

SWIMMING WAIKATO
COMPETITIONS

WAIKATO CHRISTMAS MEET 2020

5-6 DEC.
RISE & SHINE.

Venue: Waterworld Aquatics Centre, Hamilton

Date: 5 – 6 December 2020

Long Course (50m)

Saturday 5 December

Session 1: Warm up—8.15am. Racing starts at 9.15am **(13+)**

Session 1: Warm-up and race start time TBC 10 days prior to meet **(12/u)**

Session 2: Warm up— 16:00. Racing starts 17:00pm **(13+)**

Sunday 6 December

Session 3: Warm up—8.15am. Racing starts at 9.15am **(13+)**

Session 3: Warm-up and race start time TBC 10 days prior to meet **(12/u)**

Session 4: Warm up— 16:00. Racing starts 17:00pm **(13+)**

MEET RATIONALE – This meet will act as a key Qualifying opportunity for National Meets in 2021 and serve as a much-needed competitive opportunity for our wider swimming community. This meet will also act as a hit-out for those swimmers looking to target the first Olympic Qualifying opportunity at the Auckland Championships.

SWIMMER ENTRY REBATE - It is safe to say that 2020 has been a challenging year for our sport, therefore Swimming Waikato will rebate \$1, to 'all clubs', for every entry made. It is our hope that any money raised will find its way into swimmer, coach, or volunteer development.

We look forward to welcoming you all to Hamilton and to blowing 2020 out of the water!

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CHRISTMAS
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SATURDAY SESSION 1: Warm up—8.15am. Racing starts at 9.15am					
Event	Distance	Stroke	Gender	Age	Event Type
1	100	Freestyle	Female	13 & Over	TIMED FINAL
2	100	Freestyle	Male	13 & Over	TIMED FINAL
3	200	Butterfly	Female	13 & Over	TIMED FINAL
4	200	Butterfly	Male	13 & Over	TIMED FINAL
5	50	Backstroke	Female	13 & Over	TIMED FINAL
6	50	Backstroke	Male	13 & Over	TIMED FINAL
7	1500	Freestyle	Female	13 & Over	TIMED FINAL (TOP 16)
8	100	Breaststroke	Mixed	12 & U	TIMED FINAL
9	200	IM	Mixed	12 & U	TIMED FINAL
10	50	Butterfly	Mixed	12 & U	TIMED FINAL
11	200	Backstroke	Mixed	12 & U	TIMED FINAL
12	100	Freestyle	Mixed	12 & U	TIMED FINAL
13	50	Backstroke	Mixed	12 & U	TIMED FINAL
14	400	Freestyle	Mixed	12 & U	TIMED FINAL
15	4 x 50	IM Relay	Male	12 & U	TIMED FINAL
16	4 x 50	IM Relay	Female	12 & U	TIMED FINAL

SATURDAY SESSION 3: Warm up— 16:00. Racing starts 17:00pm (13+)					
Event	Distance	Stroke	Gender	Age	Event Type
17	200	Freestyle	Female	13 & Over	TIMED FINAL
18	200	Freestyle	Male	13 & Over	TIMED FINAL
19	400	IM	Female	13 & Over	TIMED FINAL
20	400	IM	Male	13 & Over	TIMED FINAL
21	50	Butterfly	Female	13 & Over	TIMED FINAL
22	50	Butterfly	Male	13 & Over	TIMED FINAL
23	100	Breaststroke	Female	13 & Over	TIMED FINAL
24	100	Breaststroke	Male	13 & Over	TIMED FINAL
25	4 x 100	IM Relay	Male	13-14	TIMED FINAL
26	4 x 100	IM Relay	Female	13-14	TIMED FINAL
27	4 x 100	IM Relay	Male	Open	TIMED FINAL
28	4 x 100	IM Relay	Female	Open	TIMED FINAL
29	4 x 50	Free Relay	Mixed	Open	TIMED FINAL

