



2010 AUSTRALIAN OPEN WATER SWIMMING CHAMPIONSHIPS

Nagambie Lake, Nagambie VIC

Saturday 20 – Sunday 21 February 2010

EVENT INFORMATION BOOK

10/12/2009

Swimming Australia Limited Commercial and Communications 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 |
|-----------------|------------------------------------|--|
| Aaron Humphries | Event Operations Manager | aaron.humphries@swimming.org.au |
| John Keppie | Technical Manager | johnkeppie@bigpond.com |
| Greg Towle | Open Water Head Coach | greg.towle@swimming.org.au |
| Rachael Roberts | GM – Commercial and Communications | rachael.roberts@swimming.org.au |
| Lachlan Searle | Media and PR Manager | lachlan.searle@swimming.org.au |
| Ben Carter | Event Operations Coordinator | ben.carter@swimming.org.au |
| Caitlin Walsh | Event Operations Coordinator | caitlin.walsh@swimming.org.au |
| Liz Avery | Records and Events Coordinator | liz.avery@swimming.org.au |
| Dean Norbiato | Marketing and Media Executive | dean.norbiato@swimming.org.au |

1.2. Swimming Australia Calendar 2010

February

20 – 21 2010 Australian Open Water Swimming Championships Nagambie VIC

26 - 28 2010 Australian Age Multi Disability Championships Canberra ACT

March

23 – 28 2010 Telstra Australian Swimming Championships Sydney NSW

April

5 – 10 2010 Australian Age Swimming Championships Sydney NSW

23 – 25 2010 Telstra Grand Prix Sydney NSW

July

4 – 10 2010 Trans Tasman Series TBC

14 – 18 2010 Telstra Australian Short Course Championships TBC

September

18 – 20 2010 State Teams Age Short Course Championships Canberra ACT

SECTION TWO: EVENT INFORMATION

4.1. Event Details

The 2010 Australian Open Water Swimming Championships will be held at Lake Nagambie, Nagambie Victoria from Saturday 20 – Sunday 21 February 2010. The event will showcase Australia's top open water swimming talent, and is the qualifying event for the following teams:

- 2010 Open Water Swimming World Championship Team
- 2010 Open Water Swimming Pan Pacific Championships Team
- 2010 Open Water Swimming Junior Pan Pacific Championships Team
- 2010 Open Water Swimming Oceania Championships Team

4.2. Entry Procedures

Entries for the 2010 Australian Open Water Swimming Championships are **NOW OPEN**. Entries will close at 5.00pm on Friday 5 February 2010.

All entries must be lodged using the Swimming Australia online entry system. Instructions on how to use the system are available on the Swimming Australia website, at www.swimming.org.au.

Age groups are determined by the swimmer's age as at **Saturday 20 February 2010**.

Further enquiries relating to entries should be directed to Liz Avery on liz.avery@swimming.org.au or 02 6219 5600.

4.2.1. Entry fees

5k event: \$30.00
10k event: \$30.00

Appendix A – Preparing Swimmers for Open Water Events

Please take note of the prerequisites for entry to 2010 Australian Open Water Swimming Championships as set out below.

4.2.2. Open Entry Procedures

Entry to:

4. 10 kilometre events

Swimmers must have achieved the 10km qualifying times at a recognised 10km open water swimming event on or after 1st October 2008.

OR

Open swimmers who have not swum a 10km qualifying time may enter into the 10km event based on their time in the 800m freestyle for women or 1500m freestyle for men in accordance with the Open 5km & 10km Pool Qualifying Procedure. **Swimmers must be 14 years or over.**

5. 5 kilometre events

Swimmers must have achieved the 5km qualifying times at a recognised 5km open water swimming event on or after 1st October 2008.

OR

Swimmers must have achieved the 5km pool qualifying time at an approved 5km time trial on or after 1st October 2009.

OR

Open swimmers who have not swum a 5km qualifying time may enter into the 5km event based on their time in the 800m freestyle for women or 1500m freestyle for men in

accordance with the Open 5km & 10km Pool Qualifying Procedure. **Swimmers must be 14 years or over.**

4.2.3. Age Entry Procedures

Entry to:

(i) **10 kilometre events**

Swimmers must have achieved the 10km qualifying times at a recognised 10km open water swimming event on or after 1st October 2008. **Swimmers must be 14 years or over.**

(ii) **5 kilometre events**

Swimmers must have achieved the 5km qualifying times at a recognised 5km open water swimming event on or after 1st October 2008.

OR

Swimmers have achieved the 5km pool qualifying time at an approved 5km time trial on or after 1st October 2009. **Swimmers must be 13 years or over.**

4.3. Qualifying Times

4.3.1. Open Qualifying Times

| | | | |
|------------------------------|----------------------|----------------------|----------------------|
| MENS | 5KM | 5KM | 10KM |
| | Open Water QT | Pool QT | Open Water QT |
| Opens | 1 Hour 05 Min | 1 Hour 02 Min | 2 Hours 20Min |
| Open Multi Disability | 1 Hour 20 Min | 1 Hour 17 Min | NA |
| | | | |
| WOMENS | 5KM | 5KM | 10KM |
| | Open Water QT | Pool QT | Open Water QT |
| Opens | 1 Hour 10 Min | 1 Hour 07 Min | 2 Hours 30Min |
| Open Multi Disability | 1 Hour 25 Min | 1 Hour 22 Min | NA |

4.3.2. Criteria for an approved 5km pool time trial

To achieve an approved 5km pool time trial a swimmer must swim a continuous 5km swim under the designated qualifying time in a 50m pool.

