

Welcome to the Long Distance Meet! As COVID-19 continues event changes remain in place for this meet. Everyone has handled the changes very well and we know the changes may have been very hard and confusing at times, but these measures are to ensure a healthy community and we expect each attendee to “Do the Right Thing” enabling an enjoyable and successful competition.

LASTEST OBLIGATIONS

- **Swimming Pools must observe a density limit of 1 person per 4 square metres**
- **Masks are mandatory in indoor fitness and physical recreation facilities while not exercising**

HEALTH DECLARATION

Please do not be complacent or panic about COVID-19. A sensible, cautious and community minded approach to your health at this time is required.

Do not attend if you are unwell or are experiencing any of the following symptoms

- Fever Cough Sore throat Muscle and/or joint pain Stuffy nose
Headache Fatigue Diarrhoea Vomiting Running nose Breathing difficulty Feeling unwell

By registering to swim or nominating to officiate you have agreed to the COVID-19 Terms & Conditions. Refer to document on website.

You will be required to reconfirm verbally upon entry to the venue that you have read, agree, and meet the terms and conditions prior to gaining entry. You are also required to scan in with the COVID-SAFE SA Gov App – Please use the QR Code available here and at the venue.

Masters Swimming SA and SA Aquatic & Leisure Centre Staff reserve the right to refuse any person venue entry.



VENUE ACCESS

Access to the venue for swimmers, officials and coaches is only through the Entry doors and is specifically allocated by time. Please see below for your venue access group. Please ensure you are socially distancing and being patient when queuing at the venue entry.

Club / Role	Entrance	
Officials Only	Event	8:00am
Swimmers Only	Event	8:15am

Note: All Attendees will be checked off on arrival. You will be asked for your name and to reconfirm your health status upon entry to the venue.

SEATING

All swimmers and coaches please ensure you are social distancing by skipping a seat between each person. This means do not sit:

- next to; or
- immediately in front; or
- immediately behind another person.

There is NO seating on Pool Deck – All swimmers and coaches must sit in grandstand unless warming up or cooling down.

VENUE PATHWAYS

Please note a one-way traffic pathway “loop” applies when you are in the venue.

(Refer to the attached Venue map).

Once you are in the venue:

- Access to the pool deck for competition and warm up from the grandstand is from the Morphet Road (western) stairs only.
- Access to the grandstand is from the Event Entry (eastern) stairs only.
- Only exception being the mobility impaired swimmers who require to use the lift.

WARM UP / DOWN

Swimmers and coaches please note that the water polo/diving pool is not to be used for warm up or cool down. Lanes 0 and 1 of the competition pool are available for warm up and cool down during the event. Please ensure social distancing where possible when undertaking all activities at the pool including limiting the number of swimmers per lane to 8 at any one time during warm up / cool down.

MARSHALLING

Please note, as with all spaces the marshalling area is limited by density and social distancing. Therefore, we will be reducing the numbers of athletes in the marshalling room at any one time.

To access Marshalling from the grandstand:

- Come down the Morphet Road (western) stairs
- Turn right down the centre corridor
- Turn left at the second tunnel and go onto pool deck
- Wait until you are asked to enter the Marshalling Room through the storeroom.

(Refer to the attached Venue map). Once in marshalling you **MUST** remain in your allocated seat.

SANITISATION / PPE

The Venue will undergo a COVID clean prior to and after the session.

During the event Sanitisation stations and PPE are available to attendees in various places at the venue.

Please ensure you utilise the sanitisation stations as needed.

We also encourage attendees to bring personal sanitiser and mask if that is your preference.

FOOD / DRINK

All food and drink must be consumed in your seat in the grandstand. **NO GATHERING ON THE CONCOURSE.**

BATHROOMS

Density limits apply to bathrooms. A **maximum of 10 persons are allowed in a bathroom** at any one time.

Please do your best to ensure this limitation is met and do not congregate in the bathroom.

PROGRAMS

Swimmers are able to download a copy of the Event Info and Program from the website, but a copy will be available at the entry door on arrival.

