

2012 Australian Age Swimming Championships



**Brisbane Aquatic Centre, Sleeman Sports Complex
Brisbane**

Monday 9 – Saturday 14 April 2012

Swimming Australia Limited Commercial and Communications Unit

**Information Book
25/01/2012**

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.



Swimming Australia would like to thank the following sponsors



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SECTION ONE: General Information

1.1 Event Staff

NAME	TITLE	EMAIL
Swimming Australia		
Lachlan Searle	Acting GM – Commercial and Communications	lachlan.searle@swimming.org.au
Kath Ginbey	Events and Marketing Manager	katherine.ginbey@swimming.org.au
John Keppie	Technical Manager	johnkeppie@bigpond.com
Caitlin Walsh	Event Operations Coordinator	caitlin.walsh@swimming.org.au
Ben Carter	Senior Event Operations Coordinator	ben.carter@swimming.org.au
Liz Avery	Records and Events Coordinator	liz.avery@swimming.org.au
Kathleen Rayment	Media and Public Relations Coordinator	kathleen.rayment@swimming.org.au
Dean Norbiato	Commercial and Marketing Manager	dean.norbiato@swimming.org.au
Jess Gilbert	Commercial and Marketing Coordinator	jess.gilbert@swimming.org.au
Gary Vandeburgt	High Performance Ops Manager	gary.vandeburgt@swimming.org.au
Dane O'Donnell	Event Coach Liaison	dane.odonnell@swimming.org.au

1.2 2012 Swimming Australia Event Calendar

February

17 - 19 2012 Open Water Swimming Championships Perth WA

March

15 - 22 2012 Australian Swimming Championships Adelaide SA

April

9 - 14 2012 Australian Age Championships Brisbane QLD

June

23 - 24 2012 Olympic Team Competition AIS, Canberra

July

27 - 12 Aug 2012 Olympic Games London, England

August

29 - 9 Sept 2012 Paralympic Games London, England

September

12 - 16 2012 Australian Short Course Swimming Championships Perth WA

28 - 30 2012 State Teams Age Short Course Championships Canberra ACT

SECTION TWO: Event Information

2.1 Event Details

The 2012 Australian Age Swimming Championships will be held at the Brisbane Aquatic Centre (BAC), Sleeman Sports Complex from Monday 9 to Saturday 14 April. The event will incorporate the selection trials for the 2012 Junior Pan Pacs, Oceania and Trans Tasman teams 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 2012 Australian Age Swimming Championships are **NOW OPEN**. Entries will close at 11.59pm (EST) on Monday 26 March 2012.

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

If you intend to use a relay lead off time or a split time to enter the 2012 Australian Age Swimming Championships you will need to complete the relay lead off and split time entry form. This form can be accessed by [clicking here](#).

Relay entries for the event must be entered separately on the relay entry page, and can only be submitted by the club registrar. All 'relay only' swimmers are still required to enter individually as advised in the section below.

Age groups are determined by the swimmer's age as at **Monday 9 April 2012**. All swimmers competing in the event must be at least 12 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.

2.2.1 Entry fees

Entry fees are **\$25.00** per individual event and **\$55.00** per relay team.

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 **\$25.00** accreditation fee applies.

2.3 Program of Events

The 2012 Australian Age Championships will consist of 144 events conducted over 6 days.

Appendix A – Program of Events

2.4 Qualifying Times

All qualifying times must have been achieved in a 50m pool and must have been achieved after May 1 2011.

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 B – Qualifying Times

2.5 By-Laws

The 2012 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](#).

2.6 Club Package Information

2.6.1 Applying for Club Packages

Club Package applications must be lodged using the Swimming Australia online entry system. Club Package applications close on Monday 26 March 2012 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 **\$80.00 per person** (coach and manager).

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 Thursday 22 March 2012. 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 Events and Marketing Manager and are available at a cost of \$150.00 each.

2.6.2 Restrictions

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

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

▪ 1 to 5 swimmers in individual events	2 x Accreditation Passes @ \$80 each
▪ 6 to 10 swimmers in individual events	3 x Accreditation Passes @ \$80 each
▪ 11 to 20 swimmers in individual events	4 x Accreditation Passes @ \$80 each
▪ 21 to 30 swimmers in individual events	6 x Accreditation Passes @ \$80 each
▪ 31 or more swimmers in individual events	7 x Accreditation Passes @ \$80 each

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

PLEASE 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 accreditation desk at the venue during the designated pre-meet training period on Saturday 7 and Sunday 8 April 2012, 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 psych sheets 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.

