

2010 INDIAN OCEAN ALL-STAR CHALLENGE



INFORMATION BOOKLET

Saturday 3rd – Sunday 4th April 2010
Challenge Stadium, Perth

Featuring Teams from Australia and Asia - competing in Perth for the title of
Indian Ocean All-Stars



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wa



Swimming WA would like to thank the following sponsors, supporters and broadcasters for their support of the

2010 Indian Ocean All-Stars Challenge



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SWIMMING WA EVENT STAFF

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Events, Sponsorship & Marketing Officer	Pip Brown	pip@wa.swimming.org.au
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GENERAL EVENT INFORMATION

The **2010 Indian Ocean All-Stars Challenge** will be held at Challenge Stadium, Perth, Western Australia from Saturday 3rd - Sunday 4th April 2010.

The Indian Ocean All-Stars Challenge is an exciting international swimming meet that provides an exciting opportunity for developing swimmers who will represent their country as an individual and team member in an international swim meet. The event is open to swimmers in age groups 8 and under – Open.

The Indian Ocean All-Stars Challenge is conducted at the world class Challenge Stadium Sporting Complex- the only venue to host two Fina World Swimming Championships in Australia.

The event concept has grown each year from the highly successful “Aussie Vs Asia All-Stars” event that started in the 2000/2001 season, involving athletes who have represented China, Hong Kong, Indonesia, Malaysia and Singapore against the up and coming Australian swimming stars.

In 2009 the event included over 300 athletes representing countries bordering the Indian Ocean in what is known as ‘The Indian Ocean All-Stars Challenge’. In 2010, Swimming WA is looking to further expand the event to attract more countries and more athletes to help this competition become a pinnacle international swimming event in the swimming calendar year.

Athletes from various countries surrounding the Indian Ocean have the chance of representing their countries in the following teams:

- Asia All-Stars
- Aussie All-Stars

The International Coaching Educational Conference was a new attraction that featured in the 2009 event and proved to be extremely successful. It will be held again at the 2010 Indian Ocean All Stars Challenge. Swimming WA in conjunction with ASCTA-WA (Australian Swimming Coaches and Teachers Association) and WAIS (Western Australian Institute of Sport) will host this event and it will be held on **Monday 5th of April, 2010**. The conference will run from 8.00am to 4.00pm with a Sundowner event to follow into the evening, enabling the participants of the conference to interact with the elite in an informal environment.

The conference aims to provide an opportunity for all WA coaches, international coaches, and any interested parties to meet and learn new coaching skills/ techniques and gain some valuable tips from some of the finest coaches, nutritionists and athletes. It will provide the foundation for developing coaches to improve their training and coaching methods with the overall aim to improve the level of swimming coaching, which will enable younger swimmers to develop into swimming stars.

Numbers are limited so nominations for attendance are suggested to be forwarded to Swimming WA as soon as possible.

ENTRY PROCEDURES

- All events will be swum as Timed Finals.
- Age as at the first day of competition
- **Entries close at 5pm on Friday 26th February 2010. No late entries will be accepted.**
- Entry fee: \$63.00 (including GST) allows entry to a maximum of 8 individual events.
- A maximum of four relays will be allowed per team in each event (4 Aussie All-Stars, 4 Asia All-Stars, 4 African All-Stars)
- Relay teams will be selected based on entry times, at the discretion of the appointed managers/coaches.
- Entries must be submitted through clubs using Team Manager and/or Meet Manager and emailed to Swimming WA – waswim@wa.swimming.org.au. In the subject line state name of club and Meet entry. Electronic entries must be accompanied with an electronic individual entry report, displaying Proof of Time. (Please ensure the latest version of TM/MM is used). All entries must be followed up by posting of correct entry fees to Swimming WA.
- Medals will be awarded to the three fastest swimmers in each event.

SWIM SUIT RULES

The following rule change was announced by Swimming Australia (SAL) in December 2008. Swimming WA as an affiliate member of SAL has adopted the policy which effectively means that there are restrictions to swimwear for age swimmers in age events. (Restrictions DO NOT apply for age swimmers in open events).

In the interest of equal opportunity, fair and equitable competition, and to prevent the deterioration of swimming skill development it has been determined that guidelines for swimsuits for Age Group Events conducted by SAL are required.

The following changes have been made to SAL's By-Laws for the conduct of Age Group Events.

CBL14.2 Additional Swimsuit Guidelines for Age Group Events

(1) All swimwear worn by competitors in Age Group Events (18 and under) conducted in Australia by SAL shall be commercially available products.

