



- Swimming Selection Trials for the Rio 2016 Australian Olympic & Paralympic Teams -

SA Aquatic & Leisure Centre
Thursday 7 – Thursday 14 April 2016
Information Book
as at 02/03/2016

Swimming Australia Limited Events Unit

IMPORTANT NOTE:

The information in this booklet is correct at the time of publishing. Swimming Australia Limited will not be held liable for any costs and expenses incurred by any person following any changes to the information outlined in this Event Information Book.

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



TABLE OF CONTENTS

SECTION ONE: GENERAL INFORMATION	4
1.1 Event Staff	4
1.1 2016 Swimming Australia Event Calendar	4
SECTION TWO: EVENT INFORMATION	5
2.1 Event Details	5
2.2 Entry Procedures	5
2.2.1. Relay Lead Off and Split Times.....	5
2.2.2. Entry Fees (all prices are inclusive of GST)	5
2.2.3. Relays	5
2.3 Program of Events	5
2.4 Qualifying Times	6
2.5 By-Laws.....	6
2.6 Club Package Information	6
2.6.1 Applying for Club Packages	6
2.6.2 Restrictions	7
2.6.3 Collecting Club Packages.....	7
2.6.4 Important Information	7
2.7 Accreditation	8
2.7.1 Photographs	8
2.7.2 Collecting Your Accreditation	8
2.7.3 Lost or Misplaced Accreditation Passes.....	8
2.8 Codes of Conduct.....	8
2.9 Information Sessions	9
2.9.1 Team Leaders Meeting.....	9
2.10 Team Selection.....	9
2.11 Pre-Meet Training Times and Procedures	9
2.12 Warm Up Times and Procedures.....	10
2.13 Medal Presentations	10
2.14 Operating Hours.....	11
2.15 Seating	11
2.15.1 Athlete and Coach Seating.....	11
2.15.2 General Public Seating	11
2.16 Ticketing	12
2.16.1 Prices and Categories.....	12
2.16.2 Programs.....	12

2.17	Broadcast.....	12
2.18	Merchandise	12
2.19	Parking Arrangements & Traffic Management.....	12
2.20	Accommodation and Transport Deals.....	12
2.21	Medical Services.....	13
2.21.1	First Aid	13
2.21.2	Event Medical Officer	13
2.21.3	Medical Directory	13
2.21.4	Doping Control	14
2.22	Lost Property	14
SECTION THREE: APPENDIXES		15
3.1	Appendix A – Program of Events *Note times are a GUIDE only and are subject to change.....	15
3.2	Appendix B – Qualifying Times.....	16
CLUB RELAYS.....		16
3.3	Appendix C – Pre-Meet Training Procedures	18
3.4	Appendix D – Warm Up and Warm Down Procedures	19
3.5	Appendix E – Venue Seating Maps.....	20
3.6	Appendix F – Accor Discount Accommodation.....	21
3.7	Appendix G - Thrifty Discount Vehicle Hire.....	22
3.8	Appendix H - ASADA Doping Control Information	23

SECTION ONE: General Information

1.1 Event Staff

NAME	TITLE	EMAIL
Swimming Australia		
Karen MacLeod	Technical Manager	kjmacleod@bigpond.com
Amie Quirk	General Manager, Events	amie.quirk@swimming.org.au
Tara Alcorn	Event Operations Manager	tara.alcorn@swimming.org.au
Liz Avery	Records and Events Coordinator	liz.avery@swimming.org.au
Leigh Sherman	Event Operations Coordinator	leigh.sherman@swimming.org.au
Georgia Blamey	Event Operations Coordinator	georgia.blamey@swimming.org.au
Matthew Todd	General Manager Marketing & Communications	matthew.todd@swimming.org.au
Kathleen Rayment	Media and Public Relations Coordinator	kathleen.rayment@swimming.org.au

1.1 2016 Swimming Australia Event Calendar

February

12 - 14 2016 Open Water Swimming Championships Mooloolaba Beach QLD

March/April

28 March – 4 April 2016 Georgina Hope Foundation Australian Age Championships Adelaide SA

7 – 14 April 2016 Hancock Prospecting Australian Swimming Championships Adelaide SA

July

1 - 2 2016 Swimming Australia Grand Prix Brisbane QLD

September

23 - 25 2016 State Teams Age Short Course Championships Canberra ACT

November

1 - 5 2016 State Teams Age Short Course Championships Brisbane QLD

SECTION TWO: Event Information

2.1 Event Details

The 2016 Hancock Prospecting Australian Swimming Championships will be held at the SA Aquatic & Leisure Centre (SAALC) from Thursday 7 to Thursday 14 April 2016. The most significant event on the Swimming Australia Ltd (SAL) calendar in four years, the championships will also incorporate the selection trials for the Australian Swimming Team to attend the 2016 Olympic & Paralympic Games to be held in Rio de Janeiro, Brazil.

