



# 2019 SWIMMING WAIKATO REVERSE DISTANCE CHAMPS

**Held immediately following the Hamilton Christmas Meet**

**SUNDAY 8 DECEMBER 2019**

This session will begin one hour after completion of Session 3 of the Waikato Christmas Meet (inclusive of warm-up)

Once entries for both meets close, swimmers will be advised of the approximate start time.

	MEET EVENTS			
1	1500	Free	Female	
2	800	Free	Male	

## **This is a LONG COURSE (50m) Event**

This is a paperless meet—the final programme will be available on the Swimming Waikato website a minimum of three days before the start of the meet.

**PLEASE NOTE: TECHNICAL / PERFORMANCE RACE SUITS FOR SWIMMERS AGED 12/U ARE BANNED.**

**\$9.75  
per race entry**

**Spectator's Entry Fee—\$2.00 (Waterworld Charge)**





## GENERAL INFORMATION

### ELIGIBILITY -

- This event is for **COMPETITIVE** swimmers who are registered in the SNZ database and are financial as at the date of the meet.
- Swimmers have the opportunity to gain qualifying times for Regional, Zonal and National Meets.
- **Age as at 31 DECEMBER 2019**
- There is no qualifying period for this meet.
- Entry times long course. Times may be converted from SC times.
- "NO TIME" will not be accepted.
- Qualifying Time: 800m (Male) - 14 minutes  
1500m (Female) — 22 minutes
- Where possible, Individual entry times will be generated by the SNZ Database. Approved and unapproved performances from Regional and Local meets, where times are held in the database, will be eligible for use to enter this meet.
- Where database times are not available, proof of ability to swim the time entered is required. We are accepting coach verified times as we are aware the opportunity for swimmers to swim the relevant distance over the past year has been limited. Coaches will be asked to certify that the swimmers entered without proof of time are capable of completing the event in the time entered.
- There is no limit on entries from clubs outside the Waikato region, however, only two visitors medals will be awarded per event.
- Each swimmer is to provide **TWO** timekeepers for this event.
- Medals will be awarded in the following age groups—12/U, 13, 14, 15, 16, 17+.

### ENTRY PROCESS -

- **ENTRY FEE: \$9.75 per event**
- Entries for Individual events will be online through MyPage on the SNZ membership database.
- Online entries will open at **11am on the 10th of October** and close at 11.59pm on Sunday 24th November 2019. NO LATE ENTRIES accepted.
- All enquiries to Rachael Thomas [swentries@gmail.com](mailto:swentries@gmail.com)

### MEET CONDITIONS -

- The meet will be conducted under Swimming New Zealand Rules, FINA Rules and SNZ Competition and Events Policies, except where local meet rules and conditions apply.
- All participants must agree to comply with the Sports Anti-Doping Rules.
- Athletes who hold a Para Classification are eligible to participate in this programme and will be seeded amongst able-bodied athletes on the basis of entry times.
- Swimmers with strapping must provide documentation from a relevant registered health practitioner or physiotherapist and be reviewed by the Technical Director prior to swimming. Any swimmers without such documentation will not be permitted to swim.



## PSYCH SHEETS / MEET PROGRAMME —

- Psych sheets will be circulated to club recorders and coaches, and by email to all competitors who have entered the meet. Competitors are responsible for checking names, entries and events are correct on receipt of information and advising Swimming Waikato of any errors by Thursday 28th November 2019. Corrections will only be made to entries where errors have occurred. Final psych sheets will be posted on the website and sent out a minimum of three days before the start of the meet.
- This is a paperless meet. The meet programme, along with a timeline (guide only) will be uploaded to the Swimming Waikato website and forwarded to club recorders and coaches, and by email to all competitors, at least three days prior to the start of the meet.

## COMPETITION INFORMATION -

- Access to this meet will be via the main entrance at Waterworld.
- Waterworld charges a \$2.00 entry fee for spectators.
- Team Coaches, Managers, Officials, Timekeepers and Swimmers are exempt from this charge.
- Reseeding may be done at the discretion of the Technical Director.
- Please exit the pool at the side. Do not swim over the lane ropes.
- Marshalling Procedure—  
Self marshalling will be employed for all events.
- Warm Up Procedure—Lane 1 shall be for Para swimmers (if applicable) and Lanes 7 and 8 will be sprint lanes for the duration of the warm-up.
- Results—Results will be posted as soon as possible on the notice board in the complex. Live results will also be accessible via Meet Mobile where the internet connection allows.
- Participants who have entered this event agree to allow photograph, video, multimedia or film likeness taken by accredited photographers to be used for any legitimate purpose by Swimming Waikato, a club affiliated to Swimming Waikato or local media.

