



LISMORE WORKERS CLUB MASTERS GAMES SWIMMING PROGRAM *September 21-23, 2007*



The Games

The 5th Lismore Workers Club Masters Games is to be held on **September 21-23, 2007**. (Friday to Sunday). The Games has attracted outstanding support from local government, community, media and business organisations. Games organisers aim to see the event heralded as the most entertaining multi sports event in Country NSW.

The Swimming Program (Host Duck Creek Mountain Masters Swimming Club) (Sanction No. Q25)

The Games Committee seeks to attract swimmers from all regions of NSW, South-East Queensland and beyond. It is anticipated the swimming will commence 9 am on Saturday and conclude by approximately 3 pm on Sunday. Warm up, on both days will be from 8.00 am to 8.45 am in the competition pool. 50, 100, 200 & 400m events and relays will be swum. Entries for relays will be taken on the day at the pool. Limit will be 5 individual events per person. By nominating to participate in this meet, all swimmers thereby authorise the Meet Director to take whatever action is deemed necessary in the event of an emergency and accept responsibility for any and all costs arising from such action.

The Venue

The venue will be Lismore Memorial Pool. The pool is located in the Centre of Lismore with a 50m 8 lane heated outdoor complex. A 25 metre heated warm up pool is also available.

Proposed Social Schedule

Friday Night September 21, 2007 Welcome function held at Lismore Workers Club from 7pm.

"ARE YOU TOUGH ENOUGH!!"

Saturday Night September 22, 2007 Sponsors Night (details to be advised).

Entry Fees (Final day August 10, 2007)

- Swimming Entry Fee
- \$35.00 GST Inc per swimmer or \$45.00 Non Aussi- Swim Member and
- Games Registration fee is as follows:
 - Pay prior to June 22, 2007 = \$45.00 GST Inc
 - Pay June 23 to August 10, 2007 = \$55.00 GST Inc
- ✓ Hence total Swimming "*Early Bird Fee*" \$80.00 GST Inc or \$90.00 for Non Aussie – Swim Member
- ✓ Hence total Swimming "*Late Bird Fee*" \$90.00 GST Inc or \$100.00 for Non Aussie – Swim Member.



What does your entry fee get you?

1. Your Swimming program and pool entry.
2. A welcoming function
3. Discounted meal, drinks and entertainment benefits for registered games competitors are being negotiated, further details will be provided.

Accompanying/Social Persons (AP) Registration

Please refer to details provided on Page 5 of the Information pack.

Age Groups

All traditional AUSSI age groupings will be catered for. (Minimum age 25+ as at 31.12.07).

First Aid: St Johns Ambulance will be in attendance.

Note: Organisers have the right to amalgamate divisions, if insufficient numbers.

Contacts

For Swimming Specific Details contact Kerrie Seymour on 66215478.

For General Details, Entry Forms call 02 66 250 500.

Website: <http://www.lismore.nsw.gov.au>

Postal: PO Box 23A, Lismore NSW 2480. **Fax** (02) 6626 2010

Email: legends@lismore.nsw.gov.au



LISMORE WORKERS CLUB

5th MASTERS GAMES

SEPTEMBER 21, 22 & 23, 2007

Information Package & Entry Form



Entry Checklist (Entry Form starts Page 5)

To assist in the efficient processing of your registration, please use the following checklist to ensure you have completed all relevant sections of the entry form.

Please ✓ appropriate boxes



- Everybody Read the conditions of entry (Page 3), completed and returned the Personal Details section of the entry form and signed the Indemnity Disclaimer. (Page 8)
- Completed and returned all payments.
- Complete a Sport Specific Entry Form.



As a team organiser

- Completed and returned the Team Sports Entry details.** (See Page 6 for details)
- Enclosed and returned all relevant individuals sport entry & personal detail forms with team entry.
- Enclosed a payment and / or payments for all my team members



Note: All team payments and entry forms must be forwarded to Games Organisers together. Teams that are incomplete will be returned to team organisers.



REGISTRATIONS CLOSE
Early Bird – June 22, 2007
Late Bird - August 10, 2007

ENTRIES TO

Games Co-ordinator, Lismore City Council
 PO Box 23a, Lismore NSW 2480
 Enquires to (02) 6625 0500



Accommodation Hotline 1300 369 795 Fax (02) 6626 2010
 Website: <http://www.lismore.nsw.gov.au>

are you tough enough?