2.2 Entry Procedures

Entries for the 2016 Hancock Prospecting Australian Swimming Championships are **NOW OPEN**. Competitors can enter the event by clicking on the link below, or visiting the Swimming Australia website, www.swimming.org.au. Entries will close at 11.59pm on Tuesday 22 March 2016, and please note that SAL has a strict 'no late entries' policy.

[ENTER THE 2016 HANCOCK PROSPECTING AUSTRALIAN SWIMMING CHAMPIONSHIPS](#)

2.2.1. Relay Lead Off and Split Times

If you intend to use a relay lead off time or a split time to enter the 2016 Hancock Prospecting Australian Swimming Championships, you can enter via the above entry process.

2.2.2. Entry Fees (all prices are inclusive of GST)

Individual Event	\$26.00 per event
Relay	\$57.00 per relay team
Relay only swimmers	\$26.00

2.2.3. Relays

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

[RELAY ENTRY FORM](#)

All swimmers only participating in relays must register online as a **relay only swimmer**. Registrations can be made through the individual entry section, and a **\$26.00** accreditation fee applies.

All relays are timed finals to be swum in the evening session. Relay forms can be collected from the SAL office (records and results room) during the event, and forms must be returned to the SAL office prior to the commencement of the heats session on the day that the timed final relay is to be swum.

Further enquiries relating to entries should be directed to Liz Avery on liz.avery@swimming.org.au or 02 6219 5641.

2.3 Program of Events

The 2016 Hancock Prospecting Australian Swimming Championships will consist of 63 events held over 8 days.

Events 61, 62, and 63 are non-championship events, and no medals will be awarded for these events.

B Finals for events 3 and 4 on Day 1 will be swum before the A Final.

Appendix A – Program of Events

2.4 Qualifying Times

Qualifying times must have been achieved in a 50m pool after January 1 2015.

Appendix B – Qualifying Times

2.5 By-Laws

The 2016 Hancock Prospecting Australian Swimming Championships will be conducted under the By-Laws for the Conduct of Australian Championships (October 2011). A copy of the By-Laws can be found on the SAL website by clicking on the following link: [SAL Constitution and By-Laws](#)

This event is also governed by IPC Swimming Rules and Regulations for multi class events.

2.6 Club Package Information

2.6.1 Applying for Club Packages

Club Package applications must be lodged using the SAL on-line entry system which is now open. Please follow the link below to apply for club packages.

Coach and manager passes will only be issued to those persons listed on the online application form and accompanied by a fee of **\$85.00 per person** (coach or manager). A list of all personnel who have successfully applied for a club package will be provided on the event webpage one week prior to the application closing date.

CLUB PACKAGE APPLICATIONS

It is the responsibility of the club secretary to ensure that club packages for coaches and team managers are lodged online prior to applications closing. A list of purchased club packages will be available on the event web page one week prior to the application closing date. Please check this list to ensure that your club has purchased all of their required club packages.

Coach or manager passes requested after the close of entries are subject to the approval of the Event Operations Manager and will be charged at a cost of \$150.00 each.

Swimming Australia Limited Events Unit

2.6.2 Restrictions

For each club package purchased, clubs will receive one accreditation pass for a nominated coach or team manager, an event program, and catering (tea/coffee/etc.) for the coach/manager nominated.

Event programs for this event can be collected from the coach's desk, located on pool deck on the far side of the pool (opposite AOE room). Coaches catering will be available from the coach's room at the event.

Clubs are eligible to purchase club packages based on the number of athletes from their club attending the event. Accreditation applications will be allocated based on the following:

• 1 to 5 swimmers in individual events	2 x Accreditation Passes @ \$85.00 each
• 6 to 10 swimmers in individual events	3 x Accreditation Passes @ \$85.00 each
• 11 to 20 swimmers in individual events	4 x Accreditation Passes @ \$85.00 each
• 21 to 30 swimmers in individual events	6 x Accreditation Passes @ \$85.00 each
• 31 or more swimmers in individual events	7 x Accreditation Passes @ \$85.00 each

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

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

2.6.3 Collecting Club Packages

Club Packages can be collected from the SAL accreditation desk during the scheduled pre-meet training periods, or at any of the competition sessions.

Club Packages contain accreditation passes for all swimmers, coaches, managers and support staff for that club. Accreditation passes provide personnel with access to the pool pre-meet training and all competition sessions.

Only coaches and team managers can request to collect the entire club package for their club. Athletes are able to collect their own individual accreditation pass if required.

