

Swimming Waikato
Championships

Q'SLAND STATE
PREP MEET

SWIMMING WAIKATO **CHAMPIONSHIPS** **22/23**



**2-4 DEC 2022 . WATERWORLD. HAMILTON.
RISE & SHINE.**

WHATEVER *it* TAKES

Swimming Waikato Championships 22/23

Venue: Waterworld Aquatics Centre, Hamilton

Date: 2-4 Dec 2022

Long Course (50m)

Friday 2 December

Session 1: Warm up—16:00pm. Racing starts at 17:00pm

Saturday 3 December

Session 2: Warm up—8:15am. Racing starts at 9:15am

Session 3: Warm up— 16:00. Racing starts 17:00pm

Sunday 4 December

Session 4: Warm up—8:15am. Racing starts at 9:15am

Session 5: Warm up— 16:00. Racing starts 17:00pm

Session times are a guidance and may alter once all entries are in and session timelines are reported. We will endeavor to keep everyone informed ahead of time.

MEET RATIONALE – The Swimming Waikato Championships acts as the premier 13yrs+ Long Course racing opportunity for the conclusion of the September to December Training Period. This competition will also act as the official prep meet for the Swimming Waikato, Queensland States Team.





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.

Original: 30/08/2022

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 H&S guidelines and protocols prior to attending.

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

OUR PARTNERS

Sponsors & Supporters





After the success of our Race Skills Clinics during our Olympic Trials event in May 2021, we are delighted to be offering swimmers and coaches the opportunity to attend our Swim-Fast(er) Race Skills Clinics.

These clinics will be focusing on key race skills such as maximizing the potential of Race Starts, Break-Outs, Wall-work, and Under Water, the key components that supports swimming component of all racing.

In 2020, Swimming New Zealand issued the challenge to become the most skillful nation in the World in a bid to maximize the opportunities available in each stroke, wall and start. Training hard is important, training smart is important(er)... 😊

Our Swim-Fast(er) clinics will be supported by our growing number of National Representatives, athletes competing regularly on the International stage and who know what it takes to race against the best in World. Learn from their vast array of experiences, their practical know-how and their tried and tested methods of swimming fast, before putting into action for yourself.

All clinics will be accompanied with the use of under water camera feedback.

3 December – Waterworld

EXPLOSIVE RACE STARTS & RELAY TAKE-OVERS

Time: 2:30-4PM (In-between sessions at Swimming Waikato Championships)

4 December – Waterworld

NAILING WALLS & UNDERWATER

Time: 2:30-4PM (In-between sessions at Swimming Waikato Championships)

Cost: \$40 per clinic

REGISTER YOUR INTEREST [HERE](#)

MEET QUALIFICATION TIMES

MALE (LC)		EVENT	FEMALE (LC)	
15+	13-14		13-14	15+
00:41.00	00:49.00	50m FREE	00:49.00	00:41.00
01:19.50	01:28.00	100m FREE	01:28.00	01:21.50
02:53.50	03:03.50	200m FREE	03:03.50	03:00.00
05:53.50	06:15.50	400m FREE	06:15.50	05:53.50
22:00.00	22:00.00	1500m FREE	22:00.00	22:00.00
00:44.50	00:55.50	50m BACK	00:55.50	00:45.50
01:31.00	01:44.00	100m BACK	01:44.00	01:35.00
03:13.50	03:23.50	200m BACK	03:23.50	03:16.00
00:50.00	00:58.00	50m BREAST	00:58.00	00:52.50
01:43.50	02:02.00	100m BREAST	02:02.00	01:46.50
03:40.00	03:58.00	200m BREAST	03:58.00	03:40.00
00:48.50	00:58.00	50m FLY	00:58.00	00:48.50
01:32.50	02:01.50	100m FLY	02:01.50	01:32.50
03:25.00	03:30.00	200m FLY	03:30.00	03:25.00
03:17.00	03:40.50	200m IM	03:40.50	03:17.00
06:48.00	06:48.00	400m IM	06:48.00	06:48.00

MEET EVENTS

FRIDAY SESSION 1: TIMED FINALS					
Event	Distance	Stroke	Gender	Age	Event Type
1	1500m	Freestyle	Female	13+	Timed Final
2	1500m	Freestyle	Male	13+	Timed Final
3	200m	Butterfly	Female	13+	Timed Final
4	200m	Butterfly	Male	13+	Timed Final
5	200m	Breaststroke	Female	13+	Timed Final
6	200m	Breaststroke	Male	13+	Timed Final

SATURDAY SESSION 2: HEATS					
Event	Distance	Stroke	Gender	Age	Event Type
7	400m	Freestyle	Female	13+	Heat
8	400m	Freestyle	Male	13+	Heat
9	50m	Breaststroke	Female	13+	Heat
10	50m	Breaststroke	Male	13+	Heat
11	200m	Backstroke	Female	13+	Heat
12	200m	Backstroke	Male	13+	Heat
13	200m	IM	Female	13+	Heat
14	200m	IM	Male	13+	Heat
15	100m	Butterfly	Female	13+	Heat
16	100m	Butterfly	Male	13+	Heat
17	50m	Backstroke	Female	13+	Heat
18	50m	Backstroke	Male	13+	Heat
19	100m	Freestyle	Female	13+	Heat
20	100m	Freestyle	Male	13+	Heat

