

General Rules (GR) of Eligibility and Meet Organisation

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GR 1 CONDUCT

- GR 1.1 These Rules and the Swimming Rules are binding on all branches, clubs and members, and govern all timed swims and competitions conducted by National, branches or clubs. In the event of any inconsistency between the provisions of the Constitution and By-Laws and the provisions of these Rules, the provisions of the Constitution and By-Laws shall prevail.

GR 2 INTERPRETATION

In these Rules as in the Constitution and By-laws unless the context otherwise requires:

- GR 2.1 All terms in these Rules and the Swimming Rules have the same meaning as the same terms have in the Constitution, unless expressly defined otherwise or the context requires otherwise.
- GR 2.2 In the Swimming Rules “M” at the end of a rule number indicates a rule that is unique to Masters Swimming Australia or varies from the FINA/SAL Rules of Swimming.

GR 3 ALTERATION TO RULES

- GR 3.1 The Association may make, alter or repeal these Rules and Rules governing competitions and other matters and such Rules shall not be designated By-Laws. Any such regulation shall be read subject to the provisions of the Constitution and the By-Laws.
- GR 3.2 These Rules may be made, altered or repealed by the Association:
 - GR 3.2.1 by a resolution of a General meeting of the Association or
 - GR 3.2.2 by a postal ballot at the discretion of the Board.
- GR 3.3 For consideration to change a Rule, the original and the proposed Rule change, together with arguments for and against the Rule change, must be stated clearly.
- GR 3.4 Any alteration of or addition to these Rules or Swimming Rules shall become effective 21 days after the decision has been made unless otherwise determined by the Association.
- GR 3.5 Changes to the Swimming Rules may be made in the same way or following each FINA Rule change/release/publication.

GR 4 FINA RULE CHANGES

- GR 4.1 The National Technical Committee will consider any changes made to the Rules by FINA. If the changes are thought not to conflict with the purpose and objectives of

the Association they may be adopted upon receipt of notification from the Board until ratified or rescinded at the subsequent General meeting of the Association.

GR 5 AGE GROUPS

Competition results for men and women are separated and then divided into age groups as follows:

GR 5.1 Individual Events:

18-24 and then in 5 year age groups (25-29, 30-34, etc.).

GR 5.2 Relays:

72 – 119, 120-159, 160-199, 200-239, 240 – 279, 280 – 319, 320 – 359 and then in forty-year increments.

The age of the team shall be the sum of the ages in whole years of its members.

GR 5.3 A Club is responsible for the validity of dates of birth of its members' registrations and is deemed responsible for any breaches.

GR 6 ORGANISATION OF EVENTS

GR 6.1 Club members are eligible to compete in all sanctioned events.

GR 6.1.1 A swimmer may compete only for the club they nominated as the club they will represent (see BL9.1.3) at a meet. However, where the Meet Director allows, composite teams may swim in relay events. Such teams' times shall not be eligible for the Top Ten Lists or records.

GR 6.2 For all purposes pertaining to World Masters Records, World Masters swim meets, and all sanctioned swim meets and records, the actual attained age of the swimmer shall be determined as of 31st December of the year of competition.

GR 6.3 A registered swimmer may participate in non-Masters Swimming competitions without endangering their status.

GR 6.4 A swimmer who is not registered with Masters Swimming or a FINA member's organisation for Masters Swimmers may participate by invitation in competitions, however, their results will not be included in Top Ten lists or records.

GR 6.5 Overseas registered Masters Swimmers may enter and compete in competitions and be included in the final results. Their results will not be included in Top Ten lists or records. Registered swimmers competing against these swimmers shall receive the same points and awards as they would have, had the overseas swimmers not competed.

GR 6.6 Individual entries shall be accepted only from persons representing clubs. No swimmer or team may be designated as representing a branch, country, or federation, excepting in a promotional meet or event.

GR 6.6.1 A club that knowingly allows a non-member to swim to gain points for the club in an inter-club pointscore competition, including the Endurance 1000, shall forfeit all points scored in that particular competition.

