



EVENT INFORMATION BOOK

**2009 AUSTRALIAN AGE MULTI-DISABILITY
SWIMMING CHAMPIONSHIPS**

Friday 23 - Sunday 25 January 2009

Australian Institute of Sport, Canberra

IMPORTANT NOTE:

Any updates/amendments to this booklet will be posted on the SAL website in the same location this booklet can be found.



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

2009 Australian Age Multi-Disability Swimming Championships

Principal Sponsor



Australian Government
Australian Sports Commission



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The ASADA website (www.asda.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..... 23

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SECTION ONE: GENERAL INFORMATION

1.1 SWIMMING AUSTRALIA EVENT STAFF

Name	Position	E-mail Contact
Rachael Roberts	Marketing & Events Manager	rachael.roberts@swimming.org.au
Aaron Humphries	Event Operations Manager	aaron.humphries@swimming.org.au
Brendan Keogh	Paralympic Head Coach	brendan.keogh@swimming.org.au
John Keppie	Technical Manager (Pool)	johnkeppie@bigpond.com
Pip Genge	Event Operations Coordinator	pip.genge@swimming.org.au
Ben Carter	Event Operations Coordinator	ben.carter@swimming.org.au
Liz Avery	Records & Events Coordinator	liz.avery@swimming.org.au
Dean Norbiato	Marketing & Communications Coordinator	dean.norbiato@swimming.org.au
Melanie Jenkins	High Performance PPP Coordinator	melanie.jenkins@swimming.org.au
Kurt Hanson	Media Director	kurt.hanson@hansonmediagroup.com.au

1.2 SWIMMING AUSTRALIA CALENDAR 2009

January

15 - 18	2009 Australian Youth Olympic Festival	Sydney
23 - 25	2009 Australian Age Multi-Disability Swimming Championships	Canberra

February

28 – 2 March	2009 Australian Age & Open Water Swimming Championships	Sydney
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March

17 - 22	2009 Telstra Australian Swimming Championships	Sydney
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April

13 - 18	2009 Australian Age Swimming Championships	Sydney
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May

16 - 17	2009 Telstra Grand Prix 1	Canberra
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June

20 – 21	2009 Telstra Grand Prix 2	Melbourne
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August

8 - 12	2009 Telstra Australian Short Course Championships	Hobart
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September

18 - 20	2009 State Teams Age Short Course Championships	Canberra
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SECTION TWO: EVENT INFORMATION

2.1 OVERVIEW

The 2009 Australian Age Multi-Disability Swimming Championships will be held at the Australian Institute of Sport, Canberra from Friday 23 to Sunday 25 January 2009.

All information detailed below can be found at www.swimming.org.au under Events > Calendar section.

2.2 ENTRY PROCEDURES

Entries close direct with Swimming Australia on **Wednesday 7 January 2009**.

Entries must be lodged on SAL Multiple Entry Cards. Entry fees are **\$20.00 per individual** event with cheques made payable to Swimming Australia.

Entries to be sent to:

Liz Avery, Swimming Australia PO Box 3286 Belconnen ACT 2617.

Late Entries will not be accepted.

Age groups are determined by the swimmer's age as at **23 January 2009**.

2.3 COMPETITION FORMAT

All events will be timed finals with medals being awarded to 1st, 2nd, 3rd place according to the Swimming Australia Multi Disability format.

The event will be conducted as long course. Qualifying times must have been achieved in a 50m pool and must have been achieved after January 1 2008.

2.4 CLASSIFICATION

This event is open to all swimmers with a disability in S1 – S16 classifications who make the qualifying times and are members of a swim club affiliated with a State Association.

Swimmers must be able to satisfy Swimming Australia that their classification is correct. Swimmers are required to hold an SAL Swimmers with a disability ID card.

2.5 PRE MEET TRAINING TIMES

Thursday 22 January 3.00pm – 5.00pm 50m pool and 25m pool

2.6 SESSION TIMES

Friday 23 January – Sunday 25 January

Session 1: 10.00am (Warm up 9.00am – 9.45am)

Session 2: 3.00pm (Warm up 2.00pm – 2.45pm)

2.7 WARM UP PROCEDURE

The following general pool procedures for the **MAIN COMPETITION POOL** must be observed throughout the meet:

- Lanes 1 & 8 are reserved for dive sprints and walk backs. Swimmers must clear the lane immediately, and must use caution when doing Backstroke starts. These lanes will be Sprint Lanes 25 metres from the Start / Finish end and Sprint lanes 15 metres from the turn end of the pool.
- Lane 2 & 7 are reserved for 50 metre pace swimming one way.
- Lanes 3 - 6 are reserved as circle swimming lanes only.

The following general pool procedures for the **UTILITY POOL** (25m) must be observed throughout the meet:

- Lanes 1 – 8 are designated for the duration of the meet as circle swimming lanes.

In addition to the procedures above be aware of announcements to determine lane usage throughout the meet, as usage may vary at the discretion of the Technical Manager and Meet Manager.

Appendix A – Warm-Up & Warm-Down Procedures

2.8 PUBLIC ADMISSION TO MEET

No entry fee will be charged for this event, however it should be noted that seating is limited in this venue.

2.9 PARKING

Ample parking is available at Australian Institute of Sport car parks, off Leverrier Cres, Bruce.

A parking fee of \$5.00 per vehicle, may apply on Sunday 25 January only, due to a Canberra Transact Capitals Basketball home game being held concurrently at the AIS Arena.