The swim must have an official starter and referee present who sign off on the final results.

Time trial information for the claimed performance (date, location, name of swimmer and club) as well as the contact details for the swimmers home coach must then be submitted to the State Association and forwarded to the National OWS Coach where they will be recorded in a National Data Base.

4.3.3. Open 5km & 10km Pool Qualifying Procedure

Athletes who have not swum a 5km or 10km event to achieve an entry time in the qualifying period but who have meet the following electronically timed verifiable pool standards may enter the Open 5km & 10km events. Qualifying time must be achieved on or after 1st October 2008.

Pool Standards

Men's 1500m qualifying time of 16:00.00 minutes;
 And
 Women's 800m qualifying time of 9:00.00 minutes.

4.3.4. Age Qualifying Times

| BOYS | 5KM | 5KM | 10KM |
|-------------------|----------------------|----------------------|----------------------|
| AGE | Open Water QT | Pool QT | Open Water QT |
| 17/18Years | 1 Hour 05 Min | 1 Hour 02 Min | 2 Hours 20Min |
| 16 Years | 1 Hour 07 Min | 1 Hour 04 Min | 2 Hours 20Min |
| 15 Years | 1 Hour 09 Min | 1 Hour 06 Min | 2 Hours 25Min |
| 14 Years | 1 Hour 11 Min | 1 Hour 08 Min | 2 Hours 30Min |
| 13 Years | 1 Hour 13 Min | 1 Hour 10 Min | NA |
| | | | |
| GIRLS | 5KM | 5KM | 10KM |
| AGE | Open Water QT | Pool QT | Open Water QT |
| 17/18Years | 1 Hour 10 Min | 1 Hour 07 Min | 2 Hours 30Min |
| 16 Years | 1 Hour 12 Min | 1 Hour 09 Min | 2 Hours 30Min |
| 15 Years | 1 Hour 14 Min | 1 Hour 11 Min | 2 Hours 35Min |
| 14 Years | 1 Hour 16 Min | 1 Hour 13 Min | 2 Hours 40Min |
| 13 Years | 1 Hour 18 Min | 1 Hour 15 Min | NA |

See above for criteria on 5km pool time trials.

4.4. Race Program and Briefings

4.4.1. Pre-Race Briefings

There will be a compulsory pre-race briefing for all competitors prior to each event. Athlete briefings will be held at the competition venue, on the grassy area between the Regatta Centre Building and water entry/exit point. Briefing times are listed in the detailed program below.

Coaches and handlers (10km events) are encouraged to join athletes at briefings. All instructions concerning the course, water conditions, and other relevant matters will be detailed by the race referee at this time. The Course Officer at the briefing will also provide full directions of the course.

4.4.2. Detailed Program

Friday 19 February 2010

Pre meet Training: 3.00pm – 6.00pm

Saturday 20 February 2010

| | |
|---------------------------|-------------------------------------|
| Event 1 | Men's Open 10km (Selection Event) |
| Registration | 7.00am |
| Pre-race Briefing | 7.30am |
| Event 1 Race Start | 8.00am |
| Event 2 | Women's Open 10km (Selection Event) |
| Registration | 9.30am |
| Pre-race Briefing | 10.00am |
| Event 2 Race Start | 10.30am |

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| | |
|---------------------------|---------------------------------|
| Event 3 | Boy's 18 & 17 and 16 Years 5km |
| Event 4 | Girl's 18 & 17 and 16 Years 5km |
| Registration | 12.00pm |
| Pre-race Briefing | 12.30pm |
| Event 3 Race Start | 1.00pm |
| Event 4 Race Start | 1.15pm |

| | |
|-------------------|-------------------------------|
| Event 5 | Boy's 15, 14 and 13 Years 5km |
| Registration | 1.45pm |
| Pre-race Briefing | 2.15pm |
| Race Start | 2.45pm |

| | |
|-------------------|--------------------------------|
| Event 6 | Girl's 15, 14 and 13 Years 5km |
| Registration | 3.15pm |
| Pre-race Briefing | 3.45pm |
| Race Start | 4.15pm |

Sunday 21 February 2010

| | |
|---------------------------|----------------------------------|
| Event 7 | Men's Open 5km (Selection Event) |
| Event 8 | Men's Open MD 5km |
| Registration | 7.00am |
| Pre-race Briefing | 7.30am |
| Event 7 Race Start | 8.00am |
| Event 8 Race Start | 8.00am |

| | |
|----------------------------|------------------------------------|
| Event 9 | Women's Open 5km (Selection Event) |
| Event 10 | Women's Open MD 5km |
| Registration | 8.30am |
| Pre-race Briefing | 9.00am |
| Event 9 Race Start | 9.30am |
| Event 10 Race Start | 9.30am |

| | |
|----------------------------|---|
| Event 11 | Boy's 18 & 17, 16, 15 and 14 Years 10km |
| Registration | 10.00am |
| Pre-race Briefing | 10.30am |
| Event 11 Race Start | 11.00am |

| | |
|----------------------------|--|
| Event 12 | Girl's 18 & 17, 16, 15 and 14 Years 10km |
| Registration | 12.30pm |
| Pre-race Briefing | 1.00pm |
| Event 12 Race Start | 1.30pm |

Please note that start times may be adjusted due to increased numbers of competitors entered (5km events).