SATURDAY SESSION 3 FINALS					
Event	Distance	Stroke	Gender	Age	Event Type
7	400m	Freestyle	Female	13+	Final
8	400m	Freestyle	Male	13+	Final
9	50m	Breaststroke	Female	13+	Final
10	50m	Breaststroke	Male	13+	Final
11	200m	Backstroke	Female	13+	Final
12	200m	Backstroke	Male	13+	Final
13	200m	IM	Female	13+	Final
14	200m	IM	Male	13+	Final
15	100m	Butterfly	Female	13+	Final
16	100m	Butterfly	Male	13+	Final
17	50m	Backstroke	Female	13+	Final
18	50m	Backstroke	Male	13+	Final
19	100m	Freestyle	Female	13+	Final
20	100m	Freestyle	Male	13+	Final

SUNDAY SESSION 4: HEATS					
Event	Distance	Stroke	Gender	Age	Event Type
21	400m	IM	Female	13+	Heat
22	400m	IM	Male	13+	Heat
23	50m	Butterfly	Female	13+	Heat
24	50m	Butterfly	Male	13+	Heat
25	100m	Backstroke	Female	13+	Heat
26	100m	Backstroke	Male	13+	Heat
27	200m	Freestyle	Female	13+	Heat
28	200m	Freestyle	Male	13+	Heat
29	100m	Breaststroke	Female	13+	Heat
30	100m	Breaststroke	Male	13+	Heat
31	50	Freestyle	Female	13+	Heat
32	50	Freestyle	Male	13+	Heat

SUNDAY SESSION 5: FINALS					
Event	Distance	Stroke	Gender	Age	Event Type
21	400m	IM	Female	13+	Final
22	400m	IM	Male	13+	Final
23	50m	Butterfly	Female	13+	Final
24	50m	Butterfly	Male	13+	Final
25	100m	Backstroke	Female	13+	Final
26	100m	Backstroke	Male	13+	Final
27	200m	Freestyle	Female	13+	Final
28	200m	Freestyle	Male	13+	Final
29	100m	Breaststroke	Female	13+	Final
30	100m	Breaststroke	Male	13+	Final
31	50	Freestyle	Female	13+	Final
32	50	Freestyle	Male	13+	Final

ENTRY PROCESS –

- Entry Fee: \$11.50 per event
- Entries for Individual events will be online through [FASTLANE](#) on the SNZ membership database.
- Online entries will close at 11:59pm 24th November 2022.
- Late entries subject to space
- 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 -

- **Technical Director— Stuart Woods**
- 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 conducted under Swimming New Zealand's 'SNZ Regulations and Bylaws and FINA Rules', except where local meet rules and conditions apply.
- **Age as at First day of meet**
- There is no qualifying period for this meet.
- Entry times long course. Times may be converted from short course times.
- [Conversion calculator](#)
- "NO TIME" will not be accepted.
- 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.

- 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.

RESULTS

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

MEDALISTS

- Age Group Medals will be awarded from the Heats sessions 2 and 4 in the following age groups
– 13, 14, 15, 16,17+
- Age group medals will also be awarded from session 1 being timed finals swims.
- Open Medals will be awarded for A Finals only. The open finals are held during session 3 and 5. B final will be swum if more than 24 swimmers have entered the heats of that event.
- Session 1 being swum as timed finals, the top 3 swimmers of each event will receive an Opens medal.
- Age Group and Open medals will be awarded to a maximum of 'one' out of region swimmer per event, however the number of out of region swimmers entitled to swim in the A and B Open finals is unlimited.

MEDAL CEREMONIES

- At the conclusion of each session

SCRATCHINGS / WITHDRAWALS -

- **Scratchings for session 1** (Friday PM) need to be in before midnight on Thursday 1st December
- **Scratchings from Heats** need to be received a minimum of 30 mins before start of session 2 & 4

• **Scratchings from Finals** (sessions 3 & 5) need to be received within 30 mins of results being posted

- Refunds will only be made on receipt of a medical certificate which is to be made available to the Meet Recorder. All refunds are at the discretion of the Technical Director.
- Swimmers will be deemed to have scratched from races if they are not lined up behind the blocks prior to the start of the race.
- Any competitor who fails to notify the meet recorder of their intention to scratch from the Heats, Finals and Timed Finals will pay without excuse to Swimming Waikato a \$50.00 penalty fee. Applies to all swimmers.
- Swimming Waikato will bar any swimmer from competing in their next individual event if they (or associated club) have failed to pay an overdue penalty payment. This will be strictly enforced and may carry over to the next Swimming Waikato event.

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 clubs pigeon-hole for collection

1500 FREESTYLE EVENT

- Anyone who enters the 1500 Freestyle event must supply a timekeeper and a number turner to assist.

ADDITIONAL COMPETITION INFORMATION -

- Reseeding may be done at the discretion of the Technical Director.
- Over the top starts will apply for all heats.
- 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 for Finals Only
- 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 & MyTogs 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.
- 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, prior to the start of the meet.

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.

COACH & TEAM MANAGERS -

The Google Form below allows clubs to provide the names of their Coach and Team Manager to Swimming Waikato Team so that we can manage their entry into the meet venue. If this is not completed, access will *not* be permitted.

Only one Team Manager and one Coach will be allowed to accompany their team into the facility.

[Waikato Champs 2022 Volunteers Google Form](#)

Team Managers Meeting – Saturday Morning at 08:30

Technical Officials Meeting – Saturday Morning at 08:45

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](#)

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.

[Swimming Waikato - Health & Safety Video - YouTube](#)

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.

This meet may include a sequence of flashing lights that may affect those who are susceptible to photosensitive epilepsy or other photo sensitivities

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.

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