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

2.6.4 Important Information

- 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 for all coaches/managers must be made as part of the online club package application.
- Accreditation will only be granted to applicants wishing to attend the event in a club working capacity i.e. Coach, Team Manager, Physio, etc.
- Club packages should only be purchased by the club secretary, and not by individuals.
- If a club purchases over its allocated number of club package passes (as indicated above), the club will be contacted to confirm which passes will be cancelled. Fees for excess club packages purchased will be refunded, less an administration fee of \$10.00 per excess pass.
- Accreditation must only be requested to the extent required to enable the applicant to properly perform his or her duties for their club in connection with the event.
- Unless authorised in writing by Swimming Australia, accredited parties must not directly or indirectly engage in (or authorise or procure that other persons engage in) the marketing or promotion of any products or services while at the event or in the vicinity of the event, including (and without limitation):
 - Representing, distributing and/or promoting products and services of any kind, including those which compete with those offered by Swimming Australia or its sponsors
 - Ambush marketing.

2.7 Accreditation

A Photo Accreditation System will be implemented by SAL to provide access control at the 2016 Hancock Prospecting Australian Swimming Championships.

All athletes, coaches, team management, sport science, event management, media, volunteers and technical officials must wear their accreditation in a visible position whilst inside the competition venue. Accreditation checkpoints will be located at the entrance to each accreditation zone, and the cooperation of all personnel in providing their pass for inspection is greatly appreciated.

To ensure that all personnel attending the event are issued with the appropriate pass, please ensure that you follow the procedures outlined below:

2.7.1 Photographs

All accreditation applicants will be required to upload a photo via the new Swimming Australia Accreditation System.

Information on the new system, and a step by step instruction on how to upload your photo will be placed on the event webpage on Wednesday 24 February 2016.

2.7.2 Collecting Your Accreditation

The SAL accreditation desk will be located in the SAALC forecourt. All event accreditation can be collected from this location during the following times:

Tuesday 4 – Wednesday 5 April 2016

Morning: 9.00am – 12.00pm

Afternoon: 3.00pm – 6.00pm

Thursday 7 – Thursday 14 April 2016

Heats: from 9.00am*

Finals: from 6.00pm

**Note: There is no heats session on Thursday 14 April*

Athletes can collect their individual accreditation pass during the above times, however complete club packages will only be provided to coaches or team managers.

2.7.3 Lost or Misplaced Accreditation Passes

Should you lose or misplace your accreditation pass, replacement passes are available for purchase at **\$25.00 per pass**. \$15.00 of this amount will be refunded if the lost or misplaced accreditation is found and returned to the Accreditation desk.

2.8 Codes of Conduct

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 therefore expected to adhere to the standard of behaviour outlined in the SAL Codes of Conduct.

Swimming Australia promotes its Codes of Conduct to all people involved with the sport of swimming, particularly those responsible for activities involving members under the age of 18 years. The Codes of Conduct 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 Codes of Conduct, Swimming Australia Member Welfare Policy, and Swimming Australia Child Welfare Policy can be found at [SAL Policies, Procedures and Rules](#)

2.9 Information Sessions

2.9.1 Team Leaders Meeting

A Team Leaders Meeting will be held in the marshalling room at SAALC from 4.00pm on Wednesday 6 April 2016. The meeting will detail important information and updates for the event, and is the final opportunity for clubs to lodge any changes to entries (corrections or withdrawals only).

All clubs are required to send at least one representative to the meeting, although it is advisable that all Team Managers, including State Team Managers attend.

Please note that no additions can be made to any event at this time.

2.10 Team Selection

The following teams/squads will be selected at the 2016 Hancock Prospecting Australian Swimming Championships:

- Rio 2016 Australian Olympic Team – Swimming Section
- Rio 2016 Australian Paralympic Team – Swimming Section

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

2.11 Pre-Meet Training Times and Procedures

Dates: Tuesday 5 and Wednesday 6 April 2016

Morning Session: 9.00am – 12.00pm

Evening Session: 3.00pm – 6.00pm

The following general pool procedures for the **MAIN COMPETITION POOL (50m)** must be observed throughout the meet:

- **Lanes 1 and 8:** Reserved for dive sprints, backstroke ledge practice and walk backs. Lanes will be split to include a 25m sprint from the start/finish end, and a 15m sprint from the turn end of the pool. Swimmers must clear the lane immediately and exercise caution when practicing backstroke starts.
- **Lanes 2 and 7:** Reserved for pace swimming (no diving).
- **Lanes 3 – 6:** Reserved throughout the whole of the warm up period as circle swimming lanes.

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

- **Lanes 0 and 9:** Reserved for 25m dive sprints and backstroke ledge practice (one way only) during all pre-meet periods.
- **Lane 1:** Reserved for MC Athletes only.
- **Lane 2 and 8:** Reserved as designated pace lanes during all pre-meet periods.
- **Lanes 3 – 7:** Reserved as circle swimming lanes during all pre-meet periods.