Appendix B – Australian Institute of Sport Parking Map

2.10 ACCREDITATION

SAL will be implementing a photo accreditation system for the 2009 Australian Age Multi-Disability Swimming Championships. A '**no pass, no entry**' policy will be enforced for the event.

Please note: If you have previously submitted a passport photograph, or had your photo taken at an event since July 2005, **you do not need to re-send a photograph**. In addition, if you have previously submitted a Photograph Release Form to the SAL Events Unit **you do not need to re-submit this form** as all forms previously submitted are kept on file. Should you wish to update your photo, this can be done by completing a new Photograph Accreditation Release form, and following the instructions below.

2.10.1 PROCEDURES FOR SUBMITTING PHOTOGRAPHS FOR ACCREDITATION

E-mail:

E-mail a passport size photograph in jpeg format to Ben Carter of the SAL Marketing & Events Unit, at: accreditation@swimming.org.au

Note: ensure that the file is **no larger than 500kb** and no smaller than 100kb

Post:

Post a recent passport photograph to the SAL Marketing & Events Unit, Swimming Australia Ltd., P.O. Box 3286, BELCONNEN, ACT 2617

Photo Accreditation Release Form:

Whether you e-mail or post your passport photograph, a Photo Accreditation Release Form must be completed and returned to the SAL Marketing & Events Unit, Swimming Australia Ltd., P.O. Box 3286, BELCONNEN, ACT 2617

Photo Accreditation due date **Friday 9 January 2009**.

Appendix C – Photo Accreditation Release Form

2.10.2 LOST OR MISPLACED ACCREDITATION PASSES

If Accreditation passes are lost or misplaced, replacement passes are available for purchase at **\$25.00 per pass**. A \$10.00 refund will be returned if the lost or misplaced accreditation is found and produced at the Accreditation desk.

2.11 TEAM LEADERS MEETING

All clubs are required to send at least one representative to the Team Leaders Meeting at 4pm on Thursday 22 January 2009.

This meeting will be held in the GP Room, upstairs at the Australian Institute of Sport Pool and is the final opportunity for managers and coaches to lodge any withdrawals or corrections.

Any updated information in relation to the conduct of the championships will be available at the meeting. All team managers should be present at this meeting.

2.10 PROGRAMS

The Event Program will be available for sale from the pool from Thursday 22 January at 2pm.

2.11 MERCHANDISE

No merchandise will be available at this event.

2.12 ACCOMMODATION



ACCOR DISCOUNTED ACCOMMODATION GUIDE



As a sponsor of Swimming Australia, Accor is offering swimming members the opportunity to **book accommodation at a discounted rate***. See below for details on how to book accommodation at one of the three Accor properties in proximity of the Australian Institute of Sport.

2.12.1 INDIVIDUAL TRAVEL

- **Phone bookings** : Call 1300 65 65 65 and quote 'Swimming Australia' or SC Number 755168127
- **Online bookings**: Click on - [Accor Discounted Rate](#)
Or
Visit www.accorhotels.com , select 'Company with a contract' and then 'Search'. Enter **SC755168127** and Contract number **354882**

2.12.2 GROUP TRAVEL (MORE THAN 3 ROOMS)

- All group bookings (more than 3 rooms) are to be booked via the Accor Account Manager – Nick Clarke
Phone: 02 9280 9539 Email: Nick.Clarke@accor.com

2.12.3 CANBERRA ACCOR PROPERTIES

Novotel Canberra
65 Northbourne Ave, Canberra, 2600
Telephone: (02) 6245 5000
Fax: (02) 6245 5100
E-mail: H2796@accor.com

Olims Hotel Canberra an All Seasons Hotel
Cnr Ainslie & Limestone Ave, Braddon, 2618
Telephone: (02) 6243 0000
Fax: (02) 6243 00001
E-mail: stay@olimshotel.com

Hotel Formule 1 Canberra
Cnr Federal Hwy & Antill St, Watson 2602
Telephone: (02) 6253 9020
Fax: (02) 6253 9060
E-mail: F5856-RE@accor.com.au

**These rates will always be up to 10% better than any publicly available rate*

2.13 BY-LAWS FOR THE CONDUCT OF AUSTRALIAN CHAMPIONSHIPS

The 2009 Australian Age Multi-Disability Swimming Championships will be conducted under the By-Laws for the Conduct of Australian Championships (June 2008) and Swimming Australia SWD Rules. Please contact Swimming Australia on (02) 6219 5600 or swim@swimming.org.au if you have any enquiries with regard to the By-Laws.

2.14 MEDICAL INFORMATION

2.14.1 EVENT FIRST AID

A Level 2 Sports Trainer will be available to athletes during all competition sessions of the event. The Sports Trainer will be situated in the Pool First Aid Room during warm-up and will be visible on pool deck during competition.

Event Medical Mobile Phone: 0409 925 646 (available during competition sessions only).

