



# SOUTH ISLAND LONG COURSE CHAMPIONSHIPS

**Friday 3 March to Sunday 5 March 2023**  
**at Splash Palace in Invercargill**

This competition aims to provide a long-course racing opportunity, primarily to assist athletes with their preparation for the national long-course championships in April.

These championships are open to all registered, at the time of competition, Swimming New Zealand members and overseas visitors aged 12 years or older who have met the entry criteria.

Upon entering this competition, all participants have agreed to comply with the Sports Anti-Doping Rules and allow photographs, video, multimedia, or film likeness taken by accredited photographers to be used for any legitimate purpose by the host region or others that the Makos Zonal Committee has approved and comply with any COVID-19 restrictions and protocols in place at the time of this competition.

The host region reserves the right to restrict entries to ensure the timeline is adhered to and will endeavour to obtain the necessary number of technical officials. Still, the number on the pool deck may be more or less than the requirement set out in Swimming New Zealand approval criteria. The pool deck is only for accredited personnel and event volunteers, all other persons are to be seated in the designated seating area/s.

This document may be amended, please check the event page on the host region's website to ensure you have the current version.



**Contact Details:** [admin@swimsouthland.org.nz](mailto:admin@swimsouthland.org.nz)

**Venue Address:** Splash Palace, 58 Elles Road, Invercargill



## FACILITY'S HEALTH AND SAFETY GUIDELINES

**Pool Deck:** During the competition, only essential personnel (Technical Officials and Timekeepers) are allowed on the pool deck. Coaches are to always remain in their designated area.

**General:** Be careful in the Grandstand, it can get very slippery. Stairwells, fire exits, and clearways are always to remain clear.

**Evacuation Procedure:** If the pool requires evacuation, you will be guided by Splash Palace staff; please remain calm and follow instructions.

## OFFICIALS AND VOLUNTEERS

Officials and volunteers will play a vital role in the successful delivery of the South Island Long Course Championships, so to fortify our ability to achieve success and meet the Swimming NZ Designated approval standards, please advise your availability via the **Duty Form**, accessible here - <https://www.sporty.co.nz/viewform/228911>

- The duty form will close at 8:00pm on Saturday, 25 February, and the roster will be published on Wednesday, 1 March, on our website.
- A meeting will be held at 8:00am, before the start of session 1, on the pool deck near the Referee and Starters area.
- Remember to bring your own water bottle.

## ATHLETE ELIGIBILITY

- Age as of 3 March 2023.
- The qualification period is between 1 January 2022 and 21 February 2023.

- Open to all, at the time of the competition, Swimming NZ members aged 12 years or older who have met the qualifying times from either a Designated or Development meet.
- Open to foreign athletes registered with a FINA-affiliated swimming federation aged 12 years or older who have met the qualifying criteria.
- Athletes not affiliated with a club in the Makos Zone will be considered visitors.
- The published qualifying times are shown as long course (50m) however, short course times will be accepted and automatically converted during the entry process.
- Athletes may only enter events they have qualified in, except para-athletes. Para athletes are not required to meet the qualifying times but must have an available entry time within the qualifying period - No Time (NT) will not be accepted.

## ENTRY DETAILS

- Entries close Wednesday, 22 February 2023, at 11:59pm.
  - Entry fee per individual event is \$15.00.
- All entries must be submitted through Fast Lane or the Swimming NZ Database by Clubs admins.
- Challenge events: athletes must register their availability by selecting event 300–Mixed 25m Freestyle when completing their individual entries.
  - Challenge availability attracts a non-refundable registration fee of \$5.00.
- No late entries will be accepted.
- No split times will be accepted as an athlete's entry time.
- No Time (NT) will not be accepted.
- All outstanding entry fees will be invoiced to each region by the host at the close of entries.
- There will be **no refunds** if an athlete withdraws once the final psych sheets have been published. However, medical withdrawals may be considered if a medical certificate or evidence of a positive COVID-19 test is presented within 24 hours of the completion of the competition.

## PARA ATHLETES

- Para athletes will be judged as per World Para Swimming rules (FINA rules plus the athlete's relevant exceptions) for the entirety of this competition.
- Para athletes are not required to meet the qualifying times but must have a valid entry time achieved within the qualifying period - No Time (NT) will not be accepted.
- Prelim Sessions: Para athletes will be seeded amongst their able-bodied peers.
- Final Sessions: Para athletes will compete in mixed-gender multi-class events. However, there are limited Para-only finals available; see the event schedule.
- If a Para athlete makes an able-bodied final, they may swim in that final, but should they make both able-bodied and Para finals in the same event, they must choose which final they will compete in and notify the meet recorder by the end of the prelim session.
- Medals will be distributed based on a percentage of the Para athlete's time compared to the World Record for their classification for Timed Final events and Para only Final events.