2.6.4 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 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.

Disclaimer

Swimming Australia Limited and any other event organisers will not be held liable for any costs and expenses incurred by any person following cancellation of an event outlined in this Event Information Book.

This limitation of liability includes but is not limited to any costs and expenses incurred by any members, participants, families and friends of members and participants, coaches, administrative personal or medical staff of state associations or individual swimming clubs in respect of the cancelled event.

2.7 **Parking Arrangements & Traffic Management**

Paid parking is available in the designated P3 parking area within the Sleeman Sports Complex. The following charges apply for parking:

Session Rate

P3: \$6

Please note the Chandler Markets will be operating on Sunday 8 April and may affect parking availability during pre-meet training.

Appendix C – Venue Map

2.8 **Accreditation**

A Photo Accreditation System will be implemented by SAL to provide access control at the 2012 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

Please note if you have previously submitted a passport photograph or had your photo taken at an event since August 2005 **you do not need to re-send a photograph or photo accreditation release form.** Should you wish to have your photo updated, please follow the procedure below. All photos and release forms are kept on file in Canberra.

Please send a current PASSPORT STYLE photograph to SAL for your photo accreditation pass. Photographs should be clear head and shoulders pictures only, and should not have other people in the frame.

E-mail:

E-mail a jpeg format passport style photograph to Ben Carter of the SAL Commercial and Communications Unit at accreditation@swimming.org.au

Note: please ensure that files are no larger than 500kb and no smaller than 100kb

Post:

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

2.8.2 Photo Accreditation Release Form

Whether you e-mail or post your passport photograph, a Photo Accreditation Release Form must be completed and returned to the SAL Commercial and Communications Unit, Swimming Australia Ltd., P.O. Box 3286, BELCONNEN, ACT 2617 or via email accreditation@swimming.org.au. A Photo Accreditation Release Form can be found in the appendices of this document.

All Photos and Forms for Accreditation are due no later than Wednesday 26 March 2012.

Appendix D – Photo Accreditation Release Form

2.8.3 Collecting Your Accreditation

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

Pre-meet Training – Saturday 7 and Sunday 8 April

Morning: 9.00am – 12.00pm

Afternoon: 3.00pm – 6.00pm

Competition – Monday 9 – Saturday 15 April

Heats: from 7.00am

Finals: from 4.00pm

2.8.4 Lost or Mislplace 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 Behavioral Guidelines

Swimming Australia is proud to lead the way in providing a safe and harassment free sporting environment for all members. Persons involved in any way with the sport of swimming are therefore expected to adhere to the standard of behaviour outlined in the SAL Behavioural Guidelines.

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

A complete copy of the Behavioural Guidelines, Swimming Australia Member Welfare Policy, and Swimming Australia Child Welfare Policy can be on the SAL website under [SAL Policies, Procedures and Rules](#).

To assist in educating all swimming personnel on the new Member Welfare Policies & Procedures, SAL will be providing a free online training course. The purpose of this course and the Member Welfare Policy is to define acceptable behaviour, and to determine what we all can do if unacceptable behaviour

does occur. Please visit the Swimming Australia website and follow the link to MWP online course sign in.

2.10 Information Sessions

2.10.1 Team Leaders Meeting

A team leaders meeting will be conducted on Sunday 8 April at 4.00pm.

The meeting will take place in the marshaling room at the venue (old coaches room), and 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.

2.10.2 Breakfast Briefings

The SAL Community Sport Unit (CSU) will be conducting breakfast briefings on the following mornings of competition from 7.30am – 9.00am:

Tuesday 10 April

Wednesday 11 April

Thursday 12 April

Friday 13 April

Saturday 14 April

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 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 2012 Australian Swimming Championships and the 2012 Australian Age Swimming Championships:

2012 Junior Pan Pacs Team

2012 Oceania Team

2012 Trans Tasman Team

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 7 – Sunday 8 April 2012

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. 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/UTILITY POOL (50m)** must be observed throughout the meet:

- Lanes 0 & 1: Reserved for 25m dive sprints. Swimmers must clear the lane immediately.
- Lanes 2 & 3: Reserved for pace swimming (no diving).
- Lanes 4 – 7: Reserved throughout the whole of the warm up period as circle swimming lanes.

