



**Official Program**



**MARION MARLINS MASTERS  
Swimming Club**



**State Masters OWS Championships**

**Sunday 12th January  
2025**

**At Somerton SLSC  
from 8.30 am**

**1km & 3km State Championship Events**

**Major Event Sponsor:**

**Sammy's on the Marina**



**Other main sponsors:  
Marion Outdoor Pool Centre  
Junipers on the Marina**

Full listing of supporting sponsors at the end of the program

# **Marion Masters Open Water Swim** **Principal Officials 2025**

**Event Manager: Ben Warr**

**Registrar / Clerk of the Course: Mike Perkins / Ben Warr**

**Referee: Garth Hayter**

## **Race Instructions & Conditions**

**The Committee of the Marion Marlins Masters Swimming Club has the discretion to cancel the event at any time. Details on the Refund policy can be found here: [Masters-Swimming-SA-Refund-Policy-Final-28-August-2020.pdf \(mastersswimming.org.au\)](https://mastersswimming.org.au/Masters-Swimming-SA-Refund-Policy-Final-28-August-2020.pdf)**

### **All OWS Competitors**

- Both races are open to any competitor 18 years and over.
- All entrants must complete the online entry form prior to 8am on 11 January 2025
- No entry will be accepted without payment of the entry fee.
- The Club committee reserves the right to refuse entry to any competitor at its complete discretion and will refund any entry fee paid.
- All COVID requirements must be followed to minimise the possibility of any transfer of the virus by facilitating good hygiene and maintaining social distancing.

### **Competitors in State Masters OWS Championship**

- All entrants will be eligible to win the title of Fastest Male/Female in either the 1km or 3km events.
- Only registered SA Masters Swimmers will be eligible for age group awards.

### **Registration**

- **Registration will occur on the beach in front of the Somerton SLSC between 8.30 am and 9.30 am.**
- Swimmers will be grouped according to their starting time as decided by the Race Director prior to the day.
- Swimmers will be issued with a swim cap at registration. Swimmers will also be numbered. The swim cap must be worn throughout the race as a safety precaution.
- Please assist the race officials by wearing your cap in the marshalling area.

## **The Start**

- The 3km OWS will commence at 10am and the 1km OWS at 10:05 am.
- Air cover is generally available from 10am onwards.
- Swimmers who cross the starting line before the sounding device is heard may be liable to disqualification.
- The Race Director may vary the start times prior to the commencement of each race.

## **The Course**

- Swimmers will be required to swim a rectangular course marked by buoys, from the beach at Somerton SLSC and return to the finish on the beach at Somerton SLSC. Swimmers in the 3km race will complete a 1000m rectangle three times and the swimmers in the 1km race will complete the same 1000m rectangle as shown on the course map.
- In the interest of your safety please swim carefully around the buoys. Course officials will be requested to warn swimmers of any potential collision.
- A map of the course is displayed in the registration area.

## **THE VENUE**

Event will be conducted over a 1km course for both the 1km and 3km events. The published course may be amended in length and direction by the OWS Coordinator for the safety of swimmers.

1. All turns or alterations of course shall be clearly indicated by large, coloured buoys in contrast to local markers.
2. The course shall be in salt water that is subject only to minor current or tidal flow.
3. The course shall be safe for swimmers in that:
  - a. Sea conditions allow swimmers of all abilities to complete the event and to be sighted by surf life savers at all times. As a guide- line winds exceeding 30kph if directed from the south or southwest and/or breaking waves exceeding 0.6 meters may be grounds for cancellation. There should be no strong currents or rips on the course.
  - b. There is minimal or no turbidity on the course associated with a significant rainfall event and storm water or pollutant discharge in the three days preceding the event.
  - c. The average water temperature (measured at a depth of approximately 400mm) shall not be less than 18°C.
4. In normal circumstances the minimum depth of water at any point on the course shall be greater than two meters.

## **PRE- RACE PREPARATION**

1. Following registration swimmers should remain in the competitor's area. Swimmers may leave their bags and belongings in this area but do so at their own risk.
2. Entrants holding a current Medic Alert registration may provide their Medic Alert Registration Number to the Registrar at the time of Registration.
3. Swimmers shall have their competition number clearly applied in waterproof ink on their upper back or arms, and/or displayed on swim caps. It is compulsory for all swimmers to wear highly visible coloured caps provided by the Race Organiser throughout the race.