RESULTS

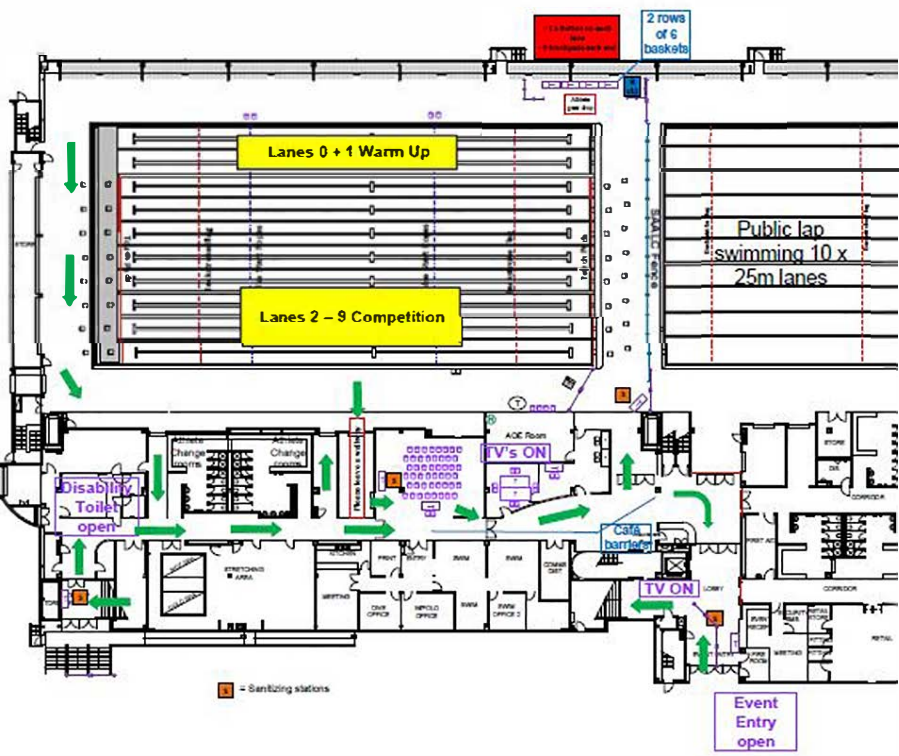
Results will not be posted on the day, but they will be available on the website post-meet.





SA AQUATIC & LEISURE CENTRE

Masters Swimming SA LC Long Distance Sunday 7th November 2021



2021 MSSA LC Long Distance Meet - 07-Nov-21

Meet Program - 1

Event 1 Mixed 1500 LC Metre Freestyle

Lane	Name	Age	Team	Seed Time	Finals	Place
Heat 1 of 1 Timed Finals						
1	Pearce, Barbara	W84	Marion Masters Swimming	48:00.00	_____	_____
2	Mulqueen, Jennifer	W75	Tea Tree Gully	40:00.00	_____	_____
3	O'Shea, Penelope	W64	Aquadome Otters	38:00.00	_____	_____
4	Bell, Janet	W69	Aquadome Otters	35:00.00	_____	_____
5	Mayton, Eithne	W70	Tea Tree Gully	35:00.00	_____	_____
6	Faulkner, Geoffrey	M72	Noarlunga	35:00.00	_____	_____
7	Edgley-Smith, Madeleine	W70	Tea Tree Gully	34:00.00	_____	_____
8	Hart, Brett	M58	Great Southern Swimming Club	32:00.00	_____	_____
9	Gunn, Pamela	W67	Adelaide Masters	31:00.00	_____	_____
10	Hayes, Helen	W51	Noarlunga	30:00.00	_____	_____
11	Stevenson, Chloe	W49	Atlantis	30:00.00	_____	_____
12	Perkins, Michael	M57	Marion Masters Swimming	29:30.00	_____	_____
13	Cranley, Andrew	M48	Noarlunga	28:30.00	_____	_____
14	Howe, Simon	M47	Phoenix Masters Swimming Club	28:30.00	_____	_____
15	Holley, Peter	M58	Adelaide Masters	28:00.00	_____	_____
16	Carthew, Stephen	M74	Marion Masters Swimming	27:50.00	_____	_____
17	Szeto, Colleen	W28	Atlantis	27:00.00	_____	_____
18	Chambers, Cheryl	W59	Phoenix Masters Swimming Club	26:45.00	_____	_____
19	Lewis, Ace	M41	Marion Masters Swimming	25:30.00	_____	_____
20	Bryce, David	M46	Phoenix Masters Swimming Club	25:00.00	_____	_____
21	Moffat, Danielle	W49	Tea Tree Gully	25:00.00	_____	_____
22	Wilson, Rob	M59	Mornington Peninsula	25:00.00	_____	_____
23	Palmer, Brigetta	W45	Aquadome Otters	25:00.00	_____	_____
24	Cranley, Matthew	M46	Noarlunga	24:20.00	_____	_____
25	Wareing, Deborah	W65	Marion Masters Swimming	24:00.00	_____	_____
26	Roche, David	M52	Onkaparinga Swimming Club	24:00.00	_____	_____
27	Sutcliffe, Joanne	W61	Phoenix Masters Swimming Club	23:40.00	_____	_____
28	Simpson, Grant	M65	Phoenix Masters Swimming Club	23:00.00	_____	_____
29	Young, Ian	M69	Marion Masters Swimming	23:00.00	_____	_____
30	Brown, Erin	W41	Adelaide Masters	23:00.00	_____	_____
31	Beaver, Sharon	W54	Adelaide Masters	22:50.00	_____	_____
32	Sztohc, Albert	M25	UniSA Swimming Club	22:30.00	_____	_____
33	Dundon, John	M59	Phoenix Masters Swimming Club	22:30.00	_____	_____
34	O'Loughlin, Rebecca	W43	Atlantis	22:30.00	_____	_____
35	Heffernan, Maryanne	W65	Marion Masters Swimming	22:20.00	_____	_____
36	Jackson, Jack	M20	UniSA Swimming Club	22:00.00	_____	_____
37	Gristede, Shelby	W20	UniSA Swimming Club	22:00.00	_____	_____
38	Baranoff, John	M45	Phoenix Masters Swimming Club	22:00.00	_____	_____
39	Bowman, Julie	W56	Adelaide Masters	22:00.00	_____	_____
40	Lindsay, Cassie	W52	Aquadome Otters	21:30.00	_____	_____
41	Goldie, Scott	M51	Adelaide Masters	21:00.00	_____	_____
42	Palmer-White, Stephanie	W57	Adelaide Masters	20:15.00	_____	_____
43	Nazimi, Leila	W38	Henley Beach Masters	19:50.00	_____	_____
44	McHugh, Liam	M26	UniSA Swimming Club	18:30.00	_____	_____
45	Clements, Peter	M62	Adelaide Masters	17:30.00	_____	_____

