

# WAIKATO SUMMER LONG COURSE



## Swimming Waikato Summer Long Course 2023

Venue: Waterworld Aquatics Centre, Hamilton

Date: 25-26 Feb 2023

Long Course (50m)



**SWIMMER ENTRY REBATE IS BACK** - It is safe to say that 2022 was another challenging year for our sport, therefore Swimming Waikato will once again be offering our \$1 rebate, 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.

### Saturday 25 February

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

Session 2: Warm up— 13:00. Racing starts 13:30pm (12/u)

Session 3: Warm up— 15:30. Racing starts 16:30pm (13+)

### Sunday 26 February

Session 4: Warm up—8.15am. Racing starts at 9.15am (13+)

Session 5: Warm up— 13:00. Racing starts 13:30pm (12/u)

Session 6: Warm up— 15:30. Racing starts 16:30pm (13+)

Session times are a guidance and may alter once all entries are in and session timelines are reported.

13+ Mixed Relays will each have a CASH PRIZE – 1<sup>st</sup> \$400, 2<sup>nd</sup> \$200, 3<sup>rd</sup> \$100 (See full meet conditions for full info)

**MEET RATIONALE** – 13+ Sessions will be a **National Designated Meet**, the 12/U sessions will be a **Development Meet** as set-out by Swimming New Zealand’s Competition Restructure. July 2020

All events will be timed finals which will allow for swimmers to target the events they choose without the weight of doubling up for finals. 13+ swimmers this meet will also be a qualifying opportunity and ‘Hit Out’ for the upcoming New Zealand National Championships (Age & Open).

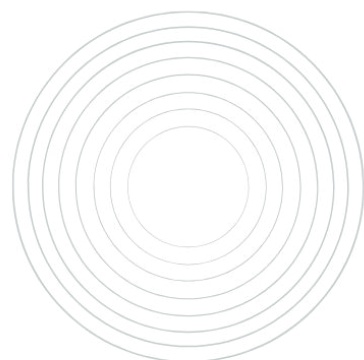
OUR PARTNERS

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# JUNIOR XLR8 PROGRAM

S W I M M I N G W A I K A T O



Our Junior XLR8 Program is for our junior competitive and club swimmers (aged 12 and under). The program is designed to encourage swimmers to focus on acquiring skills across all the competitive strokes and distances, thus providing a balanced foundation for our young swimmers. The program is about ensuring diversity of competitive swimming and providing a balanced and long-term attitude to our sport.

## JUNIOR XLR8 BADGES

There are three stages to the Swimming Waikato Junior XLR8 Program (below). Once each stage has been achieved, the swimmer will automatically receive the appropriate stage badge, sent out every two months, to celebrate their individual success.



**2.5K CLUB BADGE**

**2K CLUB BADGE**

**1.5K CLUB BADGE**

**FOR MORE INFO:**



[SQUADS@SWIMMINGWAIKATO.CO.NZ](mailto:SQUADS@SWIMMINGWAIKATO.CO.NZ)



[SWIMMINGWAIKATO.CO.NZ/JUNIOR-XLR8-PROGRAM-2/](https://SWIMMINGWAIKATO.CO.NZ/JUNIOR-XLR8-PROGRAM-2/)

POWERED BY

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**Original: 09/01/2023**

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.



SATURDAY SESSION 1 (13yrs+)					
Event	Distance	Stroke	Gender	Age	Event Type
1	200m	Backstroke	Female	13+	Timed Final
2	200m	Backstroke	Male	13+	Timed Final
3	400m	Freestyle	Female	13+	Timed Final
4	400m	Freestyle	Male	13+	Timed Final
5	200m	IM	Female	13+	Timed Final
6	200m	IM	Male	13+	Timed Final
7	200m	Breaststroke	Female	13+	Timed Final
8	200m	Breaststroke	Male	13+	Timed Final
9	1500m	Freestyle	Female	13+	Timed Final - Top 16
10	1500m	Freestyle	Male	13+	Timed Final - Top 16

SATURDAY SESSION 2 (12/U)					
Event	Distance	Stroke	Gender	Age	Event Type
1	100m	Breaststroke	Mixed	12 & U	Timed Final
2	200m	IM	Mixed	12 & U	Timed Final
3	50m	Butterfly	Mixed	12 & U	Timed Final
4	200m	Backstroke	Mixed	12 & U	Timed Final
5	100m	Freestyle	Mixed	12 & U	Timed Final
6	50m	Backstroke	Mixed	12 & U	Timed Final
7	<b>4 x 50m Relay</b>	<b>IM</b>	<b>MALE</b>	<b>12 &amp; U</b>	<b>Timed Final</b>
8	<b>4 x 50m Relay</b>	<b>IM</b>	<b>FEMALE</b>	<b>12 &amp; U</b>	<b>Timed Final</b>