4. Goggles, up to two caps, nose clip and earplugs may be used. No swimmer shall be permitted to use or wear any device that may be an aid to speed, endurance or buoyancy (wetsuits, swim fins, paddles, snorkels etc.).
5. The wearing of jewellery and watches except for Medic Alert supplied registration disc, is not allowed to avoid cuts and scratches to other swimmers resulting in blood in the water on the course.
6. Wetsuits and FINA non-compliant swimwear may be allowed at the discretion of the Event Manager, but the swimmer then becomes ineligible for prizes, trophies or championship honours. Any published results or records will clearly indicate swimmers who wore wetsuits.
7. Swimmers shall be allowed to use grease or other such substances providing these are not, in the opinion of the Event Manager, excessive or contravene any law.
8. Swimmers Entered but not Registered by the published "Close of Registration Time" on race day will be disqualified.
9. All swimmers Registered for the event shall attend the "Pre-race Briefing" to be held within 30 minutes of the published Race Start Time.

## **THE START**

1. The Marshall shall keep swimmers and officials informed of the time before the start, eg. five minutes to go, a verbal command will be given that swimmers may enter the water and move toward the Start Line. The Marshall shall then hand over to the Starter by verbal advice or pre-arranged signal.
2. The start line shall be clearly defined by removable equipment at water level, ie. *between two buoys*. With one minute to go swimmers shall assume their start positions at the start line as directed by the Starter.
3. The event shall start with all swimmers standing or treading water in a depth sufficient for them to commence swimming on the start signal.
4. The Starter shall be positioned to be clearly visible to all swimmers.
5. The Starter shall indicate, by a flag held upright and verbal command, when the start is imminent.
6. The Starter shall start the race by dropping a flag and sounding an air horn. The flag drop is the sign for the Timekeepers to start watches; the air horn is the sign for the competitors to start their race.

## **THE RACE**

1. All swimmers must swim freestyle where possible. Backstroke or Breaststroke kick in congested areas, (starts and turns), may be considered 'unsporting interference' and lead to disqualification.
2. Obstructing, interfering with or making intentional contact with another swimmer shall, if deemed by the Referee as "unsporting interference", lead to disqualification.
3. Swimmers shall maintain a reasonable clearance from other swimmers. At the start, finish and turns swimmers shall take every possible action to avoid contact with another swimmer.
4. Swimmers shall not receive support from any fixed or floating object and shall not be touched by an escort craft or crew therein or paddler unless the swimmer requests assistance. Such assistance shall be deemed as a Withdrawal.
5. The pacing of a swimmer by a craft, paddler or another person entering the water is not permitted.

6. If a swimmer is unable to complete the swim, they shall raise their arm and wait for assistance from support craft.
7. A cut-off time for all events shall be determined and announced with the race details. After expiry of the designated time limit, the Event Manager may order any or all swimmers still on the course to leave the water.

## **THE FINISH OF THE RACE**

1. The final approach to the finish shall be clearly defined with markers of a distinctive colour.
2. The finish shall be a clearly defined line including the water's edge. **The race finishes when a swimmer can no longer swim and stands up to approach the finish line and your time is taken at this point.**
3. Swimmers shall swim/walk across a defined finish line and be placed in order of finish. If a swimmer cannot stand or walk to a finish line, they may be assisted or use a representative to walk to the official finish. Swimmers running past walking swimmers may be disqualified.
4. Swimmers must stay in their finish order and have their name and race number marked off at the timing tent

## **APPEALS**

1. Any swimmer disqualified by a Referee may appeal the disqualification to the Referee within 30 minutes of the last swimmer finishing.
2. The Event Manager and Referee must consider the appeal with the disqualified swimmer prior to any results being published.
3. The decision of the OWS Coordinator on any appeal including any time or place penalty or disqualification is final and no further avenues of appeal are open to a disqualified swimmer.