Disclaimer

Swimming Australia Limited and any other event organisers will not be held liable for any costs and expenses incurred by any person following cancellation of an event outlined in this Event Information Book. This limitation of liability includes but is not limited to any costs and expenses incurred by any members, participants, families and friends of members and participants, coaches, administrative personal or medical staff of state associations or individual swimming clubs in respect of the cancelled event.

Appendix B – Program of Events

4.5. By-Laws and Race Rules

The 2010 Australian Open Water Swimming Championships will be conducted under the Australian Open Water Swimming Championships By-Laws and SAL Open Water Swimming Rules (December 2009). These By Laws are still in the process of being approved by the SAL Board and will be available on the SAL website. Please contact Swimming Australia on (02) 6219 5600 or swim@swimming.org.au if you have any enquiries regarding the By-Laws.

Course Marshals will observe swimmers, with any infraction of the Rules being reported to the Referee during the event. Warnings for infractions may be issued during the event, but non-observance of the rules could lead to disqualification.

4.5.1. Swimmers' Starting Instructions

- At one (1) minute intervals from five (5) minutes before the Start of the event swimmers will receive a warning that the start is imminent.
- Swimmers may enter the water and take up their pre-determined starting positions (if allocated) at the five (5) minute warning.
- The Referee will signal to the swimmers that the Start is imminent by a raised flag and short blasts on a whistle. When satisfied that all is in order, the Referee will point the flag at the Starter indicating that the competition may commence.
- The Starter, on signal of the Referee, will raise a distinctive flag to the vertical position. The Starter shall simultaneously bring the flag holding arm down, with the arm straight and activate an audible signal (pistol shot).
- If, in the opinion of the Referee, an unfair advantage has been gained at the start, a yellow or red flag will be given.

4.5.2. Race Finish

- The cut-off time limit will commence countdown after the first swimmer in each competition has finished. Cut-off times shall be advised at the pre-race briefing.
- The referee has the authority to stop the race for safety reasons. The referee can also withdraw a swimmer from the water if he believes that the swimmer will not complete the distance, or will not finish within the prescribed cut-off time.
- If you withdraw or fail to complete the designated course for any reason, you must report in person to the Medical Personnel for examination. After release from the medical area, you must report in person to the Chief Recorder to have your competitor number recorded. This process is mandatory - please do not leave the area without reporting to the Recorders.

4.5.3. Escort Craft

- For all events, safety/security craft will be in attendance and individual escort craft are not permitted.

4.5.4. 10km Event

- A designated feeding area will be provided for the feeding of swimmers during this event. This area will be the only place on the course where a swimmer may be fed.
- Each swimmer is allowed one (1) handler, who will be required to check in with the swimmer at the time of registration. Once registered, the handler will be given an event specific wrist band. Failure to display this wrist band will mean that the handler will be denied access onto the pontoon.
- All entrants are responsible for organising their own handlers.

4.6. Behavioural Guidelines

Swimming Australia is proud to lead the way in providing a safe and harassment free sporting environment for all members. Persons involved in any way with the sport of swimming are

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therefore expected to adhere to the standard of behaviour outlined in the SAL Behavioural Guidelines.

Swimming Australia promotes its behavioural guidelines to all people involved with the sport of swimming, particularly those responsible for activities involving members under the age of 18 years. The behavioural guidelines highlight the principles and values of Swimming Australia, and are the core principles of the Swimming Australia Member Welfare and Child Welfare Policies.

A complete copy of the Behavioural Guidelines, Swimming Australia Member Welfare Policy, and Swimming Australia Child Welfare Policy can be found at www.swimming.org.au under About Us > Policies, Procedures and Rules.

4.7. Team Selection

The following teams will be selected from the 2010 Australian Open Water Swimming Championships:

- i. 2010 Open Water Swimming World Championship Team
- ii. 2010 Open Water Swimming Pan Pacific Championships Team
- iii. 2010 Open Water Swimming Junior Pan Pacific Championships Team
- iv. 2010 Open Water Swimming Oceania Championships Team

Please refer to the Swimming Australia website to access the selection criteria for each of the above teams. These can be found under High Performance > Selection Criteria

4.8. Pre Meet Training

Pre meet training will be take place on Friday 19 February from 3.00pm – 6.00pm at the venue. A designated swimming area will be outlined for athletes undertaking pre meet training.

Please see a Swimming Australia staff member before entering the water as course set-up will still be taking place.

4.9. Registrations

The SAL registration marquee will be located near the café on the grass area at the south-eastern corner of the Regatta Centre Building.

Registrations close fifteen (15) minutes before the advertised start of each event on each day.