2.14.2 MEDICAL DIRECTORY

SERVICE	ADDRESS	SUBURB	POSTCODE	PHONE
<u>Emergency</u>				
Ambulance, Police, Fire				000
NSW/ACT Police Service				131 444
<u>Public Hospitals</u>				
Calvary Public Hospital	Cnr Belconnen Way and Hayden Drive	BRUCE	2617	6201 6111
Canberra Hospital	Yamba Drive	GARRAN	2605	6244 2222
<u>Private Hospitals</u>				
Calvary Private Hospital	Cnr Belconnen Way and Hayden Drive	BRUCE	2617	6201 6111
John James Memorial Hospital*	Strickland Crescent	DEAKIN	2600	6281 8100
National Capital Private Hospital*	Cnr Gilmore Crescent and Hospital Road	GARRAN	2605	6222 6666
<i>*Does not have 24 hour emergency room</i>				
<u>Medical Centres</u>				
Belconnen Medical Centre	Shop 1, Level 2, Westfield Shoppingtown	BELCONNEN	2617	6251 8898
Ginninderra Medical and Dental Centre	Nettlefold Street	BELCONNEN	2617	6112 7111
Spence Medical Centre	2 Glassey Place	SPENCE	2615	6258 5981
<u>Pharmacies</u>				
Ginninderra Pharmacy	Cnr Coulter Drive and Nettlefold Street	BELCONNEN	2617	6251 5775
Soul Pattinson Chemist	Shop 1-2, Westfield Shoppingtown	AUBURN	2144	6251 4767
Terry White Chemist	Shop 107, Westfield Shoppingtown	BELCONNEN	2617	6251 5125

2.15 CLUB PACKAGE INFORMATION

Club packages will be made available to clubs based on entries received.

Pre-purchased packages can be picked up from the pool (during pre-meet training times) from **Thursday 22 January**. They will include accreditation passes for swimmers, coaches and managers and the event program.

Coach and manager packages will only be issued to those persons listed on the Club/Institute Summary Sheet accompanied by a fee of **\$30.00 per person** (coach or manager). Accreditation passes will only be provided to accredited coaches who are members of SAL.

Coaches and managers each receive pool entry to all competition sessions and one free event program. Light refreshments are also available throughout competition in the designated Coaches Room.

Accreditation passes are not transferable. Any accreditation passes found to be used by any other person will be confiscated.

Clubs will be entitled to nominate coaches and managers based on the number of swimmers they have competing, as follows:

• 1 to 5 swimmers in individual events	2 x Accreditation Passes
• 6 to 10 swimmers in individual events	3 x Accreditation Passes
• 11 to 20 swimmers in individual events	4 x Accreditation Passes
• 21 to 30 swimmers in individual events	6 x Accreditation Passes
• 31 or more swimmers in individual events	7 x Accreditation Passes

Teams may travel with the combination of managers and coaches that they wish.

Any sports science/sports medicine staff accompanying club teams may obtain a special pass for \$30.00. These passes must be requested from SAL prior to the closing date for entries, and accompanied by full payment and the qualifications of the person or persons concerned.

Additional passes requested after the close of entries may be available at the cost of \$40.00 each.

NOTE: There will be no free entry to the pool on coach's accreditation or ASCTA Membership passes.

A coach accreditation pass for pool-deck access will only be issued to licensed coaches. Licensed coaches are current members of the Australian Swimming Coaches and Teachers Association (ASCTA) and Swimming Australia Ltd. Applications for pool-deck accreditation are made as part of the Club registration package.

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 D – Club/Institute Summary Sheet

2.16 PROGRAM OF EVENTS

2009 Australian Age Multi Disability Championships 23 – 25 January 2009, Australian Institute of Sport, Canberra

Friday	23 January	10.00am		Saturday	24 January	10.00am		Sunday	25 January	10.00am
1	13 – 15 Girls	400m Free, S6 – S16		19	15/16 Girls	100m Back		41	17/18 Girls	50m Free
2	13 – 15 Boys	400m Free, S6 – S16		20	15/16 Boys	100m Back		42	17/18 Boys	50m Free
3	13 – 18 Girls	200m Free, S1 – S5		21	13/14 Girls	50m Free		43	15/16 Girls	50m Back
4	13 – 18 Boys	200m Free, S1 – S5		22	13/14 Boys	50m Free		44	15/16 Boys	50m Back
5	16 – 18 Girls	400m Free, S6 – S16		23	17/18 Girls	100m Free		45	13/14 Girls	100m Free
6	16 – 18 Boys	400m Free, S6 – S16		24	17/18 Boys	100m Free		46	13/14 Boys	100m Free
				25	15/16 Girls	100m Breast		47	17/18 Girls	100m Fly
Friday	23 January	3.00pm		26	15/16 Boys	100m Breast		48	17/18 Boys	100m Fly
7	13 – 18 Girls	150m IM, SM1- SM4		27	13/14 Girls	100m Fly		49	15/16 Girls	50m Fly
8	13 – 18 Boys	150m IM, SM1- SM4		28	13/14 Boys	100m Fly		50	15/16 Boys	50m Fly
9	13 – 15 Girls	200m IM, SM5 – SM16								
10	13 – 15 Boys	200m IM, SM5 – SM16	Saturday	24 January	3.00pm		Sunday	25 January	3.00pm	
11	16 – 18 Girls	200m IM, SM5 – SM16	29	13/14 Girls	100m Back		51	17/18 Girls	100m Back	
12	16 – 18 Boys	200m IM, SM5 – SM16	30	13/14 Boys	100m Back		52	17/18 Boys	100m Back	
13	13/14 Girls	50m Butterfly	31	15/16 Girls	50m Free		53	13/14 Girls	50m Back	
14	13/14 Boys	50m Butterfly	32	15/16 Boys	50m Free		54	13/14 Boys	50m Back	
15	15/16 Girls	50m Breaststroke	33	17/18 Girls	50m Back		55	15/16 Girls	100m Free	
16	15/16 Boys	50m Breaststroke	34	17/18 Boys	50m Back		56	15/16 Boys	100m Free	
17	17/18 Girls	50m Butterfly	35	13/14 Girls	100m Breast		57	17/18 Girls	100m Breast	
18	17/18 Boys	50m Butterfly	36	13/14 Boys	100m Breast		58	17/18 Boys	100m Breast	
			37	15/16 Girls	100m Fly		59	13/14 Girls	50m Breast	
			38	15/16 Boys	100m Fly		60	13/14 Boys	50m Breast	
			39	17/18 Girls	50m Breast					
			40	17/18 Boys	50m Breast					