(2) Swimwear worn by competitors in Age Group Events shall conform to the following design – **effective 1 April 2009:**

(i) Men's swimwear is limited to one (1) swimsuit that covers at most the body surface from hips to knee. Swimwear must not extend above the waist or below the knees;

(ii) Women's swimwear is limited to one (1) swimsuit that is of "open back" and "open shoulder" designs that may extend down to the knee. Swimwear must not extend below the knees.

(iii) Swimwear must not have a zipper or any type of fastening system.

An **Age Group Event** is defined as any 18 and under swimming event conducted by SAL under the Australian Championships By-Laws. Currently this includes:

- Australian Age Championships (including Age SWD and Age Open Water), and
- State Teams Age Short Course Championships.

Following FINA's announcement on swimwear approval on May 19 2009, **only FINA approved swimwear will be allowed to be worn at Swimming Australia events.** This means swimmers can only wear the 202 swimsuits currently approved by FINA. Swimmers are not able to wear one of the 136 that need modifications, or the 10 that have been banned.

The complete list of approved swimsuits can be found on the FINA official website at www.fina.org. We strongly encourage all swimmers to check this list before competing.

PRE MEET TRAINING TIMES

Pre-meet training can be arranged by contacting Challenge Stadium:
Kerry Gates
Aquatic Bookings Officer
Phone: +61 (8) 9441 8225
Email: Kerry.Gates@venueswest.wa.gov.au

SESSION TIMES

Saturday 3rd April 2010

Session one

Warm up: 7.30am – 8.15am
Opening Ceremony 8.45am
Event Starts: 9.00am

Session two (approximate times shown)

Event Starts: 12.15pm
End of First Day: 2.45pm

Sunday 4th April 2010

Session one

Warm up: 7.30am – 8.30am
Event Starts: 8.45am

Session two (approximate times shown)

Event Starts: 11.45am
End of Second Day: 2.45pm

WARM UP PROCEDURE

Warm-up procedures will be listed in the program and available in competitor packs.

PUBLIC ADMISSION TO MEET & SEATING

\$3.00 Entry: All entry prices include GST. Please note prices are according to Challenge Stadium and may be different to this booklet on the day.

Please Note: Parents and Spectators are forbidden on pool deck.

PARKING

Parking is available at Challenge Stadium.

COMPETITOR PACKS & MERCHANDISE

All competitors will be provided with a competitors pack (included in competitor entry fees).

The competitor pack includes:

- 1 x Team T-shirt
- 2 x Team Swim Caps
- Pool Entry Passes for both Days
- Event Program

Please note that clubs are required to submit a Team Summary List (See Appendix A) along with electronic entries. No changes will be made to team uniform numbers after close of entries. Clubs wishing to order additional shirts for coaches and officials must do so on the summary sheet prior to close of entries.

Once team submissions have been made, no changes will be possible (Please ensure that your orders and sizing's are correct).

Competitor packs will be available at the Swimming WA office, during office hours from Tuesday 30th of March until Thursday the 1st April 2010. The packs may also be picked up at Challenge Stadium on the morning of competition. Team Asia packs will be provided to the team manager in the lead up to the event.

Shirt Sizes:									
Adults Sizes:	XS	S	M	L	XL	2XL	3XL	4XL	
Child Sizes:	8	10	12	14	16	18	20	22	

There will be no free entry to the pool under any circumstances. Pool entry passes are not transferable. Any pool entry passes found to be used by any other person will be confiscated. Additional passes or lost passes requested for replacement may be available at the cost of \$4.00 each.

Swimming WA will be selling additional Swimming WA merchandise at the event.

OPENING CEREMONY

The 2010 Indian Ocean All-Stars Challenge will commence with an Opening Ceremony welcoming Officials, the Asian Team and the Australian team to the event. Team T-Shirts must be worn for the opening ceremony.

The opening ceremony will take place at 8.45am, Saturday 3rd April 2010. All teams are requested to be in uniform in the grassed area to the North of the pool to prepare for their procession (Through the doors under the temporary grandstand) by 8.30am. Team managers will oversee each team.

EVENT BRIEFINGS

There will be no event briefing.

EVENT PROGRAMS

Additional event programs will be available for purchase from the pool entrance throughout the event. Programs cost \$6.

MEMBER PROTECTION POLICY

The SAL Member Protection Policy makes it a breach of the policy for a Prohibited Person (defined as a person who has been convicted of a Serious Sex Offence) to work or seek work in the following roles:

- Coaches who are appointed or seeking appointment (whether employed, contracted or otherwise) for reward;
- Volunteer personnel appointed or seeking appointment, who will or are likely to travel away with teams of competitors under 18 years of age; and
- Persons appointed or seeking appointment to a role in which that person is likely to have individual and unsupervised contact with competitors under 18 years of age (for example, a team manager).

