



SWIMMING WAIKATO
CHAMPIONSHIPS 2023

SWIMMING WAIKATO CHAMPIONSHIPS 23

Venue: Waterworld Aquatics Centre, Hamilton

Date: 2-3 Dec 2023

Long Course (50m)

Saturday 2 December

Session 1: Warm up—8.15am.

Racing starts at 9.15am

Session 2: Warm up— 16:00.

Racing starts 17:00pm

Sunday 3 December

Session 3: Warm up—8.15am

Racing starts at 9.15am

Session 4: Warm up— 15:00

Racing starts 16:00pm

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 North Island 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 & HBPB Championships 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: 29/08/2023

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.

Please check the Swimming Waikato calendar to ensure you have the most up to date version.

SWIMMING WAIKATO PROGRAMS & EVENTS



SWIMMING WAIKATO FUNDERS & SUPPORTERS



JOIN OUR FAMILY OF FUNDERS & SUPPORTERS

Help us to 'Get Waikato Swimming' by supporting our swimming programs and initiatives for the benefit of our regional swimming community.

Swimming Waikato is a registered charity under the Charities Act 2005



darren@swimmingwaikato.co.nz



MEET QUALIFICATION TIMES

| MALE (LC) | | EVENT | FEMALE (LC) | |
|-----------|---------|-------------|-------------|---------|
| 15+ | 12-14 | | 12-14 | 15+ |
| 00:41.0 | 00:49.0 | 50m FREE | 00:49.0 | 00:41.0 |
| 01:19.5 | 01:28.0 | 100m FREE | 01:28.0 | 01:21.5 |
| 02:53.5 | 03:03.5 | 200m FREE | 03:03.5 | 03:00.0 |
| 05:53.5 | 06:15.5 | 400m FREE | 06:15.5 | 05:53.5 |
| 22:00.0 | 22:00.0 | 1500m FREE | 22:00.0 | 22:00.0 |
| | | | | |
| 00:44.5 | 00:55.5 | 50M BACK | 00:55.5 | 00:45.5 |
| 01:31.0 | 01:44.0 | 100m BACK | 01:44.0 | 01:35.0 |
| 03:13.5 | 03:23.5 | 200m BACK | 03:23.5 | 03:16.0 |
| | | | | |
| 00:50.0 | 00:58.0 | 50m BREAST | 00:58.0 | 00:52.5 |
| 01:43.5 | 02:02.0 | 100m BREAST | 02:02.0 | 01:46.5 |
| 03:40.0 | 03:58.0 | 200m BREAST | 03:58.0 | 03:40.0 |
| | | | | |
| 00:48.5 | 00:58.0 | 50m FLY | 00:58.0 | 00:48.5 |
| 01:32.5 | 02:01.5 | 100m FLY | 02:01.5 | 01:32.5 |
| 03:25.0 | 03:30.0 | 200m FLY | 03:30.0 | 03:25.0 |
| | | | | |
| 03:17.0 | 03:40.5 | 200m IM | 03:40.5 | 03:17.0 |
| 06:48.0 | 06:48.0 | 400m IM | 06:48.0 | 06:48.0 |

SESSION SCHEDULE - DAY 1

| SATURDAY SESSION 1: HEATS | | | | | |
|---------------------------|----------|--------------|--------|-----|-------------|
| Event | Distance | Stroke | Gender | Age | Event Type |
| 1 | 100m | Freestyle | Female | 12+ | Heat |
| 2 | 100m | Freestyle | Male | 12+ | Heat |
| 3 | 200m | Backstroke | Female | 12+ | Heat |
| 4 | 200m | Backstroke | Male | 12+ | Heat |
| 5 | 50m | Breaststroke | Female | 12+ | Heat |
| 6 | 50m | Breaststroke | Male | 12+ | Heat |
| 7 | 200m | IM | Female | 12+ | Heat |
| 8 | 200m | IM | Male | 12+ | Heat |
| 9 | 100m | Butterfly | Female | 12+ | Heat |
| 10 | 100m | Butterfly | Male | 12+ | Heat |
| 11 | 200m | Breaststroke | Female | 12+ | Heat |
| 12 | 200m | Breaststroke | Male | 12+ | Heat |
| 13 | 400m | Freestyle | Female | 12+ | Heat |
| 14 | 400m | Freestyle | Male | 12+ | Heat |
| 15 | 50m | Backstroke | Female | 12+ | Heat |
| 16 | 50m | Backstroke | Male | 12+ | Heat |
| 17 | 800m | Freestyle | Female | 12+ | Timed Final |
| 18 | 800m | Freestyle | Male | 12+ | Timed Final |

| SATURDAY SESSION 2: FINALS | | | | | |
|----------------------------|----------|--------------|--------|-----|------------|
| Event | Distance | Stroke | Gender | Age | Event Type |
| 1 | 100m | Freestyle | Female | 12+ | Final |
| 2 | 100m | Freestyle | Male | 12+ | Final |
| 3 | 200m | Backstroke | Female | 12+ | Final |
| 4 | 200m | Backstroke | Male | 12+ | Final |
| 5 | 50m | Breaststroke | Female | 12+ | Final |
| 6 | 50m | Breaststroke | Male | 12+ | Final |
| 7 | 200m | IM | Female | 12+ | Final |
| 8 | 200m | IM | Male | 12+ | Final |
| 9 | 100m | Butterfly | Female | 12+ | Final |
| 10 | 100m | Butterfly | Male | 12+ | Final |
| 11 | 200m | Breaststroke | Female | 12+ | Final |
| 12 | 200m | Breaststroke | Male | 12+ | Final |
| 13 | 400m | Freestyle | Female | 12+ | Final |
| 14 | 400m | Freestyle | Male | 12+ | Final |
| 15 | 50m | Backstroke | Female | 12+ | Final |
| 16 | 50m | Backstroke | Male | 12+ | Final |