Appendix C – Pre-meet Training Procedures

2.12 Warm Up Times and Procedures

Competition Dates: Thursday 7 - Thursday 14 April 2016

Warm-Up Heats: 8.00am – 9.45am

Warm-Up Finals: 6.00pm – 7.30/7.45pm (Please see Operating Hours for Details)

The following general pool procedures for the **MAIN COMPETITION POOL (50m)** must be observed throughout the meet:

- **Lanes 1 and 8:** Reserved for dive sprints, backstroke ledge practice and walk backs. Lanes will be split to include a 25m sprint from the start/finish end, and a 15m sprint from the turn end of the pool. Swimmers must clear the lane immediately and exercise caution when practicing backstroke starts.
- **Lanes 2 and 7:** Reserved for pace swimming (no diving).
- **Lanes 3 – 6:** Reserved throughout the whole of the warm up period as circle swimming lanes.

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

- **Lanes 0 and 9:** Reserved for 25m dive sprints and backstroke ledge practice (one way only) during all pre-meet periods.
- **Lane 1:** Reserved for MC Athletes only.
- **Lane 2 and 8:** Reserved as designated pace lanes during all pre-meet periods.
- **Lanes 3 – 7:** Reserved as circle swimming lanes during all pre-meet periods.

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

Appendix D – Warm Up and Warm Down Procedures

2.13 Medal Presentations

Medal presentations will be held for all championship events, and medal chaperones will be available to direct medal winners to the medal preparation area at the conclusion of their event.

Athletes are encouraged to arrive at the medal presentation area well in advance of their ceremony. All athletes are required to be wearing a shirt, shorts, and footwear (thongs permitted). Please note that you will not be allowed to undertake your medal presentation without the appropriate attire.

2.14 Operating Hours

Pre-Meet Training: Tuesday 5 – Wednesday 6 April 2016

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

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

Competition: Thursday 7 – Thursday 14 April 2016

Heats:

Accreditation Booth	From 9.00am
Athlete Access	From 9.00am
Warm up	9.00am to 10.45am
Gates open to public	9.00am
Heats Session	11.00am to 1.30pm (approx.)

Finals:

Accreditation Booth	From 6.00pm
Athlete Access	From 6.00pm
Gates open to public	6.00pm

	Thursday 7 th April	Friday 8 th April	Saturday 9 th April	Sunday 10 th April	Monday 11 th April	Tuesday 12 th April	Wednesday 13 th April	Thursday 14 th April
Warm Up Start Time	6.00pm	6.00pm	6.00pm	6.00pm	6.00pm	6.00pm	6.00pm	6.00pm
Warm Up Finish Time	7.30pm	7.30pm	7.45pm	7.30pm	7.45pm	7.45pm	7.45pm	7.30pm
Finals Competition Session Start Time	7.45pm	7.45pm	8.00pm	7.45pm	8.00pm	8.00pm	8.00pm	7.45pm

2.15 Seating

2.15.1 Athlete and Coach Seating

Athlete seating will be provided in the seating modules located on pool deck overlooking the competition pool. A large coach's enclosure will be situated overlooking the start/finish end of the pool on the non-grandstand side of pool deck. Please use the designated walkways provided when accessing these areas, and ensure that you have your accreditation pass available to be checked.

2.15.2 General Public Seating

General public seating for this event will be in the main grandstand overlooking the competition pool. Ticketing seating applies to this event, and spectator services volunteers will be on hand to assist patrons in locating their seats.

Appendix E – Venue Maps

2.16 Ticketing

2.16.1 Prices and Categories

Ticketek have been appointed to manage all aspects of ticket sales on behalf of Swimming Australia Ltd.

Please note that seating is limited at the venue and Swimming Australia encourages spectators to get in early to avoid missing out on tickets.

2.16.2 Programs

Event programs will be available for purchase at the venue. Roving program sellers will sell programs throughout the venue during all sessions.

Coaches and Team Managers who have purchased a club package are entitled to one heats program for the duration of the competition, and one finals program for each finals session. These programs can be collected from the coach's desk, located in the coach's enclosure, at the commencement of warm-up.

2.17 Broadcast

The 2016 Hancock Prospecting Australian Swimming Championships will be broadcast live by Swimming Australia's broadcast partner, Network Seven, during all finals sessions.

All finals sessions will be broadcast LIVE.

2.18 Merchandise

An official range of merchandise will be available at the event, with merchandise sales being managed by Speedo.

Event merchandise will be sold at a prominent position at the venue during the event.

2.19 Parking Arrangements & Traffic Management

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

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

2.20 Accommodation and Transport Deals

Appendix F – Accor Discount Accommodation Guide

Appendix G – Thrifty Discount Vehicle Hire

2.21 Medical Services

2.21.1 First Aid

Venue staff are trained in first responder care and will be providing general first aid coverage for all people attending the event.

The aquatic centre First Aid room will be available to team doctors, medical staff (including the SAL event doctor) and aquatic centre First Aid staff members.

2.21.2 Event Medical Officer

In conjunction with the State Institutes/Academies for sport, Swimming Australia has sourced an Event Medical Officer, Rick Steltenpool, to provide medical assistance to athletes attending the event.