FURTHER INFORMATION

For Further information regarding the 2010 Indian Ocean All-Stars Challenge please go to the SWA website, <http://www.wa.swimming.org.au> or contact Pip Brown on +61 (08) 9328 4599.

PROGRAM OF EVENTS & ENTRY QUALIFYING TIMES

Day 1			
1	Womens	Open 400m Free	5.30.00
2	Mens	Open 400m Free	5.20.00
3	Girls	7/8yrs 50 Free	45.00
4	Boys	7/8yrs 50 Free	45.00
5	Girls	9/10yr 50 Free	40.00
6	Boys	9/10yr 50 Free	40.00
7	Girls	11/12yr 50 Free	36.00
8	Boys	11/12yr 50 Free	36.00
9	Girls	13/14yr 50 Free	35.00
10	Boys	13/14yr 50 Free	34.00
11	Girls	15-16yr 50 Free	34.00
12	Boys	15-16yr 50 Free	31.00
13	Girls	17 & O 50 Free	33.00
14	Boys	17 & O 50 Free	30.00
15	Girls	10 & U 100 Brst	2.00.00
16	Boys	10 & U 100 Brst	2.00.00
17	Girls	11/12yr 100 Brst	1.40.00
18	Boys	11/12yr 100 Brst	1.40.00
19	Girls	13/14yr 100 Brst	1.35.00
20	Boys	13/14yr 100 Brst	1.30.00
21	Girls	15 -16yr 100 Brst	1.33.00
22	Boys	15 -16yr 100 Brst	1.27.00
23	Girls	17 & O 100 Brst	1.32.00
24	Boys	17 & O 100 Brst	1.26.00
25	Girls	7/8yrs 200F/s Relay	NT
26	Boys	7/8yrs 200F/s Relay	NT
27	Girls	9/10yr 200F/s Relay	NT
28	Boys	9/10yr 200F/s Relay	NT
Short Break			
29	Womens	Open 200 Back	2.55.00
30	Mens	Open 200 Back	2.45.00
31	Girls	7/8yrs 50 Fly	54.00
32	Boys	7/8yrs 50 Fly	54.00
33	Girls	9/10yr 50 Fly	47.00
34	Boys	9/10yr 50 Fly	47.00
35	Girls	11/12yr 50 Fly	40.00
36	Boys	11/12yr 50 Fly	40.00
37	Girls	13/14yr 50 Fly	37.00
38	Boys	13/14yr 50 Fly	36.00
39	Girls	15-16yr 50 Fly	36.00
40	Boys	15-16yr 50 Fly	35.00
41	Girls	17 & O 50 Fly	34.00
42	Boys	17 & O 50 Fly	33.00

43	Girls	10 & U 100 Back	1.50.00
44	Boys	10 & U 100 Back	1.50.00
45	Girls	11/12yr 100 Back	1.36.00
46	Boys	11/12yr 100 Back	1.36.00
47	Girls	13/14yr 100 Back	1.26.00
48	Boys	13/14yr 100 Back	1.22.00
49	Girls	15-16yr 100 Back	1.23.00
50	Boys	15-16yr 100 Back	1.18.00
51	Girls	17 & O 100 Back	1.21.00
52	Boys	17 & O 100 Back	1.16.00
53	Womens	Open 200 Breast	3.20.00
54	Mens	Open 200 Breast	3.10.00
55	Girls	11/12yr 200F/s Relay	NT
56	Boys	11/12yr 200F/s Relay	NT
57	Girls	13/14yr 200F/s Relay	NT
58	Boys	13/14yr 200F/s Relay	NT
59	Girls	15-16yr 200F/s Relay	NT
60	Boys	15-16yr 200F/s Relay	NT

