



Long Distance 2024 Club Champs #1 Saturday 10th February 2024

Franklin Rec Centre Pool
Designated Qualifying Meet
6.30 am warm up; 7:00am start

Meet Rationale: To provide our swimmers the PSC Long Distance Club Champs

Event 1: 800m Freestyle

Age Groups 12, 13-14, 15-16, 17 & Over

Entries are to be submitted via [Swimming NZ Fastlane](#)

The meet can also be accessed through the [Pukekohe Swimming Club website](#)

www.pukekohe.swimming.org.nz

[TECHNICAL DIRECTOR: Deb Mahony](#)

ALL SWIMMERS MUST BE REGISTERED AS A CLUB OR COMPETITIVE SWIMMER WITH SWIMMING NZ AND HAVE THEIR PSC MEMBERSHIP FEES UP-TO-DATE TO ENTER THE MEET

ALL SWIMMERS MUST PROVIDE A TIMEKEEPER AND/OR LAP COUNTER WHO ARE ABLE TO STAY FOR ENTIRE MEET.

Conditions of Entry:

- Age as at 10th February 2024, open to all SNZ registered competitive & club swimmers.
- Entries close at 23:59:59 on Monday 5th February 2024
- Entry fee is \$10.00 per event. Payment is made at time of entry.
- **No Times are allowed**
- For assistance with your entries, please contact our Club Recorder, Pam Bowskill, on pscrecorder@gmail.com
- Application for a refund for non-attendance must be accompanied by a current medical certificate.
- PSC reserves the right to limit entries due to time constraints.
- Late entries may be accepted at the discretion of the Technical Director, if space allows.
A late fee of \$15 will apply if accepted at the decision of the recorder.
- Competition will follow World Aquatics rules.
- **Parents are required to help with time keeping or officiating in key positions.**
- **A list of officials for the event will be posted on the club website and emailed to all swimmers prior to the meet. Please check to see if you have been allocated a job/role. If you cannot fulfil your job/role please arrange an alternate.**
- Psych sheets will be emailed out on Tuesday 6th February.
- The Meet Programme will be emailed to all swimmers on Wednesday 7th February and will be available on the club website. Please print and bring with you.
- Seating is limited at the pool, please bring along a chair for your comfort. Best seat in the house is TIMEKEEPING!
- Supervision of the swimmers during the meet is the responsibility of the parents.
- 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 Pukekohe Swimming Club.

Swimmers with an Impairment

PSC welcomes swimmers who have a physical or intellectual impairment.

- Swimmers who have a physical impairment, but do not hold a Para Classification, are welcome to join the Club to see if swimming meets their sporting aspirations.

- Swimmers who hold a Para Classification (or has provisional documentation) are eligible to participate and will be entered amongst able-bodied athletes on the basis of entry time/s. It is the responsibility of the swimmer or their Team Manager to inform the Referee before the meet starts.
- The Referee will use their best efforts to judge the swim under the applicable IPC Rules.
- Swimmers who have an intellectual impairment, and do not belong to a Special Olympics Club, are welcome to join the Club to see if swimming meets their sporting aspirations. Special Olympics swimmers are eligible to join the Club and will be entered amongst able-bodied athletes on the basis of entry time/s

Protests

- Protests must be submitted within 30 minutes following the conclusion of the respective event by the Team Manager or Coach. The protest fee is set at \$100.00; this is payable in cash upon submission of the correctly completed protest form.

Health and Safety

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

Notified Hazards –

- Surfaces may become slippery when wet.
- There is to be no running.
- All other pools in complex are out of bounds.
- Caution needs to be exercised around electronic equipment, starting & timing equipment, and the PA system.
- The Franklin Pool can become very hot and humid – please ensure adequate hydration.
- Sun glare can be an issue.
- All swimmers are required to follow the warm up procedure detailed below.
- Pool depths –
 - Franklin Pool & Leisure Centre: Start end - 1.35m; Turn end – 0.9m

Please also –

- ensure any young children are always aware of these and any other hazards.
- familiarize yourself with the venue layout, especially equipment and exits.
- consider how you will manage team members in the case of an emergency.
- adhere to the warmup procedure.

Please advise the Technical Director, Referee or Pool Staff if you observe any other potential hazard/s.

If an emergency arises and we are required to evacuate please stay calm and follow the directions of the Pool Staff and/or the Technical Director. For the Franklin Pool assemble in the front right-hand car park area, Stadium Drive. Coaches are requested to conduct a roll call to account for all their swimmers. The Technical Director will account for all officials.

During the Meet - Please take care to ensure the health and safety of yourself and others. Particular care should be taken for those under your direct control. All young children not swimming must be supervised.

Warm Up Procedure:

- Swimmers will swim clockwise in odd numbered lanes and anti-clockwise in even numbered lanes.
- Initially, all lanes will be for general swimming with no diving.
- The sprint/dive lanes will always be the two outside lanes only and will open at 5.15pm during Club Nights.
- An announcement will be made, followed by a whistle, when the warm up session is finished – swimmers are requested to exit the pool immediately.
- The Technical Director will have authority to change the warm up procedures as appropriate.
- No diving is permitted at the turn end (0.9m deep) at the Franklin Pool.