Patron Welcome Message - Mr Thomas George MP

As patron of the Lismore Rainbow Region Masters Games V it is with pleasure that I invite you to participate in this regional premier event representing 14 sports.

Whilst these Games are based in Lismore they provide the opportunity to enjoy what is truly the best part of Australia by visiting our hidden secrets; our hinterland, the macadamia, tea tree and beef cattle industries, aboriginal culture and the beach resorts. You cannot miss the chance to visit this unique area.

The social functions organised will again reinforce the atmosphere of our Games. I look forward to joining you. ***Are you tough enough!!!***

Sports List

Baseball, Basketball, Cricket, Dressage, Golf,
Hockey, Netball, OZTAG,
Pool (8-ball), Soccer, Softball, Swimming,
Touch, Volleyball (Rebound).

Games Entry Details

All competitors must complete an entry form and other forms as determined by the checklist on Page 1 of this document.

Accompanying persons, non-playing officials or "social only" attendees should complete the Social Registrations section on Page 7.

Team Entries

If you are a team organiser you **MUST**

- a. Complete the team sheet;
- b. Ensure all team members complete the indemnity form and the personnel details sheet and the individual entry form and attach all to the team entry form (with payments).

Note: If short payments are received teams and individuals will not be registered and forms returned to team organiser.

Games Centre

The Games Centre will be located in the Reception Rooms of the Lismore Workers Club (2nd floor). All registrations, information and other games matters will be administered from this location as of Wednesday September 19, 2007 at 5.00 pm.

Check in/Registration Procedure (Photo ID may be required)

All competitors and social attendees must check in personally at the Games Centre. On completion of registration documents all will receive their sports information package and identification. ***Please carry your games ID at all times.*** Your ID will be your ticket to official games functions, venues and events as well as fostering other benefits.



Conditions of Entry

Please read the following conditions prior to signing the indemnity statement. If you don't understand any facets of the conditions please contact games co-ordinator for clarification. **Please sign the Indemnity Page 8.**

1. Fitness to Enter

I am in good physical condition and health, making me capable of competing in the number and type of events for which I have entered in the 5th Lismore Workers Club Masters Games. If I (the undersigned) have any doubts about my physical condition or health, I will consult with my General Practitioner/Health Professional in order to obtain advice about my competitive and social capabilities.

2. Injury Procedures

If I sustain an injury or illness whilst participating in the 5th Lismore Workers Club Masters Games I authorise medical staff to perform and administer emergency medical attention as they think necessary.

3. Rules

I will abide by the rules and regulations issued by the Lismore Workers Club Masters Games Organising Committee. I will observe all written and oral instructions given by authorised personnel at the 5th Lismore Workers Club Masters Games. I acknowledge that failure to comply with the designated rules may result in my disqualification from the 5th Lismore Workers Club Masters Games.

4. Age Policy

I acknowledge that unless stipulated otherwise in the Entry Form all competitors must have reached the minimum age for competition as indicated for each sport by December 31, 2007. Furthermore, I accept that I may be required to provide proof of age. In the instance of team sports the team organiser is responsible **for not** allowing under aged competitors on to the field or court of play. If found in breach of this rule disqualification may be enforced by the Games Committee. Fees will not be refunded in this instance.

5. Drug Policy

The 5th Lismore Workers Club Masters Games condemns the use of classified substances for the purpose of performance enhancement as potentially dangerous to health, contrary to the ethics of sport and incompatible with the philosophy of masters sport. The 5th Lismore Workers Club Masters Games recognises that some substances, which are classified as performance enhancing by recognised authorities, may be used by people in the masters age groups as medically prescribed or therapeutic substance. I agree to adhere to the 5th Lismore Workers Club Masters Games position on drugs in sport and understand that I may be required to undertake random drug testing.

6. Promotional Marketing

I hereby give the Council the unconditional right to use at its discretion photographic pictures and personal information on me in any form of media, art, advertising, trade, visual documentary, promotional material, merchandise or film coverage of any kind without compensation to me or approval by myself. I will not make any unauthorised reproductions or copies of the Corporation Logo or likeness without written permission from the Council. I allow the Games Committee to provide my contact details to Masters Games Officials and sponsors for direct mail purposes.