Day 2			
61	Girls	17 & O 200 Free Relay	NT
62	Boys	17 & O 200 Free Relay	NT
63	Womens	Open 200IM	3.00.00
64	Mens	Open 200IM	2.50.00
65	Girls	7/8yrs 50 Back	54.00
66	Boys	7/8yrs 50 Back	54.00
67	Girls	9/10yr 50 Back	50.00
68	Boys	9/10yr 50 Back	50.00
69	Girls	11/12yr 50 Back	43.00
70	Boys	11/12yr 50 Back	43.00
71	Girls	13/14yr 50 Back	38.00
72	Boys	13/14yr 50 Back	37.00
73	Girls	15-16yr 50 Back	37.00
74	Boys	15-16yr 50 Back	36.00
75	Girls	17 & O 50 Back	36.00
76	Boys	17 & O 50 Back	35.00
77	Girls	10 & U 100 Fly	1.54.00
78	Boys	10 & U 100 Fly	1.54.00
79	Girls	11/12yr 100 Fly	1.32.00
80	Boys	11/12yr 100 Fly	1.32.00
81	Girls	13/14yr 100 Fly	1.24.00
82	Boys	13/14yr 100 Fly	1.22.00
83	Girls	15-16yr 100 Fly	1.20.00
84	Boys	15-16yr 100 Fly	1.18.00
85	Girls	17 & O 100 Fly	1.18.00
86	Boys	17 & O 100 Fly	1.16.00
87	Girls	7/8yrs 200IM Relay	NT
88	Boys	7/8yrs 200IM Relay	NT
89	Girls	9/10yr 200IM Relay	NT
90	Boys	9/10yr 200IM Relay	NT

Short Break			
91	Womens	Open 200 F/s	2.40.00
92	Mens	Open 200 F/s	2.30.00
93	Girls	7/8yrs 50 Breast	1.00.00
94	Boys	7/8yrs 50 Breast	1.00.00
95	Girls	9/10yr 50 Breast	55.00
96	Boys	9/10yr 50 Breast	55.00
97	Girls	11/12yr 50 Breast	47.00
98	Boys	11/12yr 50 Breast	47.00
99	Girls	13/14yr 50 Breast	43.00
100	Boys	13/14yr 50 Breast	42.00
101	Girls	15-16yr 50 Breast	41.00
102	Boys	15-16yr 50 Breast	40.00
103	Girls	17 & O 50 Breast	40.00
104	Boys	17 & O 50 Breast	39.00
105	Girls	10 & U 100 F/s	1.30.00
106	Boys	10 & U 100 F/s	1.30.00
107	Girls	11/12yr 100 F/s	1.20.00
108	Boys	11/12yr 100 F/s	1.20.00
109	Girls	13/14yr 100 F/s	1.17.00
110	Boys	13/14yr 100 F/s	1.13.00
111	Girls	15-16yr 100 F/s	1.15.00
112	Boys	15-16yr 100 F/s	1.09.00
113	Girls	17 & O 100 F/s	1.13.00
114	Boys	17 & O 100 F/s	1.07.00
115	Womens	Open 200 Fly	2.55.00
116	Mens	Open 200 Fly	2.46.00
117	Girls	11/12yr 200IM Relay	NT
118	Boys	11/12yr 200IM Relay	NT
119	Girls	13/14yr 200IM Relay	NT
120	Boys	13/14yr 200IM Relay	NT
121	Girls	15-16yr 200IM Relay	NT
122	Boys	15-16yr 200IM Relay	NT
123	Girls	17 & O 200 IM Relay	NT
124	Boys	17 & O 200 IM Relay	NT
125	-	Coaches/ Managers Relay	NT

2010 International Swimming Coaches Educational Conference Program

Swimming WA is excited to invite Australian and International Coaches as well as interested others to attend a special International Coaches' Educational Conference to be held on Monday 5th April from 8am – 4pm. The conference aims to provide an opportunity for all to meet and learn new skills/ tips from some of the finest experts in coaching and sports science.

Swimming WA extends a warm invitation to all swimming associations / federations, associated clubs, schools and universities to attend the event in 2010.

A detailed program for the day will be available at a later date.

Swimming WA looks forward to an even bigger and better 2010!

If you have any questions or require further information please don't hesitate to contact Pip Brown on +61 89328 4599.

Kind Regards,

Philippa Brown
Events, Sponsorship and Marketing

Swimming WA

Mobile 0414 818 576

Wk. Ph 9328 4599 Fax 9227 6089

Email pip@wa.swimming.org.au

Appendix A
2010 INDIAN OCEAN ALL-STARS CHALLENGE
 Saturday 3rd – Sunday 4th April 2010
 Challenge Stadium, Perth

Team List Summary

No.	Name (Christian First)	Age at First Day of Meet	Gender (Tick)		Shirt Order (list size in one column only)	
			Male	Female	Adult Size	Child Size
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						

Additional Shirt Orders (please list requirements)	
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Shirt Sizes:	Adults Sizes:	XS	S	M	L	XL	2XL	3XL	4XL
	Child Sizes:	8	10	12	14	16	18	20	22

Club _____ **Country Team** _____

Club Official/Contact _____

Mailing Address _____

_____ **Post Code** _____

Phone _____ **Fax** _____

Email _____

Do you wish to attend the Conference? If yes, how many people? _____