Rick is a qualified paramedic and will be situated in either the aquatic First Aid room or will be roaming between the field of play exit and warm-up area during competition. The event doctor will be wearing an orange hi-visibility vest and can be contacted on the event medical phone.

Event Medical Mobile Phone: 0409 925 646

Note: Please do not call this number outside of competition hours as the phone will be shut off.

2.21.3 Medical Directory

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

2.21.4 Doping Control

The Australian Sports Anti-Doping Authority (ASADA) has been notified of the event, and may conduct random testing during the 2016 Hancock Prospecting Australian Swimming Championships.

To ensure that you are adequately informed on testing procedures, please read the guidelines provided by ASADA in the appendices of this document. Please note that blood samples may be required along with standard urine samples.

For questions about prohibited substances, please contact the ASADA Hotline on 1800 020 506.

Appendix H – ASADA Doping Control Information

2.22 Lost Property

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

SECTION THREE: Appendixes**3.1 Appendix A – Program of Events *Note times are a GUIDE only and are subject to change.**

Thursday 7 April Day 1 Heats			Friday 8 April Day 2 Heats			Saturday 9 April Day 3 Heats			Sunday 10 April Day 4 Heats		
1	50m Free M/C	W	11	100m Back M/C	W	19	400m Free M/C	W	26	100m Free	M
2	50m Free M/C	M	12	100m Back M/C	M	20	400m Free M/C	M	27	200m Fly	W
3	400m IM	M	13	100m Back	W	21	200m Free	W	28	200m Breast	M
4	100m Fly	W	14	200m Free	M	22	200m Fly	M	29	100m Fly M/C	W
5	400m Free	M	15	100m Breast	W	23	200m IM	W	30	100m Fly M/C	M
6	400m IM	W	16	100m Back	M	24	50m Breast M/C	W	32	1500m Timed Final	W
7	100m Breast	M	17	400m Free	W	25	50m Breast M/C	M	33	200 Free M/C	M
8	50m Back	W	18	4x100m Free (9+)	M				34	200 Free M/C	W
9	50m Fly	M							35	4x200m Free (9+)	M
10	4x100m Free (9+)	W									
Semi-finals & Finals			Semi-finals & Finals			Semi-finals & Finals			Semi-finals & Finals		
1	50m Free M/C	W	11	100m Back M/C	W	19	400m Free M/C	M	29	100m Fly M/C	W
2	50m Free M/C	M	12	100m Back M/C	M	20	400m Free M/C	W	30	100m Fly M/C	M
3	400 IM	M	4	100m Fly	W	21	200m Free Semi	W	21	200m Free	W
4	100m Fly Semi	W	14	200m Free Semi	M	13	100m Back	W	26	100m Free Semi	M
6	400m IM	W	15	100m Breast Semi	W	16	100m Back	M	22	200 Fly	M
7	100m Breast Semi	M	7	100m Breast	M	22	200m Fly Semi	M	27	200m Fly Semi	W
5	400m Free	M	16	100m Back Semi	M	14	200m Free	M	28	200m Breast Semi	M
8	50m Back Final	W	13	100m Back Semi	W	23	200m IM Semi	W	23	200 IM	W
9	50m Fly Final	M	17	400m Free	W	15	100m Breast	W	33	200 Free M/C	M
10	4x100m Free (top 8)	W	18	4x100m Free (top 8)	M	24	50m Breast M/C	W	34	200 Free M/C	W
						25	50m Breast M/C	M	35	4x200m Free (top 8)	M
Monday 11 April Day 5 Heats			Tuesday 12 April Day 6 Heats			Wednesday 13 April Day 7 Heats			Thursday 14 April Day 8 Heats		
36	100m Free	W	45	200 IM M/C	W	55	100m Breast M/C	W			
37	200m Back	M	46	200 IM M/C	M	56	100m Breast M/C	M			
38	200m Breast	W	47	50m Free	M	57	50m Free	W			
39	200m IM	M	48	800m Free	W	58	1500m Free	M			
40	100m Free M/C	W	49	100m Fly	M	59	50m Back	M			
41	100m Free M/C	M	50	200m Back	W	60	50m Breast	W			
42	800m Free Timed Final	M	51	50m Back M/C	W	61	50m Fly M/C	W			
43	SM1-SM4 150m IM T/F		52	50m Back M/C	M	62	50m Fly M/C	M			
44	4x200m Free (9+)	W	53	50m Breast	M	63	4x100m Medley (9+)	W			
			54	50m Fly	W	64	4x100m Medley (9+)	M			
Semi-finals & Finals			Semi-finals & Finals			Semi-finals & Finals			Finals		
40	100m Free M/C	W	45	200 IM M/C	W	55	100m Breast M/C	W	65	Para AUS relays 4 x 50m	M
41	100m Free M/C	M	46	200 IM M/C	M	56	100m Breast M/C	M	66	Para AUS relays 4 x 50m	W
28	200m Breast	M	47	50m Free Semi	M	50	200m Back	W	57	50m Free	W
36	100m Free Semi	W	38	200m Breast	W	49	100m Fly	M	**	4 x 100m Free Time Trial	M
37	200m Back Semi	M	37	200m Back	W	48	800m Free	W	58	1500m Free	M
27	200m Fly	W	50	200m Back Semi	W	57	50m Free Semi	W	63	4x100m Medley (top 8)	W
38	200m Breast Semi	W	39	200m IM	M	47	50m Free	M	64	4x100m Medley (top 8)	M
26	100m Free	M	36	100m Free	W	59	50m Back Final	M			
39	200m IM Semi	M	49	100m Fly Semi	M	60	50m Breast Final	W			
44	4x200m Free (top 8)	W	53	50m Breast Final	M	61	50m Fly M/C	W			
			54	50m Fly Final	W	62	50m Fly M/C	M			
			51	50m Back M/C	W						
			52	50m Back M/C	M						