2.17 ENTRY QUALIFYING TIMES

2009 Australian Age Multi Disability Championships
Qualifying Times
Must have been achieved after 1 January 2008 in a 50m pool
Age as at 23 January 2009

MALE

13/14 Years

Score	S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
50 free	40.76	39.16	40.76	38.91	38.08	42.34	38.67	41.56	42.59	45.46	48.26	52.70	55.80	1:18.64	1:42.56	1:48.24
100 free	1:29.29	1:23.78	1:29.29	1:25.66	1:23.96	1:33.31	1:23.51	1:29.96	1:32.48	1:38.24	1:44.90	1:58.83	2:10.28	2:52.52	3:33.44	4:00.36
50 back	47.48	44.29	47.48	46.43	46.89	51.29	46.84	47.30	50.30	55.81	58.07	58.34	1:12.31	1:19.27	1:42.70	2:12.33
100 back	1:44.97	1:36.53	1:44.97	1:39.12	99.26	1:51.51	1:39.58	1:41.45	1:50.18	1:59.47	1:59.18	2:05.21	2:36.09	3:17.12	3:54.35	5:06.32
50 breast	48.08	46.61	48.08	50.46	52.34	55.07	0.00	51.57	54.18	1:01.65	1:05.16	1:06.99	1:14.13	1:20.59	1:30.31	2:28.42
100 breast	1:56.61	1:44.02	1:56.61	1:49.98	1:50.55	1:55.09	0.00	1:52.47	1:50.51	2:11.39	2:18.17	2:26.77	2:37.66	3:03.33	3:31.79	5:44.55
50 fly	43.11	41.29	43.11	43.40	42.46	49.42	42.83	45.38	46.97	50.65	51.67	58.43	1:12.93	1:38.63	2:46.20	3:07.54
100 fly	1:40.18	1:32.51	1:40.18	1:33.75	1:33.21	1:42.39	1:32.07	1:38.91	1:37.67	1:48.32	2:00.71	2:18.28				
200 IM	3:49.33	3:27.24	3:49.33	3:40.36	3:33.66	3:52.71	3:36.12	3:39.92	3:51.35	4:18.24	4:23.83	4:50.30	4:02.82*	4:55.45*		

*This event is 150m Individual Medley

15/16 years

Score	S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
50 free	38.36	36.85	38.36	36.61	35.84	39.84	36.39	39.11	40.08	42.78	45.41	49.59	52.51	1:14.00	1:36.51	1:41.86
100 free	1:24.03	1:18.84	1:24.03	1:20.61	1:19.01	1:27.81	1:18.59	1:24.65	1:27.03	1:32.45	1:38.71	1:51.83	2:02.60	2:42.35	3:20.86	2:46.19
50 back	44.68	41.68	44.68	43.69	44.13	48.26	44.08	44.52	47.34	52.52	54.64	54.90	1:08.04	1:14.60	1:36.65	2:04.52
100 back	1:38.79	1:30.84	1:38.79	1:33.27	1:33.41	1:44.94	1:33.71	1:35.47	1:43.68	1:52.42	1:52.15	1:57.83	2:26.89	3:05.50	2:40.53	2:48.26
50 breast	45.25	43.86	45.25	47.49	49.25	51.82	0.00	48.53	50.98	58.02	1:01.32	1:03.04	1:09.76	1:15.84	1:24.98	2:19.67
100 breast	1:49.73	1:37.89	1:49.73	1:43.49	1:44.03	1:48.30	0.00	1:45.84	1:44.00	2:03.64	2:10.02	2:18.12	2:28.36	2:52.52	3:19.30	24.23
50 fly	40.57	38.85	40.57	40.84	39.96	46.50	40.30	42.71	44.20	47.67	48.62	54.99	1:08.63	1:32.81	2:36.40	2:56.48
100 fly	1:34.27	1:27.06	1:34.27	1:28.22	1:27.72	1:36.35	1:26.64	1:33.08	1:31.91	1:41.94	1:53.59	2:10.13				
200 IM	3:35.81	3:15.02	3:35.81	3:27.37	3:21.07	3:38.99	3:23.38	3:26.95	3:37.71	4:03.01	4:08.27	4:33.19	4:02.82*	4:55.45*		

