

# 2019 DSSA National Swimming Championships

We are organising the 2019 DSSA National Swimming Championships in Brisbane on 24<sup>th</sup> and 25<sup>th</sup> of August this year.

This championship is open to all swimmers with Down syndrome, providing they can swim a 25m event. They do NOT have to be a 'national' level or in fact have any qualifying times for events shorter than 100m, just an entry time is all that is required.

This meet is about inclusion and an opportunity to meet and swim against other athletes with Down syndrome. There is also a pathway to represent Australia as part of DSSA as well.

We attach the following documents to enable swimmers to compete in these championships;

1. Conditions of entry
2. List of events
3. Rules of competition
4. Nomination form
5. Medical information
6. Photographic/ media consent
7. Remittance form
8. Championship dinner and Accommodation information

Please complete attached forms listed as 4 to 7 and email the completed forms back to [dssanationals2019@gmail.com](mailto:dssanationals2019@gmail.com).

Entries close 27 July, 2019 but early completion of these forms would be appreciated. No entries will be accepted until payment is made.

Finally, we would appreciate it if you would distribute this email amongst any of your relevant contacts.

Kind regards

Craig Tobin  
Helen and Joe Dixon

Nationals Sub Committee





# 2019 DSSA National Swimming Championships Brisbane QLD

Proudly hosted by Centenary Swimming Pool  
Saturday 24th & Sunday 25th August

## Conditions of Entry

- Entries are open to Trisomy 21, Mosaic & International swimmers.
- Swimmers are to be aged 8 years and older by December 31st, 2018.
- A maximum of 8 events allowed.
- Entry fee is \$10 per event.
- Entry to 25 metre events is restricted to swimmers who have NOT previously been part of an international Australian Team.
- All events are swum as timed finals.
- All entries must be accompanied by an entry time. If no entry time is provided, the swimmer will be placed in the slowest heat.
- Qualifying times are required for all events 100 metres or longer, excluding the 100m individual medley. 100m Individual medley has no qualifying time.
- There will be NO heat medals awarded.
- Only those swimmers placed 1st, 2nd or 3rd overall in any event will receive medals.
- Trisomy 21, Mosaic & International swimmers will be awarded medals separately for each event.
- This championship is not a qualifying meet.
- Entries close on 27<sup>th</sup> July 2019.
- Entries are to be submitted via nomination form attached.
- No late entries will be accepted.
- Refunds will only be accepted if swimmer withdrawal is accompanied by a medical certificate.
- An athlete ID pass with lanyard will be issued to swimmers upon arrival at the pool.

### SESSION TIMES

Session One - Warm up 8.30am - Start 9.30am

Session Two - Warm up 12pm - Start 1.00pm (TBC when entries are finalised)

Session Three - Warm up 8.30am - Start 9.30am

(Pool available for familiarisation swim Friday 23 August, between 4pm and 6pm)

Contact email [dssanationals2019@gmail.com](mailto:dssanationals2019@gmail.com)



# 2019

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### SESSION ONE

Saturday - Start 9:30am

EVENT	GENDER	STROKE	DISTANCE	Q TIME
1	M	Individual Medley	200m	4.05
2	F	Individual Medley	200m	4.50
3	M	Freestyle	25m	NA
4	F	Freestyle	25m	NA
5	M	Breaststroke	50m	NA
6	F	Breaststroke	50m	NA
7	M	Freestyle	400m	8.00
8	F	Freestyle	400m	9.00
9	M	Butterfly	25m	NA
10	F	Butterfly	25m	NA
11	M	Backstroke	100m	1.57
12	F	Backstroke	100m	2.12

### SESSION TWO

Saturday - Start not before 1pm

EVENT	GENDER	STROKE	DISTANCE	Q TIME
13	M	Freestyle	100m	1.38
14	F	Freestyle	100m	1.55
15	M	Breaststroke	200m	4.35
16	F	Breaststroke	200m	5.05
17	M	Butterfly	100m	1.56
18	F	Butterfly	100m	2.20
19	M	Backstroke	50m	NA
20	F	Backstroke	50m	NA
21	M	Individual Medley	100m	NA
22	F	Individual Medley	100m	NA
23	M	Backstroke	25m	NA
24	F	Backstroke	25m	NA
25	M	Freestyle	200m	3.45
26	F	Freestyle	200m	4.20