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

- Lanes 0 & 12: Reserved for 25m and 15m dive sprints. Swimmers must clear the lane immediately.
- Lanes 1 & 11: Reserved for pace swimming (no diving).
- Lanes 2 – 10: Reserved throughout the whole of the warm up period as circle swimming lanes.

Appendix E – Pre-meet Training Procedures

2.13 Warm Up Times and Procedures

Competition: Monday 9 to Saturday 15 April 2012

Warm-Up Heats: 7.30am – 8.45am

Warm-Up Finals: 4.30pm – 5.45pm

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

- All lanes in the Main Competition Pool for the first 30-minutes of warm up are No Diving circle swimming lanes with entry to the lane “feet first”.
- For the last 45-minutes of warm up, 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.
- For the last 45 minutes of warm up, lanes 1 & 8 are reserved for 50 metre pace swimming one way.

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

- Lanes 0 & 1: Reserved for 25m dive sprints. Swimmers must clear the lane immediately.
- Lanes 2 & 3: Reserved for pace swimming (no diving).
- Lanes 4 – 7: Reserved throughout the whole of the warm up period as circle swimming lanes.

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

- Lanes 0 & 12: Reserved for 25m and 15m dive sprints. Swimmers must clear the lane immediately.
- Lanes 1 & 11: Reserved for pace swimming (no diving).
- Lanes 2 – 10: 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 Events and Marketing Manager.

Appendix F – 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 7 - Sunday 8 April	Accreditation Booth	9.00am to 12.00pm
	Pre-meet Training Gates open to public, non-ticketed	9.00am to 12.00pm 9.00am to 12.00pm
	Accreditation Booth	3.00pm to 6.00pm
	Pre-meet Training Gates open to public, non-ticketed	3.00pm to 6.00pm 3.00pm to 6.00pm
Monday 9 - Saturday 15 April	Accreditation Booth	7.00am to 12.00pm
	Athlete Entry Athlete Warm-up Gates open to public, non-ticketed Heats Session	7.15am 7.30am to 8.45am 7.30am 9.00am
	Accreditation Booth	4.00pm – 6.30pm
	Athlete Access Athlete Warm-up Gates open to public, non-ticketed Finals Session	4.15pm 4.30pm – 5.45pm 4.30pm 6.00pm

2.16 Seating

2.16.1 Athlete & Coach Seating

Athlete seating is available in the Eastern grandstand above the dive pool. Direct access to pool deck will be via the stairs in sections 13 and 14.

The coaches' area will be located on western pool deck in front of the change rooms.

State Rotational Seating

A rotational seating plan will be utilised in the athlete seating areas throughout competition sessions. This will 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 is available in the western grandstand in Sections 1 to 5 with wheelchair seating available in Section 2 and Section 4.

Appendix G – Seating Map

2.17 Ticketing

2.17.1 Ticket Purchasing Procedures

The sale of tickets for the 2012 Australian Age Swimming Championships will be managed by Swimming Australia. Information on when and where tickets can be purchased will be available soon.

2.17.2 Ticket Prices

Heats

Adults	\$10.00
Child (u/16)	\$7.00
Concession	\$7.00
Family Pass	\$25.00

Finals

Adults	\$10.00
Child (u/16)	\$7.00
Concession	\$7.00
Family Pass	\$25.00

Day Pass

Adults	\$18.00
Child (u/16)	\$10.00

Season Pass - Pre-Ordered Tickets

Adults	\$78.00
Child (u/16)	\$42.00
Concession	\$42.00

Season Pass - Late Orders/At Event

Adults	\$90.00
Children (u/16)	\$50.00
Concession	\$50.00

All entry prices include GST.

A Family Pass includes access for 2 x adults and 2 x children to the session purchased

A Day Pass provides access for one person to the heats and finals session for that day

A Swimming Australia Season Pass includes entry for one person to all heats and finals sessions for the event.

All general public seating will be by general admission. There will be no reserved seating for this event.

Disclaimer

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2.17.3 Concession Tickets

Concession tickets are available to pension card holders and students. These people are required to provide evidence of this at time of purchase or at the gate e.g. pension card or student ID card.

