

18 DEC. 2021
WATERWORLD
(25M)

Swimming
WAIKATO



WHATEVER *it* TAKES

HIT-OUT MEET 21

HIT OUT MEET - 2021

Venue: Waterworld Aquatics Centre, Hamilton

Date: 18 Dec 2021

Short Course (25m)

Saturday 18 Dec

Session 1 (Cohort 1 – 100 swimmers): Warm up—8.15am. Racing starts at 9.00am

Session 2 (Cohort 2 – 100 swimmers): Warm up— 13:15. Racing starts 14:00pm (**Session 2 times may vary once entries have been completed**)

MEET RATIONALE – This meet will be the first hit-out opportunity post-lockdown for Swimming Waikato members. The reduced program, event timing and recovery opportunities have been designed as a steady re-introduction back into competitive swimming for 13+ swimmers. Another major element of the meets design has largely been dictated by NZ Government Guidelines and its interpretation by Sport New Zealand, Swimming New Zealand, and the facility operator, Hamilton City Council.

As always, Swimming Waikato takes seriously, the Health and Safety of its members and all those involved in Swimming Waikato Events, we therefore ask that you familiarise yourselves with our Covid-19 and General H&S protocols prior to attending.



teamline™





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This is a living document and amendments may be made. The information in this booklet is correct at the time of publishing. Swimming Waikato will not be held liable for any costs and expenses incurred by any person following changes to the information outlined in this booklet. Swimming Waikato reserve the right to use discretion and make judgements to the contents and rules outlined in this document.

For the latest information, please check the Swimming Waikato calendar to ensure you have the most up to date version.



EVENTS –

There will be two meets set up online to enter on Fastlane, **Swim Waikato Hit Out Meet Morning** and **Swim Waikato Hit Out Meet Afternoon**. You can only pick one of these meets to enter.

As of the 3rd of December, Waikato will be in Orange and Auckland Red under the Covid Protection Framework, however we have chosen to keep the 2 x 100 format to avoid further potential disturbance and provide swimmer, staff, and venue clarity if the Waikato is reclassified into RED.

SATURDAY AM SESSION 1: Warm up—8.15am. Racing starts at 9.00am					
Event	Distance	Stroke	Gender	Age	Event Type
1	100	Freestyle	MIXED	13 & Over	TIMED FINAL
2	200	IM	MIXED	13 & Over	TIMED FINAL
3	100	Breaststroke	MIXED	13 & Over	TIMED FINAL
4	50	Backstroke	MIXED	13 & Over	TIMED FINAL
15m INTERLUDE					
5	200	Freestyle	MIXED	13 & Over	TIMED FINAL
6	100	Backstroke	MIXED	13 & Over	TIMED FINAL
7	100	Butterfly	MIXED	13 & Over	TIMED FINAL
8	50	Freestyle	MIXED	13 & Over	TIMED FINAL

SATURDAY PM SESSION 2: Warm up—13.15pm TBC Racing starts at 14.00am TBC					
Event	Distance	Stroke	Gender	Age	Event Type
1	100	Freestyle	MIXED	13 & Over	TIMED FINAL
2	200	IM	MIXED	13 & Over	TIMED FINAL
3	100	Breaststroke	MIXED	13 & Over	TIMED FINAL
4	50	Backstroke	MIXED	13 & Over	TIMED FINAL
15m INTERLUDE					
5	200	Freestyle	MIXED	13 & Over	TIMED FINAL
6	100	Backstroke	MIXED	13 & Over	TIMED FINAL
7	100	Butterfly	MIXED	13 & Over	TIMED FINAL
8	50	Freestyle	MIXED	13 & Over	TIMED FINAL



ENTRY PROCESS –

- Entry Fee: \$30.00 (non-refundable, unless medical certificate supplied or meet is cancelled outside of Swimming Waikato's control)
 - Swimmers may enter up to **four** events
- Entry through [FASTLANE](#) available on SNZ website
- Online entries will close at 11.59 on Sunday 12 December 2021.
- Late entries will be accepted up until the date that the FINAL meet programme is available, unless the meet quota is filled
- If quota is not filled, Swimming Waikato may choose to allow non Swimming Waikato members to attend at its discretion
- Late entries will incur a fee of \$50.00 per swimmer which must be paid to Swimming Waikato prior to the start of the meet—12 3122 0312567 00.
- All entry enquiries to **Kaye-Marie McCaskill-Day** swentries@gmail.com
- Event cancellation may occur in the event of a circumstance outside of Swimming Waikato's control, such as a force majeure event or a government/facility-imposed restriction(s), that impacts our ability to deliver the event. If the event has not commenced and is cancelled more than 10 days prior to starting, the participant will receive a full refund. If the event is cancelled within 10 days of commencing, or has commenced, the participant may receive a partial refund at the sole discretion of Swimming Waikato. The level of refund shall be determined by considering the costs already incurred by Swimming Waikato which cannot be recouped.