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### SESSION THREE

Sunday - Start 9:30am

EVENT	GENDER	STROKE	DISTANCE	Q TIME
27	M	Butterfly	50m	NA
28	F	Butterfly	50m	NA
29	M	Breaststroke	100m	1.59
30	F	Breaststroke	100m	2.20
31	M	Freestyle	50m	NA
32	F	Freestyle	50m	NA
33	M	Breaststroke	25m	NA
34	F	Breaststroke	25m	NA
35	M	Butterfly	200m	4.30
36	F	Butterfly	200m	5.00
37	M	Backstroke	200m	4.10
38	F	Backstroke	200m	4.35
39	M	Freestyle	800m	16.00
40	F	Freestyle	800m	18.00

This schedule of events may change depending on Entry nominations.



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## Rules of Competition

Down Syndrome Swimming Australia has created these rules based upon the Federation International de Natacion Amateur (FINA), the National Governing Body (NGB) rules for Swimming and the Down Syndrome International Swimming Organisation (DSISO) rules. FINA and/or NGB rules shall be employed except when they are in conflict with the DSISO rules, which will take precedence.

Assistance onto the block will be allowed, however the competitor will not be allowed to be held by the assisting person. If the competitor needs to be held, diving from the block is NOT recommended.

One start rule will apply.

Any protests must be lodged with the Meet Director in writing within 30 minutes of the completion of the event concerned. The dispute committee will be made up of (1) State Representative, (2) the Meet Director, (3) Chief referee.

Costumes/Bathers must be in strict accordance with the rules of the Australian Swimming Incorporation for any DSISO World or DSSA National Records to be recognised, (i.e. FINA approved and clearly marked as such).

No person other than an official or swimmer about to compete shall enter the marshalling area and must remain there once assembled.

All competitors must report to the marshals in the marshalling area wearing their ID cards on the lanyards.

Only officials or swimmers about to race are allowed on pool deck.

No unauthorised person shall walk on the pool deck during an event; this includes ALL parents and coaches.

No person shall enter the pool between events.

Swimmers are to swim in the lanes allotted or as instructed by the marshals.

Gold, Silver and Bronze medals will be awarded to the swimmers who place first, second and third overall. No heat medals will be awarded.

Down syndrome Trisomy 21 and Down syndrome Mosaic swimmers will be awarded separately where appropriate (DSISO rule).

International swimmers will be awarded accordingly but will not take the medal position of an Australian swimmer.

If National Records are attained at this Championship, a certificate of recognition will be posted to swimmer but the swimmer must be a member of DSSA to have the record recognised.

All World Records attained at this Championship will be ratified according to the DSISO rules and a certificate awarded accordingly.



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Brisbane QLD  
Saturday 24th & Sunday 25th August

**NOMINATION FORM**

**Swimmer Name:** \_\_\_\_\_ **Male / Female** \_\_\_\_\_  
**Date of Birth:** \_\_\_\_\_ **Club Affiliation:** \_\_\_\_\_  
**Contact Number:** \_\_\_\_\_ **Contact Email:** \_\_\_\_\_

Does the swimmer: **dive from the blocks** – yes/no : **dive from the side** – yes/no : **start in the water** – yes/no : **need a touch start** – yes/no

	Event Number	Event Detail	Entry Time	Entry Time Achieved at:	Date Achieved
1					
2					
3					
4					
5					
6					
7					
8					



2019

# DSSA National Swimming Championships

## Brisbane QLD

### Saturday 24<sup>th</sup> & Sunday 25<sup>th</sup> August

## Medical Information

**Name of Swimmer:** \_\_\_\_\_

Please answer the following medical questions:

### **Atlanto-axial Instability:**

I would like to confirm that \_\_\_\_\_ (swimmer) has been cleared of atlanto-axial instability (C3 neck injury). We hold the results as proof.