2.17.4 Wheelchair Access

Wheelchair accessible seating will be available at the venue.

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 Ben Carter at Swimming Australia on 0407 216 408.

2.17.5 Swimmer Pin Program

As of December 2011, the Gold Pass Holder Program is being dissolved and will be replaced with the Swimming Australia 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 2012 Australian Age Championships, Swimmer Pin holders are entitled to 2 x complimentary tickets to 1 finals and 1 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 2012 Australian Age Championships will not be entitled to complimentary tickets as you will have an accreditation for the Meet.

Tickets can be obtained by contacting Ben Carter on the contact details below and must be requested prior to Monday 26 March 2012. No late ticket requests will be accepted.

Ben Carter – Senior Event Operations Coordinator

Phone: 0407 216 804

Fax: 02 6219 5606

Mail: P.O. Box 3286, Belconnen ACT 2617

Email: ben.carter@swimming.org.au

2.17.6 Programs

Event programs will be available for purchase from the ticketing booth and through roving program sellers located at the spectator entrance to BAC, 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. The heats program 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 Photography

Sporting Images Australia (SIA) has again been appointed as the official photographer for the 2012 Australian Age Swimming Championships. SIA will be on site every day, and images taken at the event will be available for purchase by obtaining and completing an order form from the SIA desk, or by accessing the SIA website – www.sportingimages.com.au.

2.19 Merchandise

An official range of merchandise will be available at the 2012 Australian Age Swimming Championships.

Merchandise sales will be managed by Swimmeroo on behalf of Speedo during all event sessions, and will be sold from a prominent point at the venue.

The merchandise range is expected to include boys and girl's t-shirts, hoodies, towels, swim caps and drink bottles, and pre-sales are available through the www.swimmeroo.com.au.

2.20 Accommodation and Transport Deals

Appendix H – Accor Discount Accommodation Guide

Appendix I – Thrifty Discount Vehicle Hire

2.21 Medical

2.21.1 First Aid

A First Aid provider for this event is still to be determined.

2.21.2 Sports Trainers

One Level 2 Sports Trainer has been sourced from Sports Medicine Australia to provide medical assistance to athletes attending the event. Trainers will be available at the pool for consultation during all competition sessions.

Sports Trainers on duty will be wearing an orange hi-visibility vest, and will be situated in the Aquatic First Aid Room during warm-up, and will roam 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.

2.21.3 Medical Directory

SERVICE	ADDRESS	SUBURB	POSTCODE	PHONE
Emergency				
Ambulance, Police, Fire				000
Public Hospitals				
Princess Alexandra Hospital (PA)	199 Ipswich Road	WOOLONGABBA	4102	3176 2111
Redlands Hospital*	Weippin Street	CLEVELAND	4163	3488 3111
Mater Hospital	550 Standley Street	SOUTH BRISBANE	4101	3163 8111
*Does not have 24 hour emergency room				

Doctors				
Carindale Medical Centre	Carindale Shopping Centre, Creek Road	CARINDALE	4152	3398 5225
Metropol Medical Centre	Cnr Creek and Pine Mountain Roads	CARINDALE	4152	3343 0000
Cleveland Central Medical Centre	177 Bloomfield Street	CLEVELAND	4163	3821 3844
Capalaba Medical Centre	189 Old Cleveland Road	CAPALABA	4157	3245 9600
Carina Medical Centre	Cnr Creek and Stanley Road	CARINA	4152	3398 9177
Pharmacies				
Capalaba Day & Night Chemist	84 Old Cleveland Road	CAPALABA	4157	3390 3412
Gumdale Pharmacy	New Cleveland Road	WAKERLEY	4154	3890 0050
Carina Day & Night Pharmacy	834 Old Cleveland Road	CARINA	4152	3398 2501
Terry White Chemist	Upper Level, Carindale Shopping Centre	CARINDALE	4152	3398 9988
Cleveland Guardian Day & Night	18-22 Shore Street	CLEVELAND	4163	3821 0000

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 2012 Australian Age 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 J – ASADA Information

2.22 Lost Property

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

SECTION THREE: Appendices**3.1 Appendix A – Program of Events**

**2012 Australian Age Championships
Brisbane Aquatic Centre, Brisbane
9 – 14 April 2012
Program of Events**

2012 Australian Age Championships – Program of Events					
Day 1		Day 2		Day 3	
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