SATURDAY SESSION 3					
Event	Distance	Stroke	Gender	Age	Event Type
11	100m	Backstroke	Female	13+	Timed Final
12	100m	Backstroke	Male	13+	Timed Final
13	50m	Breaststroke	Female	13+	Timed Final
14	50m	Breaststroke	Male	13+	Timed Final
15	100m	Butterfly	Female	13+	Timed Final
16	100m	Butterfly	Male	13+	Timed Final
17	50m	Freestyle	Female	13+	Timed Final
18	50m	Freestyle	Male	13+	Timed Final
19	<b>4 x 50m Relay</b>	<b>Freestyle</b>	<b>MIXED</b>	<b>13+</b>	<b>Timed Final</b>

SUNDAY SESSION 4 (13yrs+)					
Event	Distance	Stroke	Gender	Age	Event Type
20	400m	IM	Female	13+	Timed Final
21	400m	IM	Male	13+	Timed Final
22	200m	Freestyle	Female	13+	Timed Final
23	200m	Freestyle	Male	13+	Timed Final
24	200m	Butterfly	Female	13+	Timed Final
25	200m	Butterfly	Male	13+	Timed Final
26	800m	Freestyle	Female	13+	Timed Final - Top 16
27	800m	Freestyle	Male	13+	Timed Final - Top 16

SUNDAY SESSION 5 (12/U)					
Event	Distance	Stroke	Gender	Age	Event Type
9	50m	Freestyle	Mixed	12 & U	Timed Final
10	100m	Butterfly	Mixed	12 & U	Timed Final
11	200m	Breaststroke	Mixed	12 & U	Timed Final
12	100m	Backstroke	Mixed	12 & U	Timed Final
13	200m	Freestyle	Mixed	12 & U	Timed Final
14	50m	Breaststroke	Mixed	12 & U	Timed Final
15	<b>4 x 50m Relay</b>	<b>Freestyle</b>	<b>MALE</b>	<b>12 &amp; U</b>	<b>Timed Final</b>
16	<b>4 x 50m Relay</b>	<b>Freestyle</b>	<b>FEMALE</b>	<b>12 &amp; U</b>	<b>Timed Final</b>

SUNDAY SESSION 6 (13yrs+)					
Event	Distance	Stroke	Gender	Age	Event Type
28	100m	Freestyle	Female	13+	Timed Final
29	100m	Freestyle	Male	13+	Timed Final
30	50m	Backstroke	Female	13+	Timed Final
31	50m	Backstroke	Male	13+	Timed Final
32	50m	Butterfly	Female	13+	Timed Final
33	50m	Butterfly	Male	13+	Timed Final
34	100m	Breaststroke	Female	13+	Timed Final
35	100m	Breaststroke	Male	13+	Timed Final
36	<b>4 x 50m Relay</b>	<b>IM</b>	<b>MIXED</b>	<b>13+</b>	<b>Timed Final</b>

## ENTRY PROCESS –

- Entry Fee: \$12.50 per event
- Entries for Individual events will be online through [FASTLANE](#) on the SNZ membership database.
- **Online entries will close at 11:59pm 16 February.**
- 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](mailto: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— Gavin ion**
- 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.
- The 13+ meet will be conducted under Swimming New Zealand's 'SNZ Regulations and Bylaws and **WORLD SWIMMING** (formally FINA) **Rules**', except where local meet rules and conditions apply.
- Please note that the 12/u sessions will be run as a Development Meet (DM). Times achieved will be valid for entry to Regional, Zonal and Club meets.
- **Age as at First day of meet – 25 Feb 2023**
- 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.
- 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.

#### **SCRATCHINGS / WITHDRAWALS -**

- **Any competitor who fails to notify the meet recorder of their intention to scratch from their race(s) will pay without excuse to Swimming Waikato a \$50.00 penalty fee. Applies to all swimmers.**
- 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.
- 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 from races 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 clubs pigeon-hole for collection

## **1500 FREESTYLE EVENT**

- Anyone who enters the 800 & 1500 Freestyle events 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 races
- 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.

## **13+ YRS Mixed Relays –**

- All swimmers entered within each team must be competing in a minimum of 3 out of the 4 sessions of the meet, swimming in no less than 3 individual events total.
- Clubs may choose to field a scratch team with swimmers from other clubs, however they must swim under the name of one club.
- There must be a minimum of 6 teams submitted to compete before all relays will be permitted to race. Clubs may enter more than 1 team.
- All teams must field 2 Female and 2 Male Swimmers in each relay team
- Prize Money – 1<sup>st</sup> place **\$400**, 2<sup>nd</sup> place **\$200**, 3<sup>rd</sup> place **\$100**

## **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.

## **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](#)

## **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.

[Swimming Waikato Summer Long Course Volunteers Form](#)

## 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](#)

**CLUB REBATES** – Swimming Waikato will rebate **\$1** per individual entry to the swimmer's home club upon completion of the meet. *Swimmers must have:*

- Completed the entered event
- Have no outstanding debt with Swimming Waikato

It is our hope that the rebate will help to support swimmer and coach development opportunities or provide our clubs with a much-needed financial boost.

**Payments will be made to the Home Clubs via internet banking. This will be completed 2-3 weeks after the conclusion of the competition.**



## 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.*