- GR 6.7 Clubs taking part in a Swim Meet must be registered in accordance with the Constitution and By-Laws.
- GR 6.8 A sanction will not be granted to any activity that uses diving towers or springboards.
- GR 6.9 Meets must be conducted in bath-type pools of 25m, 50m or 55 yards length for recorded times to be accepted for records, Endurance 1000 and Top Ten times. Tidal pools are not acceptable.
- GR 6.10 Sealed handicap competitions may be conducted in conjunction with selected events. This means the event is scratch started, and the swimmer or team recording the time closest to the nominated time shall win the handicap competition.
- GR 6.11 The Association will be responsible for sanctioning (or declining to sanction) all promotional meets, including fundraising events, and all other swim events using the Association's name that are held on a nationwide basis. Branches will be responsible for sanctioning (or declining to sanction) all such swims held on a branch basis.
- GR 6.12 When a swim meet is advertised, all nomination conditions, day and date of meet, venue, start time, pool length, indoor or outdoor pool, method of entry, entry fees, pool entry, closing date for entries, list of events, any restrictions or conditions, e.g. "400m freestyle may be swum two to a lane" and meal costs must be clearly stated, and include the following statement on the entry form: Entrants must be club members at the close of entries for this event.
- GR 6.13 It is the obligation of the body conducting a meet to notify all relevant clubs of the meet details.
- GR 6.14 The order of events in a Swim Meet must not be changed from that notified on entry forms.
- GR 6.15 Unless the Meet Director determines it is a matter of correcting a simple error all protests regarding irregularities of a Meet shall be submitted in writing on Meet Protest Form (PR1) and shall:
- GR 6.15.1 if prior to the meet, be forwarded to the Meet Director;
 - GR 6.15.2 if during the meet, be forwarded to the Meet Director for attention by the Meet Referee who shall follow the procedures detailed in the document Meet Protest Procedures (PR 2);
 - GR 6.15.3 be lodged within 30 minutes of the results being posted for the event. The time of posting must be written on the result sheet.
 - GR 6.15.4 if through exceptional circumstances, arising subsequent to the meet, be forwarded to the Branch Executive within 48 hours of the official results of the meet becoming available.
- GR 6.16 With due notification (see GR 6.12), the Meet Director may direct two (2) swimmers of the same gender to swim in each lane in freestyle events of 400m or

longer. See Rule SW 3.6M for details of requirements when swimming two to a lane.

GR 7 WARM UP FACILITIES

- GR 7.1 Separate warm up/swim down facilities must be provided at all National Championships. For all other swim meets, where separate facilities are not available, a lane must be left free for this purpose.

Note: A pool separated from another pool by a moveable bulkhead is regarded as a separate facility.

- GR 7.2 Competent persons must supervise warm up/swim down at all times, and lanes be allocated in accordance with the Safety Policy.
- GR 7.3 Medical Personnel, as per the minimum medical standards in the Safety Policy, must be on duty from the start of the warm up period to the conclusion of the swim down period.

GR 8 SWIM MEET EVENTS

- GR 8.1 Swim Meet organisers may include any events they choose in a swim other than the National Championships (see GR 11).
- GR 8.2 Events that are recognised for National Records are listed in SW 12.6M and events that are recognised for Top Ten Times are listed in GR 15. These lists include both Individual and Relay Team events.
- GR 8.3 Entry for Relay Events.
- GR 8.3.1 *Deleted in October 2013 as same as SW 10.10*
- GR 8.3.2 To be eligible to swim in a relay team, swimmers must have entered at least one individual event during the meet.
- GR 8.3.3 A Club may enter as many teams in a relay event as the Meet Director allows and the Meet Director may specify the number of teams eligible for points and awards.
- GR 8.3.4 The Meet Director shall, where possible, seed relay teams in age groups, starting with the oldest age group in heat one and ending with the youngest age group in the last heat. Where there are more nominations for an age group than the number of lanes the pool can swim as one heat, the total number may be equally divided to run two or more heats of that age group. The Meet Director may combine age groups in the same heat.
- GR 8.3.5 The name, gender, age and registration number of each team member and their order of competing shall be submitted before the race.
- GR 8.3.6 Any relay team member may compete in a race once only. (See SW 10.12).

- GR 8.4 Entry to Individual Events.
- GR 8.4.1 A swimmer must nominate for each event in which he wishes to compete. Failure to submit a correct and legible entry could result in the entry being refused
- GR 8.4.2 No changes can be made to individual entries after the advertised closing date of Meet.
- GR 8.4.3 A limit may be placed on the number of individual events in which a member can participate.
- GR 8.4.4 Subject to SW 10.17M events may be conducted in which a swimmer may nominate the stroke they intend to swim and have recorded; e.g. in a 200m freestyle event the swimmer may nominate to swim freestyle, backstroke, breaststroke, butterfly or individual medley.
- GR 8.4.5 An event not listed in SW 12.6M or GR 15 is classified as a novelty event.

