

2009 INDIAN OCEAN ALL-STAR CHALLENGE



INFORMATION BOOKLET

Saturday 11 – Sunday 12 April 2009
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

2009 Indian Ocean All-Stars Challenge



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Major Sponsors



Sponsors



SWIMMING WA EVENT STAFF

Position	Name	E-mail Contact
Events, Sponsorship & Marketing Officer	Pip Brown	pip@wa.swimming.org.au
Membership Services Officer	Meg Jovanovich	meg@wa.swimming.org.au
Development Officer	Sam Hunt	sam@wa.swimming.org.au

GENERAL EVENT INFORMATION

The **2009 Indian Ocean All-Stars Challenge** will be held at Challenge Stadium, Perth from Saturday 11- Sunday 12 April 2009.

The Indian Ocean All-Stars Challenge is an exciting international swimming meet to be held in Perth, Western Australia. It provides an exciting opportunity for developing swimmers who have not yet represented their countries to swim in an international meet for their team. The event is open to swimmers in age groups U/8 years – 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.

The event concept has grown each year from the highly successful “Aussie Vs Asia All-Stars” event that started in the 2000/2001 season. This competition has involved athletes representing China, Singapore, Malaysia and Indonesia against the up and coming Australian stars. In 2008 the event expanded to include 400 athletes representing countries bordering the Indian Ocean in what was known as ‘The Indian Ocean All-Stars Challenge’. In 2009, 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 is a new attraction to feature at the 2009 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) are hosting this event to be held on Monday 13th of April, 2009.

The conference is a new initiative included in the 2009 All-Stars event that 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 of improving the level of swimming coaching, which will enable younger swimmers to develop into swimming stars.

The event will be held at the UWA Hockey Club Rooms near the Challenge Stadium on Monday the 13th of April. 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.

All interested parties are encouraged to attend this exciting new initiative on offer. Numbers are limited so nominations for attendance are suggested to be forwarded to Swimming WA as soon as possible.

ENTRY PROCEDURES

- Age as at 1st day of competition.
- Entries close at 5.00pm on Friday 27th February 2009. No late entries will be accepted.
- Entry fee: \$63.00 (including GST) allows entry to a maximum of 8 individual events.
- **Entry fee includes a competitor pack**
- A maximum of four relays will be allowed per team in each event (4 Aussie All-Stars, 4 Asia All-Stars)- Additional relay teams (additional non-point scoring relays may be added and allowed to swim in heat two if spaces permit)
- Relay teams will be selected based on times and arranged by coaches and team management of each team.
- Entries must be submitted via electronic entries using Meet Manager and/or Team Manager.

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: kgates@challengestadium.wa.gov.au

SESSION TIMES

Saturday 11 April 2009

Session one

Warm up: 7.30am – 8.15am
Opening Ceremony 8.45am
Event Starts: 9.15am

Session two (approximate times shown)

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

Sunday 12 April 2009

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-shirts
- 2 x Team Swim Cap
- 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 the 7th of April until Thursday the 9th of April. 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 2009 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 11 April 2009. 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 this year.

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).

3 FURTHER INFORMATION

For Further information regarding the 2009 Indian Ocean All-Stars Challenge please go to the SWA website, <http://www.wa.swimming.org.au> or contact the Events Unit on +61 (08) 9328 4599.

4 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

**Entries not required. Teams can be created on the day of the meet.*

4 2009 International Swimming Coaches Educational Conference Program

Swimming WA in conjunction with ASCTA-WA (Australian Swimming Coaches and Teachers Association) and WAIS (Western Australian Institute of Sport) are excited to invite Australian and International Coaches to attend a special International Coaches' Educational Conference to be held on Monday 13th April. The conference is a new initiative by Swimming WA included in this All-Star event that aims to provide an opportunity for all WA coaches, international coaches, and any interested parties to meet and learn new skills/ tips from some of the finest coaches, nutritionists and athletes.

The Western Australian Swimming Association (Swimming WA) is responsible for the organisation and development of competitive swimming in Western Australia and in the development of programmes to provide participation opportunities for young people to experience and enjoy swimming to the level they choose. Swimming WA is the leader in the conduct of competitive swimming events in Western Australia.

Swimming WA extends a warm invitation to all swimming associations/ federations, associated clubs, schools and universities to attend the event in 2009.

All information detailed below can be found on <http://www.wa.swimming.org.au>.

Monday 13th of April 2009	
8.00am	Tea and Coffee provided
8.30am	Formal Introduction and Welcome (includes presentation from Swimming WA, Western Australian Institute of Sport, and Australian Swimming Coaches and Teachers Association WA)
9.00am	Coaching tips for Freestyle and Backstroke <i>Pool Session</i>
10.00am	MORNING TEA
10.15am	Western Australian Institute of Sport tour (including Nutritional Advice from leading WAIS Sports Nutritionists)
11.15am	LUNCH BREAK
12.15pm	Coaching tips for Breaststroke and Butterfly <i>Pool Session</i>
1.15pm	'Exercise Physiology' by Western Australian Institute of Sport representative
2.00pm	Benefits of using Underwater cameras for training by Western Australian Institute of Sport representative
2.45pm	AFTERNOON TEA
3.00pm	A panel of elite coaches available to answer questions and provide information
4.00pm	Review the day Sundowner event

Appendix A

2009 INDIAN OCEAN ALL-STARS CHALLENGE

Saturday 11 – Sunday 12 April 2009

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 _____