Event 2 Mixed 800 LC Metre Backstroke

Lane	Name	Age	Team	Seed Time	Finals	Place
Heat 1 of 1 Timed Finals						
1	Haberfield, Helen	W59	Tea Tree Gully	20:00.00	_____	_____
2	Vidura, Kimberley	W25	UniSA Swimming Club	16:00.00	_____	_____
3	James, Claire	W48	Victorian Masters	15:43.00	_____	_____
4	O'Connell, Leonie	W65	Adelaide Masters	15:30.00	_____	_____
5	McArthur, Briny	W32	Phoenix Masters Swimming Club	15:00.00	_____	_____

2021 MSSA LC Long Distance Meet - 07-Nov-21

Meet Program - 1

Event 3 Mixed 800 LC Metre Breaststroke

Lane	Name	Age	Team	Seed Time	Finals	Place
Heat 1 of 1 Timed Finals						
1	Shears, Bernadette	W61	Tea Tree Gully	20:00.00	_____	_____
2	Thorpe, Ian	M68	Tea Tree Gully	19:20.00	_____	_____
3	Williams, Bernadette	W39	Tea Tree Gully	18:00.00	_____	_____
4	Fuller, Geoff	M70	Henley Beach Masters	18:00.00	_____	_____

Event 4 Mixed 800 LC Metre Butterfly

Lane	Name	Age	Team	Seed Time	Finals	Place
Heat 1 of 1 Timed Finals						
1	Brooks, Jackson	M20	UniSA Swimming Club	16:00.00	_____	_____

Event 5 Mixed 800 LC Metre IM

Lane	Name	Age	Team	Seed Time	Finals	Place
Heat 1 of 1 Timed Finals						
1	Malcolm, Matthea	W61	Phoenix Masters Swimming Club	18:15.00	_____	_____
2	Varney, Josephine	W50	Henley Beach Masters	13:30.00	_____	_____
3	Smedley, Mark	M61	Adelaide Masters	13:30.00	_____	_____

Event 6 Mixed 800 LC Metre Freestyle

Lane	Name	Age	Team	Seed Time	Finals	Place
Heat 1 of 1 Timed Finals						
1	Brown, Yumi	W56	Aquadome Otters	25:00.00	_____	_____
2	Axton, Bryan	M80	Noarlunga	22:40.00	_____	_____
3	Brown, Deborah	W50	Adelaide Masters	19:30.00	_____	_____
4	Neumann, Lauren	W38	Tea Tree Gully	17:30.00	_____	_____
5	Camp-Smith, Peter	M63	Tea Tree Gully	17:04.00	_____	_____
6	Chirgwin, Leigh	M52	Noarlunga	12:29.00	_____	_____
7	Bigioli, Nicholas	M58	Phoenix Masters Swimming Club	11:40.00	_____	_____