MEET CONDITIONS -

- This event is for 13yr+ Competitive swimmers who are registered in the SNZ database and are financial as at the date of the meet.
- This meet will be run as a Development Meet as per SNZ Guidelines (Due to recent restrictions, times gained from Development Meet events can be used to enter NZ Champs, Age Groups and DIV II in 2022)
- Age as of 30 April 2022. Due to limited racing opportunities, the age as of date has been brought in-line with that of National Meet Qualifications
- This meet will be conducted under Swimming New Zealand's 'SNZ Regulations and Bylaws and FINA Rules', except where local meet rules and conditions apply.
- There is no qualifying period for this meet.
- Entry times short course. Times may be converted from long course times.
 - [Conversion calculator](#)
- "NO TIME" will not be accepted.
- Technical Director reserves the right to restrict event numbers if entries exceed the nominated timeframe.
- All participants must agree to comply with the Sports Anti-Doping Rules.



- 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.
- Swimmers who hold a Para Classification are eligible to participate in this programme (under IPC Rules) and will be seeded amongst able-bodied athletes based on entry times. The Referee will have a list of Para swimmer's Codes of Exception and will use their best efforts to judge the swim under the applicable World Para Swimming Rules.
- One Coach per Club will be permitted to attend. An additional Club Coach can choose to volunteer as a timekeeper.

SCRATCHINGS AND PROTESTS

- Withdrawals prior to the session being raced are to be emailed to swentries@gmail.com
- To reduce movement around the facility, there is no requirement to notify the Recorder during the session. No penalties will be issued.

RESULTS

- Results will be available on the [MeetMobile](#) App
- Session results will also be made available on the homepage of the [Swimming Waikato website](#)

ADDITIONAL COMPETITION INFORMATION -

- Please ensure to scan in with your Covid-19 tracer app or fill out written version
- Venue will have full discretion on decisions around spectating availability. We will update when this information is made available.
- Reseeding may be done at the discretion of the Meet organisers
- Over the top starts will apply for all events.
- Please exit the pool at the side. Do not swim over the lane ropes.
- Entry into the pool for backstroke events will be feet first. No swim back permitted.
- Marshalling Procedure—Self-marshalling will be employed during all heats
- 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.
- Live results will also be accessible via Meet Mobile where the internet connection allows.



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. Corrections will only be made to entries where errors have occurred. Final psych sheets will be posted on the website and sent out prior to the start of the meet.



HEALTH AND SAFETY – COVID-19

As per the NZ Government Covid Protection Guidelines (From 2nd Dec 2021 11:59pm):

- Everyone must sign in on their way into the pool, by scanning the QR code or using the manual system.
- Anyone over 12yrs & 3 months and eligible, must have a **My Vaccine Pass** to enter the facility.
*Please note that according to government guidelines a negative test **can't** be used instead of a vaccine pass
- Face coverings are encouraged for all those attending (including all volunteers)
- 1m physical distancing is encouraged
- Stay at home if you are feeling unwell



The safety of our clubs and customers are our absolute priority and we're committed to following all public health guidance. To keep our community safe as we navigate the government's new framework, Hamilton City Council has mandated vaccinations at public facilities – including swimming pools – from 2pm Friday 3 December.

This means all of your club members and coaches must now enter through our reception entrances, rather than the back entrances to Waterworld. This is so all My Vaccine Passes to be scanned.

Liz Cann, HCC Aquatics Director



EMERGENCY & SAFETY PROCEDURES – GENERAL

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.

[Swimming Waikato H&S Video](#)

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 & Entertainment 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

During the Meet -

Please take care to ensure the health and safety of yourself and others.

Please leave the pool in a tidy state by properly disposing of all litter; please recycle where possible.



CODE OF CONDUCT -

This Code of Conduct applies to all Swimming Waikato Members and persons participating in and/or connected to Swimming Waikato activities. This Code outlines your rights and responsibilities. Whatever your role or your ability, you should encourage others to follow it and recognise that you have a duty of care to all Swimming Waikato members. There is an expectation that as a member of Swimming Waikato (as a Swimmer, Parent / Caregiver, Coach, Technical Official, Team Manager, Team Member, Committee Member, Volunteer or affiliated Club), you will have agreed to abide by the terms of Swimming Waikato's Code of Conduct.

[Swimming Waikato Code of Conduct](#)



These are challenging times for all,
including our staff, facility operators
and volunteers.

We ask that all clubs and participants
remind themselves of the Swimming
Waikato Code of Conduct.

Most importantly:
**"Respecting the rights, dignity
and worth of others"**

CODE OF CONDUCT