2012 Australian Age Championships

Brisbane Aquatic Centre, Brisbane

9 – 14 April 2012

Program of Events

Day 4		Day 5		Day 6	
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		

3.2 Appendix B – Qualifying Times

2012 AUSTRALIAN AGE CHAMPIONSHIPS**ENTRY QUALIFYING TIMES**

GIRLS

	17/18 yrs	16 yrs	15 yrs	14 yrs	12 &13 yrs
50m Freestyle	28.00	28.10	28.20	28.40	28.90
100m Freestyle	1:00.50	1:01.00	1:01.00	1:01.80	1:02.80
200m Freestyle	2:09.50	2:10.50	2:11.50	2:12.80	2:15.00
400m Freestyle	4:31.00	4:33.00	4:36.00	4:38.00	4:42.50
800m Freestyle	9:11.00	9:22.00	9:27.00	9:35.00	9:45.00
100m Backstroke	1:09.50	1:10.00	1:10.00	1:10.20	1:11.50
200m Backstroke	2:28.00	2:28.50	2:29.00	2:29.50	2:32.00
100m Breaststroke	1:19.00	1:20.00	1:20.20	1:20.60	1:21.40
200m Breaststroke	2:49.00	2:51.00	2:51.50	2:52.50	2:54.20
100m Butterfly	1:06.80	1:07.00	1:07.50	1:08.20	1:09.00
200m Butterfly	2:27.00	2:27.50	2:28.00	2:32.50	2:34.00
200m Individual Medley	2:28.00	2:29.00	2:29.50	2:31.00	2:33.00
400m Individual Medley	5:10.00	5:15.00	5:18.00	5:23.00	5:30.00
				12/14	
4x50m Club Free Relay				1:57.00	
4x50m Club Medley Relay				2:11.00	
	12/18	12/16			
4x100m Club Free Relay	4:11.00	4:11.00			
4x100m Club Med Relay	4:35.00	4:38.00			
4x200m Club Free Relay	8:55.00				

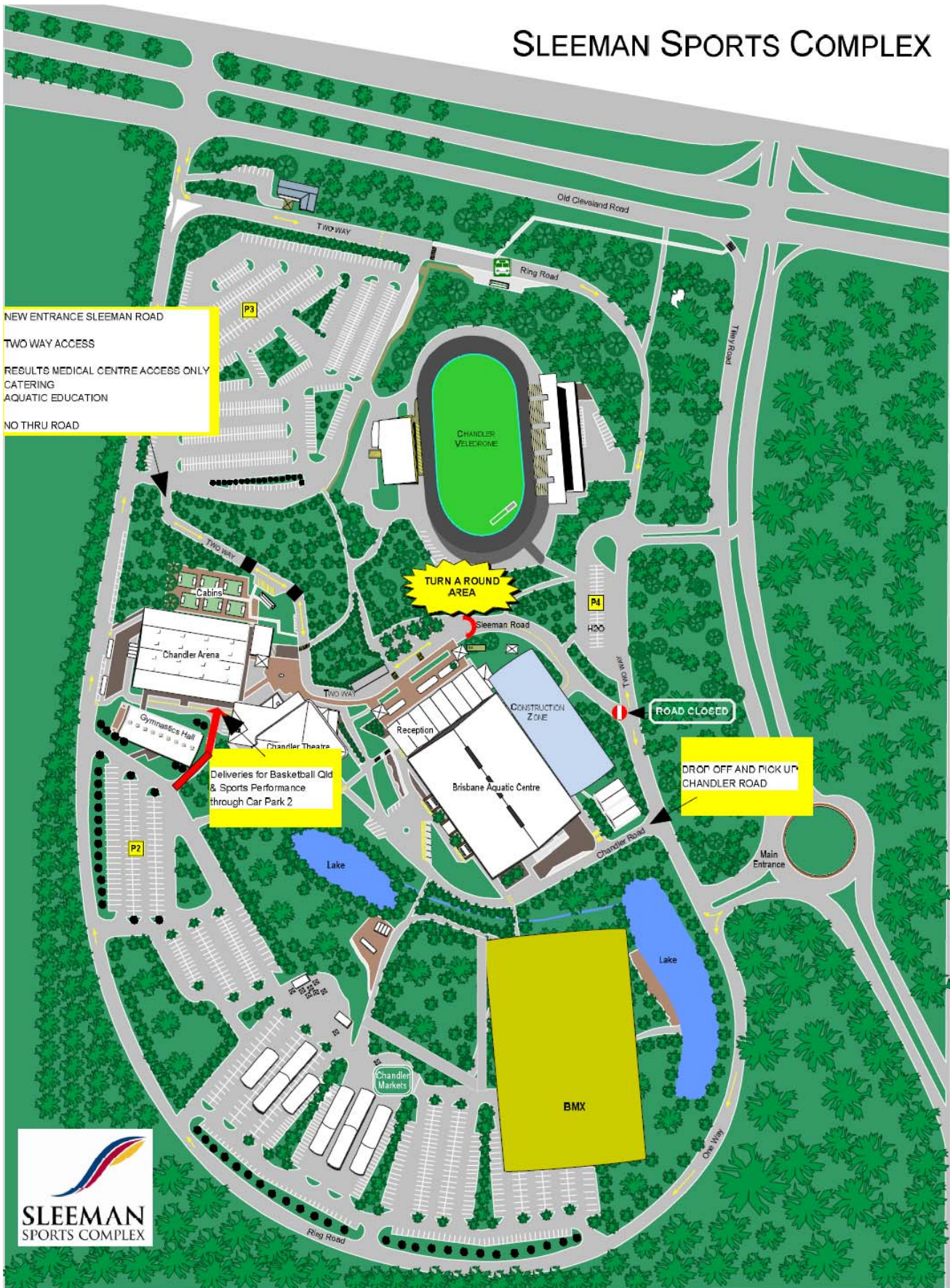
1. Entry times for these Championships must have been swum in a 50m pool.
2. Qualifying time must be achieved since 1st May 2011
3. Swimmers may compete in one club Freestyle relay and one club Medley relay for each distance ie up to 3 freestyle relays of different distances, and two medley relays of different distances.

