

2025 Apollo Projects NZ Open Water Swimming Championships

Pre-Competition Information Book



Accurate as of Monday 6 January 2025

Welcome from Swimming NZ

Kia ora swimmers, coaches and managers,

On behalf of Swimming NZ and the events team in Taupo, welcome to the 2025 Apollo Projects NZ Open Water Swimming Championships being held this week. We are excited to be hosting this event at the amazing Lake Taupo alongside The Banana Boat Ocean Swim Series - Epic Swim, we can't wait to welcome you all!

To assist you with your final preparations, we have put together this document outlining all the key details you need to know about to help you across the championships. It promises to be an exciting week of racing and we look forward having you in Taupo.

We would also like to thank our principal partner Apollo Projects. We thank them for their support of this event and our sport.

Thanks for being part of the championships, and best of luck for your final preparations and racing throughout the weekend.

Nga mihi nui,
Kate

Kate Griffiths

Kate Griffiths
Competitions Manager

Sponsors

Thanks to our team of sponsors who help us to provide these championships in 2025.

Competition Naming Rights Partner

- Apollo Projects

Corporate Partners

- Kingspan
- Aotea Electric
- Arena
- Teamline

Delivery Partner

- Banana Boat NZ Ocean Swim Series

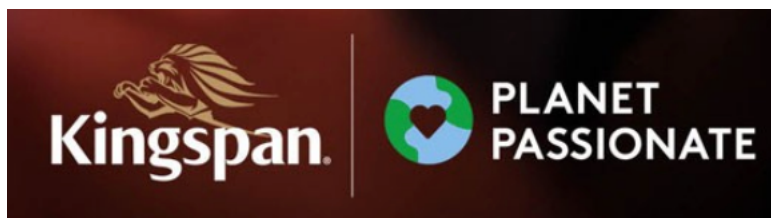
Planet Passionate Clean Up – Brought to You by Kingspan

We are proud to support our partner Kingspan in their planet passionate initiative by asking all people attending to ensure they do their bit for the environment by cleaning up their area before they leave at the end of each day.

We are fortunate to be able to host these championships in the beautiful Lake Taupo and we want to preserve the pristine waters for the future.

Please join us in supporting Kingspan to help the environment during the championships. We ask that everyone checks their area and picks up all rubbish to put in the bins provided.

Learn more about Kingspan's Planet Passionate initiatives – [click here](#)



Important Information

Key Contacts for Taupo

Role	Name	Enquiry Type	Contact
Competitions Manager	Kate Griffiths	Competition Queries	021 246 7440 events@swimming.org.nz
Technical Director	Paul Matson		events@swimming.org.nz

WhatsApp Group – 2025 NZ Open Water

We have created a WhatsApp Group that you can join to receive short updates across the weekend should we require to. This is open to managers, coaches and swimmers if they would like to join.

[Please join the WhatsApp group here](#)

Good Behaviour

Swimming New Zealand is committed to providing positive swimming experiences for all involved. Across the two days of competition, we trust that all interactions throughout the event will be positive and respectful – please treat others like you would like to be treated.

All participants must comply with our Code of Conduct – [learn more](#)

Health & Safety

Please remember to encourage good hygiene practices at this event and use common sense to keep yourself and others safe in and around the lake.

Accreditation

Whilst accreditation is not required to access the beach area hosting, swimmers will be given an accreditation and required to present to their briefing with their accreditation in hand. The officials will collect your accreditation as you enter the water to commence your race, and the swimmer needs to collect the accreditation from an official as you exit the water.

Please note this is an extra safety precaution we utilise to ensure all swimmers have been accounted for exiting the water.

Entries & Results

Psych Sheets

Final psych sheets were published on the competition webpage on Monday 6 January.

[Click here to view](#)

Multi-Class Racing

These championships are open to Para swimmers who have a classification – provisional, national or international. Swimming NZ is wanting to grow Para swimmers involvement at all levels and variations of swimming.

Medals will be awarded based on who finishes first regardless of disability type or extent.

Results

Swimming NZ will share the link to results on their competition webpage closer to the championships commencing and share a link to the results on their social media during the weekend.

Additional Prize in 5km

We are thrilled to offer a prize for the male and female overall NZ winner of the 5km distance. This includes R20,000 contribution to flights in addition to accommodation, transport, food and entries whilst in South Africa. The aQuelle Midmar Mile is held from 8 – 9 February 2025 in South Africa and holds the Guinness World Record as the largest open water competition in the world with over 10,000 swimmers.