B Finals for 400m Freestyle, 400m IM and 50m and 100m Multi class events provided at least 24 swimmers contest the heats.

B Finals will be swum in the same order as the Heats at the end of the finals each night

** Time Trial Rio Relay qualifier. The national head coach will identify swimmers to compete in this event.

Program of events subject to change.

3.2 Appendix B – Qualifying Times

MEN	EVENT	WOMEN
Freestyle		
23.90	50m	27.00
52.00	100m	57.90
1:55.00	200m	2:06.00
4:06.00	400m	4:26.00
8:37.00	800m	9:02.00
16:00.00	1500m	17:40.00
Backstroke		
28.00	50m	31.00
59.90	100m	1:06.00
2:09.80	200m	2:21.50
Breaststroke		
30.80	50m	34.50
1:07.10	100m	1:15.00
2:27.00	200m	2:41.50
Butterfly		
25.50	50m	28.70
56.90	100m	1:03.50
2:07.00	200m	2:21.20
Individual Medley		
2:10.00	200m	2:23.20
4:39.70	400m	5:04.50
<u>Club Relays</u>		
3:35.00	4 x 100m Freestyle	4:05.00
7:55.00	4 x 200m Freestyle	8:40.00
4:00.00	4 x 100m Medley	4:30.00

Entry Times for these Championships must have been swum in a 50m pool.
Qualifying time must be achieved since 1st January 2015.

MULTI CLASS QUALIFYING TIMES

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

* Note SM1 – SM4 is 150m Individual Medley

3.3 Appendix C – Pre-Meet Training Procedures

Tuesday 5 – Wednesday 6 April 2016

**MAIN COMPETITION POOL
START END OF POOL**

Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9
In Pool Banner	25m Dive Sprints & Backstroke Ledge Practice ↓	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 & Backstroke Ledge Practice ↓	In Pool Banner
	15m Dive Sprints ↑							15m Dive Sprints ↑	