All competitors are advised to:

- * Ensure that all acrylic nails have been completely removed
- * Ensure that their finger nails and toe nails have been trimmed so that they do not extend passed the tip of the finger/toe
- * Leave both shoulders and upper left and right arms free of grease or sunscreen, as their competitor number will be stamped on these areas. Care should be taken when applying grease to ensure that the competitor numbers remain **legible**.
- * Ensure that they present themselves to registration in their race costumes.

4.10. Results and Awards

Medals will be awarded to 1st, 2nd, and 3rd place for all events.

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In events where there is more than one age group medals will be awarded in each age group.
(Note:17/18 is a single age group)

Medal presentations will take place after medallists have been confirmed for an event, and all competitors in that event have completed the course.

Official results will be posted on the Swimming Australia website as soon as practical following the completion of each race.

Please note that full results may not be available on-site on the day of the race taking place.

4.11. Merchandise

A limited amount of official merchandise will be available at the 2010 Australian Open Water Swimming Championships, so please ensure that you get in early to avoid disappointment.

SAL will commence selling merchandise from Saturday 28 February 2010, and will continue selling until all stock is SOLD OUT. The merchandise range will include an exclusive AOWC hoodie and drink bottle.

4.11.1. Prices

AOWC Hoodie: \$50.00
AOWC Drink Bottle: \$10.00

The merchandise marquee will be located next to the SAL registration marquee at the venue.

4.12. Medical Information

4.12.1. Event First Aid

Aquatic Rescue Management (ARM) will manage First Aid and Emergency Medical Services during the event. ARM will provide one qualified paramedic and all medical supplies. Two Level 2 Sports Trainers have also been sourced from Sports Medicine Australia to provide assistance to ARM.

A first aid marquee will be set up near the start/finish area, with medical personnel on standby to provide assistance to athletes as they leave the water. A private first aid room is also available on the first floor of the Regatta Centre Building should athletes require further attention.

4.12.2. Local Medical Facilities

| | |
|---|--|
| Nagambie Medical Centre Cnr High and Vale Streets Nagambie, VIC 3608 Phone: (03) 5794 1816 | Nagambie Hospital 22 Church Street Nagambie, VIC 3608 Phone: (03) 5794 2666 |
|---|--|

4.12.3. Australian Sports Anti Doping Authority (ASADA)

Please be aware that random Drug Testing may be conducted by the Australian Sports Anti-Doping Authority (ASADA). A portable temporary office will be installed at the venue for ASADA testing purposes. The office will be located on the grass at the south-western end of the Regatta Centre Building.

Please see the Drug Testing Procedures in the Appendices of this document for further information.

Appendix C – ASADA Drug Testing Procedures

4.12.4. Heat and Sun Protection

Competitors and spectators are advised to take all possible precautions to protect themselves from the heat and sun. Temperatures at Nagambie Lakes regularly exceed 30°C in summer, and all personnel attending the event are advised to wear adequate sun protection and rehydrate regularly.

SAL would also like to advise that very limited fixed shade options are available at Nagambie Lakes Regatta Centre. Flat grassed areas exist along most of the northern end of the course, and spectators/competitors are advised to bring portable shade options (marquees, beach umbrellas, etc) to protect themselves from the sun.

PLEASE NOTE: The venue permits the use pegs/stakes (maximum length of 30cm) to anchor marquees.

SECTION THREE: VENUE INFORMATION

3.1. Car Parking

Car Parking is available in the permit car parking area, located closest to the Regatta Centre Building. To access the car park, follow Loddings Lane towards the Nagambie Lakes Leisure Park and turn right through the main entry gates of the Regatta Centre.

Parking attendants will be on site to manage the parking area and assist with directing traffic.

If required, overflow parking is available in the Loddings Car Park, located on the right hand side after turning into Loddings Lane. Please note that the entry gates to this car park will only be opened once the main car park is full.

Appendix D – Venue Maps

3.2. Venue Location

Nagambie Lakes Regatta Centre (NLRC) is located in Strathbogie Shire, approximately 140km from the Melbourne CBD. The NLRC is situated:

- 2 minutes from Nagambie Town Centre
- 90 minutes from Melbourne CBD

Appendix E – Location Map

3.3. Accommodation and Transport

3.3.1. Accommodation Guide (ACCOR)

No Accor properties are situated within close proximity to the venue.

Limited accommodation is available in Nagambie, located a few minutes drive from the Regatta Centre.

Accommodation options close to the venue are sure to fill up quickly, so please ensure that you secure your accommodation as soon as possible.

3.3.2. Thrifty Discount Vehicle Hire



Do you want cheaper car rentals?

As a swim club you are able to access Swimming Australia's preferential booking rate.

You can book either over the phone

- ✓ Simply call Thrifty's TOLL FREE Reservations number **1300 365 564** and quote Swimming Australia's Corporate Discount (CD) number **4908000817**

or on the internet

- ✓ For direct access to Thrifty's booking page and Swimming Australia's preferential rates, please click on the hyperlink below:

<http://www.thrifty.com.au/ResStep1?cd=4908000817>

Bookings may also be made via Thrifty's website www.thrifty.com.au then clicking on "Corporate" at the top right and entering the CD number in the "Corporate CD #" box and click "Continue".

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3.4. Further Information

For further information regarding the 2010 Australian Open Water Swimming Championships, please visit the Swimming Australia website www.swimming.org.au, or contact the Swimming Australia Commercial & Communications Unit on (02) 6219 5600.