## **Swim Rules**

The Masters Swimming Australia **Open Water Swimming** rules and policy applies to this race. The full text can be found at: <https://mastersswimming.org.au/wp-content/uploads/2018/10/MSA-OWS-Rules-May-2022.pdf>

Please note in particular that:

- No extraneous aids are allowed. Goggles are allowed and recommended.
- Wet suits, if used will disqualify the swimmer from any prizes or awards.
- Swimmers will be required to have an official swim cap issued at registration which must be worn at all times.
- Race Officials reserve the right to withdraw competitors at any time preceding or during the race. The Race Officials will consider water and air temperature and weather conditions prior to each race and may vary the event accordingly.
- Race Officials shall have the authority to remove a competitor from the race if the competitor is judged to be physically incapable of continuing the race without the risk of injury to them or others or the time limit has, or will, expire.
- A spirit of friendly competition should be maintained throughout the race. Any un-sportsman like conduct will be grounds for immediate disqualification.
- Decisions of the Race Officials are final and are not subject to appeal.
- Water cover personnel are considered as Race Officials.

## **Time Limits**

- There will be time limits applied to all races for safety reasons:  
3 km – 90 mins  
1 km – 40 mins
- Swimmers may be asked to withdraw from a race if it becomes evident to the Race Officials that a competitor is unlikely to complete the race within the time limit set.

### **Safety**

- To ensure the safety of all swimmers, the Race organisers have engaged the Somerton SLSC to maintain a high presence in the water. If you require help do not hesitate to call on safety personnel – ski, rescue board or power boat by raising your arm.
- You must leave the water if requested by any official or if a shark warning (siren or other signal) is given.
- The Race Officials may determine that a competitor should be asked to leave the water if they are of the opinion that the competitor's safety is at risk. This decision is at the complete discretion of the Race Officials who may consider all factors including the water temperature and the condition of the competitor.
- A medical officer will be present in the Somerton Patrol tent.

### **The Finish**

- All competitors must proceed across the finish line, which will be located at the water's edge. As soon as you cross the finish line your time will be recorded.
- Please place your swimming cap in the bin provided just near the competitors' area.

### **Non- Finishers**

- All registered competitors who fail to complete the course for any reason are required to notify the recorders at the finish line.

### **Results and Prizes**

- Your final position will then be determined by the official timekeeper. Official results will be announced at the presentation ceremony in the Somerton SLSC at approximately 12.30pm.
- Prizes will be awarded to the first 3 males and females in each race. Age Group prizes will also be awarded.
- Any swimmer may wear a wetsuit or non-FINA approved suit but will not receive an official placing or be eligible for an award or prize.
- Numerous door prizes will be awarded to competitors during the presentation ceremony.

### **State Masters OWS Championships**

- Placings in the 1km and 3km events will be determined in 5-year age groups (Male & Female) in accordance with MSSA policy and the first three place winners in each group will be recognised.
- Results in both the 1km and 3km OWS will be used to determine the 2025 Club Champions (Total Points and Points/Swimmer).

### **10 & 20 Year Awards**

- The Club recognises long- time supporters of the Marion OWS. From the records held by the organisers those competitors who have completed 10 or 20 events up to and including the 2025 event will receive an award at the presentation ceremony.

With thanks to our sponsors:

Sammy's on the Marina	8376 8211	
Marion Outdoor Pool Centre	8276 4939	
Junipers on the Marina	7078 6400	
Ellenika	8376 7688	
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Seafire on the Marina	8350 9574	
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Veloce	8376 6313	
Henley Beach Hotel	8356 5014	
Tomiko Japanese Steak House	8295 5995	
The Wharf	8376 6266	

Chalkers	8376 0202	
The Watermark	8294 2300	
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Beach Burrito	8376 3772	
SheShells Restaurant	0424 649 077	
Loud Cow Bar & Restaurant	8376 7713	
Elatte	8294 1045	
Secrets by the Sea	8356 8003	
Bacchus Bar	8356 2644	
Mia Margarita	7084 7900	
The Colley Hotel	8376 8217	

Previous results (2012-24):