*This event is 150m Individual Medley

17/18 years

Score	S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
50 free	36.44	35.01	36.44	34.78	34.04	37.84	34.57	37.15	38.07	40.64	43.14	47.11	49.88	1:10.30	1:31.68	1:36.76
100 free	1:19.82	1:14.89	1:19.82	1:16.57	1:15.05	1:23.41	1:14.65	1:20.41	1:22.67	1:27.82	1:33.77	1:46.23	1:56.46	2:34.22	3:10.80	3:34.86
50 back	42.44	39.59	42.44	41.51	41.92	45.85	41.87	42.29	44.97	49.89	51.91	52.15	1:04.63	1:10.86	1:31.81	1:58.29
100 back	1:33.84	1:26.29	1:33.84	1:28.60	1:28.73	1:39.88	1:29.01	1:30.69	1:38.49	1:46.79	1:46.54	1:51.93	2:19.53	2:56.21	3:29.48	4:13.82
50 breast	42.98	41.66	42.98	45.11	46.78	49.22	0.00	46.10	48.43	55.11	58.25	59.88	1:06.27	1:12.04	1:20.73	2:12.67
100 breast	1:44.24	1:32.99	1:44.24	1:38.31	1:38.82	1:42.88	0.00	1:40.53	1:38.79	1:57.45	2:03.51	2:11.20	2:20.93	2:43.88	3:09.32	5:07.99
50 fly	38.54	36.91	38.54	38.80	37.96	44.17	38.28	40.57	41.99	45.28	46.19	52.23	1:05.19	1:28.16	2:28.57	2:47.64
100 fly	1:29.55	1:22.70	1:29.55	1:23.81	1:23.32	1:31.52	1:22.30	1:28.42	1:27.31	1:36.83	1:47.90	2:03.61				
200 IM	3:25.00	3:05.25	3:25.00	3:16.98	3:11.00	3:28.02	3:13.19	3:16.59	3:26.80	3:50.84	3:55.84	4:19.50	4:02.82*	4:55.45*		

*This event is 150m Individual Medley

13 – 18 years: 200m Freestyle

S5	S4	S3	S2	S1
4:20.38	4:46.59	6:02.66	7:42.97	8:32.57

13 – 15 years: 400m freestyle

S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6
7:06.66	6:29.10	7:06.66	6:54.14	6:42.71	7:33.36	6:31.02	6:56.85	7:13.95	7:46.35	7:46.35

16 - 18 years: 400m freestyle

S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6
6:41.50	6:06.16	6:41.50	6:29.72	6:18.96	7:06.63	6:07.97	6:32.27	6:48.36	7:18.85	7:18.85

FEMALE

13/14 years

Score	S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
50 free	46.61	43.80	46.61	43.88	45.11	51.78	45.29	46.23	50.19	53.80	58.51	57.99	1:13.23	1:35.45	2:07.34	2:07.72
100 free	1:41.63	1:34.93	1:41.63	1:34.56	1:35.91	1:53.29	1:38.93	1:37.34	1:46.40	1:54.02	2:06.02	2:22.15	2:39.52	3:23.00	4:31.62	4:30.97
50 back	51.69	51.16	51.69	54.23	53.37	1:01.08	56.02	53.88	59.07	1:03.27	1:06.88	1:06.00	1:19.96	1:40.01	2:09.79	2:10.56
100 back	1:56.96	1:51.77	1:56.96	1:52.04	1:53.21	2:14.18	1:57.09	1:50.50	2:06.63	2:16.68	2:20.33	2:27.49	2:58.93	3:30.22	5:02.13	4:48.51
50 breast	58.43	55.42	58.43	57.81	1:02.18	1:06.05	0.00	1:01.24	1:00.61	1:10.27	1:14.53	1:13.15	1:23.53	1:33.16	2:10.53	2:44.92
100 breast	2:13.34	2:02.59	2:13.34	2:05.55	2:12.29	2:29.47	0.00	2:08.72	2:13.96	2:27.14	2:40.06	2:43.85	3:05.55	3:25.81	4:48.57	
50 fly	49.29	46.40	49.29	48.32	47.73	57.67	52.29	52.64	53.48	58.51	1:01.29	1:04.72	1:35.04	1:38.61		
100 fly	1:54.94	1:47.58	1:54.94	1:46.61	1:40.72	2:06.93	1:51.23	1:46.02	1:56.28	2:17.74	2:25.20	3:08.65				
200 IM	4:15.38	3:59.03	4:15.38	3:58.43	4:01.79	4:50.56	4:50.32	3:57.98	4:19.70	4:51.64	5:12.24	5:49.21	4:32.37*	5:54.13*		

*This event is 150m Individual Medley

15/16 years

Score	S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
50 free	43.86	41.21	43.86	41.29	42.45	48.73	42.62	43.50	47.23	50.62	55.06	54.57	1:08.91	1:29.82	1:59.83	2:00.19
100 free	1:35.63	1:29.33	1:35.63	1:28.99	1:30.26	1:46.61	1:33.09	1:31.60	1:40.13	1:47.30	1:58.59	2:13.77	2:30.11	3:11.03	4:15.60	4:14.99
50 back	48.64	48.15	48.64	51.03	50.22	57.48	52.72	50.70	55.58	59.54	1:02.93	1:02.11	1:15.24	1:34.11	2:02.13	2:02.87
100 back	1:50.06	1:55.18	1:50.06	1:45.43	1:46.54	2:06.27	1:50.18	1:43.98	1:59.16	2:08.62	2:12.05	2:18.79	2:48.38	3:17.82	4:44.32	4:31.50
50 breast	54.99	52.15	54.99	54.40	58.51	1:02.16	0.00	57.63	57.03	1:06.13	1:10.13	1:08.83	1:18.60	1:27.67	2:02.84	2:35.19
100 breast	2:05.48	1:55.37	2:05.48	1:58.14	2:04.49	2:20.66	0.00	2:01.13	2:06.06	2:18.46	2:30.62	2:34.19	2:54.61	3:13.67	4:31.56	
50 fly	46.38	43.66	46.38	45.47	44.92	54.27	49.21	49.53	50.33	55.06	57.68	1:10.90	1:29.43	1:32.79		
100 fly	1:48.17	1:41.23	1:48.17	1:40.32	1:34.78	1:59.44	1:44.67	1:39.77	1:49.42	2:09.62	2:16.64	2:57.52				
200 IM	4:00.32	3:44.94	4:00.32	3:44.37	3:47.54	4:33.43	4:55.56	4:43.95	4:04.39	4:34.44	4:53.83	5:28.62	4:32.37*	5:54.13*		

