



GEORGINA HOPE FOUNDATION
2016 AUSTRALIAN AGE
SWIMMING CHAMPIONSHIPS

**SA Aquatic & Leisure Centre
Adelaide**

Monday 28 March – Monday 4 April 2016

Swimming Australia Limited Events Unit

**Information Book
03/03/2016**

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
1.2 2016 Swimming Australia Event Calendar	4
SECTION TWO: EVENT INFORMATION.....	5
2.1 Event Details	5
2.2 Entry Procedures.....	5
2.2.1 Relays	5
2.2.2 Age Groups	5
2.2.3 Entry fees.....	5
2.2.4 Classification	6
2.2.5 Physical Impairment Athlete Evaluation (Classes 1-10).....	6
2.3 Program of Events.....	7
2.4 Qualifying Times.....	7
2.5 By-Laws	7
2.6 Club Package Information.....	7
2.6.1 Applying for Club Packages	7
2.6.2 Restrictions.....	8
2.6.3 Massage, Physiotherapists, and Support Staff	8
2.6.4 Collecting Club Packages	8
2.6.5 Important Information.....	9
2.7 Parking Arrangements & Traffic Management.....	9
2.8 Accreditation	9
2.8.1 Photographs	9
2.8.2 Collecting Your Accreditation.....	9
2.8.3 Lost or Misplace Accreditation Passes	10
2.9 Codes of Conduct.....	10
2.10 Information Sessions	10
2.10.1 Team Leaders Meeting.....	10
2.10.2 Breakfast Briefings	10
2.11 Team Selection	10
2.12 Pre-Meet Training Times and Procedures.....	11
2.13 Warm Up Times and Procedures	11
2.14 Medal Presentations	12
2.15 Operating Hours	13
2.16 Seating.....	14
2.16.1 Athlete and Coach Seating.....	14

2.16.2	General Public Seating.....	14
2.17	Ticketing.....	14
2.17.1	Ticket Purchasing Procedures	14
2.17.2	Concession Tickets.....	14
2.17.3	Wheelchair and Accessible Seating.....	14
2.17.4	Swimmer Pin Program.....	15
2.17.5	Programs	15
2.18	Merchandise	15
2.19	Accommodation and Transport Deals.....	15
2.20	Medical.....	15
2.20.1	First Aid.....	16
2.20.2	Event Medical Officer	16
2.20.3	Medical Directory	16
2.20.4	Doping Control	16
2.21	Lost Property	17
SECTION THREE: APPENDICES		18
3.1	Appendix A –Multi Class Competition and Classification.....	18
3.2	Appendix B – Program of Events.....	19
3.1	Appendix C – Qualifying Times.....	22
3.2	Appendix D – Pre-Meet Training Procedures	28
3.3	Appendix E – Warm Up and Warm Down Procedures.....	29
3.4	Appendix F – Venue Seating Map.....	30
3.5	Appendix G – Accor Discount Accommodation Guide.....	31
3.6	Appendix H – Thrifty Discount Vehicle Hire.....	32
3.7	Appendix I – ASADA Information	33

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
Miles Rose	General Manager Commercial	miles.rose@swimming.org.au
Lina Staropoli	Corporate Partnerships Account Manager	lina.staropoli@swimming.org.au
Gary Vandeburgt	High Performance Operations Manager	gary.vandeburgt@swimming.org.au

1.2 2016 Swimming Australia Event Calendar

February

12 - 14 2016 Open Water Swimming Championships Mooloolaba Beach QLD

March/April

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

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

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 Hancock Prospecting Australian Short Course Brisbane QLD
Swimming Championships

SECTION TWO: Event Information

2.1 Event Details

The 2016 Georgina Hope Foundation Australian Age Swimming Championships will be held at the SA Aquatic & Leisure Centre, Adelaide from Monday 28 March to Monday 4 April. The event will incorporate the selection trials for the 2016 Oceania Championships, 2016 Junior Pan Pacific Championships; and will see Australia's future swimming stars competing for the opportunity to be crowned Australian Age Champion.

2.2 Entry Procedures

Entries for the 2016 Georgina Hope Foundation Australian Age Swimming Championships are **NOW OPEN**. Entries will close at 11.59pm (EDST) on Tuesday 15 March 2016.

All entries must be lodged using the Swimming Australia online entry system.

[ENTER THE 2016 GEORGINA HOPE FOUNDATION AUSTRALIAN AGE SWIMMING CHAMPIONSHIPS](#)

2.2.1 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 as a **relay only swimmer** via the same online entry system as individual events. Please ensure you enter the 'relay only swimmer' event.

2.2.2 Age Groups

Age groups are determined by the swimmer's age as at **Monday 28 March 2016**.

All swimmers competing in the event must be at least 12 years of age by this date. For MC events, all swimmers competing in the event must be at least 11 years of age by this date.

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

2.2.3 Entry fees

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

2.2.4 Classification

This event is open to all age group swimmers with a disability in sport classes 1 - 16. Swimmers classification must be recorded in the National Classification Master List managed by SAL. Athletes are required to meet the qualifying times and must be members of a swim club affiliated with a State Swimming Association.

Swimmers in classification groups 1 – 10 (Physical Impairment) are required to hold an eligible classification with a Sport Class Status of National Review (NR) or National Confirmed (NC) by the close of entries, swimmers with Provisional Review (PrR) status classifications may enter however will be required to attend Physical Impairment Athlete Evaluation at the competition to obtain an eligible classification. (Refer to section 2.2.6)

Swimmers in classification groups 11 – 13 (Vision Impairment) are required to hold an eligible classification with a Sport Class Status of National Review (NR) or National Confirmed (NC) by the close of entries, swimmers with Provisional Review (PrR) status classifications will not be eligible for entry.

Swimmers in classification group 14 (Intellectual Impairment) are required to hold an eligible classification with Sport Class Status National Confirmed (NC) prior to close of entries, swimmers Provisional Review (PrR) Status classifications will not be eligible for entry.

Swimmers in class groups 15 (Hearing Impairment) and 16 (Transplant) must hold an eligible classification with Sport Class Status National Confirmed (NC) prior to the close of entries.

International Athletes are required to hold an approved IPC Swimming International Classification or hold an approved National Classification issued by their National Paralympic Committee. In the case of a National Classification swimmers are required to supply proof of their approved classification in writing signed by their NPC to Swimming Australia prior to close of entries. Swimming Australia reserves the right to determine classification eligibility of International Athletes.

It is advised swimmers confirm their classification and Sport Class Status well in advance of the close of entries. For more information, please refer to the SAL Classification Policy and Procedures at www.swimming.org.au.

To confirm your classification details in the National Classification Master List [CLICK HERE](#).

It is a requirement that Multi Class swimmers hold a current SAL Classification Card. Swimmers may be requested to present this card to meet officials at the competition. To apply for a Classification Card [CLICK HERE](#).

2.2.5 Physical Impairment Athlete Evaluation (Classes 1-10)

Athlete Evaluation will be offered for swimmers with Physical Impairment prior to competition on 1st and 2nd April 2016 at the SA Aquatic & Leisure Centre, Adelaide.

Swimmers with Sport Class Status Provisional Review (PrR) and Swimmers with Sport Class Status National Review (NR) due for re-evaluation in 2016 will be required to attend Athlete Evaluation.

Swimmers will be notified after the close of entries of their scheduled Athlete Evaluation session.

Attending Athlete Evaluation does not guarantee swimmers will receive an eligible Sport Class. Swimmers deemed to be Not Eligible at the completion of Athlete Evaluation will be permitted to participate in their nominated event(s) as an exhibition swimmer.

Further enquiries relating to Classification and Athlete Evaluation should be directed to classification@swimming.org.au.

Appendix A – Multi Class Competition & Classification

2.3 Program of Events

The 2016 Georgina Hope Foundation Australian Age Swimming Championships will consist of 204 events conducted over 8 days.