## SA State Masters Championships -Overall Winners

### 3km Fastest Female

Year	State Champion	1st Runner-up	2nd Runner-up
2012	Steph Palmer-White (SAM)	Joanne Sutcliffe (SHB)	Sharon Beaver (SHB)
2013	Steph Palmer-White (SAM)	Leila Nazimi (SHB)	Cassie Lindsay (SAT)
2014	Leila Nazimi (SHB)	Cassie Lindsay (SAT)	Julie Astley (SAM)
2015	Leila Nazimi (SHB)	Steph Palmer-White (SAM)	Georgy Falster (SMR)
2016	Georgy Falster (SMR)	Steph Palmer-White (SAM)	Cassie Lindsay (SAT)
2017	Cassie Lindsay (SAT)	Steph Palmer-White (SAM)	Ahlanna Hayes (SAT)
2018	Leila Nazimi (SHB)	Steph Palmer-White (SAM)	Josephine Varney (SHB)
2019	Steph Palmer-White (SAM)	Cassie Lindsay (SAT)	Madeleine Wood
2020	Leila Nazimi (SHB)	Lauren Christian	Sharon Beaver (SHB)
2021	Leila Nazimi (SHB)	Eve Caton	Cassie Lindsay (SAT)
2022	Leila Nazimi (SHB)	Eve Caton	Julie Bowman (SAM)
2023	Leila Nazimi (SHB)	Josephine Varney (SHB)	Sharon Beaver (SAM)
2024	Leila Nazimi (SHB)	Josephine Varney (SHB)	Steph Palmer-White (SAM)

### 3km Fastest Male

Year	State Champion	1st Runner-up	2nd Runner-up
2012	Mark Smedley (SAM)	Ian Young (SMR)	Grant Simpson (SHB)
2013	Craig Jones (STT)	Ian Young (SMR)	Grant Simpson (SHB)
2014	James Fennel	Damion Burrage (SAM)	Michael Carter (SAM)
2015	Michael Carter (SAM)	Tom Currie (SAM)	Ian Young (SMR)
2016	Garth Tierney (SHB)	Simon Mulligan (SMR)	Ian Young (SMR)
2017	Grant Simpson (SHB)	Chris Velliaris (SWD)	Paul White (SAT)
2018	Grant Simpson (SHB)	Chris Velliaris (SWD)	Simon Mulligan (SMR)
2019	Mark Preiss (SAO)	Simon Mulligan (SMR)	Chris Velliaris (SWD)
2020	Sam Tebeck	Simon Mulligan (SMR)	Scott Goldie (SAM)
2021	Christopher Deegan	Justin Clark	Scott Goldie (SAM)
2022	Liam McHugh (SUS)	Justin Clark	Chris Velliaris (SWD)
2023	Luke Bell	Liam McHugh (SUS)	Justin Clark
2024	Jaylen Atkins (Swimming SA)	Kipp Kaufman (VPP)	Liam McHugh (SUS)

### 1km Fastest Female

Year	State Champion	1st Runner-up	2nd Runner-up
2015	Sharon Beaver (SAM)	Joanne Sutcliffe (SHB)	Robyn Falster (SMR)
2016	Leila Nazimi (SHB)	Sharon Beaver (SAM)	Natalie Hann (SAT)
2017	Joanne Sutcliffe (SHB)	Leila Nazimi (SHB)	Lauren Christian (SAM)
2018	Briny McArthur (SMR)	Leonie O'Connell (SAM)	Maryanne Heffernen (SMR)
2019	Joanne Sutcliffe (SHB)	Sarah Wilkins	Gemma Desmond
2020	Leonie O'Connell (SAM)	Emily Goldie (SAM)	Maryanne Heffernen (SMR)
2021	Steph Palmer-White (SAM)	Joanne Sutcliffe (SPM)	Emily Goldie (SAM)
2022	Steph Palmer-White (SAM)	Joanne Sutcliffe (SPM)	Amanda Carne (SPM)
2023	Steph Palmer-White (SAM)	Joanne Sutcliffe (SPM)	Emily Goldie (SAM)
2024	Emilie Goldie (SAM)	Joanne Sutcliffe (SPM)	Natalie Hann (SAT)