2012 AUSTRALIAN AGE CHAMPIONSHIPS**ENTRY QUALIFYING TIMES****BOYS**

	17/18 yrs	16 yrs	15 yrs	14 yrs	12 &13 yrs
50m Freestyle	25.00	25.50	26.00	26.60	27.50
100m Freestyle	54.20	55.00	56.00	58.20	1:00.00
200m Freestyle	1:57.80	2:00.50	2:02.00	2:06.20	2:10.00
400m Freestyle	4:09.00	4:15.00	4:19.50	4:25.50	4:36.00
800m Freestyle					9:37.50
1500m Freestyle	16:25.00	16:32.00	17:10.00	17:25.00	–
100m Backstroke	1:02.00	1:03.20	1:04.50	1:06.20	1:09.50
200m Backstroke	2:13.50	2:16.50	2:19.00	2:22.20	2:29.50
100m Breaststroke	1:11.00	1:12.00	1:13.00	1:15.00	1:19.00
200m Breaststroke	2:34.00	2:35.50	2:40.00	2:42.00	2:51.50
100m Butterfly	59.00	1:00.00	1:01.70	1:03.60	1:07.00
200m Butterfly	2:11.00	2:16.00	2:18.50	2:22:20	2:30.00
200m Individual Medley	2:14.50	2:17.00	2:20.00	2:23.00	2:29.00
400m Individual Medley	4:45.00	4:50.00	4:58.00	5:05.00	5:25.00
				12/14	
4x50m Club Free Relay				1:51.00	
4x50m Club Medley Relay				2:06.00	
	12/18	12/16			
4x100m Club Free Relay	3:44.00	3:50.00			
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 2011
3. Swimmers may compete in one Club Freestyle relay and one club Medley relay for each distance ie up to 3 freestyle relays of different distances.

3.3 Appendix C – Parking Map



3.4 Appendix D – Photo Accreditation Release Form

PHOTO ACCREDITATION RELEASE FORM



2012 Australian Age Swimming Championships
 Monday 9 - Saturday 14 April 2012
 Brisbane Aquatic Centre, Chandler

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

All photographs taken and received will be stored on the photo accreditation database and can only be accessed internally by designated SAL staff. These images may be provided to State Swimming Associations for accreditation purposes at State events. To use these images, SAL requests individuals to provide written permission on the form below.