**DIVE/WARM UP POOL
START END OF POOL**

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

DIAGRAMS NOT TO SCALE

3.4 Appendix D – Warm Up and Warm Down Procedures

Thursday 7 – Thursday 14 April 2016

**MAIN COMPETITION POOL
START END OF POOL**

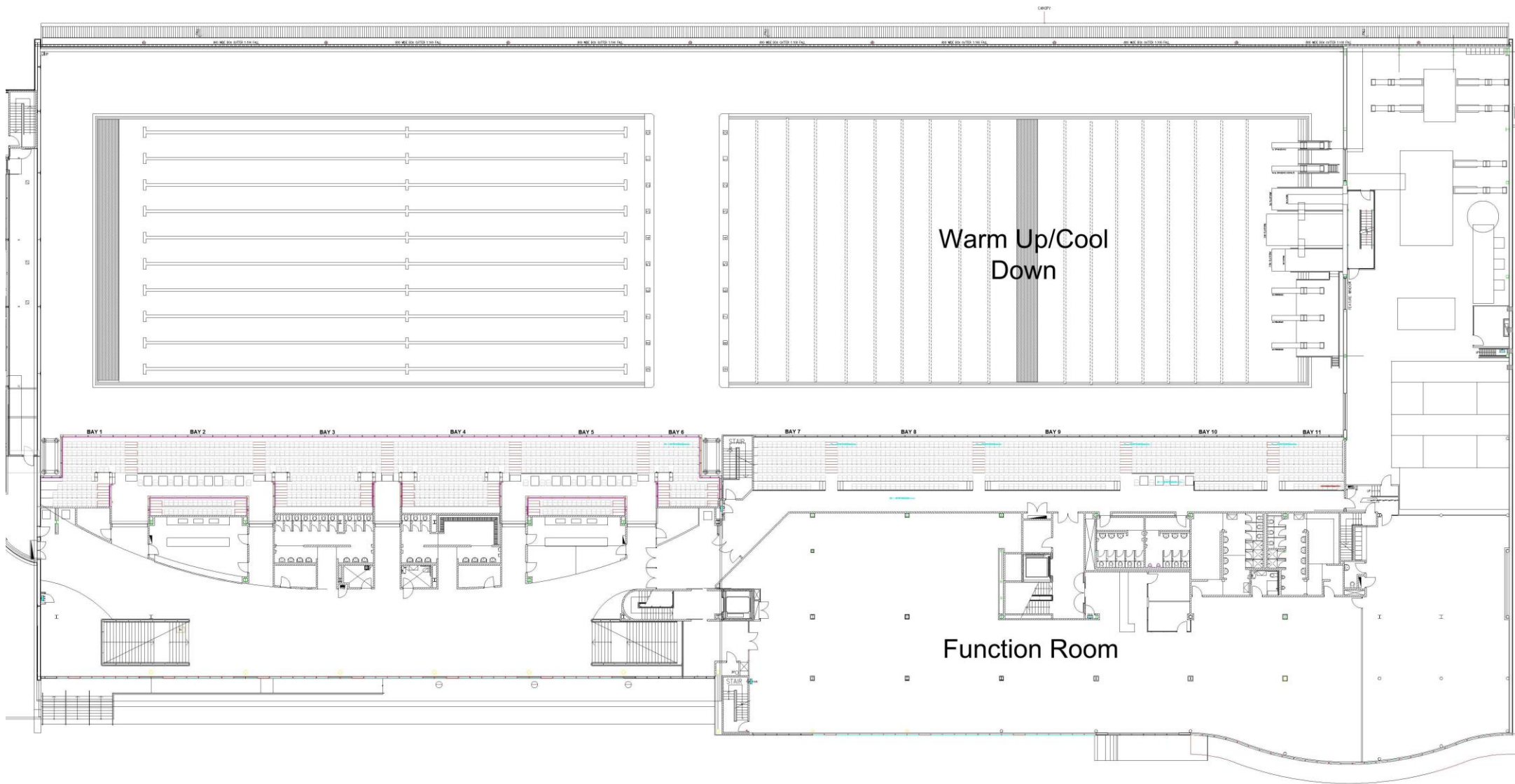
Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	
In Pool Banner	25m Dive Sprints & Backstroke Ledge Practice ↓	Pace Lane	Circle Swimming Only (Feet First Entry)	Circle Swimming Only (Feet First Entry)	Circle Swimming Only (Feet First Entry)	Circle Swimming Only (Feet First Entry)	Circle Swimming Only (Feet First Entry)	Pace Lane	25m Dive Sprints & Backstroke Ledge Practice ↓	In Pool Banner
	15m Dive Sprints ↑								15m Dive Sprints ↑	

**DIVE/WARM UP POOL
START END OF POOL**

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

DIAGRAMS NOT TO SCALE

3.5 Appendix E – Venue Seating Maps



3.6 Appendix F – Accor Discount Accommodation



ACCOR Hotels Exclusive Accommodation Offer

For guests attending the 2016 Hancock Prospecting Australian Swimming Championship at the South Australian Aquatic Centre – Adelaide.

Hotel name: The Playford Adelaide, MGallery

Room type/s & Rate:	Standard Guest Room -	\$165.00
<i>All rates are per room,</i>	Playford Guest Room -	\$185.00
<i>Per night, room only</i>	Deluxe Guest Room -	\$225.00
	Studio Suite -	\$265.00
	Loft Suite -	\$285.00

Booking code: SWIM16

Reservations email address: reservations@theplayford.com.au
Reservations tel. number: 08 8213 8828

Hotel name: Ibis Adelaide

Room type/s & Rate: 10% discount off our best unrestricted rates. For our Standard Queen and Standard Twin rooms

Booking code: SWIMMING16

Reservations email address: h8822@accor.com
Reservations tel. number: +61 8 8159 5588

Hotel name: Mercure & Ibis Styles Adelaide Grosvenor.

Accor operate two Hotels in one at this location, Mercure Grosvenor is a 4 star property and ibis Styles is a 3 star property. Both Hotels are on the same site and share facilities but, the room styles are slightly different.

There is one reservations department for both properties

Mercure Grosvenor & ibis Styles Adelaide Grosvenor

Room type/s & Rate: 10% discount off our Best Available Public rates

Booking code: "Swimming Australia Family & Friends"

Reservations email address: stay@mercuregrosvenorhotel.com.au
Reservations tel. number: 08 8407 8888



3.7 Appendix G - 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".

Want 3 more reasons why you should to book with Thrifty:

- Reduced damage liability excesses
- No Single Vehicle Accident Excess (SVA)
- No underage surcharge for drivers under 25 years

Please note – the above is a credit card only account.