7. Team Sports

Team sports and team events - the team organiser must complete the team list form and batch all team members' entries together. Individuals who wish to participate in a team sport may enter on an individual basis and every endeavour will be made to place them in a team. If you are entering a team sport as an individual you should contact the Co-ordinator for the sport concerned to discuss your particular requirements.

8. Closing Date for Entries.

The closing date for entries into the 5th Lismore Workers Club Masters Games is **4.00 pm, August 10, 2007**. Any entries received after this date will only be accepted at the discretion of the Games Committee. I accept that should my entry be received after this date I may not be guaranteed an opportunity to compete at the 5th Lismore Workers Club Masters Games.

9. Refund Policy

I accept that some sports may fix a maximum or minimum number of participants due to venue capabilities or other restrictions. If my entry into a sport is not accepted due to insufficient places being available or the sport is unable to be conducted due to insufficient numbers, I am entitled to a full refund of my sport fee. Furthermore, if I am unable to secure a place in any other sport of my choice and I do not attend the 5th Lismore Workers Club Masters Games, I am entitled to a full refund of the Games Registration Fee.

I accept that any application for refund, apart from that covered in the preceding paragraph, will be considered only if it is received by the Council prior to **4.00 pm August 10, 2007**. In the event that such a refund is awarded after this date, I agree that it will be \$25.00 GST Inc plus the sports fee. Furthermore, I accept that there is no refund on accompanying person's fee.

10. Weather Refund Policy

Should activities be cancelled in total due to weather problems, no refunds of either Games or Sports fees will be forthcoming, however alternative activities may be offered. Should such an incident occur (we hope it won't) Games Committee would have incurred almost all expenses associated with hosting the Games. Hence refunds due to weather cancellations are not possible. (Sorry)

11. Insurance

I accept that the sports injury insurance taken out by the Council provides benefits in the event of death or disability as well as a range of additional benefits such as ambulance cover, non-Medicare medical expenses, student assistance, home help, rehabilitation, but is not a full indemnity for loss or damage, which I may suffer at the 5th Lismore Workers Club Masters Games. If additional coverage is preferred this must be arranged by me at my cost. Details of the 5th Lismore Workers Club Masters Games sports injury cover is available if required. The individual sports will provide a first aid service during the Games to assist with injuries of an immediate nature.

12. Suspensions

I accept that if I am subject to any suspension or ban imposed on me by a recognised sporting body applicable during the 5th Lismore Workers Club Masters Games, I will make this information known to the Games Committee and the relevant Sports Convenor.

I accept that my entry may be refused by the sports body organising the events I have entered due to suspensions or bans.



SOCIAL FUNCTIONS

FRIDAY NIGHT - SEPTEMBER 21, 2007 - Welcome Function-

The Major Games Welcome function will be held at Lismore Workers Club. The night will include a short official welcome, a complimentary meal, musical choices and a chance to mix with other games competitors and officials. Food and entertainment are provided as part of your Games Entry Fee. The welcome function will have live bands sprinkled through the Workers Club with the theme based ***"are you tough enough!!"***

SATURDAY NIGHT - SEPTEMBER 22, 2007 - Sport Sponsors Functions

Most sports are arranging sport specific Saturday night functions. Please refer to your program sheet for details. If you or your registered accompanying person have questions re Saturday night functions call your Sports Convenor.

ACCOMPANYING PERSONS OR SOCIAL REGISTRATION (Must be 18 years of age)

If you are not able or do not wish to compete you can still enjoy the games weekend by purchasing a social registration (also known as accompanying persons). Payment of the \$25.00 GST Inc fee (Early bird), \$35.00 GST Inc (Late bird) and completion of the social registration section below will get you;

- a. An (AP) registration kit with suitable identification
- b. Entry to Friday Night's Major Games Welcome function (food and entertainment included)
- c. Free Entry to all venues.

Note: If you are a competitor and you intend to bring someone with you, you will need to have paid a registration fee for that person in order for them to attend and enjoy the above. Saturday night's functions are not included in this fee. Should social registration people wish to attend Saturday night functions **you must contact** the Convenors of the relevant sport.