SECTION FOUR: APPENDICES

4.1. Appendix A – Preparing Age Swimmers for Open Water Swimming Events

In preparation for the Australian Open Water Swimming Championships, we suggest that coaches, swimmers and parents consider a number of issues in order to safely prepare for a successful meet. These may include:

QUESTIONS:

- What will the water temperature be?
- What are the expected weather conditions?
- What are the arrangements for feeding an athlete during the race? Are there pontoons, will I be able to wade out, are there specific feeding areas or will there be nothing at all?
- What does the course look like?
- What are the water conditions, is it flat, is it rough, and is it tidal?

EQUIPMENT:

- Wool fat (lanolin) (Its application helps to reduce the loss of body heat in cold water)
- Vaseline helps with a number of things from reducing costume rub to providing an insulating or protective layer on the skin.
- Sun Screen
- Latex gloves. For the application of the above substances.
- Old towels or rags for removing the above substance on completion of the race,
- Sufficient hydration (Pre race, during race, and post race)
- Sufficient food and or Carbo Shots (Pre race, during race, and post race)
- Warm clothes, including closed shoes, beanie and spare towels or a blanket.
- Esky, feed sticks, cups and or bottles.

STRATEGIES:

- Have your swimmers trial different eating strategies and or products at training prior to racing. There are many brands of Carbo shots and sports drinks on the market, however tastes and consistency vary. Find out what works for your swimmer.
- If you are expecting to compete in cold water, then attempt to have your swimmers do some training or acclimatisation work in cold water during their preparation.
- Spend some time with your swimmer practicing how to feed. This can include taking a drink or Carbo Shot. Remember this is a skill, and if done well can save a lot of time and ensure a swimmers ability to continue.
- If you have the space and/or time, practice turning around a buoy. Simulate the angles and directions you will be racing.
- When and where possible, encourage you're swimmers to participate in Club or State open water swimming events or even weekend surf races. Don't be afraid to expose younger swimmers to open water swimming, as there are many shorter races also available.

These are just a few of the things you need to consider when preparing a swimmer for open water events. I hope that this has addressed some of the reoccurring questions asked by swimmers, parents and coaches.

*Prepared by Greg Towle, Swimming Australia Open Water Swimming Head Coach
February 2007*

4.2. Appendix B – Program of Events

2010 AUSTRALIAN OPEN WATER SWIMMING CHAMPIONSHIPS NAGAMBIE LAKES REGATTA CENTRE SATURDAY 20 – SUNDAY 21 FEBRUARY 2010

Friday 19 February

Training: 3.00pm – 6.00pm

Saturday 20 February

- Day 1:**
1. Men's Open 10km
(Selection Event) (8.00am)
 2. Women's Open 10km
(Selection Event) (10.30am)
 3. Boy's 18 & 17 and 16 Years 5km
(1.00pm)
 4. Girl's 18 & 17 and 16 Years 5km
(1.15pm)
 5. Boy's 15, 14 and 13 Years 5km
(2.45pm)
 6. Girl's 15, 14 and 13 Years 5km
(4.15pm)

Sunday 21 February

- Day 2:**
7. Men's Open 5km
(Selection Event) (8.00am)
 8. Men's 5km MD **(8.00am)**
 9. Women's Open 5km
(Selection Event) (9.30am)
 10. Women's 5km MD **(9.30am)**
 11. Boy's 18 & 17, 16, 15 and 14 Years 10km
(11.00am)
 12. Girl's 18 & 17, 16, 15 and 14 Years 10km
(1.30pm)

Please note: Swimsuit restrictions apply to all Age Group Events as per Australian Championship By Law CBL 14. Age Group Swimsuit restrictions do not apply in open events.

Selection for World Championships, Pan Pacs, Junior Pan Pacs and Oceania Championships will be selected from the open events only as per the selection criteria.

PLEASE NOTE THAT START TIMES MAY BE ADJUSTED DEPENDANT ON ENTRY NUMBERS

4.3. Appendix C – ASADA Drug Testing Procedures

Random drug testing may occur at all Australian Championships and Selection Trials. So that you may be better informed on the procedures involved in drug testing, the Australian Sports Anti-Doping Authority (ASADA) has contributed the following guidelines, which apply to swimmers selected to undergo a drug test. Please note blood samples may be required along with standard urine samples.

Changes to the Prohibited List

From 1 January 2005 there were some minor changes made to the list of prohibited substances for all sports, including swimming. For more information on these changes please visit the ASADA website (www.asada.org.au) or ring the drugs in sport hotline on **1800 020 506**.

General Guidelines

ASADA is an independent body responsible for drug testing athletes in and out of competition. ASADA is responsible for selecting athletes for a drug test including winners, placegetters and unplaced competitors. These selections may be made from either the heats or finals of any event. During events all ASADA officials must wear uniform and identification badges. If you are selected for a drug test the following will occur:

- Immediately after the event a chaperone will notify you of your selection and indicate the type of test that will be required. I.e. urine and/or blood. The chaperone will provide you with an Anti-Doping Information Card outlining the testing procedures and your rights in relation to the test. You will be asked to sign a notification form acknowledging receipt of this information sheet and or your notification for a drug test.
- 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.
- You are entitled to have a representative present (generally your manager or coach). The chaperone will accompany you to notify your manager, coach or other people you wish to inform, eg family. If you are providing a blood sample or are under 18 years of age, the presence of an adult representative is strongly recommended.
- As soon as possible after completing your event you must accompany the chaperone to the Drug Control Area and report to the Drug Control Official (DCO) who is supervising the testing.
- You should not consume any unsealed drinks. You will be provided with sealed drinks when you report to the Drug Control Area. 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.

