

2018 HANCOCK PROSPECTING PAN PACIFIC CHAMPIONSHIP TRIALS

**SOUTH AUSTRALIAN AQUATIC AND LEISURE CENTRE
443 MORPHETT RD, OAKLANDS PARK SA 5046**

SUNDAY 1 – WEDNESDAY 4 JULY 2018

INFORMATION BOOK

AS AT 14/05/2018

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.

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SECTION ONE: General Information

1.1 Event Staff

Name	Position	E-mail Contact
Amie Quirk	GM - Events	amie.quirk@swimming.org.au
Leigh Sherman	Event Manager	leigh.sherman@swimming.org.au
Liz Avery	Entries, Records and Results Specialist	liz.avery@swimming.org.au
Hannah Sidebottom	Senior Event Coordinator	hannah.sidebottom@swimming.org.au
Chelsea Ryan	Event Coordinator	chelsea.ryan@swimming.org.au
Karen Macleod	Technical Manager	kjmacleod@bigpond.com
Matthew Todd	GM – Marketing, Digital & Comms	Matthew.Todd@swimming.org.au
Kathleen Rayment	Media Manager	kathleen.rayment@swimming.org.au
Victoria Rickard	GM - Partnerships	victoria.rickard@swimming.org.au
Libby Forbes	Sponsorship Coordinator	libby.forbes@swimming.org.au
Gary Vandeburgt	Team Operations Manager	gary.vandeburgt@swimming.org.au

1.2 Swimming Australia Calendar 2018

October

3 - 5	2018 State Teams Championships	Canberra ACT
25 – 27	2018 Hancock Prospecting Australian Short Course Championships	Melbourne Sports and Aquatic Centre

SECTION TWO: Event Information

2.1 Event Details

The 2018 Hancock Prospecting Pan Pacific Championship Trials will be held at the South Australian Aquatic and Leisure Centre from Sunday 1 – Wednesday 4 July 2018. These championships will incorporate the selection trials for the Australian Dolphins Swim Team to compete at the 2018 Pan Pacific Swimming Championships in Tokyo Japan and the 2018 Pan Pacific Para Swimming Championships in Cairns Australia.

2.1.1 International participants

For this event the Swimming Australia Board has approved for up to two (2) visitors to progress to the A Finals. As such this event will be swum utilising all ten (10) lanes.

2.2 Entry Procedures

Entries for the 2018 Hancock Prospecting Pan Pacific Championship Trials are now open. Entries will close at 11.59pm AEST on **Tuesday 12 June 2018**.

All 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.

Multi Class Swimmers please check the qualifying times document to see what events you qualify for.

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

Relay entries for the event must be entered separately on the relay entry page and can only be submitted by the club registrar.

All swimmers only participating in relays must register online in Event 59 as a relay only swimmer. Registrations can be made through the individual entry section, and a \$28.00 accreditation fee applies. Only enter event 59 – relay only swimmer if you are **not** in individual events.

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.

[CLICK HERE TO ENTER RELAY TEAMS](#)

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

2.3 Program of Events

The 2018 Hancock Prospecting Australian Swimming Trials will consist of 58 events held over 4 days. Please note the following points regarding the program:

- The Men's 800m Freestyle and Women's 1500m Freestyle will be held at 6.00pm after pre-meet training on Saturday 30 June.
- Medals will be awarded in all para events, the Men's 800m Free, the Women's 1500m Free and all Relay events.
- B Finals will be conducted for all events that have 24 or more competitors contest the heats. B Finals will be swum immediately after the A Final.
- This competition will be swum as an open event in ten (10) lanes, two (2) visitors may progress to the finals. Any number of visitors can swim the B Finals.
- 4 x 100m mixed medley relay: Swimmers must be from the same club and each team must consist of two (2) females and two (2) males.

Appendix A – Program of Events

2.4 Qualifying Times

Qualifying times must have been achieved in a 50m pool after January 1 2017.

Appendix B – Qualifying Times

2.5 By-Laws

The 2018 Hancock Prospecting Pan Pacific Championship Trials will be conducted under the By-Laws for the Conduct of Australian Championships (October 2011). A copy of the By-Laws can be found on the SAL website by clicking on the following link: SAL Constitution and By-Laws

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

Club Staff Packs can be ordered through the online system on the event webpage to gain access to 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
- Team Managers & Coaches will have access to viewing areas on deck at the start/finish area of the pool. They will also have access to a 'Club Staff Room' where tea, coffee and light refreshments will be available throughout the event

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

Applications for Club Staff Packs will be open shortly, please check back here for updates.

