



## CENTRAL METROPOLITAN ZONE LC SEASON OPENER MEET INFORMATION

Sunday 20th October 2019  
HBF Stadium, Mt Claremont

**Warm-Up 8am Start time 9am**  
**All events will be swum as timed finals.**

**Please Note: Programs are not being sold at this meet.**  
**Programs are available Free to View, download, print on the My Swim Results Meet Page**

Welcome to the first Central Metropolitan Zone Meet. The 3 Metropolitan Zones (North, South and Central) have been recently established by Swimming WA. Our small Committee consisting of some Club representatives and Coaches are working towards establishing some other smaller meets at club venues throughout the season.

The 9 Clubs in the SWA Central Metropolitan Zone are: Southside Penrhos Wesley, Victoria Park, UWA West Coast, Westside Christchurch, St Hilda's, Guildford Kalamunda & Districts, Western Sprint, Kingsway and Aquajets. Any regional or Multiclass swimmer are also welcomed to participate in any of the Metropolitan Zone meets

Our appreciation and gratitude go to all the Clubs attending, Officials and Volunteers for their support and to the HBF / Venues West Stadium Management for their friendly assistance.

Thank you to all the coaches and parents for your dedication and commitment to the sport and to the swimmers.

Good luck to all the swimmers competing at this meet and may all your hard work and effort be reflected in your achievements and success today.

To everyone, have an enjoyable day

<b>Meet Director</b> Helen Harding	<b>Male Referee</b> Sarita Bennett	<b>Female Referee</b> Kate Reynolds
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### MEET DIRECTOR

The Meet Director shall have direct control over all activities, including warmups and cool downs, except for those activities coming under the control of the Referee as per the rules of Swimming.

Any acts of misconduct, or failure to abide by a reasonable direction from the Meet Director, or delegate, by any person may result in that person being removed from the area. In the event of misconduct by a swimmer, the Meet Director shall have the authority to exclude the swimmer from an event, or in cases of serious misconduct, exclusion from any part of the program. Any sanction/s shall be the sole discretion of the Meet Director.



## **WARM UP PROCEDURES**

### Warm up Procedures

The 50m competition pool will be available for warmups from 8:00am to 8:45am. 5 lanes of the Dive Pool will be available for the duration of the meet. All coaches and swimmers must be aware of general warm up procedures which apply at all meets sanctioned by Swimming WA.

General warm up procedures include:

- No dive entries in lap swimming lanes. Diving must be restricted to designated sprint lanes only.
- Swimmers must swim in a clockwise direction. (Always stay to the left).
- Sprint warm-ups are to be conducted in the two outside lanes only or otherwise designated; Coaches must supervise their own swimmers.
- Swimmers must dive and swim in one direction only in designated sprint lanes.
- Turns are not to be practiced in the sprint lanes.
- The request to leave the pool will be announced 15 minutes prior to the advertised start time of meet. (Complete warm ups by 8.45 sharp). Swimmers who do not exit the pool when requested to do so may be disqualified from that day's competition by the Meet Director.
- These rules are followed at all National meets and are set in place to allow warm ups to be completed by all swimmers without injury or inconvenience. Please abide by them.

## **MARSHALLING**

All swimmers will marshal before each event in the designated area. Swimmers are requested to report to marshalling promptly when the event number is displayed on the marshalling board and have their names marked off.

Any entrant, who fails to report to the marshalling area at least ten (10) minutes prior to the scheduled time for the start of the session (if entered in the 1st and 2nd event) or, at least two (2) events prior to the event in which she/he is entered, shall be deemed to be a withdrawal.

## **WITHDRAWALS**

Out of consideration for fellow swimmers, spectators and officials, swimmers are requested to withdraw from events they do not intend to swim so that heats may be amalgamated. Withdrawals should be made at the table located in the marshalling area.

## **TECHNICAL RACE SUITS**

In accordance with Swimming WA Policy, no swimmer Age 12 years or under are permitted to wear a Technical Race suit

## **BACKSTROKE LEDGES**

Ledges will not be used for U/12yrs Events.

## **DISQUALIFICATIONS**

All disqualifications will be announced.

## **RESULTS**

As results become available on completion of an Event, they will be posted on the wall on the overpass and uploaded to the Meet Mobile App. Full meet results will be uploaded to My Swim Results within three days of the meet.

## OFFICIALS

Thank you to all our Swimming Officials who have volunteered their time to help with our Meet. Without them, the meet would not be possible.

## TIMEKEEPERS

Please be at allocated lanes 10 Minutes prior to start of meet and / or 5 minutes before allocated changeover times.

Timekeepers and volunteers are asked to bring their own water bottles for use during their rostered slot. Refreshments will not be served.

## DRINKS

Hot drinks are not allowed directly on pool deck under any circumstances.

## MOBILE PHONES

While on pool deck, mobile phones should be switched on to silent mode to not disrupt swimmers in the process of racing

## CODE OF CONDUCT

All present are to abide by the Swimming Australia Codes of Conduct

[https://www.swimming.org.au/sites/default/files/assets/documents/2014\\_Codes\\_of\\_Conduct\\_web.pdf](https://www.swimming.org.au/sites/default/files/assets/documents/2014_Codes_of_Conduct_web.pdf)

# Three (3) Metro Zones



KEY		
1. Aqua Attack	74. Turf Hill	89. Southside Pathway Wesley
2. Arnie	88. North Coast	76. UWA West Coast
3. Breakers	6. Aqueduct	75. Victoria Park
20. Central Aquatics	8. St Hilary's	78. Western Spirit
88. Newman Churchlands	12. Oulifford Kalamunda	80. Westside Christchurch
61. Perth City	40. Kingsway	2. All Saints
64. Riverside	43. Leamurdie Legends	7. Annadale Kalamund
76. Superline	81. Mt Helens	17. Canning Lightning
		27. Fremantle Port
		41. Kalamunda
		88. Riverford Aquanauts
		88. Rockingham
		67. South Shore
		66. Southlake Dolphins
		72. Thornlie