### 1km Fastest Male

Year	State Champion	1st Runner-up	2nd Runner-up
2015	Mark Smedley (SAM)	Philipp Djang (SAM)	Mark Preiss (SAQ)
2016	Grant Simpson (SHB)	Chris Valliaris (SWD)	Mark Smedley (SAM)
2017	Ian Young (SMR)	Mathew Cranley (SNO)	Marin Slunjski (SHB)
2018	Tom Liubinas	Ian Young (SMR)	Norm Collins (SHB)
2019	Ian Young (SMR)	Grant Simpson (SHB)	Ace Lewis (SMR)
2020	Mark Preiss (SAO)	Ian Young (SMR)	Ben Warr (SMR)
2021	Ian Young (SMR)	Grant Simpson (SPM)	Dean Shard (SMR)
2022	Mark Preiss (SAO)	Dean Shard (SMR)	Ace Lewis (SMR)
2023	Mark Preiss (SAO)	Ian Young (SMR)	Ace Lewis (SMR)
2024	Mark Preiss (SAO)	Ian Young (SMR)	Ace Lewis (SMR)

Note: Both Masters Members and Non-members eligible for Fastest Male and Female placings. The 1km event attained Championship status in 2015.

## Team Trophies

### Club Champion (Aggregate Points)

Year	Winner	2nd	3rd
2012	Marion (SMR)	Adelaide (SAM)	Henley Beach (SHB)
2013	Marion (SMR)	Adelaide (SAM)	Henley Beach (SHB)
2014	Marion (SMR)	Adelaide (SAM)	Henley Beach (SHB)
2015	Marion (SMR)	Adelaide (SAM)	Tea Tree Gully (STT)
2016	Marion (SMR)	Tea Tree Gully (STT)	Adelaide (SAM)
2017	Marion (SMR)	Tea Tree Gully (STT)	Henley Beach (SHB)
2018	Marion (SMR)	Henley Beach (SHB)	Adelaide (SAM)
2019	Marion (SMR)	Henley Beach (SHB)	Atlantis (SAT)
2020	Marion (SMR)	Tea Tree Gully (STT)	Adelaide (SAM)
2021	Marion (SMR)	Adelaide (SAM)	Atlantis (SAT)
2022	Marion (SMR)	Atlantis (SAT)	Phoenix Masters (SPM)
2023	Marion (SMR)	Adelaide (SAM)	Phoenix Masters (SPM)
2024	Marion (SMR)	Henley Beach (SHB)	Phoenix Masters (SPM)

### Club Champion (Average Points /Swimmer)

Year	Winner	2nd	3rd
2012	Atlantis (SAT)	Adelaide (SAM)	Marion (SMR)
2013	Atlantis (SAT)	Marion (SMR)	Henley Beach (SHB)
2014	Henley Beach (SHB)	Adelaide (SAM)	Tea Tree Gully (STT)
2015	Henley Beach (SHB)	Adelaide (SAM)	Marion (SMR)
2016	Atlantis (SAT)	Tea Tree Gully (STT)	Henley Beach, Marion, Western Districts, Onkaparinga
2017	Atlantis (SAT)	Adelaide (SAM)	Henley Beach (SHB)
2018	Western Districts (SWD)	Noarlunga (SNO)	Adelaide (SAM)
2019	Aquadome Otters (SAO)	Marion (SMR)	Atlantis (SAT)
2020	Western Districts (SWD)	Tea Tree Gully (STT)	Atlantis (SAT)
2021	Phoenix Masters (SPM)	Aquadome Otters (SAO)	Henley Beach (SHB)
2022	Uni SA (SUS)	Aquadome Otters (SAO), Phoenix (SPM)	
2023	Henley Beach (SHB)	Phoenix (SPM)	Uni SA (SUS)
2024	Adelaide Masters (SAM)	Uni SA (SUS)	Atlantis (SAT), Henley Beach (SHB)

Note: Points for SA Branch club trophies awarded on basis of 4pts for Age Group winner, 3pts for 2nd, 2pts for third and 1 pt for all other placings. Trophy for Aggregate Points is the point total while the Trophy based on Average Points per Swimmer is the sum of all points divided by the number of swimmers (minimum 3) from each club. Results from the 1km and 3km races are included (3km only from 2012-14). Only SA Master swimmers and clubs eligible.





## **Collation of all Swims (2002-2024)**

See listing on Marion Marlins Masters Swimming website: [c9ded4d8-4ea2-4668-96a1-7e7f22a24a26.pdf](https://www.marionmarlinsmasterswimming.com/files/c9ded4d8-4ea2-4668-96a1-7e7f22a24a26.pdf)