2.6.2 Accreditation Collection

Accreditation can be collected from the Events SA Caravan which will be located at the entrance to the SA Aquatic and Leisure Centre. Accreditation Van opening hours are listed below, please see 2.13 for a full list of operating hours:

Friday 29 – Saturday 30 June 2018

Morning: 9.00am – 12.00pm

Afternoon: 3.00pm – 6.00pm

Sunday 1 – Wednesday 4 July 2018

Heats: from 8:00am

Finals: from 4:30pm

2.6.3 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 Parking and Public Transport

SAL recommends the use of public transport when travelling to and from SAALC. For detailed information on public transport services, timetables, and ticket and fare information, please call the **Adelaide Metro** on **1300 311 108** or go to their website www.adelaidemetro.com.au.

If required, parking will be available at the nearby Westfield Shopping Centre. Charges may apply for parking in this facility.

2.9 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.

2.10 Team Selection

The following teams will be selected at the 2018 Hancock Prospecting Pan Pacific Championship Trials

- 2018 Pan Pacific Swimming Championships in Tokyo, Japan.
- 2018 Pan Pacific Para Swimming Championships in Cairns, Australia.

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

2.11 Training Procedures

The following general pool procedures for the **MAIN COMPETITION POOL (50m)** 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, feet first entry (no diving)
- Lanes 2 – 7** Reserved throughout the whole of the warm up period as circle swimming lanes, feet first entry

The following general pool procedures for the **DIVE/WARM UP POOL (50m)** must be observed throughout the meet:

- Lanes 0 and 9** Reserved for 25m dive sprints and backstroke ledge practice (one way only)
- Lane 1** Reserved for MC Athletes only
- Lanes 2 and 8** Reserved as designated pace lanes, feet first entry
- Lanes 2 – 7** Reserved as circle swimming lanes, feet first entry

Appendix C – Training Procedures

2.12 Medal Presentations

Medals will be awarded in all para events, the Men's 800m Free, the Women's 1500m Free and all Relay events. 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. Please note that you will not be allowed to undertake your medal presentation without the appropriate attire.

2.13 Operating Hours

Pre-Meet Training: Friday 29 and Saturday 30 June 2018

Accreditation Van	9.00am to 12.00pm
Pre-meet Training	9.00am to 12.00pm
Gates open to public, non-ticketed	9.00am to 12.00pm

Accreditation Van	3.00pm to 6.00pm
Pre-meet Training	3.00pm to 6.00pm
Gates open to public, non-ticketed	3.00pm to 6.00pm

Competition: Sunday 1 – Wednesday 4 July 2018

Heats:

Accreditation Van	From 8.00am
Ticket Box	From 8.00am
Athlete Access	From 8.00am
Warm up	8.00am to 9.45am
Gates open to public	8.00am
Heats Session	10.00am to 12:30pm (approx.)

Finals:

Accreditation Van	From 4.30pm
Ticket Box	From 4:30pm
Athlete Access	From 4.30pm
Warm up	4:30pm to 6:15pm
Gates open to public	4:30pm
Finals session	6:30pm to 9:30pm (approx.)

*Note times are a GUIDE only and are subject to change.

2.14 Seating

2.14.1 Athlete and Coach Seating

Seating for athletes and support staff will be located on pool deck in the seating overlooking the warm-up pool and 50m turn end of the competition pool.

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

2.14.2 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.

2.15 Ticketing

2.15.1 Prices

Information regarding ticket prices and on sale dates will be provided shortly.

2.15.2 Programs

Coaches and Team Managers who have purchased a club staff pack are entitled to one heats program for the competition. Heats programs will be available from the first day of pre-meet training from the accreditation van. Finals programs will be available to download from the Swimming Australia website and will be uploaded as soon as they become available.

2.16 Broadcast and Live Streaming

The 2018 Hancock Prospecting Pan Pacific Championship Trials will not be broadcast.

All sessions will be live streamed through the Swimming Australia website: www.swimming.org.au

2.17 Medical Services

2.17.1 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 Life Guards.