Only Thrifty services over 260 locations across Australia, staffed by people with vast local knowledge. To find out more information or to enquire about Thrifty's preferred renter program – Blue Chip, contact your Thrifty Account Manager, Anthony Herridge on (02) 6247 7780, mobile 0409 667 043 or anthony.herridge@thrifty.com.au

3.8 Appendix H - ASADA Doping Control Information

GENERAL GUIDELINES

The Australian Sports Anti-Doping Authority (ASADA) is the Australian national anti-doping organisation. It is responsible for developing a sporting culture free from doping.

Athletes can be selected for testing by ASADA anywhere, any time, and are subject to both random and targeted selection methods. Sample collection can be either in-competition (at an event) or out-of-competition (such as a training venue or home). The majority of testing is carried out with no-advance-notice. Tests can involve the collection of urine, blood, or both.

Athletes may be selected at this event for testing. For in-competition testing at this event, athletes can be notified during heats, finals or any other time during the event.

All ASADA officials wear uniform and identification badges.

THE TESTING PROCESS

If you are notified for a test, the following steps are what to expect.

1. Once notified of selection for testing, you must remain in direct observation of the Doping Control Officer (DCO) or Chaperone until the DCO is satisfied that the sample collection procedure is complete.
2. For no-advance-notice testing, including in-competition testing, you are required to report to the doping control station immediately unless you request a delay in reporting for valid reasons. You are permitted to complete a warm-down, participate in medal presentations, compete in further events or fulfil media commitments if required. At all times you must be accompanied by the chaperone.
3. You will be given a choice of individually sealed collection vessels, and you will select one. You will verify that the equipment is intact and has not been tampered with, and you will maintain control of the collection vessel at all times.
4. Providing the sample
 - Urine: The Chaperone will directly witness the urine sample leaving your body and going into the beaker. Only a Chaperone of the same gender is permitted in the area of privacy when you provide the sample.
 - Blood: You will be asked to select blood collection equipment and check that it is intact and has not been tampered with. A blood collection official will collect the sample in the presence of a DCO, Chaperone and, if applicable, the athlete representative.
5. You will select an individually sealed sample collection kit that is intact and has not been tampered with.
6. Splitting the sample
 - Urine: you will pour a measured amount of the urine into each of the 'A' and 'B' labelled bottles, and then secure the kits. You will be asked to leave a small amount of urine in the collection vessel so the DCO can measure the specific gravity.
 - You will place and secure the blood samples in the relevant labelled containers and secure the kits.
7. The DCO will check the specific gravity of the residual urine left in the collection vessel, and will record the value on the Doping Control Test Form. You should **avoid over hydrating**; this can happen if you drink too much fluid. If your sample is too diluted and does not meet the required specific gravity you will be required to provide additional urine samples until you provide a sample that meets the specific gravity requirements.
8. Final paperwork - Your personal information is recorded on the doping Control Test Form, including contact details. You will be asked to provide information on prescription and non-prescription medications, vitamins, herbal products, food supplements, and any other substances you have used within the last seven days. These are recorded on the Doping Control Test Form.
9. The secure sample(s) and the laboratory copy of the Doping Control Test Form are sent to the laboratory for analysis. There is a strict chain of custody regarding transportation, storage and opening of the sample.

Swimming Australia Limited Events Unit

Note: You should not consume any unsealed drinks. You will be provided with sealed drinks when you report to the Doping Control Station. You should open them yourself and once opened, be responsible for them. Any food or drink you consume is consumed at your own risk and is not grounds for challenging a test result.

ATHLETE RIGHTS

Athletes have the right to:

- have a representative present during testing (e.g. your coach or manager)
- have an interpreter, if available
- ask for additional information about the testing process
- request modifications for athletes with disabilities
- **request a delay in reporting to the doping control station** for valid reasons (provided they remain in sight of the Chaperone at all times):
 - for in-competition testing:
 - performing a **warm down**
 - competing in **further competitions**
 - fulfilling **media commitments**
 - participating in a **victory ceremony**
 - obtaining necessary **medical treatment**
 - obtaining photo identification
 - locating a representative and/or interpreter
 - any other exceptional circumstances as approved by the DCO

ATHLETE RESPONSIBILITIES

Athletes have the responsibility to:

- remain within direct observation of the DCO or Chaperone at all times from the point of notification by the DCO or Chaperone until the completion of the sample collection procedure
- produce appropriate identification
- comply with sample collection procedures
- report immediately for a test, unless there is a valid reason for a delay.

SWIMMERS SUBJECT TO TESTING

All Australian Swimming Team members and other swimmers identified by SAL as competing at an elite level are subject to ASADA's national out-of-competition testing program. Some state level swimmers are subject to state testing programs as determined by state and territory governments.

CHECK YOUR SUBSTANCES

Athletes can't just take any drug or medication, or even use any training method. Some drugs, medications and substances are banned in sport, as are some methods.

It's easy to check if your substances are permitted in sport. Visit www.asada.gov.au and click *check your substances*.

MORE INFORMATION

For more information about anti-doping, visit www.asada.gov.au