Appendix B – Program of Events

2.4 Qualifying Times

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

Qualifying times for multi class events must have been achieved in a 50m pool and must have been achieved after 1 May 2015.

Swimmers may compete in one club Freestyle relay and one club Medley relay for each distance i.e. up to 3 freestyle relays of different distances, and two medley relays of different distances.

Appendix C – Qualifying Times

2.5 By-Laws

The 2016 Georgina Hope Foundation Australian Age 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 obtained from the SAL website under [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 are now open. All clubs will be emailed must be lodged using the Swimming Australia online entry system. Club Package applications close on Tuesday 15 March 2016 at 11.59pm EDST.

Coach and manager passes will only be issued to those persons listed on the online Club/Institute Summary Sheet and accompanied by a fee of **\$85.00 per person** (coach and 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.

[BUY CLUB PACKAGES](#)

It is the responsibility of the club secretary to ensure that club packages for all coaches and team managers have been lodged online prior to applications closing. A list of purchased club packages will be available on the event web page from 8 March 2016. Please refer to this list prior to the closing of applications to ensure that your club has purchased all required club packages.

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

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 each
▪ 6 to 10 swimmers in individual events	3 x Accreditation Passes @ \$85 each
▪ 11 to 20 swimmers in individual events	4 x Accreditation Passes @ \$85 each
▪ 21 to 30 swimmers in individual events	6 x Accreditation Passes @ \$85 each
▪ 31 or more swimmers in individual events	7 x Accreditation Passes @ \$85 each

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

For athletes requiring an Assistant or Tappers, these persons should be included in the club package listing. Swimming Australia will not provide Assistants or Tappers for athletes. (In the case of tappers, there must be two tappers, one at each end of the pool)

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

2.6.3 Massage, Physiotherapists, and Support Staff

Please note that only qualified physiotherapists and massage therapists will be provided accreditation to treat athletes at this event.

Accreditation for massage, physio, and other support staff must be applied for as part of your club's allocation above, and a current PPLI certificate of currency must be provided to SAL prior to accreditation being granted.

2.6.4 Collecting Club Packages

Club Packages can be collected from the accreditation desk at the venue during the designated pre-meet training period on Saturday 26 and Sunday 27 March 2016, or during any of the competition sessions.

Club Packages will contain accreditation passes for all swimmers, coaches, managers and support staff for that club, as well as a program for the event. Accreditation passes provide personnel with access to the pool for all competition sessions.

Accreditation passes are not transferable. Any accreditation passes found being used inappropriately will be confiscated.

One free event program is provided with each coach or manager accreditation pass purchased. Light refreshments are also available for coaches and managers throughout the competition in the designated Coaches Room.

2.6.5 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 must be made as part of the Club Package when completing the online Club/Institute Summary Sheet.
- Accreditation will only be granted to applicants wishing to attend the event in a club working capacity i.e. Coach, Team Manager, Physio, etc.
- Accreditation holders must only request accreditation 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 **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 s available at the nearby Westfield Shopping Centre. Charges may apply for parking in this facility.

2.8 **Accreditation**

A Photo Accreditation System will be implemented by SAL to provide access control at the 2016 Georgina Hope Foundation Australian Age 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.

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

2.8.1 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 web when available.

2.8.2 Collecting Your Accreditation

Event accreditation will be available for collection from the SAL accreditation booth, located outside the event entry to the aquatic centre during the following times:

Pre-Meet Training: Saturday 26 and Sunday 27 March

Morning: 9.00am – 12.00pm
Afternoon: 3.00pm – 6.00pm

Competition: Monday 28 March – Saturday 2 April

Heats: from 7.00am
Finals: from 4.00pm

Sunday 3 April – Monday 4 April

Mornings: from 8.30am
Afternoons: from 2.30pm

2.8.3 Lost or Misplace Accreditation Passes

Should you lose or misplace your accreditation pass, replacement passes are available for purchase at the SAL accreditation desk. Replacement passes will cost **\$25.00** per pass, with **\$20.00** of this amount being refunded if the lost or misplaced accreditation is found and returned to the accreditation desk.

2.9 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 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 Codes of Conduct, Swimming Australia Member Welfare Policy, and Swimming Australia Child Welfare Policy can be on the SAL website under [SAL Policies, Procedures and Rules](#).

2.10 Information Sessions

2.10.1 Team Leaders Meeting

A Team Leaders Meeting will be held in the marshalling room at SAALC from 4.00pm on Sunday 27 March 2016.

This 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.

2.10.2 Breakfast Briefings

The SAL Community Sport Unit (CSU) will be conducting breakfast briefings from 7.00am to 8.30am during the Championships.

These briefings are designed to present parents and club members with information on a variety of topics relevant to swimming at a youth elite level. Further information on the presentation schedule will be provided shortly on the event webpage, as well as in the Event Program and during the Team Leaders Meeting.

2.11 Team Selection

The following teams/squads will be selected from performances at both the 2016 Hancock Prospecting Australian Swimming Championships and the 2016 Georgina Hope Foundation Australian Age Swimming Championships:

2016 Oceania Championships
2016 Junior Pan Pacific Championships

Selection criteria for all teams can be found on the SAL website in the High Performance section under [Selection Criteria](#).

2.12 Pre-Meet Training Times and Procedures

Pre-Meet: Saturday 26 – Sunday 27 March 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 0 & 9: Reserved for 25m and 15m dive sprints and Backstroke Ledge Practice. Swimmers must clear the lane immediately.
- Lanes 1 & 8: Reserved for pace swimming (no diving).
- Lanes 2 – 7: 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 & 9: Reserved for 25m and 15m dive sprints and Backstroke Ledge Practice. Swimmers must clear the lane immediately.
- Lanes 1 & 8: Reserved for pace swimming (no diving).
- Lanes 2 – 7: Reserved throughout the whole of the warm up period as circle swimming lanes.

Appendix D – Pre-Meet Training Procedures

2.13 Warm Up Times and Procedures

Competition: Monday 28 March to Saturday 2 April 2016

Warm Up Heats: 7.00am – 8.45am

Warm Up Finals: 4.00pm* – 5.45pm

** Access for warm up will commence from 1.00pm on Saturday 2 April. Access to the competition pool for warm up will close at 3.45pm on this day.*

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

- Lanes 0 & 9 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 15 metre sprint lanes from the turn end of the pool.
- Lanes 1 & 8 are reserved for 50 metre pace swimming one way.

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

- Lanes 0 & 9: Reserved for 25m and 15m dive sprints and Backstroke Ledge Practice. Swimmers must clear the lane immediately.
- Lanes 1 & 8: Reserved for pace swimming (no diving).
- Lanes 2 – 7: Reserved throughout the whole of the warm up period as circle swimming lanes

Competition: Sunday 3 to Monday 4 April 2016
Warm Up Heats: 8.30am – 9.45am
Warm Up Finals: 2.30pm – 3.45pm

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

- Lanes 0 & 9: Reserved for 25m and 15m dive sprints and Backstroke Ledge Practice. Swimmers must clear the lane immediately.
- Lanes 1 & 8: Reserved for pace swimming (no diving).
- Lanes 2 – 7: 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 & 9: Reserved for 25m and 15m dive sprints and Backstroke Ledge Practice. Swimmers must clear the lane immediately.
- Lanes 1 & 8: Reserved for pace swimming (no diving).
- Lanes 2 – 7: Reserved throughout the whole of the warm up period as circle swimming lanes.

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 General Manager, Events.

Appendix E – Warm Up and Warm Down Procedures

2.14 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.

Please ensure that you arrive at the medal presentation area well in advance of your 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.