2.17.2 Event Medical Officer

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

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

2.17.3 Medical Directory

Service	Address	Suburb	Postcode	Phone
Emergency - Ambulance, Police, Fire				000
SA Police Service				131 444
<u>Public Hospitals and Medical Centres</u>				
Marion Domain Medical Centre	453 Morphett Road	OAKLANDS PARK	5046	08 8375 7000
Royal Adelaide Hospital	North Terrace	ADELAIDE	5000	08 8222 4000
Queen Elizabeth Hospital	28 Woodville Road	WOODVILLE STH	5011	08 8222 6000
Modbury Public Hospital	41-69 Smart Road	MODBURY	5092	08 8161 2000
<u>Private Hospitals</u>				
Ashford Hospital*	55 Anzac Highway	ASHFORD	5035	08 8375 5222
St Andrews Private Hospital*	350 South Terrace	ADELAIDE	5000	08 8408 2111
Parkwynd Private Hospital*	137 East Terrace	ADELAIDE	5000	08 8223 3294
<i>*Does not offer 24 hour emergency</i>				
<u>Pharmacies</u>				
Terry White Chemist	746 Marion Road	MARION	5043	08 8276 8600
National Pharmacies	Ascot Park Shopping Centre, 629 Marion Rd	MARION	5043	08 8276 1745
Mitchell Park Pharmacy	97f McLnerney Ave	MITCHELL PARK	5043	08 8276 3095

2.17.4 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 Pan Pacific Championship Trials.

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

2.18 Lost Property

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

SECTION THREE: Appendices

3.1 Appendix A – Program of Events

Day 1 - Sunday July 1		
Heats		
1	400m Freestyle MC	M
2	400m Freestyle MC	W
3	100m Breaststroke	W
4	100m Breaststroke	M
5	200m Freestyle	W
6	200m Freestyle	M
7	200m Freestyle MC	M
8	200m Freestyle MC	W
9	400m Individual Medley	W
10	400m Individual Medley	M
11	50m Butterfly MC	M
12	50m Butterfly MC	W
Finals		
1	400m Freestyle MC	M
2	400m Freestyle MC	W
3	100m Breaststroke	W
4	100m Breaststroke	M
5	200m Freestyle	W
6	200m Freestyle	M
7	200m Freestyle MC	M
8	200m Freestyle MC	W
9	400m Individual Medley	W
10	400m Individual Medley	M
11	50m Butterfly MC	M
12	50m Butterfly MC	W
13	4 x 100m Mixed Medley Relay	MX

Day 2 - Monday July 2		
Heats		
14	50m Freestyle MC	W
15	50m Freestyle MC	M
16	100m Freestyle	W
17	100m Freestyle	M
18	200m Butterfly	W
19	200m Butterfly	M
20	100m Breaststroke MC	W
21	100m Breaststroke MC	M
22	100m Backstroke	W
23	100m Backstroke	M
24	100m Backstroke MC	M
25	100m Backstroke MC	W
Finals		
14	50m Freestyle MC	W
15	50m Freestyle MC	M
16	100m Freestyle	W
17	100m Freestyle	M
18	200m Butterfly	W
19	200m Butterfly	M
20	100m Breaststroke MC	W
21	100m Breaststroke MC	M
22	100m Backstroke	W
23	100m Backstroke	M
24	100m Backstroke MC	M
25	100m Backstroke MC	W
26	150m Individual Medley MC	MX
27	4 x 200m Free Relay	W
28	4 x 200m Free Relay	M

Day 3 - Tuesday July 3		
Heats		
29	200m Individual Medley MC	M
30	200m Individual Medley MC	W
31	400m Freestyle	W
32	400m Freestyle	M
33	100m Butterfly	W
34	100m Butterfly	M
35	50m Breaststroke MC	M
36	50m Breaststroke MC	W
37	200m Individual Medley	W
38	200m Individual Medley	M
39	50m Backstroke MC	M
40	50m Backstroke MC	W
Finals		
29	200m Individual Medley MC	M
30	200m Individual Medley MC	W
31	400m Freestyle	W
32	400m Freestyle	M
33	100m Butterfly	W
34	100m Butterfly	M
35	50m Breaststroke MC	M
36	50m Breaststroke MC	W
37	200m Individual Medley	W
38	200m Individual Medley	M
39	50m Backstroke MC	M
40	50m Backstroke MC	W
41	4 x 100m Free Relay	W
42	4 x 100m Free Relay	M