Learn more about the prize on offer – [click here](#)

Event Schedule

Event Number	Event	Age Groups	Gender	Start Time
1	10km	15 – 17, Open	Male	8.30am Saturday
2	10km	15 – 17, Open	Female	8.30am Saturday
3	7.5km	13 – 14, 15 – 17	Male	8.30am Saturday
4	7.5km	13 – 14, 15 – 17	Female	8.30am Saturday
5	2.5km	13 – 14, 15 – 17, Open, Para	Male	1.00pm Saturday
6	2.5km	13 – 14, 15 – 17, Open, Para	Female	1.00pm Saturday
7	5km	13 – 14, 15 – 17, Open	Male	8.30am Sunday
8	5km	13 – 14, 15 – 17, Open	Female	8.30am Sunday
9	4 x 1km Relay	Open	Male	11.00am Sunday
10	4 x 1km Relay	Open	Female	11.00am Sunday
11	4 x 1km Relay	Open	Mixed	11.00am Sunday

Key Timings

Event	Registrations Open	Briefing Time
Saturday 11 January		
10km	7am – 8.10am	8.15am
7.5km	7am – 8.10am	8.15am

2.5km	9am – 12.30pm	12.45pm
Sunday 12 January		
5km	7am – 8.10am	8.15am
4 x 1km Relay	8.30am – 10.45am	10.50am

Prior to Racing

Pre-Meet Training

There is an allocated time where swimmers are welcome to swim on the course between 3pm – 6pm on Friday 10 January. Please note that there won't be water safety on the course, so you'll need to be responsible for your safety if you choose to swim on the course.

Team Managers Meeting

There will be a team manager meeting held on Friday 10 January at 5.30pm in the Registration Tent near the Lake Taupo Yacht Club. Team managers will be given a brief run-down of meet activities, expectations of swimmers and clubs, and general delivery of the championships.

Race Day Information

Athlete Registration

Swimmers must present at registration for each event at the registration time specified above and will be allocated their timing chip, swim cap with their number for the swim and accreditation at this point. Swimmers are to race in the numbered swim cap provided at registration. We encourage plain caps to be worn underneath.

All competitors are advised to:

- Ensure that all jewellery items have been completely removed
- Ensure that all acrylic nails have been completely removed
- Ensure that their finger nails and toe nails have been trimmed so that they do not extend passed the tip of the finger/toe
- Ensure that they present themselves to registration either with or in their race suits.
- Leave both shoulders and upper left and right arms free of grease or sunscreen, as their competitor number will be tattooed on these areas. Care should be taken when applying grease to ensure that the competitor numbers remain legible.

At the swimmers first registration they will be given a pass. All swimmers must report with this pass at that start of each of their events and also when they register for subsequent events.

Please note: For the 10km and 7.5km, feeders will be required to report to registration with the swimmer – please refer to feeder information on following page.

Race Briefings

The briefing location will be in one of the marquees on the lake front. The briefing must be attended by all competitors and will include details of the race format, start, race course, finish and race rules.

Course Map

The race course is a 1.25km rectangular set-up that runs parallel to the beach. Swimmers will swim in a clockwise direction around the course with swimmers passing the turn buoys on their right shoulder. An in-water start and finish will be implemented, so please swim through the finish gantry and touch the timing mat with your wrist to complete the race.

10km = 8 laps

7.5km = 6 laps

5km = 4 laps

2.5km = 2 laps

Finish Line

All races will finish through the finish gantry in the water. You must touch the finish gantry with your hand that has your timing chip is on. After you're done, please slowly make your way out of the water allowing your legs to adjust to being vertical. Please do not congregate at the finish line and remember to grab your accreditation as you exit the water.

Swim Caps

Swimmers are to race in the numbered swim cap provided at registration. We encourage plain caps to be worn underneath.

Wetsuits

World Aquatics and Swimming NZ rules allow the use of wetsuits in Open Water competitions in the following conditions. When the water temperature taking on the day of the competition is:

- From 17.9°C and below, wetsuits are mandatory, and an approved wetsuit must be worn
- From 18.0°C and above, wetsuits are not allowed, and all swimmers must wear an approved swimsuit

For the purpose of these rules, wetsuits are swimsuits made of material providing thermal insulation. Wetsuits for both men and women shall completely cover torso, back, shoulders and knees. They shall not extend beyond the neck, wrists and ankles. Please refer to the Inclusive Swimwear Policy on the SNZ website for more details.

Feeders

A designated feeding area will be provided for the feeding of swimmers during the 7.5km and 10km events, which will be accessible from the beach. This area will be the only place on the course where a swimmer may be fed. Please note feeding does not occur for the 2.5km and 5km events.