2.15 Operating Hours

<u>Day</u>	<u>Task/Area</u>	<u>Opening Time(s)</u>
Saturday 26 - Sunday 27 March	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
Monday 28 March - Friday 1 April	Accreditation Booth	7.00am to 12.00pm
	Athlete Entry	7.00am
	Athlete Warm up	7.00am to 8.45am
	Gates open to public	7.00am
	Heats Session	9.00am
	Accreditation Booth	4.00pm to 6.30pm
	Athlete Access	4.00pm
	Athlete Warm up	4.00pm to 5.45pm
	Gates open to public	4.00pm
	Finals Session	6.00pm
Saturday 2 April*	Accreditation Booth	7.00am to 12.00pm
	Athlete Entry	7.00am
	Athlete Warm up	7.00am to 8.45am
	Gates open to public	7.00am
	Heats Session	9.00am
	Accreditation Booth	1.00pm to 6.30pm
	Athlete Access	1.00pm
	Athlete Warm up	1.00pm to 3.45pm
	Gates open to public	1.00pm
	MC Timed Finals Session	4.00pm
	Finals Session	6.00pm
* If the timeline allows, the competition pool will be opened following the MC Timed Finals Session until 5.45pm		
Sunday 3 - Monday 4 April	Accreditation Booth	8.30am to 11.00am
	Athlete Entry	8.30am
	Athlete Warm up	8.30am to 9.45am
	Gates open to public	8.30am
	MC Timed Finals Session	10.00am
	Accreditation Booth	2.30pm to 4.30pm
	Athlete Access	2.30pm
	Athlete Warm up	2.30pm to 3.45pm
	Gates open to public	2.30pm
	MC Timed Finals Session	4.00pm

2.16 Seating

2.16.1 Athlete and Coach Seating

Limited athlete seating will be provided in the seating modules located on pool deck overlooking the competition pool, and in the fixed seating on the non-grandstand side of pool deck. This seating is based on a first come, first served basis.

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 this area, and ensure that you have your accreditation pass available to be checked.

State Rotational Seating

Seating for athletes, coaches and support staff will be located in the main grandstand and dive pool grandstand. A rotational seating plan will be utilised in these areas to ensure that all states are provided equal opportunity to sit in the best viewing areas throughout the event.

Rotational seating will be based on the numbers of athletes, coaches and support staff attending the event, and the total number of seats required for each state will be blocked together. Allocated blocks will then be rotated each day to enable each state a chance to sit over the start/finish line.

A seating map will be posted at the entrance to the grandstand on each competition day to indicate the seating allocation for that session. Directional signage will also be used to designate seating blocks by state.

2.16.2 General Public Seating

General public seating for this event will be in designated areas of the main grandstand overlooking the competition pool. Seating in these sections are by general admission, and spectator services volunteers will be on hand to assist patrons in locating available seats.

Appendix F – SAALC Venue Map

2.17 Ticketing

2.17.1 Ticket Purchasing Procedures

The sale of tickets for the 2016 Georgina Hope Foundation Australian Age Swimming Championships will be managed by Ticketek.

A link to the ticket purchase page will be provided on the Swimming Australia website, www.swimming.org.au, when tickets go on sale.

2.17.2 Concession Tickets

Concession tickets are available to pension card holders and students. Please check the acceptable concession types on the ticketing webpage for more information.

2.17.3 Wheelchair and Accessible Seating

Wheelchair accessible seating is available in Bay 2 and Bay 5 at the venue.

Accessible seating is available in row C and D of Bay 4 for senior and disabled persons who cannot negotiate large sections of stairs.

One free companion ticket will be provided (if required) for every ticket purchased by a disabled person requiring a companion. To request a companion's ticket please contact Ticketek directly.

2.17.4 Swimmer Pin Program

Swimmers selected on major Australian teams are awarded an Australian Swim Team Number and a Swimmer Pin as recognition of their achievements. Major Teams are: Olympic Games, World Championships (long and short course), Commonwealth Games and Pan Pacific Championships.

Swimmer Pin holders will be entitled to certain ticketing benefits at Swimming Australia Championship events. The number of tickets and price point may vary at the discretion of Swimming Australia depending on the size of the venue and type of event.

For the 2016 Georgina Hope Foundation Australian Age Swimming Championships, Swimmer Pin holders are entitled to **2 x complimentary double passes to 1 finals session, and 1 x complimentary ticket to every heats session**. Complimentary tickets are limited, and will be provided on a first in, first served basis. Any additional tickets required may be purchased at the normal ticket price for that session.

Please note: swimmers who will be competing at the 2016 Georgina Hope Foundation Australian Age Swimming Championships will not be entitled to complimentary tickets as you will have an accreditation for the Meet.

Tickets can be obtained by completing the form available on the event webpage. No late ticket requests will be accepted.

2.17.5 Programs

Event programs will be available for purchase from the ticketing booth and through roving program sellers located at the spectator entrance to SA Aquatic & Leisure Centre, and moving throughout the grandstands.

Heats Programs will be available for sale at all times during warm up and competition, while Finals Programs will be available for sale from the commencement of warm up during each finals session.

Coaches and Team Managers who have purchased a club package are entitled to one heats program for the competition and one finals program for each finals session. Heats programs can be collected from the accreditation desk when collecting your club package. Finals programs can be collected from the coach's desk at the commencement of warm up.

2.18 Merchandise

An official range of merchandise will be available at the 2016 Georgina Hope Foundation Australian Age Swimming Championships.

Merchandise sales will be managed by Speedo during all event sessions, and will be sold from a temporary stall on the walkway behind the grandstand.

The merchandise range is expected to include boys and girl's t-shirts, hoodies, towels, swim caps and drink bottles. Further information and pricing will be available on the Swimming Australia website (www.swimming.org.au) closer to the event.

2.19 Accommodation and Transport Deals

Appendix G – Accor Discount Accommodation Guide

Appendix H – Thrifty Discount Vehicle Hire

2.20 Medical

2.20.1 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 and medical staff if required.

2.20.2 Event Medical Officer

An Event Medical Officer will be present to provide medical assistance to athletes attending the event. The medical officer will be available at the pool for consultation during all competition sessions.

The Medical Officer will be wearing an orange hi-visibility vest, and will be situated in the Aquatic First Aid Room during warm up and roaming between the marshalling area and athlete seating during competition.

Please note that no event doctor will be on site during this event.

Event Medical Mobile Phone: 0409 925 646

This phone is only operational during competition sessions; do not leave messages on this phone.

2.20.3 Medical Directory

SERVICE	ADDRESS	SUBURB	POSTCODE	PHONE
Emergency - Ambulance, Police, Fire SA Police Service				000 131 444
<u>Public Hospitals and Medical Centres</u>				
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
<u>Private Hospitals</u>				
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>				
<u>Pharmacies</u>				
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

2.20.4 Doping Control

The Australian Sports Anti-Doping Authority (ASADA) has been notified of the event, and may conduct random testing during the 2016 Georgina Hope Foundation Australian Age 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 I – ASADA Information

2.21 Lost Property

All lost property will be handed in to the Aquatic Centre Pool Attendants on duty.

SECTION THREE: Appendices

3.1 Appendix A –Multi Class Competition and Classification

Multi Class Events

Multi Class (MC) swimming is a form of competition designed specifically for swimmers with disability. MC events are normal swimming events with some minor modifications to the rules and regulations.

MC events see swimmers with a range of impairments, competing in the same race. In order to compete in MC competition swimmers must have an eligible classification. Swimmers race against the world's best time in that event for their classification. Event results are determined using the Multi Class Point Score system. The winner of the race is not always who touches the wall first, but the swimmer who posts the highest point score (i.e. a time closest to the world's best time for their classification). Swimmers may be granted certain exceptions to the normal swimming rules in order to compete fairly. This allows for meaningful and fair competition for all swimmers.