SUNDAY SESSION 4: Warm up—8.15am. Racing starts at 9.15am					
Event	Distance	Stroke	Gender	Age	Event Type
30	400	Freestyle	Female	13 & Over	TIMED FINAL
31	400	Freestyle	Male	13 & Over	TIMED FINAL
32	100	Butterfly	Female	13 & Over	TIMED FINAL
33	100	Butterfly	Male	13 & Over	TIMED FINAL
34	200	Backstroke	Female	13 & Over	TIMED FINAL
35	200	Backstroke	Male	13 & Over	TIMED FINAL
36	50	Breaststroke	Female	13 & Over	TIMED FINAL
37	50	Breaststroke	Male	13 & Over	TIMED FINAL
38	800	Freestyle	Male	13 & Over	TIMED FINAL (TOP 16)
39	50	Freestyle	Mixed	12 & U	TIMED FINAL
40	100	Butterfly	Mixed	12 & U	TIMED FINAL
41	200	Breaststroke	Mixed	12 & U	TIMED FINAL
42	100	Backstroke	Mixed	12 & U	TIMED FINAL
43	200	Freestyle	Mixed	12 & U	TIMED FINAL
44	50	Breaststroke	Mixed	12 & U	TIMED FINAL
45	4 x 50	Free Relay	Male	12 & U	TIMED FINAL
46	4 x 50	Free Relay	Female	12 & U	TIMED FINAL

SUNDAY SESSION 6: Warm up— 16:00. Racing starts 17:00pm (13+)					
Event	Distance	Stroke	Gender	Age	Event Type
47	50	Freestyle	Female	13 & Over	TIMED FINAL
48	50	Freestyle	Male	13 & Over	TIMED FINAL
49	200	Breaststroke	Female	13 & Over	TIMED FINAL
50	200	Breaststroke	Male	13 & Over	TIMED FINAL
51	200	IM	Female	13 & Over	TIMED FINAL
52	200	IM	Male	13 & Over	TIMED FINAL
53	100	Backstroke	Female	13 & Over	TIMED FINAL
54	100	Backstroke	Male	13 & Over	TIMED FINAL
55	4 x 100	Free Relay	Male	13-14	TIMED FINAL
56	4 x 100	Free Relay	Female	13-14	TIMED FINAL
57	4 x 100	Free Relay	Male	Open	TIMED FINAL
58	4 x 100	Free Relay	Female	Open	TIMED FINAL
59	4 x 50	IM Relay	Mixed	Open	TIMED FINAL

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ELIGIBILITY -

- This event is for **COMPETITIVE** and **CLUB** 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 first day of meet – 5th December 2020**
- There is no limit to the number of individual entries, although the Technical Director reserves the right to restrict event numbers if entries exceed the nominated timeframe.
- There is no qualifying period for this meet.
- Entry times long course. Times may be converted from SC times.
- 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.
- There is no limit on entries from clubs outside the Waikato region
- “NO TIME” will not be accepted.

ENTRY PROCESS -

- **ENTRY FEE: \$10.50 per event**
- Entries for Individual events will be online through **FASTLANE** on the SNZ membership database.
- Online entries will close at 11.59pm on Wednesday 25th November 2020.
- NO LATE ENTRIES accepted.
- All enquiries to our Meet Recorder, Rachael Thomas: swentries@gmail.com

MEET CONDITIONS –


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- The meet will be conducted under Swimming New Zealand's 'SNZ Regulations and Bylaws and FINA Rules', 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 (under IPC Rules) and will be seeded amongst able-bodied athletes on the basis of entry times. It is the responsibility of the athletes (or their Team Manager) to show the Referee their IPC Classification before they swim. The Referee will use their best efforts to judge the swim under the applicable IPC Rules
- 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.
- 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.

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 Friday 27 November 2020. 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.
- Over the top starts will apply for all events.
- Please exit the pool at the side. Do not swim over the lane ropes.

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- Entry into the pool for backstroke events will be feet first. No swim back permitted.
- Events will be run as timed finals.
- Marshalling Procedure— Self-marshalling will be employed during 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 each 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.

· Team Managers Meeting— A Team Managers meeting will be held at 7.45am on the morning of Saturday the 5th of December. Each club is asked to have at least one representative at this meeting to ensure all information is delivered back to the swimmers.

OFFICIALS -

- As per Swimming New Zealand regulations, 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.
- Please fill out the Coaches, Team Managers and Officials google form below. 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 form should be completed by Monday **30 November 5 pm**. 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

GOOGLE FORM LINK:

[Waikato Christmas Meet volunteers](#)

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 first session must be submitted to the Control Room no later than 1 hour prior to the start of racing.
- For subsequent sessions, scratching must be submitted no later than 30 minutes **before the end** of the previous session.
- Swimmers will be deemed to have scratched if they are not lined up behind the blocks prior to the start of the race.

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.

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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.