*This event is 150m Individual Medley

17/18 years

Score	S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
50 free	41.66	39.15	41.66	39.22	40.33	46.29	40.48	41.32	44.87	48.09	52.30	51.84	1:05.46	1:25.32	1:53.83	1:54.17
100 free	1:30.84	1:24.86	1:30.84	1:24.53	1:25.73	1:41.27	1:28.43	1:27.01	1:35.11	1:41.93	1:52.65	2:07.07	2:22.59	3:01.46	4:02.80	4:02.22
50 back	46.20	45.73	46.20	48.47	47.71	54.60	50.08	48.16	52.80	56.56	59.78	59.00	1:11.47	1:29.40	1:56.02	1:56.71
100 back	1:44.55	1:39.91	1:44.55	1:40.15	1:41.20	1:59.95	1:44.66	1:38.78	1:53.19	2:02.17	2:05.44	2:11.84	2:39.95	3:07.92	4:30.08	4:17.90
50 breast	52.23	49.54	52.23	51.68	55.58	59.04	0.00	54.74	54.18	1:02.82	1:06.62	1:05.39	1:14.67	1:23.28	1:56.68	2:27.42
100 breast	1:59.19	1:49.59	1:59.19	1:52.23	1:58.26	2:13.61	0.00	1:55.07	1:59.75	2:11.53	2:23.08	2:26.47	2:45.86	3:03.97	4:17.96	
50 fly	44.06	41.48	44.06	43.19	42.67	51.55	46.74	47.05	47.81	52.30	54.79	57.85	1:24.95	1:28.15		
100 fly	1:42.75	1:36.16	1:42.75	1:35.30	1:30.03	1:53.46	1:39.43	1:34.77	1:43.94	2:03.13	2:09.79	2:48.63				
200 IM	3:48.29	3:33.67	3:48.29	3:33.13	3:36.14	4:19.73	3:43.76	3:32.73	3:52.15	4:20.70	4:39.11	5:12.16	4:32.37*	5:54.13*		

*This event is 150m Individual Medley

13 – 18 years: 200m Freestyle

S5	S4	S3	S2
4:29.05	5:43.96	6:33.09	10:02.37

13 – 15 years: 400m freestyle

S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6
7:57.60	7:21.96	7:57.60	7:20.93	7:40.28	8:45.06	7:27.74	7:02.03	7:45.33	8:28.54	9:26.42

16 - 18 years: 400m freestyle

S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6
7:29.44	6:55.90	7:29.44	6:54.93	7:13.14	8:14.10	7:01.34	6:37.14	7:17.89	7:58.55	8:53.02

SECTION THREE: DRUG TESTING

3.1 DRUG TESTING PROCEDURES

Random drug testing may occur at any of SAL's Australian Championships. So that you may be better informed on the procedures involved in drug testing, the Australian Sports Anti-Doping Authority has contributed some guidelines which apply to swimmers selected to undergo a drug test. Please note that blood samples may be required along with standard urine samples.

Appendix E - Australian Sports Anti-Doping Authority (ASADA)

SECTION FOUR: FURTHER INFORMATION

4.1 MEMBER WELFARE POLICY

The SAL Member Welfare 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).

All people aged 18 years and over must sign the Prohibited Person Declaration Form. This form must be signed and returned to your State association with your club entries. Anyone aged 18 years and over who has not signed the form will not be admitted into the Championship pool. You only have to sign the form once. If you have already signed and submitted a form you don't need to do it again unless your circumstances have changed.

A complete copy of the Swimming Australia Member Welfare Policy & Procedures can be found at www.swimming.org.au under Swim Clubs > Club Info.

Appendix F – Prohibited Employment Declaration

Swimming Australia is proud to lead the way in providing a safe and harassment-free sporting environment for all members. To ensure that this continues, SAL will be providing a free online course to assist in educating all swimming personnel on the new Member Welfare Policies & Procedures.

The purpose of this course and the Member Welfare Policy is to define acceptable behaviour, and what we can all do if unacceptable behaviour does occur. Please visit the swimming Australia website and follow the [link to MWP online course sign in](#).

4.2 UPDATES & ADDITIONAL INFORMATION

For further information regarding the 2008 Australian Age Multi-Disability Championships, please go to the SAL website, www.swimming.org.au or contact the Swimming Australia Events & Marketing Unit on (02) 6219 5600.