- Each swimmer is allowed one (1) handler, who will be required to check in with the swimmer at the time of registration. Once registered, the handler will be given an event specific wrist band. Failure to display this wrist band will result in the handler being denied access to the feeding area.
- Feeders will feed by wading into the water from the beach at the specified area.
- Feeders are only permitted to feed using a feeding pole. As per WA OWS rule 6.12 feeding poles are not to exceed 5m in length when extended. No objects, rope or wire may hang off the end of the feeding pole. The feeding pole must be available for inspection when the swimmer is attending registration.
- All entrants are responsible for organising their own handlers.

Please note that feeders may be required to wade into the water from the beach, so please dress accordingly.

Timing Chips

SNZ will have electronic timing for these championships. Timing chips will be worn on one wrist; these will be given out at registration. Swimmers will be required to return their transponder at the completion of the course. If the transponder is lost/not returned, the swimmer will be required to pay \$50.00 per chip.

Please note that you will be disqualified if you don't complete the race with a timing chip.

Strapping

Swimmers with strapping must provide documentation from a relevant registered health practitioner or physiotherapist and be reviewed by the Technical Director (Paul Matson) prior to swimming. Any swimmers without such documentation may not be permitted to swim. Please email documentation to events@swimming.org.nz before 5pm on Monday 19 August otherwise please bring with you when you present to the Technical Director.

Withdrawals

Swimmers withdrawing from the event must inform Swimming New Zealand prior to 5pm on Wednesday 8 January, please contact entries@swimming.org.nz.

Any swimmers withdrawing from the race after numbering are required to inform the Clerk of the Course of their withdrawal and may face penalty fees.

DQs & Protests

Disqualifications will be communicated to the athlete and you can ask to see a copy of the DQ form at the registration tent.

Protests must be submitted to the referee, in writing, on the protest form by the team manager only within 30 minutes following the conclusion of the respective event. This needs to be accompanied in cash by the \$100.00 protest fee.

If conditions causing a potential protest are noted prior to the event a protest must be

lodged before the signal to start is given.

All protests shall be considered by the referee. If the referee rejects the protest, they must state the reasons for their decision. The Team Manager may appeal the rejection to the Jury of Appeal whose decision shall be final.

If the protest is rejected, the deposit will be forfeited to SNZ. If the protest is upheld the deposit will be returned.

Victory Ceremonies

Medals shall be awarded for the 1st, 2nd and 3rd New Zealanders in all events and respective age groups. Visitor medals shall be awarded to any international competitor who places in the top three.

Medal ceremonies will take place at the end of racing each day, with the location to be confirmed via the WhatsApp updates group.

Dress Standard for victory ceremonies:

- Club or regional t-shirt, jacket or sweatshirt
- No caps or goggles
- No towels to be wrapped around the waist

Policies & Other Important Information

Photography & Videography

Photos and videos will be taken throughout the competition. All athletes have agreed to allow photographs, videos and audio recordings to be taken by accredited SNZ or Banana Boat NZ Ocean Swim Series contractors to be used for any legitimate purpose by SNZ or Banana Boat NZ Ocean Swim Series. If you have any concerns, please contact the Event Manager.

Sport Integrity Commission

As a sport, we promote clean and fair sport, everyone has their role to play. The recently established Sport Integrity Commission has been created to oversee and support the delivery of clean and fair sport in New Zealand. They have a range of resources and education to assist.

Learn more about clean sport education – [click here](#)

Rules

The championships will be delivered in accordance with Swimming NZ Policies and NZ Swimming Rules.

[Click here for more information](#)

Medical Information

Service	Address	Phone
Taupo Health Centre (A&E)	113 Heuheu St, Taupo	07 378 7060
The Dentists	7 Motutaiko St, Taupo	07 378 8112
Unichem Pharmacy	113 Heuheu St, Taupo	07 376 5246
Life Pharmacy	35-37 Heuheu St, Taupo	07 378 6100
X-Ray, Lakes Radiology	115 Heuheu St, Taupo	07 377 3372
Physio, Fox Physio	6 Motutaiko, Taupo	07 378 2123
Taupo Hospital	Kotare St	07 376 1000
Emergency – Fire, Police, Ambulance		111
AED	Water Safety Team – Lakefront Reserve Taupo District Council – 21 Story Pl, Taupo Taupo Library – 4 Story Pl, Taupo	

Please note that Banana Boat NZ Ocean Swim Series are providing lifeguards on the swim course and will have first aid covered on the beach for the weekend also.