



Rules & Safety

- No fins, paddles snorkels or floatation devices are permitted - unless approved by the Event Manager.
- Wet suits are permitted (in outdoor pools).
- Each event will have varying numbers for amount of members on the team. Please check the entry form for details. If you have more team members than the amount allotted you will be unable to win the event.
 - To be eligible for team awards, the team can consist of no greater than fifteen (15) participants.
Teams can be larger than fifteen (15), however will not be eligible for team awards.
- To be eligible for team awards, one swimmer must be in the allocated lane throughout the 24 hour event.
- Participants under 18 years are to be supervised by parent or legal guardian at all times.
- Guardians of participants under 18 years of age provide written consent to participant when registering online or offline.
- The order, duration and number of times a team member swims are at the discretion of the team.
- Only one team member is to swim at a time - with the exception of the MS team.
- Swimmers will be required to wear the official event swim cap provided upon registration.
- Good sportsman-like conduct will be demanded of all competitors. Any unsportsmanlike conduct will be grounds for instant disqualification.
- Swimmers wishing to break an event record and or specific record must notify MS Australia and may be requested to provide an independent lap counter.
- Records are posted on the 24 Hour Mega Swim website.
- Swimmers wishing to swim for 24 hours must be approved by MS Australia as minimum fundraising amount applies. The minimum fundraising for individual swimmers is set at a minimum of \$3,000. Fundraising total must be met one (1) month prior to the event start date. It is the responsibility of the swimmer to ensure sufficient support throughout the 24 Hours. Swimmers who do not have adequate support as deemed by event officials maybe asked to leave the water.
- The 24 Hour Mega Swim is strictly a smoke, drug and alcohol free event.

N.B. It is the responsibility of all participants to ensure their health and safety at the event. Qualified lifeguards will monitor the pool for the entire 24 hours.

Use of floatation and training devices

The use of floatation or training devices are not permitted unless approved by Multiple Sclerosis Limited.

A floatation device by definition is but not limited to:

- Kick board
- Swimming noodle
- Pull buoy
- Flippers
- Floaties
- Paddles

The use of a floatation device will be granted to people living with MS automatically.

To gain permission for use of a floatation device, simply download the [Floatation Device Form](#) on our website and email to megaswim@ms.org.au

N.B. It is the responsibility of all participants to ensure their health and safety at the event. Qualified lifeguards will monitor the pool for the entire 24 hours.

Swim Etiquette

As there may be more than yourself swimming in the lane please take note of the following swim etiquette:

- Stay as far to the left in the lane as possible.
- No diving in the shallow end.
- If stopping at the wall please make sure you are not in the middle as swimmers behind you may want to turn.
- If you are trying to pass a swimmer please do not constantly touch or grab at their feet. Once should be enough.
- When entering the water on your part of the relay please be careful of other swimmers.
- If you are tired and feel you can't go on, please let your team mates know.
- During the night hours, please be wary of the fact that there may be people living near the pool. Try to keep noise to a minimum.
- Relay distances to be kept to a minimum of 100 metres.
- Have fun and enjoy the challenge!

100m Sprint Challenge (not applicable at all events)

Awarded to the individual fundraiser with the fastest recorded time during the MS Sprint Competition

An announcement will be made 5minutes before the MS Sprint Competition– Teams lanes will be cleared and swimmers participating in the MS Sprint will need to be in the water 1 minute before the race ready to go.

The competition begins at allocated time. Make sure you are ready to race in your team's allocated lane before the siren is sounded.

Awards

Overall Winning Team Award

The most prestigious of all awards, the winning team will receive 1 point for every \$10 raised and 1 point for every 500 metres they swim - every team has a chance to win!

Highest Individual Fundraiser

Awarded to the individual who has raised the most funds.

Youth Award

Awarded to a young individual for their fundraising effort and active participation throughout the event.

Please visit the event swim page for other awards presented at your specific swim