## SCRATCHINGS / WITHDRAWALS -

- Refunds will only be made if a medical certificate is provided to the Meet Recorder within 24 hours of the draft psych sheets being circulated. All refunds are at the discretion of the Technical Director.
- **Refunds will not be provided for scratchings received after this time.**
- Scratchings for the event must be submitted to the Control Room no later than 1 hour prior to the start of racing.
- Swimmers will be deemed to have scratched if they are not lined up behind the blocks prior to the start of the race.



#### OFFICIALS -

- As per Swimming New Zealand Policy (007—Approved Times), there is a minimum number of voting technical officials required for a meet to be classed as approved.
- It is the responsibility of the Clubs and members of the swimming community to ensure they contribute to the success of the meet by assisting with the provision of officials. Where the required number of officials are not forthcoming, the results from the meet will be unapproved.
- Attached is a Coaches, Team Managers and Officials form. This form allows Club Recorders to provide the names of their Team Coaches, Managers, Officials and Timekeepers which will allow the Swimming Waikato Team to manage their entry into the meet.
- The completed form should be returned to Swimming Waikato by 5.00pm on the Monday preceeding the meet. Only those people whose names appear on the form will be allowed free entry to the meet.
- When the draft psych sheets are circulated, clubs will be given their timekeeper allocation so that these names can be included on the form also.
- Ratios for Coaches/Managers -
  - 1-10 swimmers = 2 coaches/managers
  - 11-20 swimmers = 3 coaches /managers
  - 21-30 swimmers = 4 coaches/managers
  - 31+ swimmers = 5 coaches/managers

#### PROTESTS -

- Protests must be submitted within 30 minutes following the conclusion of the respective event. The protest fee is set at \$100.00, this is payable upon submission of the correctly completed protest form.

#### DISQUALIFICATIONS -

- Disqualifications will be announced and a copy of the DQ form will be put in the Club Team Manager's box.



## EMERGENCY & SAFETY PROCEDURES

Under the Health & Safety at Work Act 2015, it is necessary for us to advise you of the hazards that may affect you whilst attending a Swimming Waikato Meet.

### Notified Hazards -

- Floor surfaces may be slippery when wet. *No* running.
- Stadium concrete & seating may be slippery when wet.
- Caution around electronic cords (Starting & Timing equipment)
- Please advise the Referee or pool staff if you observe a potential hazard.
- Please ensure any young children are aware of these hazards.

### In General -

- Please familiarize yourself with the pool layout, exits and equipment.
- And please take time to discuss with your Club how you will react and look after your Club members in the case of an emergency.

### In an emergency -

- If you are required to contact Emergency Services, the address directions are :  
**“ 50m indoor Pool Waterworld Garnett Avenue HAMILTON”**
- Please note that Pool Staff are trained in First Aid & CPR.

### For evacuation -

#### **Stay Calm\_\_**

- Three(3) loud blasts on the whistle by the Referee shall clear the pool.
- Leave the pool complex as directed by Pool Staff or Swimming Waikato Technical Officials.
- Assembly locations are dependent on the exit used—
  - Side door—assemble opposite the bike racks towards the front of the building
  - Lido door — assemble out towards the boundary fence
  - Main front doors—assemble opposite the bike racks

- Assist Team Managers and Officials to evacuate the swimmers safely.
- Conduct a roll call to account for all persons (Children and Adults) in **your** Club.
- Notify the relevant emergency Services as required.

### During the Meet -

- Please take care to ensure the health and safety of yourself and others
- Have particular care for those under your direct control



## COACHES, TEAM MANAGERS and OFFICIALS FORM

All clubs attending a Swimming Waikato Regional Meet must fill out this form for each meet. This completed form must be received by Swimming Waikato by 5.00pm on the Monday preceding this meet. Information received will allow Swimming Waikato to manage the entry process at the meet.

<b>MEET NAME:</b>	
<b>DATE:</b>	
<b>CLUB NAME:</b>	

	COACHES	MANAGERS	MANAGERS'S MOBILE
Session 1			
Session 2			
Session 3			
Session 4			
Session 5			

TIMEKEEPERS	NAME	MOBILE NUMBER
Session 1		
Session 2		
Session 3		
Session 4		
Sessopm 5		
Sessopm 6		

### Ratio of Coaches/Managers to Swimmers

Clubs are entitled to nominate coaches and team managers based on the number of swimmers they have competing, as follows:

1-10 swimmers	2 coaches/managers
11-20 swimmers	3 coaches/managers
21-30 swimmers	4 coaches/managers
31 + swimmers	5 coaches/managers

Teams may have any combination of coaches and managers.