URINE ONLY

- When you feel ready to provide a urine sample you must notify the DCO.
- The DCO will ask you to select a sample collection container, which you should ensure is sealed.
- A chaperone of the same sex will accompany you to the toilet and in direct view, witness you providing a urine sample of at least 80ml.
- Until the urine sample is sealed you are the only person to handle the container.
- You will be asked to select a sample collection kit, consisting of "A" and "B" labelled containers, which will hold, identify, and secure your sample.
- You must check the sample collection kit and ensure its containers are secure and correctly labelled and have not been opened or tampered with.
- You will pour a measured amount of your urine sample into each of the "A" and "B" labelled containers. You will then secure the samples within the sample collection kit.
- The DCO completes the Doping Control Form, recording contact information and recording the kit numbers. You will be asked to declare any medications you have taken in the past week.
- Both you and your representative must check the information and numbers and, if satisfied, sign the form.

Swimming Australia Limited Commercial and Communication Unit

- You will be given a copy of the form for your records. The laboratory will be sent only the section detailing the sample, seals and medications to protect your privacy.
- You are then free to go. The samples will be sent to the IOC accredited laboratory and the results will be sent to you approximately 4-5 weeks after the test. The sample will be screened for banned substances in accordance with Swimming Australia Ltd Anti-Doping Policy.

URINE and/or BLOOD

- All procedures relating to the collection of urine stated above apply for blood and urine samples with the exception that 120ml of urine may be required.
- Blood samples will be collected by a qualified phlebotomist and observed by the swimmer's representative and the ASADA DCO.
- The swimmer will select a kit of blood drawing equipment and a sample collection kit labelled "1" and "2". A total of 12ml of blood will be withdrawn from the swimmers non-preferred arm into the two vials no earlier than 30 minutes following an event or strenuous exercise.
- Please note that the regeneration of this amount of blood will occur within 30 minutes.
- The swimmer is required to seal the vials into the collection containers labelled "1" and "2".
- Paperwork is completed as per the urine sample collection procedure.

OUT OF COMPETITION TESTING

All Dolphin 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.

- An athlete may be notified in person, by telephone or in writing and the sample collection session will be run by an ASADA official or an official from an authorised testing agency.
- Sample collection will be arranged for a specified time at a designated testing venue, usually within 24 hours of notification, for example after training or in the evening.
- Sample collection may also be arranged on a no-advance-notice basis. In this instance the athlete will be notified in person by an ASADA official or an official from an authorised testing Agency. Notification may take place at a training session, and in some instances athletes may be contacted at their house or place of work. The athlete will be chaperoned from the time of notification until sample provision.
- Samples may include urine and/or blood.
- Where ASADA conducts the sample collection, the procedures are in accordance with the ASADA Act and Regulations.
- Where an authorised testing Agency conducts the sample collection, the procedures are in accordance with the Regulations of that Agency.
- Sample collection may be conducted at the request of FINA or a sample collection Agency.
- When ASADA conducts the sample collection at the request of FINA or a testing Agency, testing will be carried out in accordance with agreed sample collection procedures.
- Elite athletes have responsibilities, which they are obliged to fulfil when notified of a short-notice out-of-competition test. These are outlined in the Anti-Doping Information Card available from ASADA.