Day 4 - Wednesday July 4		
Heats		
43	100m Freestyle MC	M
44	100m Freestyle MC	W
45	800m Free (Slow heat)	W
46	1500m Free (Slow Heat)	M
47	200m Backstroke	W
48	200m Backstroke	M
49	50m Freestyle	W
50	50m Freestyle	M
51	100m Butterfly MC	W
52	100m Butterfly MC	M
53	200m Breaststroke	W
54	200m Breaststroke	M
Finals		
43	100m Freestyle MC	M
44	100m Freestyle MC	W
45	800m Free (Fast heat)	W
46	1500m Free (Fast Heat)	M
47	200m Backstroke	W
48	200m Backstroke	M
49	50m Freestyle	W
50	50m Freestyle	M
51	100m Butterfly MC	W
52	100m Butterfly MC	M
53	200m Breaststroke	W
54	200m Breaststroke	M
55	4 x 100m Medley Relay	W
56	4 x 100m Medley Relay	M

3.2 Appendix B – Qualifying Times

2018 HANCOCK PROSPECTING PAN PACIFIC CHAMPIONSHIPS TRIALS

ENTRY QUALIFYING TIMES

MEN	EVENT	WOMEN
Freestyle		
23.78	50m	26.97
52.37	100m	58.23
1:54.97	200m	2:06.31
4:05.37	400m	4:27.39
8:37.00	800m	9:07.52
16:09.65	1500m	17.40.00
Backstroke		
27.42	50m	30.81
58.73	100m	1:05.68
2:08.83	200m	2:22.08
Breaststroke		
30.19	50m	34.40
1:06.32	100m	1:14.49
2:23.90	200m	2:38.80
Butterfly		
25.62	50m	28.50
56.66	100m	1:03.86
2:07.33	200m	2:20.46
Individual Medley		
2:09.21	200m	2:23.22
4:38.46	400m	5:03.24
Club Relays		
3:35.00	4 x 100m Freestyle	4:05.00
7:55.00	4 x 200m Freestyle	8:40.00
4:00.00	4 x 100m Medley	4:30.00
Mixed 4:10.00	4 x 100m Mixed Medley	

Entry times for these trials must have been swum in a 50m pool.

Qualifying time must have been achieved since 1st January 2017.