**Yes / No** (Please circle)

If you have circled **NO** the swimmer will not be able to dive or swim butterfly.

### **Seizures:**

Does \_\_\_\_\_ (swimmer) suffer from seizures?

**Yes / No** (Please circle)

Signed: \_\_\_\_\_  
Parent / carer / swimmer (if over 18)

Name of Signatory: \_\_\_\_\_

Date: \_\_\_\_\_



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Photographic / Media Consent Form

I hereby consent to the collection and use of my personal images by photography or video recording.

I acknowledge these may be used on the DSSA website, Facebook, in newsletters and publications as well as distributed to members.

I further acknowledge that my image may be used by the DSSA Committee and media to promote DSSA in the future.

I understand that my consent can be withdrawn at any time in writing to DSSA.

Consent Form

I,.....(Swimmer)  
(Or include name of person giving consent if swimmer under 18 years of age)

.....

Consent to the use of photographs or video footage for use on the DSSA website, in newsletters and publications as well as for distribution to members.

I also consent to the use of photographs or video footage being used to promote future DSSA events, by the DSSA Committee and other media.

I further understand that this consent may be withdrawn by me at any time, upon written notice.

Signed: \_\_\_\_\_  
Parent / carer / swimmer (if over 18)

Name of Signatory: \_\_\_\_\_

Date: \_\_\_\_\_





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Remittance Form

Swimmers Name: \_\_\_\_\_  
Contact Number: \_\_\_\_\_  
Email address: \_\_\_\_\_

	<b>Amount</b>
1. Nomination fees \$10 per event (maximum 8 events)	\$ _____
2. Saturday night Gala dinner Attendees name at \$55 per person  _____  _____  _____	\$ _____
3. T-shirt (S / M / L / XL)	\$ _____
Quantity _____ in size _____ at \$25 per shirt	
Quantity _____ in size _____ at \$25 per shirt	
Quantity _____ in size _____ at \$25 per shirt	
Quantity _____ in size _____ at \$25 per shirt	
	\$ _____ =====
<b>Total Amount Due</b>	

Please email with nomination form to [dssanationals2019@gmail.com](mailto:dssanationals2019@gmail.com) and remit payment to;

Account Name: DSSA  
BSB: 034 – 074  
Account Number: 227 545  
Reference: Swimmers Surname

**No entry will be accepted until payment is made.**



# 2019

## DSSA National Swimming Championships

### Brisbane QLD

## 24<sup>th</sup> and 25<sup>th</sup> August 2019

### Championship Dinner

Saturday 24<sup>th</sup> August, 2019 at 6:30pm  
Grand Chancellor Hotel  
23 Leichardt Street (corner Wickham Terrace) Brisbane

Families are invited to a Championship Dinner at the Grand Chancellor Hotel after racing on Saturday 24<sup>th</sup> August.

A two course sit down meal will be offered, with a welcome drink on arrival, then a cash bar. The cost is \$55 per person.

We encourage all swimmers and their families to attend to celebrate their wonderful achievements and have a fun night out.

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### Accommodation

Below is a list of suggested Hotels and apartments for DSSA Nationals, which were all picked for their close proximity to the Centenary Pool. The best deal is The Hotel Grand Chancellor which is where the dinner is being held on the Saturday night and they are giving us a special rate (rates attached). You must contact them directly and mention you are staying for the DSSA Nationals. There are cheaper options and also apartment style which may be more suitable for some. These were all found on Booking.com, where you will also be able to see the map of where they are in relation to the pool. The Best Western – Gregory Terrace, is across the road from the pool.

- Hotel Grand Chancellor – Spring Hill
- Best Western – Gregory Terrace
- Comfort Inn – Spring Hill
- City Park Apartments
- Terrace on Gregory Apartments
- Punt Hill – Astor Terrace, Spring Hill
- Mantra Richmond Hotel