ACCOMMODATION

Accommodation Agent is the Lismore Visitor Information Centre

☎ 1300 369 795

E-mail: tourism@lismore.nsw.gov.au

FLYING TO LISMORE

Regional Express (REX) Airlines are the official airline for the Masters Games, they provide 52 flights each week between Lismore and Sydney. Regional Express offers very competitive airfares with discounts with up to 70% off the full economy fare.

Please contact the Regional Express office in Lismore

☎ (02) 6627 6100 or fax (02)6627 6121 or email

lismore@travelworld.com.au to enquire about group discounts or the best airfares for participants and families.



Sports Fee and Minimum Ages.

SPORT	AGE GROUPS	COSTS
Baseball	Men 35+	\$45.00
Basketball	Men & Women 30+ 35+ 40+ 45+	\$45.00
Cricket	Men 40+	\$35.00
Dressage	Men & Women 35+	\$15.00 Per test
Golf	Men & Women 35+	\$25.00
Hockey	Mixed Men & Women 30+ Mixed Men & Women 40+	\$30.00
Netball	Women 30+, 35+, 40+, 50+	\$45.00
Oztag	Men 30+ Men 40+ Women 30+ Mixed Men 30+ & Women 25+	\$30.00
Pool (8-Ball)	Men 30+ Women 30+	\$30.00
Soccer	Men 35+ Women 30+	\$35.00
Softball	Men 30+ Women 30+, Women 40+	\$45.00
Swimming	Men & Women 25+	\$35.00
Touch	Men 30+, 40+, 50+, Women 30+, 40+ Mixed Men 35+ & Women 30+	\$30.00
Volleyball (Rebound)	Men 30+ & Women 30+ Mixed Men & Women 30+	\$25.00

Remember the Games Fee needs to be added to the Sports Specific Entry Fee in order to determine total competitor costs.

Note: IF ENTERING MORE THAN ONE SPORT WE CAN NOT GUARANTEE THEY WON'T CLASH.



TEAM SHEET

Team Organisers MUST complete all the details in this section .

This section applies to team sports and team organisers should ensure that all details are completed and individual entry forms attached. The following sports have team lists: **Touch, OZTAG, Netball, Cricket, Softball, Basketball, Hockey, Rebound Volleyball, Baseball & Soccer.**

Team sports and team events - the team organiser must complete the team list form and batch all team members' entries together. Individuals who wish to participate in a team sport may enter on an individual basis and every endeavour will be made to place them in a team. If you are entering a team sport as an individual you should contact the Co-ordinator for the sport concerned to discuss your particular requirements.

Sport:	Age Group:	
Team Name:	Team Colour/s	
Name of Team Organiser:		
Postal Address:		
State:	Postcode:	Ph No:

TEAM MEMBER DETAILS (You must list all team members)

Name	Age as at 31/12/07	Gender
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		
16.		
17.		
18.		

Note: All team members must be registered. Team organiser to ensure no under age participants. Teams with under age players will be disqualified.



PERSONAL DETAILS

Competitors must complete the following personal details: Please print clearly

Last Name		First Name	
Postal Address			
City/Town		Postcode	
Email		☎ Number	W _____ H _____
DOB ____/____/____	Age as at 31/12/07 ____	Gender	M <input type="checkbox"/> F <input type="checkbox"/>
Accompany Persons Details			
Last Name		First Name	
Postal Address			
City/Town		Postcode	☎ Number
A	Games Entry Fee – Compulsory for all Competitors	Early Bird - \$45.00 Late Bird - \$55.00	\$ _____
B	Sports Fee – Compulsory for Competitors (refer to attached sports fees list for correct amount Page 5)	Sport _____	\$ _____
C	Accompany Person	Early Bird - \$25.00 Late Bird - \$35.00	\$ _____
D	Total = A + B + C = Total	Total	\$ _____
Team Name: (if you are in a team you must fill this in) _____			
Person to contact in case of Emergency: Name: _____			
Phone No: _____ M _____ Relationship to competitor: _____			

PAYMENT DETAILS

CHEQUES SHOULD BE MADE PAYABLE TO LISMORE CITY COUNCIL

Enclosed is my Cheque/Money Order/Credit Card - Bankcard/Mastercard/Visa
 (Please note we do not accept American Express and Diners Club)
 (Please note do not send cash through the mail)