MEN	Classification															
Event	S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
50m Free	33.15	30.06	31.86	29.92	28.97	32.53	29.53	31.93	33.32	34.86	37.52	46.43	53.27	1:03.85	1:30.09	1:36.78
100m Free	1:15.60	1:05.76	1:09.72	1:06.96	1:04.14	1:11.40	1:04.09	1:09.67	1:12.60	1:16.02	1:22.46	1:39.96	1:57.30	2:20.45	3:14.91	3:30.27
200m Free	3:06.23	2:22.52	2:30.71	2:33.23	2:30.47	2:33.94	2:24.21	2:34.40	2:44.53	2:49.55	2:56.63	3:27.90	4:09.47	4:53.46	6:49.88	7:24.84
400m Free	6:51.99	4:54.09	5:28.84	5:11.09	5:13.27	5:28.63	5:07.67	5:23.82	5:35.24	6:02.09	6:02.54					
50m Back	41.93	35.15	38.35	36.85	36.32	40.71	36.03	37.55	38.98	44.21	44.55	49.72	1:00.60	1:06.19	1:34.36	2:01.37
100m Back	1:29.62	1:14.90	1:20.38	1:15.41	1:14.80	1:25.35	1:16.29	1:17.93	1:21.48	1:30.64	1:33.22	1:48.65	2:18.11	2:55.06	3:30.37	4:48.26
50m Fly	38.30	31.27	34.22	34.35	33.69	35.86	32.24	34.57	35.33	38.26	38.79	48.71	1:00.48	1:26.36	2:05.06	2:56.48
100m Fly	1:25.67	1:07.91	1:16.12	1:12.17	1:11.69	1:17.01	1:10.54	1:14.76	1:16.16	1:25.98	1:30.40	1:53.85				
	SB16	SB15	SB14	SB13	SB12	SB11		SB9	SB8	SB7	SB6	SB5	SB4	SB3	SB2	SB1
50m Breast	42.88	35.87	38.16	39.52	41.54	43.71		36.74	42.02	48.39	48.73	59.88	1:05.94	1:12.43	1:24.06	2:14.35
100m Breast	1:34.72	1:15.60	1:23.68	1:21.43	1:24.99	1:28.86		1:23.10	1:24.43	1:43.05	1:47.23	2:09.84	2:17.09	2:46.02	3:19.30	
	SM16	SM15	SM14	SM13	SM12	SM11	SM10	SM9	SM8	SM7	SM6	SM5	* SM4	* SM3	* SM2	* SM1
200 Ind. Medley	3:28.38	2:33.99	2:54.02	2:46.11	2:45.19	3:00.13	2:45.43	2:48.33	2:57.55	3:16.45	3:24.33	4:00.12	3:27.14	4:04.57	6:29.27	8:46.51
WOMEN	Classification															
Event	S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
50m Free	39.94	32.95	36.47	34.50	33.97	39.32	35.72	36.59	39.32	39.86	44.85	50.91	1:04.90	1:25.21	1:48.11	1:47.15
100m Free	1:26.66	1:12.18	1:19.12	1:14.17	1:14.93	1:26.38	1:17.35	1:16.96	1:23.85	1:26.24	1:35.72	1:48.77	2:16.73	3:02.99	3:35.36	4:01.00
200m Free	3:26.49	2:40.17	2:46.10	2:45.58	2:47.98	3:09.46	2:48.68	2:43.64	2:57.81	3:00.95	3:18.48	3:53.58	4:35.13	6:20.10	7:13.25	8:12.45
400m Free	7:23.64	5:37.43	5:59.41	5:38.47	5:49.46	6:31.55	5:44.15	5:32.38	5:59.92	6:24.11	6:52.80					
50m Back	47.52	39.20	41.02	41.48	42.04	46.29	40.99	42.75	46.88	49.82	53.08	54.89	1:09.43	1:24.58	1:43.01	1:46.02
100m Back	1:54.70	1:24.63	1:27.89	1:27.05	1:26.80	1:40.52	1:23.75	1:27.31	1:33.69	1:44.81	1:49.45	2:11.84	2:39.95	3:14.33	4:21.70	4:31.50
50m Fly	42.40	36.74	39.12	38.35	37.89	45.77	39.84	40.29	42.45	43.43	48.43	57.48	1:19.97	1:27.90		
100m Fly	2:24.89	1:20.66	1:27.77	1:23.09	1:19.51	1:40.74	1:25.75	1:24.09	1:30.26	1:40.97	1:52.91	2:48.05				
	SB16	SB15	SB14	SB13	SB12	SB11		SB9	SB8	SB7	SB6	SB5	SB4	SB3	SB2	SB1
50m Breast	49.51	41.92	46.38	45.89	45.02	52.43		48.61	48.81	55.78	58.03	1:05.26	1:18.60	1:20.98	1:48.48	2:35.19
100m Breast	1:55.41	1:32.59	1:42.71	1:37.17	1:36.79	1:52.76		1:36.93	1:37.77	1:54.65	2:00.34	2:13.17	2:39.83	3:13.67	4:31.56	
	SM16	SM15	SM14	SM13	SM12	SM11	SM10	SM9	SM8	SM7	SM6	SM5	* SM4	* SM3	* SM2	* SM1
200 Ind. Medley	3:55.48	3:01.25	3:13.27	3:06.66	3:09.10	3:37.16	3:09.16	3:06.25	3:19.46	3:32.21	3:58.43	4:34.69	3:58.16	5:12.74	8:02.98	8:02.98

* Note SM1 – SM4 is 150m Individual Medley

3.3 Appendix C – Pre-Meet Training Procedures

MAIN COMPETITION POOL (50m)

START END OF POOL

Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9
25m Dive Sprints ————— ↓	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	25m Dive Sprints ————— ↓

DIVE/WARM UP POOL (50m)

START END OF POOL

Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11
25m Dive Sprints & Backstroke Ledge Practice ————— ↓	MC Athletes Only	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)	Circle Swimming Only (Feet First Entry)	Pace Lane	25m Dive Sprints & Backstroke Ledge Practice ————— ↓

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