SECTION FIVE: APPENDICES

APPENDIX A – WARM-UP & WARM-DOWN PROCEDURES

Main Competition Pool – Start End

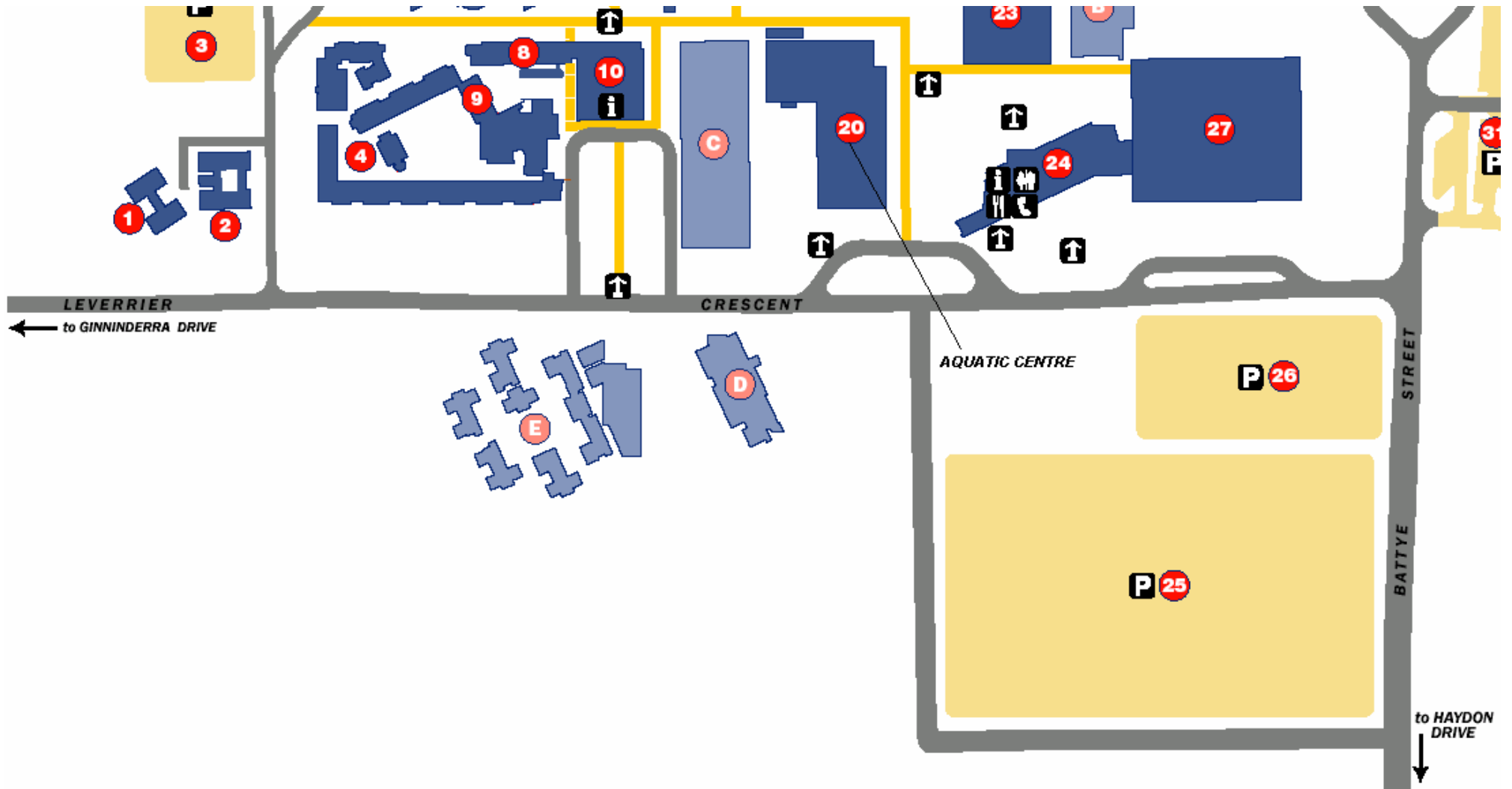
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
25m Dive Sprints ↓	Pace Lane	Circle Swimming Only (Feet First Entry)	Circle Swimming Only (Feet First Entry)	Circle Swimming Only (Feet First Entry)	Circle Swimming Only (Feet First Entry)	Pace Lane	25m Dive Sprints ↓
10m buffer							10m buffer
15m Dive Sprints ↑							15m Dive Sprints ↑

**UTILITY POOL
START END OF POOL**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
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)	Circle Swimming Only (Feet First Entry)

DIAGRAMS NOT TO SCALE

APPENDIX B – AUSTRALIAN INSTITUTE OF SPORT PARKING MAP



APPENDIX C – PHOTO ACCREDITATION RELEASE FORM



2009 AUSTRALIAN AGE MULTI-DISABILITY CHAMPIONSHIPS

Swimming Australia Ltd. (SAL) wish to record an image of all athletes, coaches, team managers, support staff, officials and volunteers for the purpose of Photo Accreditation at all national events. These images will only be used for the purpose of Photo Accreditation at SAL events.

All photographs taken and received will be stored on the photo accreditation database in Canberra and can only be accessed internally by designated SAL staff.

To use these images, SAL requests individuals and/or parent/guardian to provide written permission on the form below.

DETAILS OF INDIVIDUAL

SURNAME		FIRSTNAME		SAL MEMBER No.	
SWIMMING CLUB				D/O/B	
TITLE (please circle one) Mr Mrs Miss Ms Dr			GENDER (please circle one) Male Female		
POSITION (please tick one)					
Athlete	Coach	Manager	Technical Official	Volunteer	
Other:					
ADDRESS:					
SUBURB:					
STATE:			POSTCODE:		
PHONE					
Home:		Work:		Mobile:	
E-MAIL ADDRESS					
Photo Attached (please circle)		Y / N			
Photo Emailed (please circle)		Y / N			
Photo taken at Event (please circle)		Y / N			

Please tick one box

- I give Swimming Australia permission to use the image taken of me/my children for the purposes of Photo ID Accreditation at National Events
- I do not give permission to Swimming Australia to use the image taken

Signed: _____ Date: _____

Print Name (Individual/Parent/Guardian): _____

Please return to **By EMAIL:** accreditation@swimming.org.au
By FAX: 02 6219 5606
By MAIL: P O Box 3286, Belconnen ACT 2617
DEADLINE: Friday 9 January 2009

If you have previously submitted a photo and Photo Release Form for events from 1 July 2005, unless advised by Swimming Australia Limited, there is no requirement to resend for each event.