Classification

Classification is used to place athletes of similar ability or function into groups for the purpose of competition. Classification exists in other areas of sport such as weight classes in boxing and handicaps in golf. Classification in sport for people with disability considers an athlete's medical condition and physical, sensory and cognitive attributes to group them into classes. Classification is designed to ensure a fair environment for elite competition. In Australia classification is used to ensure fair and meaningful competition at all levels.

The Classes

Classes 1-10 are allocated to swimmers with a physical disability

Classes 11-13 are allocated to swimmers with vision impairment

Class 14 is allocated to swimmers with an intellectual disability

Class 15 is allocated to swimmers with a hearing impairment

Class 16 is allocated to swimmers who have received a transplant

Swimmers receive a class for each stroke discipline, and a prefix indicates which stroke the class applies to;

Prefix	Stroke
S	Freestyle, Backstroke and Butterfly
SB	Breaststroke
SM	Individual Medley

Rule Exceptions

Classified swimmers may be entitled to exceptions to the normal swimming rules. Swimming Australia uses a system of codes to identify exceptions to the swimming rules for Multi Class competition. The table below provides an overview of the codes.

Starts

A ASSISTANCE REQUIRED

B BLACKENED GOGGLES

E UNABLE TO GRIP FOR BACKSTROKE START

H HEARING IMPAIRED LIGHT, SIGNAL OR TOUCH REQUIRED

T TAPPERS

Y STARTING DEVICE

During Swimming

0 NIL EXCEPTIONS

1 ONE HAND START

2 RIGHT HAND TOUCH

3 LEFT HAND TOUCH

4 RIGHT HAND TOUCH WITH SIMULTANEOUS INTENT TO TOUCH WITH OTHER

5 LEFT HAND TOUCH WITH SIMULTANEOUS INTENT TO TOUCH WITH OTHER

6 SIMULTANEOUS INTENT TO TOUCH

7 PART OF UPPER BODY MUST TOUCH

8 RIGHT FOOT MUST TURN OUT

9 LEFT FOOT MUST TURN OUT

12 LEG DRAG OR SHOW INTENT TO KICK

+ BUTTERFLY KICK IS ABLE TO BE PERFORMED [ILLEGAL BREASTROKE]

3.2 Appendix B – Program of Events

2016 GHF Australian Age Swimming Championships – Program of Events					
Day 1 Monday - 28 March		Day 2 Tuesday – 29 March		Day 3 Wednesday – 30 March	
Heats 9.00am		Heats 9.00am		Heats 9.00am	
Age	Event	Age	Event	Age	Event
1) Girls 16yrs	200m Fly	25) Girls 16yrs	400m Free	49) Girls 15yrs	100m Breast
2) Boys 16yrs	200m Fly	26) Boys 16yrs	400m Free	50) Boys 15yrs	100m Breast
3) Girls 17/18yrs	50m Free	27) Girls 15yrs	100m Free	51) Girls 14yrs	200m Fly
4) Boys 17/18yrs	50m Free	28) Boys 15yrs	100m Free	52) Boys 14yrs	200m Fly
5) Girls 15yrs	800m Free	29) Girls 14yrs	200m Back	53) Girls 12/13yrs	800m Free
6) Girls 14yrs	200m IM	30) Boys 14yrs	200m Back	54) Girls 17/18yrs	200m Free
7) Boys 14yrs	200m IM	31) Girls 12/13yrs	200m IM	55) Boys 17/18yrs	200m Free
8) Girls 12/13yrs	200m Free	32) Boys 12/13yrs	200m IM	56) Girls 16yrs	100m Back
9) Boys 12/13yrs	200m Free	33) Girls 17/18yrs	100m Back	57) Boys 16yrs	100m Back
10) Girls 16yrs	100m Free	34) Boys 17/18yrs	100m Back	58) Girls 15yrs	400m Free
11) Boys 16yrs	100m Free	35) Girls 16yrs	50m Free	59) Boys 15yrs	400m Free
12) Girls 17/18yrs	100m Breast	36) Boys 16yrs	50m Free	60) Girls 14yrs	100m Free
13) Boys 17/18yrs	100m Breast	37) Girls 15yrs	200m Fly	61) Boys 14yrs	100m Free
14) Girls 15yrs	200m Back	38) Boys 15yrs	200m Fly	62) Girls 12/13yrs	200m Back
15) Boys 15yrs	200m Back	39) Boys 14yrs	1500m Free	63) Boys 12/13yrs	200m Back
16) Girls 14yrs	100m Fly	40) Girls 12/13yrs	100m Fly	64) Girls 17/18yrs	200m Breast
17) Boys 14yrs	100m Fly	41) Boys 12/13yrs	100m Fly	65) Boys 17/18yrs	200m Breast
18) Girls 12/13yrs	200m Breast	42) Girls 17/18yrs	400m IM	66) Girls 16yrs	400m IM
19) Boys 12/13yrs	200m Breast	43) Boys 17/18yrs	400m IM	67) Boys 16yrs	400m IM
20) Girls 17/18yrs	400m Free	44) Girls 16yrs	100m Breast	68) Girls 15yrs	50m Free
21) Boys 17/18yrs	400m Free	45) Boys 16yrs	100m Breast	69) Boys 15yrs	50m Free
22) Boys 15yrs	1500m Free	46) Girls 14yrs	800m Free	70) Boys 12/13yrs	800m Free
Finals 6.00pm		Finals 6.00pm		Finals 6.00pm	
Age	Event	Age	Event	Age	Event
16yrs	200m Fly	16yrs	400m Free	15yrs	100m Breast
17/18yrs	50m Free	15yrs	100m Free	14yrs	200m Fly
15yrs Fast Heat	800m Free	14yrs	200m Back	12/13yrs Fast Heat	800m Free
14yrs	200m IM	12/13yrs	200m IM	17/18yrs	200m Free
12/13yrs	200m Free	17/18yrs	100m Back	16yrs	100m Back
16yrs	100m Free	16yrs	50m Free	15yrs	400m Free
17/18yrs	100m Breast	15yrs	200m Fly	14yrs	100m Free
15yrs	200m Back	14yrs Fast Heat	1500m Free	13/Under	200m Back
14yrs	100m Fly	12/13yrs	100m Fly	17/18yrs	200m Breast
12/13yrs	200m Breast	17/18yrs	400m IM	16yrs	400m IM
17/18yrs	400m Free	16yrs	100m Breast	15yrs	50m Free
15yrs Fast Heat	1500m Free	14yrs Fast Heat	800m Free	12/13yrs Fast Heat	800m Free
23) Girls 12/16yrs Under Club Relay	4 x 100 Med	47) Girls 18 & Under Club Relay	4 x 100 Free	71) Girls 12/14yrs Club Relay	4 x 50 Med
24) Boys 12/16yrs Club Relay	4 x 100 Med	48) Boys 18 & Under Club Relay	4 x 100 Free	72) Boys 12/14yrs Club Relay	4 x 50 Med
				73) Girls 12/16yrs Club Relay	4 x 100 Free
				74) Boys 12/16yrs Club Relay	4 x 100 Free