GR 9 SANCTIONS

- GR 9.1 A Sanction is the authority to conduct a swim meet in accordance with Masters Swimming or FINA Rules.
- GR 9.2 The Association has the power to grant sanctions for national activities that include the following:
- GR 9.2.1 National Championships.
- GR 9.2.2 National and international Masters Swim meets, including Games, held in Australia.
- GR 9.2.3 Open Swim Meet: conducted by a branch or club pursuant to the Association rules, and open to adults who have attained the age of eighteen years.
- GR 9.2.4 National Postal Swim: organised by a branch or club, and conducted in two or more Branches in Australia and/or internationally. Postal Swims must comply with "Guidelines for Conducting a Sanctioned National Postal Swim". Applications for sanction close on 30 October annually for the following year.
- GR 9.3 An application to hold a National sanctioned meet must be made to the Association.
- GR 9.4 The Association may impose such conditions in relation to the granting of a sanction as it deems fit, which might include the form of application, information supporting applications, frequency of meets, insurance, medical arrangements, meet format, and qualifications of officials provided such conditions do not contravene the Constitution, By-Laws or Rules of the Association.
- GR 9.5 A Sanction will not be granted to any activity that uses diving towers or springboards.

- GR 9.6 Conditions may, on reasonable notice to branches and clubs, be modified, withdrawn, or replaced.
- GR 9.7 A Sanction may be granted, or granted subject to further conditions, or refused. The applicant will be advised of the granting of a Sanction. In the event of refusal, reasons will be given.
- GR 9.8 A Sanction may be revoked if the grantor becomes aware of circumstances that indicate the grantee will not be able to fulfil the conditions of the Sanction.
- GR 9.9 A registered swimmer's times at a Sanctioned Meet may be submitted for record purposes.
- GR 9.10 If the Association is not satisfied that a sanctioned meet has been conducted in accordance with the sanction, it may take such action as it thinks fit, including but not limited to disqualification for any point score purposes, non recognition of any log sheet hours for technical accreditation purpose and non-recognition of times for record purposes.

GR 10 INTERNATIONAL AND NATIONAL SWIM MEETS

- GR 10.1 The Association, having allocated an International or National Championships Meet to a Branch, shall cause that Branch to form a committee which shall:
- GR 10.1.1 be responsible to and subject to the direction of the Board;
 - GR 10.1.2 liaise with the Association;
 - GR 10.1.3 on the direction of the Association or the Board, organise the meet as set out in either the Association's International Swim Meet guidelines or National Championships Meet guidelines;
 - GR 10.1.4 be responsible for co-opting meet officials and others to ensure the efficient conduct of the meet;
 - GR 10.1.5 recommend to the Association or the Board such changes as may be necessary to maintain the high standards of National Meets;
 - GR 10.1.6 cause detailed minutes of all meetings to be recorded and a copy to be forwarded to the Association, Board and Chairman of the National Championships Meets Committee within 21 days of the meeting;
 - GR 10.1.7 maintain a separate bank account and financial records for the meet, which (if required by the Association or the Board) shall be audited by a suitably qualified person when the Branch finances are audited;
 - GR 10.1.8 furnish the Association with a report and financial statement within 60 days of the conclusion of the meet, subject to the audit requirements of GR 10.1.7.

GR 11 THE NATIONAL CHAMPIONSHIPS

- GR 11.1 A National Championships meet shall be conducted each year during March or April, unless otherwise decided by the Association.
- GR 11.2 Clubs shall be notified of the date, venue, events, entry fees and other details of the National Championships no later than four months prior to the meet.