APPENDIX D – CLUB/INSTITUTE SUMMARY SHEET

SWIMMING AUSTRALIA LIMITED

SWIM MEET: 2009 AUSTRALIAN AGE MULTI DISABILITY SWIMMING CHAMPIONSHIPS

CLUB: _____ **STATE:** _____

CONTACT: _____ **EMAIL:** _____

ADDRESS: _____ **PHONE:** () _____

	COMPETITOR'S NAME		INDIVIDUAL EVENTS ENTERED (DETAIL EVENTS NO'S)								Total Entries	Entry Fee
	LAST	FIRST										
1.												
2												
3												
4												
5												
6												
7												
8												
9												
10												
11												
12												
13												
14												
15												

CLUB PACKAGES (See over for details)

NAME	POSITION ON TEAM	ASCTA NOS (Coaches Only)

TOTAL ENTRY FEES
 Individual events _____ x \$20.00 = \$ _____

CLUB PACKAGES
 No. of coaches & managers listed above _____ x \$30.00 = \$ _____

TOTAL PAYABLE: = \$ _____

NOTES

1. Each club entering the Australian Age Multi Disability Championships must submit this summary sheet with the individual entry cards and the appropriate fees to Swimming Australia by the closing date. The club official submitting the summary sheet should ensure that all names are neatly written and correctly spelt. This will ensure entry passes for the Championships will have the correct names on them.
2. Clubs must certify: (a) Those entrants named are eligible swimmers in accordance with the rules of Swimming Australia, they are of the prescribed age shown on the entry card; (b) All entrants have in competitions controlled by the Association recorded the prescribed qualifying times.

CLUB PACKAGES

Club packages will be made available to Clubs based on entries received. These packages will be available at the pool (during pre-meet training times and during the meet). They will include passes for swimmers, coaches and managers and event program.

Coaches and Managers passes will only be issued for those listed on the summary sheet. Passes will only be provided to Coaches if they are members of SAL or current financial members of ASCTA: their accreditation number should be quoted on the summary sheet. Passes are not transferable and passes found to be used by any other person will be confiscated.

Passes will be allocated according to the following formula:

• 1 to 5 swimmers in individual events	2 Passes
• 6 to 10 swimmers in individual events	3 Passes
• 11 to 20 swimmers in individual events	4 Passes
• 21 to 30 swimmers in individual events	6 Passes
• 31 or more swimmers in individual events	7 Passes

If Accreditation passes are lost or misplaced, replacement passes are available to be purchased at a cost of \$25 (\$10 refundable if original pass is found).

Any sports science/sports medicine staff Club teams may obtain a special pass *by paying the appropriate club package fee.*

NOTE: There will be no free entry to the pool on Coaches Accreditation or ASCTA membership passes.

Name: _____ **Official Position:** _____

Signed: _____

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 E – AUSTRALIAN SPORTS ANTI-DOPING AUTHORITY (ASADA)

Changes to the Prohibited List

From 1 January 2005 there will be 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

The Australian Sports Anti-Doping Authority (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.
- 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.

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 02 05 06. This is a free call and all calls are treated confidentially.

The ASADA website (www.asda.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.

APPENDIX F – PROHIBITED EMPLOYMENT DECLARATION

**SAL MEMBER WELFARE POLICY
PROHIBITED PERSON DECLARATION**

The Swimming Australia Member Welfare 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).

The Swimming Australia Member Welfare Policy also makes it a breach of the policy to appoint, or continue to appoint, a person to a role set out above:

- without first obtaining this declaration; or
- where this declaration reveals the person is a Prohibited Person.

The Swimming Australia Member Welfare Policy defines a Serious Sex Offence to mean an offence involving sexual activity or acts of indecency including but not limited to:

- Rape
- Indecent assault
- Sexual assault
- Assault with intent to have sexual intercourse
- Incest
- Sexual penetration of child under the age of 16
- Indecent act with child under the age of 16
- Sexual relationship with child under the age of 16
- Sexual offences against people with impaired mental functioning
- Abduction and detention
- Procuring sexual penetration by threats or fraud
- Procuring sexual penetration of child under the age of 16
- Bestiality
- Soliciting acts of sexual penetration or indecent acts
- Promoting or engaging in acts of child prostitution
- Obtaining benefits from child prostitution
- Possession of child pornography
- Publishing child pornography and indecent articles.

Declaration

I am aware that I am ineligible to work or seek work in the roles set out above if I have been convicted of a Serious Sex Offence, as defined in the Swimming Australia Member Welfare Policy.

I have read and understood the above information in relation to the Swimming Australia Member Welfare Policy and understand my responsibilities and obligations under it.

I declare that I am not a person prohibited under the Swimming Australia Member Welfare Policy from working or seeking work in the roles set out above.

I acknowledge that I am required to advise the CEO or most senior manager of the organisation appointing me, immediately upon becoming a Prohibited Person.

Name	Signature	Date
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Note: Seek legal advice if you are unsure of your status.

Parent / Guardian Consent (in respect of person under the age of 18 years)

I have read and understood the declaration provided by my child. I confirm and warrant that the contents of the declaration provided by my child are true and correct in every particular.

Name	Signature	Date
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