Day 4 Thursday – 31 March		Day 5 Friday 1 - April		Day 6 Saturday 2 - April	
Heats 9.00am		Heats 9.00am		Heats 9.00am	
Age	Event	Age	Event	Age	Event
75) Girls 17/18yrs	100m Fly	99) Girls 17/18yrs	200m Back	123) Girls 17/18	200m Fly
76) Boys 17/18yrs	100m Fly	100) Boys 17/18yrs	200m Back	124) Boys 17/18	200m Fly
77) Girls 16yrs	200m Free	101) Girls 12/13yrs	400m Free	125) Girls 16yrs	800m Free
78) Boys 16yrs	200m Free	102) Boys 12/13yrs	400m Free	126) Girls 15yrs	200m IM
79) Girls 14yrs	50m Free	103) Girls 14yrs	100m Back	127) Boys 15yrs	200m IM
80) Boys 14yrs	50m Free	104) Boys 14yrs	100m Back	128) Girls 14yrs	200m Free
81) Girls 15yrs	100m Back	105) Girls 15yrs	200m Free	129) Boys 14yrs	200m Free
82) Boys 15yrs	100m Back	106) Boys 15yrs	200m Free	130) Girls 12/13yrs	100m Back
83) Girls 12/13yrs	200m Fly	107) Girls 16yrs	100m Fly	131) Boys 12/13yrs	100m Back
84) Boys 12/13yrs	200m Fly	108) Boys 16yrs	100m Fly	132) Girls 17/18	100m Free
85) Girls 17/18yrs	200m IM	109) Boys 17/18yrs	1500m Free	133) Boys 17/18	100m Free
86) Boys 17/18yrs	200m IM	110) Girls 12/13yrs	50m Free	134) Girls 16yrs	200m Back
87) Girls 14yrs	400m Free	111) Boys 12/13yrs	50m Free	135) Boys 16yrs	200m Back
88) Boys 14yrs	400m Free	112) Girls 14yrs	400m IM	136) Girls 15yrs	100m Fly
89) Girls 16yrs	200m Breast	113) Boys 14yrs	400m IM	137) Boys 15yrs	100m Fly
90) Boys 16yrs	200m Breast	114) Girls 15yrs	200m Breast	138) Girls 14yrs	200m Breast
91) Girls 15yrs	400m IM	115) Boys 15yrs	200m Breast	139) Boys 14yrs	200m Breast
92) Boys 15yrs	400m IM	116) Girls 16yrs	200m IM	140) Girls 12/13yrs	400m IM
93) Girls 12/13yrs	100m Free	117) Boys 16yrs	200m IM	141) Boys 12/13yrs	400m IM
94) Boys 12/13yrs	100m Free	118) Girls 12/13yrs	100m Breast	142) Boys 16yrs	1500m Free
95) Girls 14yrs	100m Breast	119) Boys 12/13yrs	100m Breast		
96) Boys 14yrs	100m Breast	120) Girls 17/18yrs	800m Free		
Finals 6.00pm		Finals 6.00pm		Finals 6.00pm	
Age	Event	Age	Event	Age	Event
17/18yrs	100m Fly	17/18yrs	200m Back	17/18yrs	200m Fly
16yrs	200m Free	12/13yrs	400m Free	16yrs Fast Heat	800m Free
14yrs	50m Free	14yrs	100m Back	15yrs	200m IM
15yrs	100m Back	15yrs	200m Free	14yrs	200m Free
12/13yrs	200m Fly	16yrs	100m Fly	12/13yrs	100m Back
17/18yrs	200m IM	17/18yrs Fast Heat	1500m Free	17/18yrs	100m Free
14yrs	400m Free	12/13yrs	50m Free	16yrs	200m Back
16yrs	200m Breast	14yrs	400m IM	15yrs	100m Fly
15yrs	400m IM	15yrs	200m Breast	14yrs	200m Breast
12/13yrs	100m Free	16yrs	200m IM	12/13yrs	400m IM
14yrs	100m Breast	12/13yrs	100m Breast	16yrs Fast Heat	1500m Free
97) Girls 18 & Under Club Relay	4 x 200 Free	17/18yrs Fast Heat	800m Free	143) Girls 18 & Under Club Relay	4 x 100 Med
98) Boys 18 & Under Club Relay	4 x 200 Free	121) Girls 12/14yrs Club Relay	4 x 50 Free	144) Boys 18 & Under Club Relay	4 x 100 Med
		122) Boys 12/14yrs Club Relay	4 x 50 Free		

Day 6 – Multi Class - Saturday 2 April		Day 8 – Multi Class - Monday 4 April	
Timed Finals - 4.00		Timed Finals - 10.00am	
Age	Event	Age	Event
145) Girls 11 - 15yrs	MC 400m Free S6 – S16	177) Girls 11 - 15yrs	MC 200m IM SM5 – SM16
146) Boys 11 - 15yrs	MC 400m Free S6 – S16	178) Boys 11 - 15yrs	MC 200m IM SM5 – SM16
147) Girls 11 - 18yrs	MC 200m Free S1 – S5	179) Girls 17 – 18yrs	MC 50m Freestyle
148) Boys 11 - 18yrs	MC 200m Free S1 – S5	180) Boys 17 – 18yrs	MC 50m Freestyle
149) Girls 16 - 18yrs	MC 400m Free S6 – S16	181) Girls 15 – 16yrs	MC 50m Backstroke
150) Boys 16 - 18yrs	MC 400m Free S6 – S16	182) Boys 15 – 16yrs	MC 50m Backstroke
		183) Girls 11 – 14yrs	MC 100m Freestyle
Day 7 – Multi Class - Sunday 3 April		184) Boys 11 – 14yrs	MC 100m Freestyle
Timed Finals - 10.00am		185) Girls 17 – 18yrs	MC 100m Butterfly
151) Girls 15 – 16yrs	MC 100m Backstroke	186) Boys 17 – 18yrs	MC 100m Butterfly
152) Boys 15 – 16yrs	MC 100m Backstroke	187) Girls 15 – 16yrs	MC 50m Butterfly
153) Girls 11 – 14yrs	MC 50m Freestyle	188) Boys 15 – 16yrs	MC 50m Butterfly
154) Boys 11 – 14yrs	MC 50m Freestyle	189) Girls 11 – 14yrs	MC 50m Butterfly
155) Girls 17 – 18yrs	MC 100m Freestyle	190) Boys 11 – 14yrs	MC 50m Butterfly
156) Boys 17 – 18yrs	MC 100m Freestyle		
157) Girls 15 – 16yrs	MC 100m Breaststroke	Timed Finals - 4.00pm	
158) Boys 15 – 16yrs	MC 100m Breaststroke	191) Girls 17 – 18yrs	MC 100m Backstroke
159) Girls 11 – 14yrs	MC 100m Butterfly	192) Boys 17 – 18yrs	MC 100m Backstroke
160) Boys 11 – 14yrs	MC 100m Butterfly	193) Girls 11 – 14yrs	MC 50m Backstroke
161) Girls 11 – 18yrs	MC 150 IM SM1 – SM4	194) Boys 11 – 14yrs	MC 50m Backstroke
162) Boys 11 – 18yrs	MC 150 IM SM1 – SM4	195) Girls 15 – 16yrs	MC 100m Freestyle
		196) Boys 15 – 16yrs	MC 100m Freestyle
Timed Finals - 4.00pm		197) Girls 17 – 18yrs	MC 100m Breaststroke
163) Girls 17 – 18yrs	MC 50m Butterfly	198) Boys 17 – 18yrs	MC 100m Breaststroke
164) Boys 17 – 18yrs	MC 50m Butterfly	199) Girls 15 – 16yrs	MC 50m Breaststroke
165) Girls 11 – 14yrs	MC 100m Backstroke	200) Boys 15 – 16yrs	MC 50m Breaststroke
166) Boys 11 – 14yrs	MC 100m Backstroke	201) Girls 11 – 14yrs	MC 100m Breaststroke
167) Girls 15 – 16yrs	MC 50m Freestyle	202) Boys 11 – 14yrs	MC 100m Breaststroke
168) Boys 15 – 16yrs	MC 50m Freestyle	203) Girls 16 - 18yrs	MC 200m IM SM5- SM16
169) Girls 17 – 18yrs	MC 50m Backstroke	204) Boys 16 - 18yrs	MC 200m IM SM5- SM16
170) Boys 17 – 18yrs	MC 50m Backstroke		
171) Girls 11 – 14yrs	MC 50m Breaststroke		
172) Boys 11 – 14yrs	MC 50m Breaststroke		
173) Girls 15 – 16yrs	MC 100m Butterfly		
174) Boys 15 – 16yrs	MC 100m Butterfly		
175) Girls 17 – 18yrs	MC 50m Breaststroke		
176) Boys 17 – 18yrs	MC 50m Breaststroke		