First Name		Surname	
<input style="width:100%;" type="text"/>		<input style="width:100%;" type="text"/>	
Club			
<input style="width:100%;" type="text"/>			
Title (please circle)		Gender (please circle)	
<input type="text"/> Mr / Mrs / Miss / Ms / Dr		<input type="text"/> Male / Female	
D.O.B.			
<input type="text"/> d	<input type="text"/> d	<input type="text"/> m	<input type="text"/> m
<input type="text"/> y	<input type="text"/> y		
Position (please tick)			
<input type="checkbox"/> Athlete	<input type="checkbox"/> Coach	<input type="checkbox"/> Manager	<input type="checkbox"/> Technical Official
<input type="checkbox"/> Volunteer			
Other (please specify) : _____			
Address			Suburb
<input style="width:100%;" type="text"/>			<input style="width:100%;" type="text"/>
State	Postcode	Contact Email	
<input style="width:100%;" type="text"/>	<input style="width:100%;" type="text"/>	<input style="width:100%;" type="text"/>	
Contact Telephone			
Home:	Work:	Mobile:	
<input style="width:100%;" type="text"/>	<input style="width:100%;" type="text"/>	<input style="width:100%;" type="text"/>	

PLEASE SEND YOUR PHOTOGRAPH TO BEN CARTER AT THE POSTAL OR EMAIL ADDRESS PROVIDED BELOW

I give Swimming Australia permission to use the image taken of me for the purpose of Photo Accreditation at State, National and International events

Signed	Name	Date
<input style="width:100%;" type="text"/>	<input style="width:100%;" type="text"/>	<input style="width:100%;" type="text"/>
		<input type="text"/> d
		<input type="text"/> d
		<input type="text"/> m
		<input type="text"/> m
		<input type="text"/> y
		<input type="text"/> y

PLEASE NOTE: If you have submitted a Photo/Photo Release Form after to 1 July 2005, there is no need to re-submit this form at each event.

Please return this form, complete with a passport size photograph to Ben Carter at Swimming Australia Ltd. by no later than Monday 26 March 2012

Telephone: 02 6219 5643
 Mail: PO Box 7666, Sippy Downs QLD 4556, Australia

Email: accreditation@swimming.org.au
 Website: www.swimming.org.au

3.5 Appendix E – Pre-Meet Training Procedures

2012 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 ↓ 15 m 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 ↑

DIVE POOL
START END OF POOL

Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7
25m Dive Sprints ↓	25m Dive Sprints ↓	Pace Lane	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)

**OUTDOOR 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	Lane 10	Lane 11	Lane 12
	<p>Pace Lane</p>	<p>Circle Swimming Only (Feet First Entry)</p>	<p>Circle Swimming Only (Feet First Entry)</p>	<p>Circle Swimming Only (Feet First Entry)</p>	<p>Circle Swimming Only (Feet First Entry)</p>	<p>Circle Swimming Only (Feet First Entry)</p>	<p>Circle Swimming Only (Feet First Entry)</p>	<p>Circle Swimming Only (Feet First Entry)</p>	<p>Circle Swimming Only (Feet First Entry)</p>	<p>Circle Swimming Only (Feet First Entry)</p>	<p>Pace Lane</p>	

DIAGRAMS NOT TO SCALE

3.6 Appendix F – Warm Up and Warm Down Procedures

2012 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 →
15 m 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
25m Dive Sprints →	25m Dive Sprints →	Pace Lane	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)