CARD NO

Cardholder's Name _____ Signature: _____

Expiry Date _____ Amount \$ _____ Bank _____

YOU MUST SIGN THE INDEMNITY DISCLAIMER OVER THE PAGE

INDEMNITY DISCLAIMER (Please read Disclaimer prior to signing)

I agree to abide by the Conditions of Entry (page 3) and the rules of each sport, compete with a spirit of fair play and abide by the decision of referees, judges, trainers and other officials at the 5th Lismore Workers Club Masters Games. In consideration of acceptance of my entry, I hereby waive all and any claims or causes of action which I might now have or may at any time in the future have against the Games Committee and/or any competitor, manager, official, organiser or other person whomsoever is involved in any of the sports, events or functions conducted as part of the 5th Lismore Workers Club Masters Games who may be liable to me in any way, arising out of or incidental to the sports, events or functions conducted as part of the 5th Lismore Workers Club Masters Games.

I also acknowledge that I have read the Terms and Conditions of Entry and agree to be bound by them and to compensate the Council for any loss sustained by it as a consequence of any breach of these Terms and Conditions of Entry by me.

Note: Proof of Age will be required at Registration and by Venue Officials.

Signature _____

Date _____

are you tough enough?





SWIMMING ENTRY FORM

Please phone your Swimming Co-ordinator: Kerrie Seymour on 66215478 for more details.

SWIMMING FEE *Early Bird* June 22 or before is \$80.00 (AUSSI Member) or \$90.00 (non AUSSI member)
SWIMMING FEE *Late Bird* June 23 to August 10 is \$90.00 (AUSSI Member) or \$100.00 (non AUSSI member)

Name: _____

Age as at 31/12/07 _____

Please ✓ boxes relevant to you and return with Entry Form (refer to program sheet for further info.)

Male Female

AUSSI NO: _____

Age Groups (Individual Events)

25-29 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84
 80-85 90+ **Relays:** 80+ 120+, 160+, 200+ 240+ etc. (Limited to 5 Individual Events)

Saturday September 22, 2007 - Warm up 8.15am commencing at 9am.

Event	Nom. Time
1. <input type="checkbox"/> 50 Freestyle	
2. <input type="checkbox"/> 100 Breaststroke	
3. <input type="checkbox"/> 50 Free Style handicap heats (8 swimmers closest to time go to final)	
4. <input type="checkbox"/> 200 a) Butterfly, b) Backstroke, c) Breaststroke	
5. <input type="checkbox"/> 50 Backstroke	
6. <input type="checkbox"/> 100 Freestyle	
7. <input type="checkbox"/> 50 Breaststroke	
8. <input type="checkbox"/> 100 Butterfly	
9. <input type="checkbox"/> 50 Freestyle handicap final	
10. <input type="checkbox"/> 100 Backstroke	
11. <input type="checkbox"/> 50 Butterfly	
12. <input type="checkbox"/> Men & Women's Freestyle Relay (Entries on the day)	
13. <input type="checkbox"/> Men & Women's Medley Relay (Masters age groups 80+, 120+, 160+, 200+, 240+)	

Sunday September 23, 2007 Warm up 8.45am commencing 9.30am.

Event	Nom. Time
1. <input type="checkbox"/> 200 Freestyle	
2. <input type="checkbox"/> 50 Formstroke (Fly, Breaststroke or Backstroke) handicap (8 swimmers closest to time to go final.	
3. <input type="checkbox"/> Breaststroke, Freestyle, Brace relay (2 people, Men, Women or mixed) a) Under 40, b) 40 - 55 c) 55+	
4. <input type="checkbox"/> 200 Individual Medley	
5. <input type="checkbox"/> 50 Formstroke handicap final	
6. <input type="checkbox"/> 400 own choice (1 only) Freestyle, Backstroke, Breaststroke, Butterfly, IM	

Note 1: Competitors also need to complete the personal details sheet and sign the indemnity disclaimer.

Note 2: Nominations for relays will be taken on the day.

Note 3: Individuals must swim at least one individual event to be eligible for relays.

Note 4: The Games Fee needs to be added to the Sports Fee in order to determine the total cost to competitors.

Note 5: Rules as per AUSSI Competition Rules as ratified by FINA.

Note 6: All competitors **must** register at the Lismore Workers Club before competing.