SESSION SCHEDULE - DAY 2

| SUNDAY SESSION 3: HEATS | | | | | |
|-------------------------|----------|--------------|--------|-----|-------------|
| Event | Distance | Stroke | Gender | Age | Event Type |
| 19 | 400m | IM | Female | 12+ | Heat |
| 20 | 400m | IM | Male | 12+ | Heat |
| 21 | 50m | Butterfly | Female | 12+ | Heat |
| 22 | 50m | Butterfly | Male | 12+ | Heat |
| 23 | 100m | Backstroke | Female | 12+ | Heat |
| 24 | 100m | Backstroke | Male | 12+ | Heat |
| 25 | 200m | Freestyle | Female | 12+ | Heat |
| 26 | 200m | Freestyle | Male | 12+ | Heat |
| 27 | 100m | Breaststroke | Female | 12+ | Heat |
| 28 | 100m | Breaststroke | Male | 12+ | Heat |
| 29 | 50 | Freestyle | Female | 12+ | Heat |
| 30 | 50 | Freestyle | Male | 12+ | Heat |
| 31 | 200m | Butterfly | Female | 12+ | Heat |
| 32 | 200m | Butterfly | Male | 12+ | Heat |
| 33 | 1500m | Freestyle | Female | 12+ | Timed Final |
| 34 | 1500m | Freestyle | Male | 12+ | Timed Final |

| SUNDAY SESSION 4: FINALS | | | | | |
|--------------------------|----------|--------------|--------|-----|------------|
| Event | Distance | Stroke | Gender | Age | Event Type |
| 19 | 400m | IM | Female | 12+ | Final |
| 20 | 400m | IM | Male | 12+ | Final |
| 21 | 50m | Butterfly | Female | 12+ | Final |
| 22 | 50m | Butterfly | Male | 12+ | Final |
| 23 | 100m | Backstroke | Female | 12+ | Final |
| 24 | 100m | Backstroke | Male | 12+ | Final |
| 25 | 200m | Freestyle | Female | 12+ | Final |
| 26 | 200m | Freestyle | Male | 12+ | Final |
| 27 | 100m | Breaststroke | Female | 12+ | Final |
| 28 | 100m | Breaststroke | Male | 12+ | Final |
| 31 | 200m | Butterfly | Female | 12+ | Final |
| 32 | 200m | Butterfly | Male | 12+ | Final |
| 29 | 50 | Freestyle | Female | 12+ | Final |
| 30 | 50 | Freestyle | Male | 12+ | Final |

SWIMMING WAIKATO CHAMPIONSHIPS 2023

ENTRY PROCESS

Entry Fee: \$14.50 per event

Entries for Individual events will be online through [FASTLANE](#) on the SNZ membership database.

Online Entries closing - 11:59pm 23 November 2023

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— TBC

This event is for 12yr+ 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 World Aquatics 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.

"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.

SWIMMING WAIKATO CHAMPIONSHIPS 2023

ADDITIONAL MEET 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.

DISQUALIFICATIONS

Disqualifications will be announced and a copy of the DQ form will be put in the clubs pigeon-hole for collection

800 & 1500 FREESTYLE EVENTS

Anyone who enters the 800 and or the 1500 Freestyle event must supply a timekeeper and a number turner to assist. Please inform ahead of time if you are unable to provide.

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.

[2023 Volunteers Google Form](#)

Team Managers Meeting – Saturday Morning TBC
Technical Officials Meeting – Saturday Morning TBC

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](#) 

SWIMMING WAIKATO CHAMPIONSHIPS 2023

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 Heat sessions 1 and 3 in the following age groups:

– 12/13yr, 14yr, 15yr, 16yr, & 17yr+

A Finals - Open Medals only

B final - To be swum if more than 24 swimmers have entered the heats of that event.

Timed Finals - 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

Age Group: At the conclusion of each heat session

Open: TBC

SCRATCHINGS / WITHDRAWALS

Heats

Any competitor who fails to notify the meet recorder of their intention to scratch from the Heats within the time period provided below will pay without excuse to Swimming Waikato a \$25.00 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 Meet Director.

Session 1 - Before 8:30am on the Saturday, 45mins before racing starts of session one. No scratchings will be accepted after this time.

Session 3 - 30mins before the end of Session 2.

Finals / Timed Finals

This is a Championship event, therefore, to ensure the integrity and standard of competition, we request that swimmers make best use of the opportunity to compete in Finals, and where possible refrain from withdrawing.

Swimmers will have 30mins after the completion of the heat event to scratch from the final of that event. We will endeavor to get finals programme asap to avoid anyone missing their final.

Any competitor who fails to scratch from the Finals 30mins after the completion of the heat event will pay without excuse to Swimming Waikato a \$50.00 fee. **Applies to fastest 24 swimmers from each Heat only.**

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.

Swimming Waikato will remove any swimmer from competing in future Swimming Waikato competitions if they have failed to pay an overdue penalty payment. This will be strictly enforced and may carry over to the next Swimming Waikato event.

PROTESTS / RESOLUTION DESK

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.

SWIMMING WAIKATO CHAMPIONSHIPS 2023



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

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.

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.