Event 7 Mixed 400 LC Metre Backstroke

Lane	Name	Age	Team	Seed Time	Finals	Place
Heat 1 of 1 Timed Finals						
1	Camp-Smith, Peter	M63	Tea Tree Gully	10:30.00	_____	_____
2	Reinboth, Betty	W66	Adelaide Masters	10:10.00	_____	_____
3	Bell, Janet	W69	Aquadome Otters	9:45.00	_____	_____
4	Brown, Yumi	W56	Aquadome Otters	9:30.00	_____	_____
5	Vidura, Kimberley	W25	UniSA Swimming Club	9:00.00	_____	_____
6	Howe, Simon	M47	Phoenix Masters Swimming Club	8:46.00	_____	_____
7	Fisher, Rosemary	W63	Great Southern Swimming Club	8:30.00	_____	_____
8	Haberfield, Helen	W59	Tea Tree Gully	8:25.00	_____	_____
9	Roach, Amanda	W58	Noarlunga	8:10.00	_____	_____
10	Moffat, Danielle	W49	Tea Tree Gully	8:00.00	_____	_____
11	Cranley, Andrew	M48	Noarlunga	7:46.00	_____	_____
12	James, Claire	W48	Victorian Masters	7:45.00	_____	_____
13	Thornton, Elizabeth	W56	Great Southern Swimming Club	7:40.00	_____	_____
14	Koutas, Fiona	W41	Noarlunga	7:15.00	_____	_____
15	Dundon, John	M59	Phoenix Masters Swimming Club	7:00.00	_____	_____
16	Gristede, Shelby	W20	UniSA Swimming Club	5:45.00	_____	_____
17	Malcolm, Matthea	W61	Phoenix Masters Swimming Club	4:35.00	_____	_____

2021 MSSA LC Long Distance Meet - 07-Nov-21

Meet Program - 1

Event 8 Mixed 400 LC Metre Breaststroke

Lane	Name	Age	Team	Seed Time	Finals	Place
Heat 1 of 1 Timed Finals						
1	Vowles, Judy	W72	Marion Masters Swimming	11:30.00	_____	_____
2	Hart, Brett	M58	Great Southern Swimming Club	10:00.00	_____	_____
3	Beames, Leanne	W59	Atlantis	10:00.00	_____	_____
4	Thorpe, Ian	M68	Tea Tree Gully	9:15.00	_____	_____
5	Fuller, Geoff	M70	Henley Beach Masters	9:00.00	_____	_____
6	Walshe, Judy	W65	Noarlunga	9:00.00	_____	_____
7	McArthur, Briny	W32	Phoenix Masters Swimming Club	9:00.00	_____	_____
8	Chambers, Cheryl	W59	Phoenix Masters Swimming Club	8:50.00	_____	_____
9	Mayton, Eithne	W70	Tea Tree Gully	8:30.00	_____	_____
10	Roach, Amanda	W58	Noarlunga	8:20.00	_____	_____
11	Hayes, Helen	W51	Noarlunga	8:15.00	_____	_____
12	Wellington, Kim	W45	Phoenix Masters Swimming Club	8:00.00	_____	_____
13	Varney, Josephine	W50	Henley Beach Masters	8:00.00	_____	_____
14	Taylor, Dean	M56	Phoenix Masters Swimming Club	7:30.00	_____	_____
15	Taylor, Julie	W54	Phoenix Masters Swimming Club	7:30.00	_____	_____
16	Rowell, Gavin	M52	Marion Masters Swimming	6:55.00	_____	_____

Event 9 Mixed 400 LC Metre Butterfly

Lane	Name	Age	Team	Seed Time	Finals	Place
Heat 1 of 1 Timed Finals						
1	O'Shea, Penelope	W64	Aquadome Otters	11:00.00	_____	_____
2	Bryce, David	M46	Phoenix Masters Swimming Club	8:30.00	_____	_____
3	Simpson, Grant	M65	Phoenix Masters Swimming Club	7:00.00	_____	_____

Event 10 Mixed 400 LC Metre IM

Lane	Name	Age	Team	Seed Time	Finals	Place
Heat 1 of 1 Timed Finals						
1	Williams, Bernadette	W39	Tea Tree Gully	8:15.00	_____	_____
2	Amos, Kirsty	W50	Aquadome Otters	8:00.00	_____	_____
3	Galliford, Faith	W59	Noarlunga	8:00.00	_____	_____
4	Wareing, Deborah	W65	Marion Masters Swimming	7:30.00	_____	_____
5	Goldie, Scott	M51	Adelaide Masters	7:00.00	_____	_____
6	Beaver, Sharon	W54	Adelaide Masters	6:12.00	_____	_____
7	Lewis, Ace	M41	Marion Masters Swimming	5:50.00	_____	_____