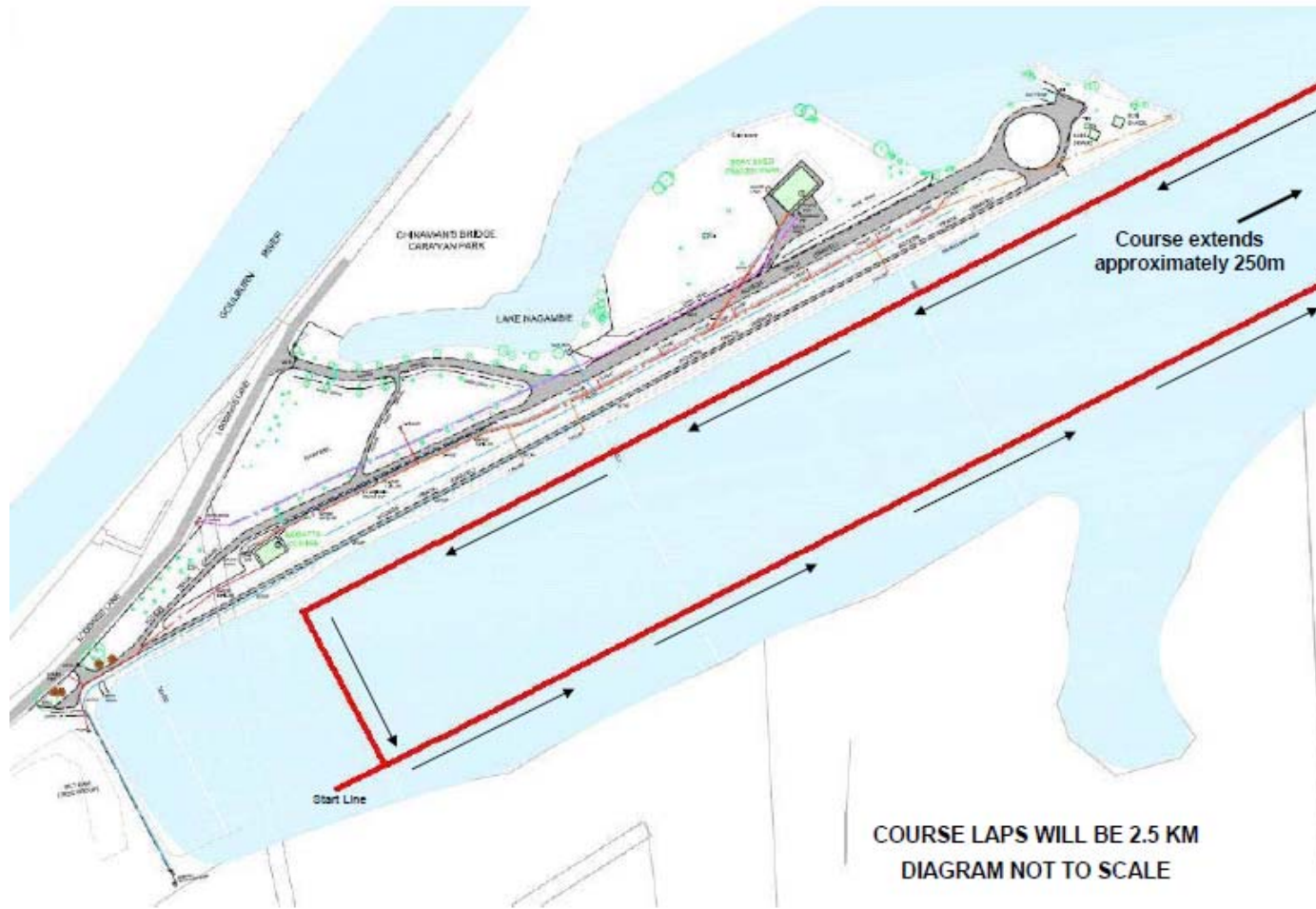
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|----------------------------|
| FURTHER INFORMATION |
|----------------------------|

If you require further information on which drugs are permitted in sport, you can call the **Drugs in Sport Hotline** from Mon to Fri 9am-5pm on **1800 020 506**. This is a free call and all calls are treated confidentially.

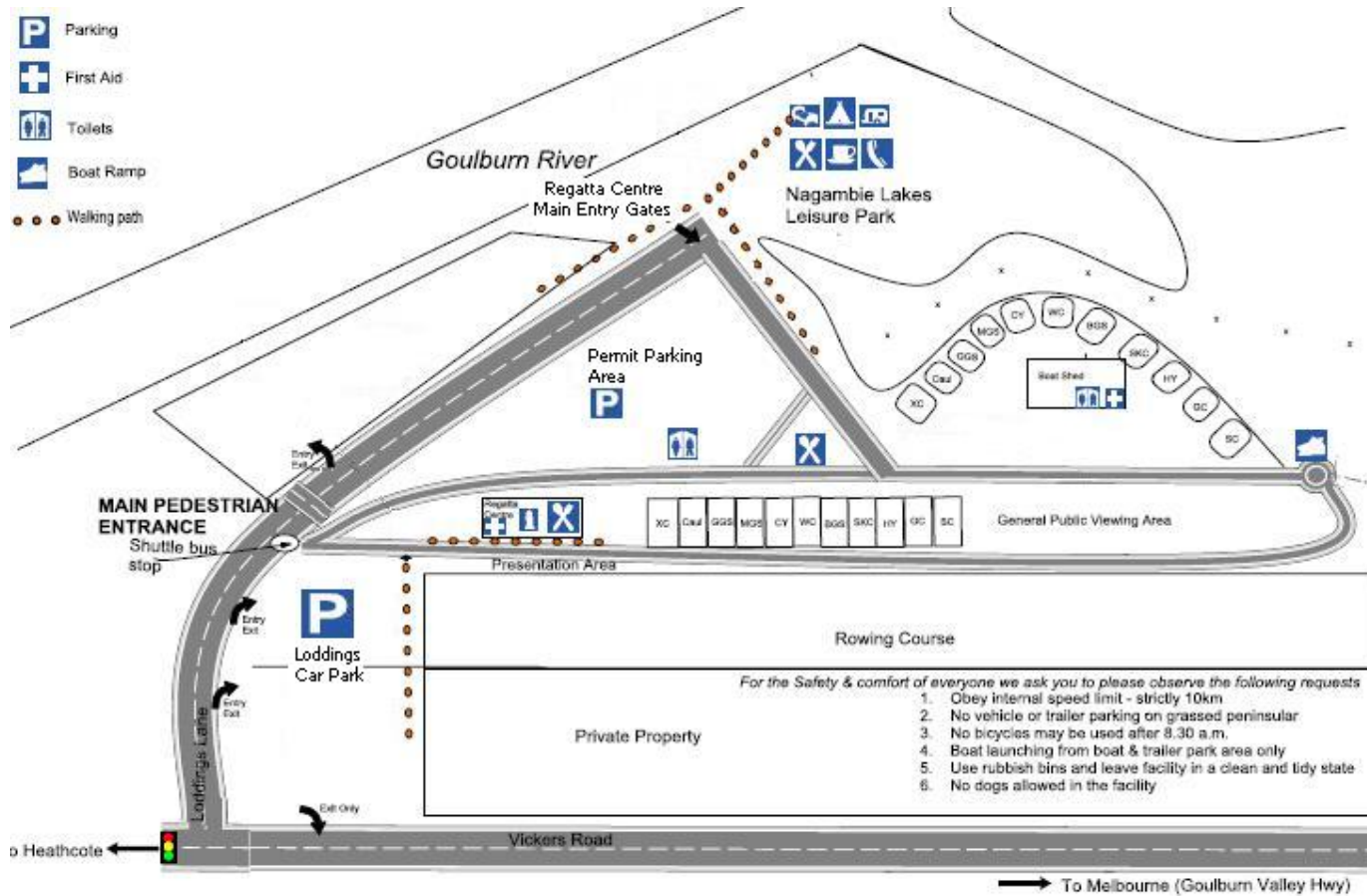
The ASADA website (www.asada.org.au) has a large range of anti-doping related information, including an online searchable list of permitted medications and is a great resource for athletes who have questions about drugs in sport.