- GR 11.3 The program of events for a National Championships shall be as approved by the Association on the recommendation of the Host Branch. All strokes must be included.
- GR 11.4 All events shall be conducted on a timed final basis.
- GR 11.5 Events containing any form of time restriction shall not be programmed for other than an Open Water Swim (OWS).
- GR 11.6 To be eligible to enter a National Championships a swimmer must, by the close of entries, be a registered member of:
GR 11.6.1 an Association club or
GR 11.6.2 a FINA member's organisation for Masters swimmers.
- GR 11.7 Overseas swimmers shall receive points and be entitled to receive National Championships medals. Association swimmers will be eligible to receive the same points and medals they would have received had there been no overseas swimmers in their events.
- GR 11.8 No changes can be made to individual entries after the advertised closing date of Meet.
- GR 11.9 A club may enter as many teams in a relay event as the Meet Director allows, but only one specified team per age group is eligible for points and awards.
- GR 11.10 Where the National Championships Meet Director allows, teams comprised of members from more than one club may swim in relay events. Such teams times shall not be recorded nor shall they be awarded points.
- GR 11.11 Subject to the Meet Director's discretion, swimmers/teams that miss heats may be allowed to swim in a later heat.
Clarification: The Meet Director shall consult with the Referee and the Recorder.
- GR 11.12 For heat seeded events, assignment of lanes shall be (number 1 being on the right side of the pool when facing the course from the starting end) "spear-headed" by placing the fastest swimmer or team in the centre lane with an odd number of lanes, or in lane 3 in pools having 6 lanes, lane 4 in pools having either 8 or 10 lanes numbered 0 to 9, lane 5 in pools having 10 lanes numbered 1 to 10, and lane 6 in pools that have 12 lanes. The swimmer having the next fastest time is to be placed on the left, then alternating the others to right and left in accordance with their nominated times. Swimmers with identical times shall be assigned their lane positions by draw within the above pattern.
- GR 11.13 Perpetual trophies as approved by the Association will be awarded to each winning club. The Association will retain these trophies.
- GR 11.14 Clubs shall compete for perpetual trophies as follows:
GR 11.14.1 Founder's Trophy: for top scoring club.
GR 11.14.2 Runner's Up Trophy: for second highest scoring club.

- GR 11.14.3 Visitors' Trophy: for top scoring visiting club, i.e. the club which is a member of a branch other than the Host Branch, excluding the winners of the Founders or Runners Up Trophy at this Meet.
- GR 11.14.4 Age Group Relay Trophies: for the top scoring Clubs over the six relays (combined points) in each age group, eg, four members with total of ages:
- | | |
|-----------|-----------|
| 72 - 119 | 240 - 279 |
| 120 - 159 | 280 - 319 |
| 160 - 199 | 320 - 359 |
| 200 - 239 | |
- and then in forty year increments as high as is necessary.
- GR 11.14.5 Life Members' Trophy - For Clubs with 5-20 members. Number of points gained at the Championships divided by membership at end of previous year. Branch virtual clubs are not eligible to win this trophy.
- GR 11.14.6 Presidents' Trophy - For Clubs with 21-50 members. Number of points gained at the Championships divided by membership at end of previous year. Branch virtual clubs are not eligible to win this trophy.
- GR 11.15 The winners of perpetual trophies or their representatives shall be presented with a replica or small plaque to retain as a memento of their win.
- GR 11.16 The four members of each of the top three place getting teams in each relay age group in each relay event shall be awarded prizes as follows:
- GR 11.16.1 fastest time: gold medal
- GR 11.16.2 2nd fastest time: silver medal
- GR 11.16.3 3rd fastest time: bronze medal
- Clarification: If two teams dead-heat for first, then eight gold medals and four bronze medals shall be awarded. If there is a clear winner but two teams dead-heat for second, then four gold medals and eight silver medals and no bronze medals shall be awarded. If there is a clear winner and a clear second place but a dead-heat for third, then four gold medals, four silver medals and eight bronze medals shall be awarded. This principle shall extend to multiple dead-heats so that silver and bronze medals are not awarded in each relay age group.*
- GR 11.17 Individual Events: The top three place getters in each individual event in each individual age group shall be awarded prizes as follows:
- GR 11.17.1 fastest time: gold medal
- GR 11.17.2 2nd fastest time: silver medal
- GR 11.17.3 3rd fastest time: bronze medal
- Clarification: if two swimmers dead-heat for first, then two gold medals and a bronze shall be awarded. If there is a clear winner but two swimmers dead-heat for second, then a gold, two silver medals but no bronze shall be awarded. If there is a clear winner and a clear second place but a dead-heat for third, then a gold, silver, and two bronze medals shall be awarded. This principle shall extend to multiple dead-heats so that silver and bronze medals are not awarded if three or more*

prizes for higher placing are awarded in an individual event in an individual age group.

GR 11.18 Individuals shall compete for perpetual trophies for the Male and Female Swimmers of the Meet. The Judging Panel will comprise the Meet Director and the Meet Recorder. The criterion for the awards will be the aggregate number of points gained by swimmers from their best five individual swims at the meet as calculated by the FINA points tabulation formula $p=(\text{base time}/\text{time})^3 \times 1000$. Points are calculated for FINA Masters events, based on masters world records in each age group and course. For the 18/20 - 24 age group, the calculation to be used will be masters world records for the 25 – 29 age group.