3.1 Appendix C – Qualifying Times

GIRLS

	17/18 yrs	16 yrs	15 yrs	14 yrs	12 &13 yrs
50m Freestyle	27.50	27.80	28.10	28.30	28.70
100m Freestyle	1:00.00	1:00.20	1:00.80	1:01.30	1:02.30
200m Freestyle	2:09.00	2:10.00	2:11.00	2:12.50	2:14.50
400m Freestyle	4:30.00	4:32.00	4:35.00	4:37.80	4:42.20
800m Freestyle	9:10.00	9:20.00	9:27.00	9:34.00	9:44.00
100m Backstroke	1:08.80	1:09.30	1:09.50	1:10.20	1:11.00
200m Backstroke	2:27.80	2:27.80	2:28.30	2:29.20	2:31.50
100m Breaststroke	1:19.00	1:19.50	1:20.00	1:20.50	1:21.00
200m Breaststroke	2:49.00	2:50.50	2:51.50	2:52.00	2:54.00
100m Butterfly	1:06.50	1:06.60	1:07.30	1:07.80	1:09.00
200m Butterfly	2:27.00	2:27.50	2:28.00	2:32.20	2:33.20
200m Individual Medley	2:28.00	2:29.00	2:29.50	2:30.70	2:32.00
400m Individual Medley	5:10.00	5:14.00	5:16.50	5:22.00	5:28.80
				12/14	
4x50m Club Free Relay				1:57.00	
4x50m Club Medley Relay				2:10.00	
	12/18	12/16			
4x100m Club Free Relay	4:10.00	4:11.00			
4x100m Club Med Relay	4:35.00	4:38.00			
4x200m Club Free Relay	8:55.00				

1. Entry times for these Championships must have been swum in a 50m pool.
2. Qualifying time must be achieved since 1st May 2015
3. Swimmers may compete in one club Freestyle relay and one club Medley relay for each distance i.e. up to 3 freestyle relays of different distances, and two medley relays of different distances.

BOYS

	17/18 yrs	16 yrs	15 yrs	14 yrs	12 &13 yrs
50m Freestyle	24.60	25.40	25.60	26.30	27.30
100m Freestyle	54.00	55.00	55.60	57.40	59.50
200m Freestyle	1:57.80	1:59.70	2:01.30	2:05.50	2:09.40
400m Freestyle	4:09.00	4:14.00	4:17.00	4:24.00	4:33.00
800m Freestyle					9:35.00
1500m Freestyle	16:25.00	16:30.00	17:00.00	17:20.00	—
100m Backstroke	1:01.80	1:03.00	1:04.00	1:06.00	1:08.60
200m Backstroke	2:13.00	2:16.00	2:18.00	2:22.00	2:28.00
100m Breaststroke	1:10.00	1:11.00	1:12.80	1:14.80	1:18.20
200m Breaststroke	2:33.80	2:35.00	2:39.00	2:42.00	2:48.00
100m Butterfly	59.00	59.80	1:01.00	1:03.00	1:06.20
200m Butterfly	2:10.00	2:15.50	2:17.50	2:22:00	2:28.90
200m Individual Medley	2:14.50	2:16.00	2:19.50	2:22.50	2:28.20
400m Individual Medley	4:45.00	4:49.50	4:56.00	5:03.00	5:20.00
				12/14	
4x50m Club Free Relay				1:49.00	
4x50m Club Medley Relay				2:04.00	
	12/18	12/16			
4x100m Club Free Relay	3:43:00	3:49.00			
4x100m Club Medley Relay	4:09.00	4:13.00			
4x200m Club Free Relay	8:08.00				

1. Entry times for these Championships must have been swum in a 50m pool.
2. Qualifying time must be achieved since 1st May 2015
3. Swimmers may compete in one Club Freestyle relay and one club Medley relay for each distance i.e. up to 3 freestyle relays of different distances.

MULTI CLASS ENTRY QUALIFYING TIMES**MALE****11/14 Years**

	S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
50FR	50.67	45.95	48.70	45.74	44.28	49.73	45.14	48.80	50.94	53.29	57.35	1:03.01	1:12.30	1:22.04	1:55.76	2:04.35
100FR	1:55.55	1:40.51	1:46.58	1:42.36	1:38.05	1:49.14	1:37.97	1:46.50	1:50.97	1:56.21	2:06.05	2:15.27	2:38.75	3:01.07	4:11.29	4:31.08
50BK	1:04.09	53.73	58.62	56.33	55.52	1:02.22	55.08	57.39	59.59	1:07.58	1:08.10	1:07.48	1:22.25	1:25.33	2:01.66	2:36.48
100BK	2:16.99	1:54.49	2:02.87	1:55.26	1:54.34	2:10.46	1:56.61	1:59.11	2:04.55	2:18.55	2:22.49	2:27.46	3:07.44	3:45.69	4:31.22	6:11.63
50BR	1:05.54	54.83	58.33	1:00.41	1:03.50	1:06.81		56.16	1:04.23	1:13.97	1:14.49	1:21.27	1:29.49	1:33.38	1:48.37	2:53.21
100BR	2:24.79	1:55.55	2:07.92	2:04.47	2:09.92	2:15.83		2:07.03	2:09.05	2:37.52	2:43.91	2:56.22	3:06.06	3:34.04	4:16.95	
50BF	58.55	47.80	52.31	52.50	51.50	54.81	49.28	52.85	54.00	58.49	59.30	1:06.11	1:22.08	1:51.33	2:41.23	3:47.52
100BF	2:10.96	1:43.80	1:56.36	1:50.31	1:49.58	1:57.71	1:47.83	1:54.28	1:56.42	2:11.42	2:18.18	2:34.51				
200IM	5:18.52	3:55.38	4:26.00	4:13.90	4:12.50	4:35.34	4:12.86	4:17.29	4:31.39	5:00.28	5:12.34	5:25.89	4:55.75*	5:47.62*		

*This event is 150m Individual Medley

15/16 years

	S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
50FR	41.22	37.38	39.62	37.21	36.02	40.45	36.73	39.70	41.44	43.35	46.66	51.27	58.82	1:06.74	1:34.18	1:41.17
100FR	1:34.01	1:21.77	1:26.71	1:23.27	1:19.76	1:28.79	1:19.70	1:26.64	1:30.28	1:34.54	1:42.55	1:50.05	2:09.15	2:27.31	3:24.43	3:40.54
50BK	52.14	43.71	47.69	45.83	45.17	50.62	44.81	46.69	48.48	54.98	55.40	54.90	1:06.92	1:09.42	1:38.97	2:07.30
100BK	1:51.45	1:33.15	1:39.96	1:33.77	1:33.02	1:46.13	1:34.87	1:36.91	1:41.32	1:52.71	1:55.93	1:59.97	2:32.50	3:03.61	3:40.65	5:02.34
50BR	53.32	44.61	47.46	49.15	51.66	54.35		45.69	52.25	1:00.18	1:00.60	1:06.12	1:12.81	1:15.97	1:28.16	2:20.92
100BR	1:57.79	1:34.01	1:44.07	1:41.26	1:45.70	1:50.51		1:43.35	1:44.99	2:08.15	2:13.35	2:23.36	2:31.37	2:54.13	3:29.04	
50BF	47.63	38.89	42.55	42.71	41.90	44.59	40.09	42.99	43.93	47.58	48.24	53.79	1:06.78	1:30.58	2:11.17	3:05.10
100BF	1:46.54	1:24.45	1:34.67	1:29.75	1:29.15	1:35.76	1:27.72	1:32.97	1:34.71	1:46.92	1:52.42	2:05.70				
200IM	4:19.13	3:11.49	3:36.40	3:26.56	3:25.42	3:44.00	3:25.72	3:29.32	3:40.79	4:04.29	4:14.10	4:25.13	4:00.61*	4:42.80*		

