical disability must forward the current Medical Disability Certificate endorsed by a registered medical practitioner. Forms available from the [Masters Swimming Australia](#)

Presentation of awards

After the relays the fun, rejuvenation and rehydration will take place at 'Lane 11' – the grassy area south of the entry kiosk. Join us for a drink (or two) from the bar, and/or the barbeque.

Awards will be presented to:

1. Age Group winners;
2. The club with 8 or fewer competitors with the highest average number of points; and
3. The club with 9 or more competitors with the highest average number of points.
4. The club which demonstrates the best team spirit – so show us your colours!