4.4. Appendix D – Venue Maps

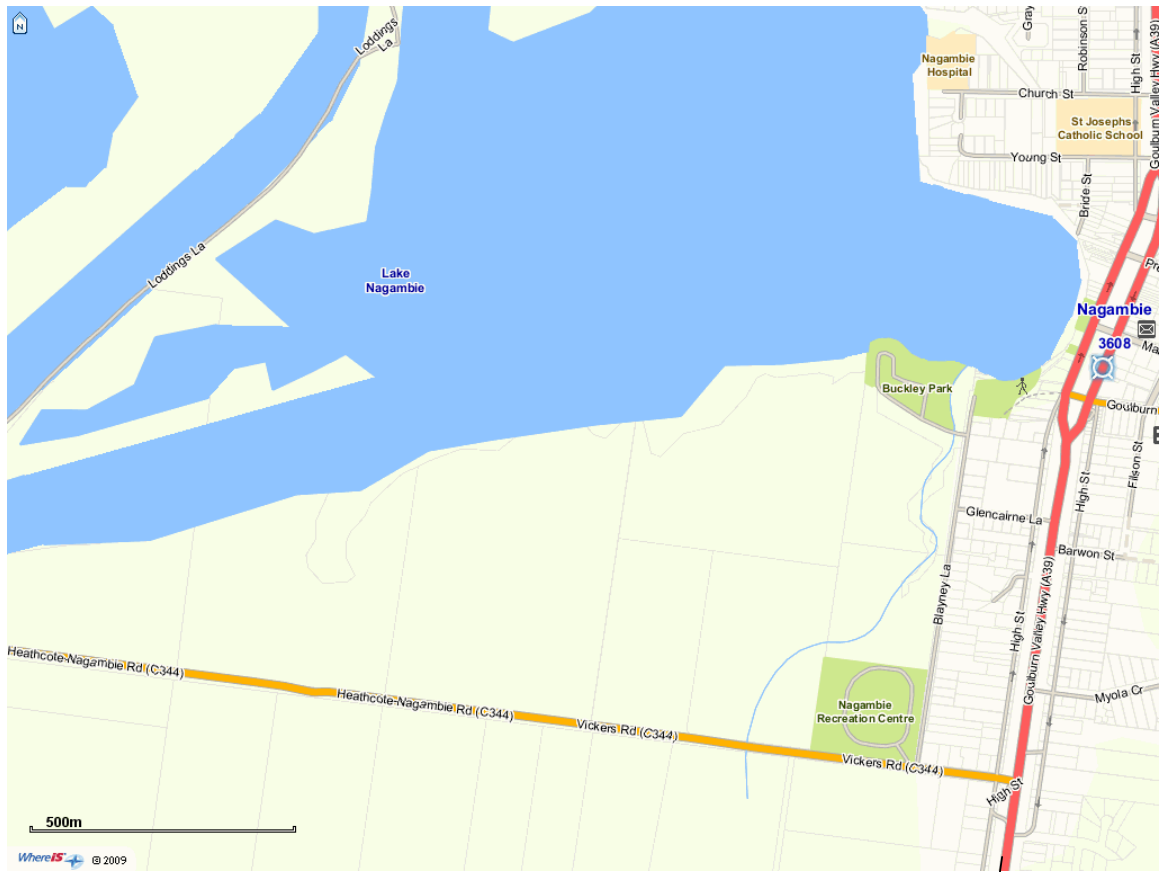
2010 Australian Open Water Swimming Championships
PROSPECTIVE COURSE MAP



2010 Australian Open Water Swimming Championships REGATTA CENTRE PARKING AND FACILITIES MAP



4.5. Appendix E – Venue Location Map



TO MELBOURNE