2021 MSSA LC Long Distance Meet - 07-Nov-21

Meet Program - 1

Event 11 Mixed 400 LC Metre Freestyle

Lane	Name	Age	Team	Seed Time	Finals	Place
Heat 1 of 1 Timed Finals						
1	Faulkner, Gillian	W71	Noarlunga	11:00.00	_____	_____
2	Pearce, Barbara	W84	Marion Masters Swimming	10:30.00	_____	_____
3	Beames, Leanne	W59	Atlantis	10:00.00	_____	_____
4	Axton, Bryan	M80	Noarlunga	9:30.00	_____	_____
5	Brown, Deborah	W50	Adelaide Masters	9:20.00	_____	_____
6	Vowles, Judy	W72	Marion Masters Swimming	9:00.00	_____	_____
7	Faulkner, Geoffrey	M72	Noarlunga	9:00.00	_____	_____
8	Reinboth, Betty	W66	Adelaide Masters	9:00.00	_____	_____
9	Neumann, Lauren	W38	Tea Tree Gully	8:30.00	_____	_____
10	Shears, Bernadette	W61	Tea Tree Gully	7:50.00	_____	_____
11	Galliford, Faith	W59	Noarlunga	7:30.00	_____	_____
12	Fisher, Rosemary	W63	Great Southern Swimming Club	7:25.00	_____	_____
13	Gunn, Pamela	W67	Adelaide Masters	7:20.00	_____	_____
14	Clements, Peter	M62	Adelaide Masters	7:05.00	_____	_____
15	Holley, Peter	M58	Adelaide Masters	6:55.00	_____	_____
16	Thornton, Elizabeth	W56	Great Southern Swimming Club	6:40.00	_____	_____
17	Taylor, Dean	M56	Phoenix Masters Swimming Club	6:30.00	_____	_____
18	Taylor, Julie	W54	Phoenix Masters Swimming Club	6:30.00	_____	_____
19	Amos, Kirsty	W50	Aquadome Otters	6:20.00	_____	_____
20	Palmer, Brigetta	W45	Aquadome Otters	6:20.00	_____	_____
21	Chirgwin, Leigh	M52	Noarlunga	6:10.00	_____	_____
22	O'Connell, Leonie	W65	Adelaide Masters	6:05.00	_____	_____
23	Rowell, Gavin	M52	Marion Masters Swimming	6:00.00	_____	_____
24	Koutas, Fiona	W41	Noarlunga	6:00.00	_____	_____
25	Wilson, Rob	M59	Mornington Peninsula	6:00.00	_____	_____
26	Carthew, Stephen	M74	Marion Masters Swimming	5:57.00	_____	_____
27	Wellington, Kim	W45	Phoenix Masters Swimming Club	5:50.00	_____	_____
28	Bigioli, Nicholas	M58	Phoenix Masters Swimming Club	5:50.00	_____	_____
29	Young, Ian	M69	Marion Masters Swimming	5:35.00	_____	_____
30	O'Loughlin, Rebecca	W43	Atlantis	5:30.00	_____	_____
31	Cranley, Matthew	M46	Noarlunga	5:25.00	_____	_____
32	Baranoff, John	M45	Phoenix Masters Swimming Club	5:20.00	_____	_____
33	Sutcliffe, Joanne	W61	Phoenix Masters Swimming Club	5:15.00	_____	_____
34	Palmer-White, Stephanie	W57	Adelaide Masters	5:10.00	_____	_____
35	Brooks, Jackson	M20	UniSA Swimming Club	5:00.00	_____	_____
36	Nazimi, Leila	W38	Henley Beach Masters	4:55.00	_____	_____
37	McHugh, Liam	M26	UniSA Swimming Club	4:40.00	_____	_____

Coronavirus
(COVID-19)

GOOD HYGIENE IS IN YOUR HANDS.

Wash your hands thoroughly with soap and water for at least 20 seconds to prevent passing on germs. Dry your hands.

**TOGETHER WE CAN HELP STOP
THE SPREAD AND STAY HEALTHY.**

For more information about **Coronavirus
(COVID-19)** visit **health.gov.au**



Australian Government

Authorised by the Australian Government, Canberra