GR 11.19 Points shall be allocated for the trophies and medals as follows in each age group and for both genders separately:

GR 11.19.1 Individual events:

fastest	10 points
second fastest	9 points
third fastest	8 points
fourth fastest	7 points
fifth fastest	6 points
sixth fastest	5 points
seventh fastest	4 points
eighth fastest	3 points
ninth fastest	2 points
tenth fastest and subsequent finishers	1 point

GR 11.19.2 Relay events: double points, i.e.

fastest	20 points
second fastest	18 points
third fastest	16 points
fourth fastest	14 points
fifth fastest	12 points
sixth fastest	10 points
seventh fastest	8 points
eighth fastest	6 points
ninth fastest	4 points
tenth fastest and subsequent finishers	2 points

GR 11.20 Where equal times are recorded, each swimmer or team involved shall receive the same points as per the points allocation for the placing; i.e. if two swimmers record the fastest time they both receive 10 points and subsequent swimmers 8, 7, 6, etc.

GR 11.21 The National Heart Foundation Trophy was abandoned in 2015.

- GR 11.22 Subject to the agreement of the Association, the National Championships Organising Committee may use a system of registration and recording that will expedite the running of the meet.
- GR 11.23 The National Championships shall be conducted in accordance with the National Safety Policy.
- GR 11.24 At National Championships Meets the recommended officials shall be as per the National Championships Meet Guide.
- GR 11.25 The Host Branch President or the deputy, on representation from a responsible club official, may request a Board of Appeal to sit in judgement on disputes, (other than a dispute that involves a refereeing decision), which cannot be amicably solved by the Chief Referee or Meet Director.
- GR 11.26 The Board of Appeal shall consist of the National President, the Meet Director, the Referee or their deputies, none of whom shall be involved in the issue.

GR 12 FACILITY SPECIFICATIONS FOR THE NATIONAL CHAMPIONSHIPS

- GR 12.1 The National Championships shall be held each year as either a long course or short course meet, with at least one short course meet in any four year period unless otherwise agreed by the Association.
- GR 12.2 Competition Pool
- GR 12.2.1 End walls/bulkheads, open water not permitted.
- GR 12.2.2 Lane Markings shall be of a dark contrasting colour, placed on the floor of the pool in the centre of each lane. Each lane line shall end 2.0 metres from the end wall of the pool with a distinctive cross line of the same width as the lane line. Target lines shall be placed on the end walls or on the touch panels, in the centre of each lane, of the same width as the lane lines. They shall extend without interruption from the deck edge to the floor of the pool.
- GR 12.2.3 There should be adequate deck space to accommodate competitors, spectators and officials.
- GR 12.2.4 The pool should have ladders that do not intrude into competition space, and will allow the swimmer an easy, safe exit if necessary.
- GR 12.2.5 Lighting should be adequate.
- GR 12.2.6 Starting platforms should preferably be slanted with non-slip surface and backstroke starting grips. All blocks should be plainly marked with the lane number.
- GR 12.2.7 The overflow and circulation systems should ensure sparkling clear water and a minimum of backwash in the outside lanes.
- GR 12.2.8 Each swimming lane shall be separated from the lane(s) next to it by an "anti wave" or suitable alternative lane line (rope).
- GR 12.2.9 Backstroke flags shall be in place 5 metres from the end of both the starting and the turning end of the pool.

GR 12.2.10 A false start rope (attended at all times) shall be in place and be located 15 metres from the starting end.

GR 12.2.11 The water temperature shall be between 25° to 28° Celsius. During competition the water in the pool must be kept at a constant level, with no appreciable movement.

GR 12.3 Warm up Facilities

GR 12.3.1 Warm up facilities must comply with the National Safety Policy.

GR 12.3.2 A warm up facility must be made available for a period of not less than 30 minutes prior to each session. Separate facilities must be provided at all National Championships. For other meets, if separate warm up/swim down facilities are not available, a lane must be left free for swim down during the event.

GR 12.4 Electronic Scoreboard

Electronic timing display boards, if available at the chosen venue, should be switched on throughout National Championships.

GR 12.5 Medical Care

Appropriate emergency medical care as per the National Safety Policy shall be available at all times during the Meet.

GR 13 NATIONAL DISTANCE AWARDS

GR 13.1 Awards for the following distances have been adopted as stimuli for members to strive for greater fitness: one million metres, two million metres, three million metres, five million metres, seven million metres, ten million metres and thereafter at intervals of five million metres. These awards are open to all members.