*This event is 150m Individual Medley

17/18 years

	S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
50FR	38.87	35.25	37.37	35.09	33.97	38.15	34.63	37.44	39.08	40.88	44.00	48.35	55.47	1:02.94	1:28.82	1:35.41
100FR	1:28.65	1:17.11	1:21.77	1:18.53	1:15.22	1:23.73	1:15.16	1:21.71	1:25.14	1:29.16	1:36.71	1:43.78	2:01.80	2:18.92	3:12.79	3:27.98
50BK	49.17	41.22	44.98	43.22	42.60	47.74	42.26	44.03	45.72	51.85	52.25	51.77	1:03.11	1:05.47	1:33.34	2:00.05
100BK	1:45.10	1:27.84	1:34.27	1:28.43	1:27.72	1:40.09	1:29.47	1:31.39	1:35.55	1:46.30	1:49.32	1:53.14	2:23.81	2:53.16	3:28.09	4:45.13
50BR	50.28	42.07	44.76	46.35	48.72	51.26		43.09	49.28	56.75	57.15	1:02.35	1:08.66	1:11.65	1:23.14	2:12.89
100BR	1:51.08	1:28.65	1:38.14	1:35.49	1:39.68	1:44.21		1:37.46	1:39.01	2:00.85	2:05.76	2:15.20	2:22.75	2:44.22	3:17.14	
50BF	44.92	36.67	40.13	40.28	39.51	42.05	37.81	40.54	41.43	44.87	45.49	50.72	1:02.97	1:25.42	2:03.70	2:54.56
100BF	1:40.47	1:19.64	1:29.27	1:24.63	1:24.07	1:30.31	1:22.73	1:27.68	1:29.32	1:40.83	1:46.02	1:58.54				
200IM	4:04.37	3:00.59	3:24.08	3:14.80	3:13.72	3:31.25	3:14.00	3:17.40	3:28.22	3:50.38	3:59.63	4:10.03	3:46.91*	4:26.70*		

*This event is 150m Individual Medley

11 – 18 years: 200m Freestyle

S5	S4	S3	S2	S1
4:42.16	5:38.58	6:28.95	9:03.17	9:36.25

11 – 15 years: 400m freestyle

S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6
10:29.76	7:29.53	8:22.65	7:55.51	7:58.85	8:22.32	7:50.29	8:14.98	8:32.43	9:13.47	9:14.17

16 - 18 years: 400m freestyle

S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6
8:25.93	6:01.15	6:43.82	6:22.02	6:24.69	6:43.56	6:17.83	6:37.66	6:51.68	7:24.65	7:25.21

This is a long Course event and qualifying times must have been achieved in a long course pool

FEMALE

11/14 years

	S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
50FR	1:01.05	50.36	55.75	52.73	51.92	1:00.11	54.60	55.93	1:00.11	1:00.93	1:08.56	1:09.10	1:28.09	1:49.85	2:19.37	2:18.14
100FR	2:12.46	1:50.33	2:00.94	1:53.38	1:54.53	2:12.04	1:58.23	1:57.63	2:08.17	2:11.82	2:26.31	2:27.62	3:05.58	3:55.92	4:37.65	5:10.70
50BK	1:12.64	59.91	1:02.71	1:03.40	1:04.27	1:10.76	1:02.65	1:05.34	1:11.66	1:16.15	1:21.14	1:14.49	1:34.23	1:49.04	2:12.81	2:16.68
100BK	2:55.33	2:09.36	2:14.35	2:13.06	2:12.67	2:33.64	2:08.01	2:13.46	2:23.21	2:40.21	2:47.30	2:58.93	3:37.08	4:10.53	5:37.39	5:50.02
50BR	1:15.69	1:04.07	1:10.89	1:10.14	1:08.81	1:20.13		1:14.30	1:14.61	1:25.26	1:28.70	1:24.14	1:41.34	1:44.40	2:19.86	3:20.08
100BR	2:56.41	2:21.53	2:37.00	2:28.52	2:27.94	2:52.36		2:28.16	2:29.45	2:55.25	3:03.94	3:00.74	3:36.93	4:09.69	5:50.10	
50BF	1:04.81	56.16	59.80	58.62	57.91	1:09.97	1:00.90	1:01.59	1:04.88	1:06.38	1:14.03	1:18.02	1:48.54	1:53.32		
100BF	3:41.47	2:03.29	2:14.16	2:07.01	2:01.54	2:33.99	2:11.07	2:08.53	2:17.97	2:34.34	2:52.60	3:48.08				
200IM	5:59.94	4:37.05	4:55.43	4:45.32	4:49.05	5:31.94	4:49.15	4:44.70	5:04.88	5:24.37	6:04.45	6:12.81	5:23.24*	6:43.20*		

*This event is 150m Individual Medley

15/16 years

	S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
50FR	49.67	40.97	45.36	42.90	42.24	48.90	44.42	45.50	48.90	49.57	55.78	56.22	1:11.66	1:29.37	1:53.39	1:52.39
100FR	1:47.76	1:29.76	1:38.39	1:32.24	1:33.18	1:47.42	1:36.18	1:35.70	1:44.27	1:47.25	1:59.03	2:00.09	2:30.98	3:11.93	3:45.88	4:12.77
50BK	59.10	48.74	51.01	51.58	52.28	57.56	50.97	53.16	58.30	1:01.95	1:06.01	1:00.60	1:16.66	1:28.71	1:48.05	1:51.19
100BK	2:22.64	1:45.24	1:49.30	1:48.25	1:47.94	2:05.00	1:44.14	1:48.58	1:56.51	2:10.34	2:16.11	2:25.57	2:56.61	3:23.82	4:34.48	4:44.76
50BR	1:01.57	52.13	57.67	57.06	55.98	1:05.19		1:00.45	1:00.70	1:09.36	1:12.17	1:08.45	1:22.44	1:24.94	1:53.78	2:42.77
100BR	2:23.52	1:55.14	2:07.72	2:00.83	2:00.36	2:20.23		2:00.53	2:01.58	2:22.58	2:29.64	2:27.04	2:56.48	3:23.13	4:44.83	
50BF	52.72	45.69	48.65	47.69	47.11	56.92	49.54	50.11	52.78	54.01	1:00.23	1:03.47	1:28.30	1:32.19		
100BF	3:00.18	1:40.31	1:49.14	1:43.33	1:38.88	2:05.28	1:46.64	1:44.57	1:52.24	2:05.56	2:20.42	3:05.55				
200IM	4:52.83	3:45.40	4:00.34	3:52.12	3:55.16	4:30.05	3:55.24	3:51.62	4:08.04	4:23.89	4:56.50	5:03.30	4:22.97*	5:28.02*		