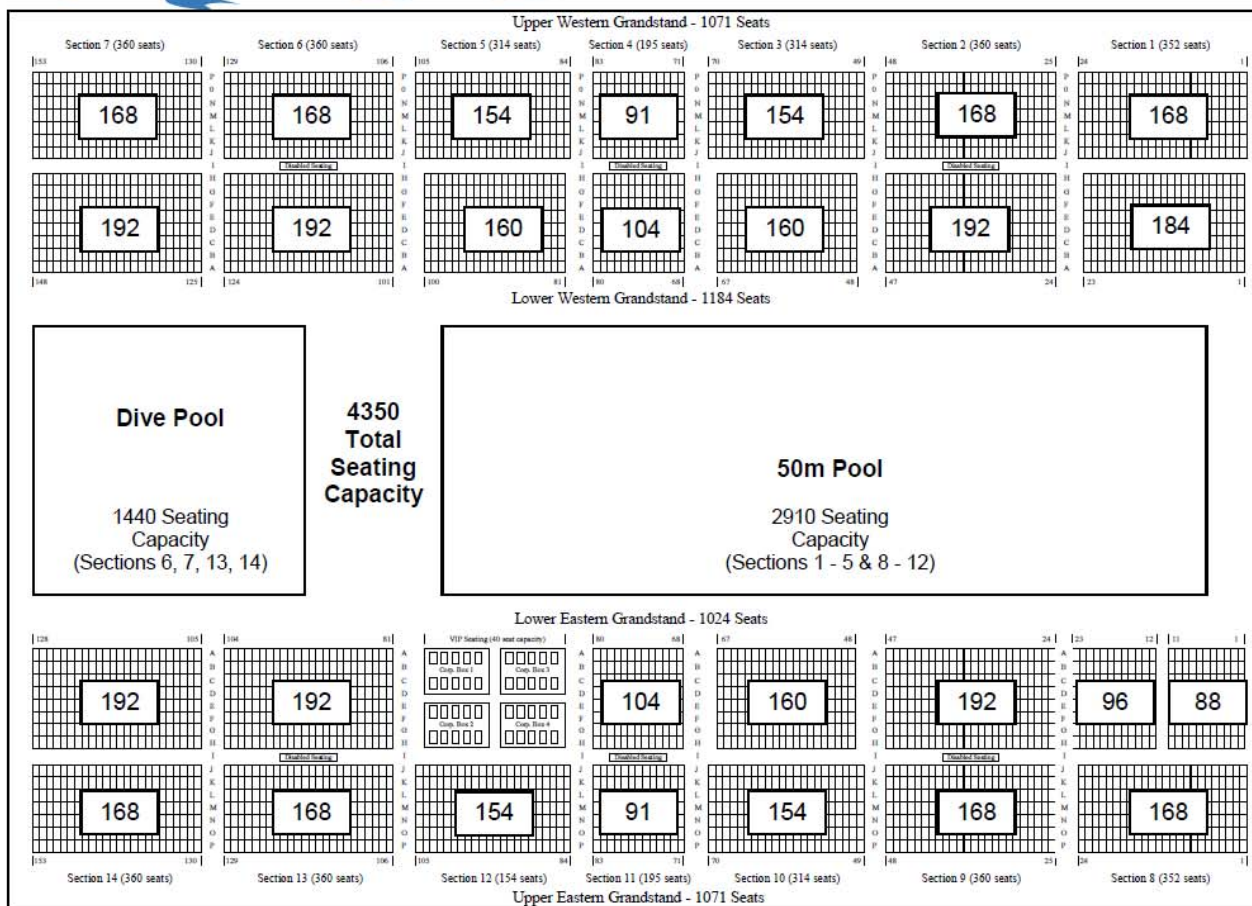
**OUTDOOR POOL (50m)
START END OF POOL**

Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12
25m Dive Sprints  15 m 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)	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 

DIAGRAMS NOT TO SCALE

3.7 Appendix G – Venue Seating Map

Brisbane Aquatic Centre



great venues → good times



3.8 Appendix H – Accor Discount Accommodation Guide



ACCOR DISCOUNT ACCOMMODATION GUIDE



Accor Hotels and Resorts are delighted to offer Swimming Australia access to special discounted accommodation. See below for details on how to secure a 10% discount on the **best unrestricted rate of the day** when booking accommodation at Accor properties in proximity of the event.

INDIVIDUAL TRAVEL

Phone bookings:

Call **1300 65 65 65** and quote the following details to gain access to the Swimming Australia discounted rates:

Company name: **Swimming Australia**
SC Number: **SC755168127**
Folder Number: **354882**

Online Bookings:

- Step 1:** Visit www.businesstravel.accorhotels.com
- Step 2:** In the 'Search and Book' area of the webpage, enter the Swimming Australia 'Client Code' **SC755168127** and 'Contract Number' **354882**
- Step 3:** Choose your destination and travel dates

GROUP TRAVEL (more than 3 rooms)

All group bookings (more than 3 rooms) are to be booked via the Accor Corporate Office. Please contact:

Contact Name: Emily Hoare
Email: emily.hoare@accor.com
Phone: (02) 9280 9795

3.9 Appendix I – 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

3.10 Appendix J – 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