GR 13.2 On presentation of evidence of the completion of one of the distances referred to in GR13.1 a member shall be entitled to the appropriate award. Each award may be obtained only once.

GR 14 ENDURANCE 1000 SWIMS

GR 14.1 Only members are eligible to gain points for their club as per BL9.1.3

GR 14.2 Points for the Endurance 1000 shall be scored between 1 January and 31 December of the same year.

GR.14.3 Swims for the Endurance 1000 must be:

GR 14.3.1 Recorded online using the Endurance 1000 program in the Records/Results portal;

GR 14.3.2 Organised by the club, not individuals;

GR 14.3.3 Have at least one (1) club official present to certify accuracy of timekeeping, and verify swims.

GR14.4 Results for each club must be submitted to Endurance 1000 by 14 January annually.

GR 14.4.1 The National Recorder will publish the results to the Records/Results Portal by 14 February annually.

GR 14.5 To allow a member to gain maximum fitness and maximum points, attempts are to be swum individually and not collectively. If a member nominates for a distance and does not complete that distance, then credit is given for the lesser distance successfully completed.

GR 14.6 All distances must be swum in a pool/swimming enclosure which is no shorter than 25m.

GR 14.7 Swims must be continuous. All distances must be completed in the times set out in the points chart for each award. (refer SW10.5M)

GR 14.8 The Endurance 1000 Rules and Pointscore booklet contains conditions for each award and the number of submissions allowed.

GR 15 NATIONAL TOP TEN

GR 15.1 Only registered members of clubs are eligible for National Top Ten awards.

GR 15.1.1 For a [swim] time to be recognised for inclusion in a National Top Ten List of Individual Events the club member must be swimming for his or her MSA club and using his or her Masters Swimming Australia registration number.

GR 15.1.2 For a relay team [swim] time to be recognised for inclusion in a National Top Ten List of Relay Events, the four swimmers of the team must be each registered with the same MSA club that they have nominated as the club that they will represent. (SW10.10M refers)

GR 15.2 National Top Ten times can be recorded only at National, branch and interclub swim meets, during award swims, at club time trials, or in other national or international meets approved by the relevant national sporting organisation or FINA.

GR 15.3 National Top Ten Lists of individual and relay event times swum in a short course (25m pool) and a long course (50m or 55yard pool) recorded during the calendar year shall be published as soon as possible in the following year.

GR15.3.1 The National Top Ten Lists shall include both genders by each age group and include the ten fastest swimmers in every Top Ten Individual Event listed in GR15.7.

GR15.3.2 The National Top Ten Lists shall include the ten fastest relay teams for men, women and mixed relays for each relay age grouping in every National Top Ten Relay Event listed in GR15.8.

GR 15.4 The National Top Ten lists referred to in GR15.3 shall also include the best ever times for those individual and relay events.

GR 15.5 Club Recorders must forward times and distances for National Top Ten to Branch Top Ten Recorders by 14 January annually.

GR 15.6 Branch Recorders must ensure that all National Top Ten times for inclusion in the World Top 10 are submitted to the Results, Records and Rankings Portal by 21 January annually. All other National Top Ten times are to be submitted by 31 January annually.

GR 15.7 National Top Ten Individual Events are as follows:

Freestyle, Backstroke and Breaststroke 25 (25m pools only), 50, 100, 200, 400, 800, 1500, 3000 and 5000 metres, 30 minutes, 45 minutes and 60 minutes.

Butterfly 25 (25m pools only), 50, 100, 200, 400 and 800 metres

Individual Medley 100 (25m pools only), 200, 400, and 800 metres

The distance credited for the 30 minutes, 45 minutes and 60 minutes swims is to the last completed 25m in that time.

GR 15.8 National Top Ten Relay Events are as follows:

Freestyle 4 x 25m Women, Men and Mixed (25m pools only)

4 x 50m Women, Men and Mixed

4 x 100m Women, Men and Mixed

4 x 200m Women, Men and Mixed

Medley 4 x 25m Women, Men and Mixed (25m pools only)

4 x 50m Women, Men and Mixed

4 x 100m Women, Men and Mixed

GR 16 SWIMWEAR

GR 16.1 FINA rulings on Swimwear, FINA General Rule GR 5 and FINA By-Law BL 8 including FINA requirements for swimwear approval from 01.01.2010 shall apply to Masters Swimming Australia competitions.

Note that swimwear includes caps and goggles.