*This event is 150m Individual Medley

17/18 years

	S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
50FR	46.84	38.64	42.78	40.46	39.84	46.11	41.89	42.91	46.11	46.75	52.60	53.01	1:07.58	1:24.28	1:46.93	1:45.99
100FR	1:41.63	1:24.65	1:32.79	1:26.98	1:27.87	1:41.30	1:30.71	1:30.25	1:38.33	1:41.14	1:52.25	1:53.26	2:22.38	3:01.00	3:33.02	3:58.38
50BK	55.73	45.97	48.11	48.64	49.31	54.29	48.07	50.13	54.98	58.42	1:02.25	57.15	1:12.30	1:23.66	1:41.89	1:44.86
100BK	2:14.52	1:39.25	1:43.07	1:42.08	1:41.79	1:57.88	1:38.21	1:42.40	1:49.87	2:02.92	2:08.36	2:17.28	2:46.55	3:12.22	4:18.85	4:28.55
50BR	58.07	49.16	54.39	53.81	52.79	1:01.48		57.00	57.24	1:05.41	1:08.06	1:04.55	1:17.75	1:20.10	1:47.30	2:33.50
100BR	2:15.34	1:48.59	2:00.45	1:53.95	1:53.51	2:12.24		1:53.67	1:54.66	2:14.46	2:21.12	2:18.67	2:46.43	3:11.57	4:28.61	
50BF	49.72	43.09	45.88	44.98	44.43	53.68	46.72	47.25	49.78	50.93	56.80	59.86	1:23.28	1:26.94		
100BF	2:49.92	1:34.59	1:42.93	1:37.45	1:33.25	1:58.15	1:40.56	1:38.61	1:45.85	1:58.41	2:12.42	2:54.99				
200IM	4:36.16	3:32.56	3:46.66	3:38.90	3:41.77	4:14.67	3:41.84	3:38.43	3:53.91	4:08.87	4:39.61	4:46.03	4:07.99*	5:09.34*		

*This event is 150m Individual Medley

11 – 18 years: 200m Freestyle

S5	S4	S3	S2
5:17.02	6:28.68	8:10.03	10:01.68

11 – 15 years: 400m freestyle

S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6
11:18.13	8:35.78	9:09.37	8:37.36	8:54.17	9:58.50	8:46.05	8:28.06	9:10.16	9:47.14	10:30.99

16 - 18 years: 400m freestyle

S16	S15	S14	S13	S12	S11	S10	S9	S8	S7	S6
9:04.80	6:54.37	7:21.35	6:55.64	7:09.15	8:00.82	7:02.62	6:48.17	7:21.99	7:51.69	8:26.92

This is a long Course event and qualifying times must have been achieved in a long course pool

3.2 Appendix D – Pre-Meet Training Procedures

2016 Georgina Hope Foundation Australian Age Swimming Championships

MAIN COMPETITION POOL (50m)
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 →	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)	Pace Lane	25m Dive Sprints →
15m Dive Sprints ←									15m Dive Sprints ←

DIVE 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 →	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)	Pace Lane	25m Dive Sprints →
15m Dive Sprints ←									15m Dive Sprints ←

DIAGRAMS NOT TO SCALE

3.3 Appendix E – Warm Up and Warm Down Procedures

2016 Georgina Hope Foundation Australian Age Swimming Championships

MAIN COMPETITION POOL (50m)
START END OF POOL

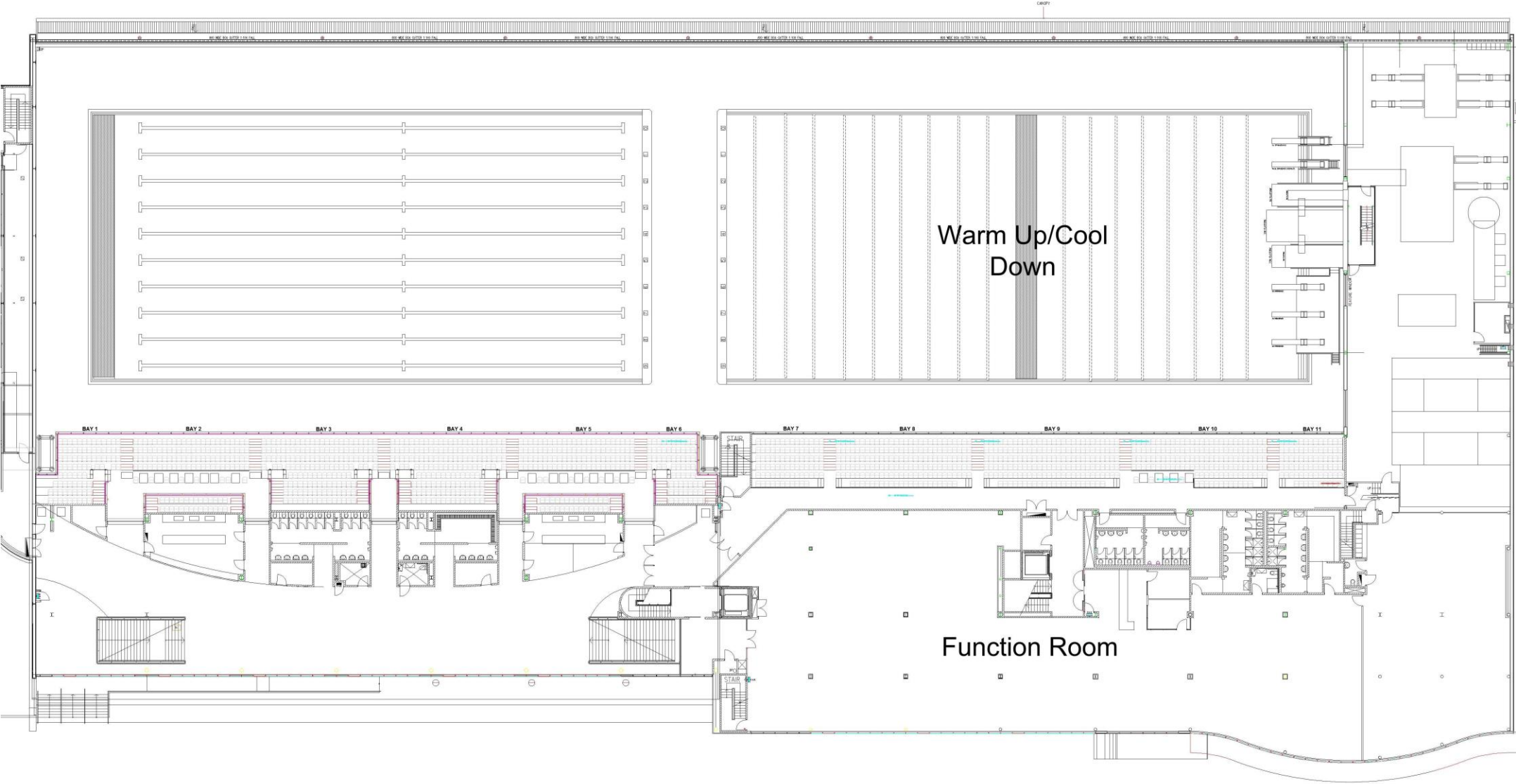
Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9
25m Dive Sprints →	Pace Lane	Circle Swimming Only (Feet First Entry)	Circle Swimming Only (Feet First Entry)	Circle Swimming Only (Feet First Entry)	Circle Swimming Only (Feet First Entry)	Circle Swimming Only (Feet First Entry)	Circle Swimming Only (Feet First Entry)	Pace Lane	25m Dive Sprints →
15m Dive Sprints ←									15m Dive Sprints ←

DIVE 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 →	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)	Pace Lane	25m Dive Sprints →
15m Dive Sprints ←									15m Dive Sprints ←

DIAGRAMS NOT TO SCALE

3.4 Appendix F – Venue Seating Map



3.5 Appendix G – Accor Discount Accommodation Guide



ACCOR Hotels Exclusive Accommodation Offer

For guests attending the 2016 Georgina Hope Foundation Australian Age Swimming Championship at the South Australian Aquatic Centre – Adelaide.
26/03/2016 - 04/04/2016

Hotel name: The Playford Adelaide, MGallery

Room type/s & Rate:	Deluxe Guest Room	-	\$245.00
	Studio Suite	-	\$305.00
	Loft Suite	-	\$335.00

Booking code: JUNIORSWIM16
Reservations email address: reservations@theplayford.com.au
Reservations tel. number: 08 8213 8828

All rates are per room, per night, room only and are subject to availability.

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



3.6 Appendix H – 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

3.7 Appendix I – ASADA 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.

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 Swim 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