## MEET CONDITIONS

The South Island Long Course Championships will be swum under Swimming NZ swimming rules, policies, and regulations with the following exceptions.

- The meet will be swum as long course (50m) using electronic timing.
- A maximum of two (2) visitors may progress from prelims to finals in any one event. However, there are unlimited visitor numbers for all timed final events.
- Over-the-top starts may be used.
- Age Groups: 12-14 years, 15-16 years, 17 years & over, and Para athletes will be open multi-class.
- The Technical Performance Race Suit Policy will be enforced at this competition – no performance race suits are to be worn.

### Individual Events

- Heats will be seeded based on the athlete's entry time and swum from slowest to fastest.
- Finals will be the top eight male and top eight female age group athletes based on prelim times.
- Timed Finals (800m and 1500m Freestyle) will be seeded based on the athlete's entry time and swum from slowest to fastest, with the fastest Timed Final being swum in the finals session.

## Challenge Events

- Athletes must register their availability for all Challenge Events by selecting event 300–Mixed 25m Freestyle when completing their entries.
- Challenge age groups are female 15 & under and 16 & over and male 15 & under and 16 & over, except the Adam & Eve event.

### Medley Skins (Session 1)

- Athletes will qualify with a top 8 (1<sup>st</sup>–8<sup>th</sup>) finish in the prelims of the 200m Individual Medley.
- Strokes will be selected by the Referee randomly however; each stroke will only be drawn once.
- The medley skins event will consist of four 50m rounds starting every two minutes.
- Athletes progressing to the next round are to walk back to the start end of the pool.
- Round 1 will eliminate 8<sup>th</sup> and 7<sup>th</sup>, Round 2 eliminates 5<sup>th</sup> and 6<sup>th</sup>, and Round 3 eliminates 4<sup>th</sup>, Round 4 will see the remaining three athletes battle it out for the cash prizes.

### Mystery Medley (Session 3)

- Athletes will qualify by placing 9<sup>th</sup>–16<sup>th</sup> in the prelims of the 200m Individual Medley.
- Athletes will draw, out of the hat, which random stroke order they will race the 200m Mystery Medley in.
- No athlete will start with Backstroke, or finish with Butterfly.

### Adam and Eve (Session 5)

- Athletes will qualify by a Top 8 (1<sup>st</sup>–8<sup>th</sup>) placing in the prelims of the 50m Freestyle.
- 1<sup>st</sup> Male will be paired with 8<sup>th</sup> Female, 2<sup>nd</sup> Male with 7<sup>th</sup> Female and so on.
- The race will be swum as a 2x50m Freestyle Relay and can be swum in any order.

## Coaches and Managers Accreditations

Clubs are to complete the Coaches and Managers form in the Swimming NZ database by Wednesday, 1 March. *Note: coaches and team managers must be active registered members of Swimming NZ and have a current police vet accreditation accessible on their Swimming NZ profile.*

## Withdrawal Procedure

- Please notify the host region no later than 30 minutes before the start of the session if your athlete is scratching or withdrawing from an event.
- No penalties will be incurred because of withdrawing or scratching. However, entry fees will not be refunded after the publication of the final psych sheets.
- Refunds may be considered, providing a medical certificate or evidence of a positive COVID-19 test is presented within 24 hours of the completion of the competition.

## Protests

- Protests must be submitted to the Referee, in writing, on the protest form by the team manager within 30 minutes following the conclusion of the respective event and be accompanied in cash by the \$100.00 protest fee.
- If conditions causing a potential protest are noted before the event, a protest must be lodged before the signal to start is given.
- The Referee shall consider all protests. If the Referee rejects the protest, they must state the reasons for their decision.
- The Club Team Manager may appeal the rejection to the Jury of Appeal, whose decision shall be final. If the protest is rejected, the fee will be forfeited to the host region, If the protest is upheld, the fee will be returned.

## Strapping

Athletes with strapping must provide documentation from a relevant registered health practitioner or physiotherapist and be reviewed by the Referee before swimming. Any athlete without such documentation will not be permitted to swim with strapping.

## ADDITIONAL INFORMATION

### Warm-Up and Warm-Down Procedure

- Warmup is to be conducted under the consultation and guidance of all coaches.
- Warmup commences 45 minutes before the start of each session.
- Team Managers will be advised of the warm-down lane/s at the Team Manager's meeting.

### Marshalling Process

- Located at the deep end of the main pool near the grandstand.
- Athletes must remain in the marshalling area until their heat.
- Athletes are to marshal 6 races before their own for all 50m events and 4 races before their heat for all other events.

## Seating Plan

- The seating plan will be published on the host region's website and included in the Competition Program.
- Team Managers are asked to ensure athletes with allocated seating do not procure additional seats.
- No athlete, manager or coach is to stand and/or sit on the pool deck during the competition sessions; use the seating available in the grandstand OR the designated coach's area on the pool deck.

## Event Documentation

- Draft reports will be emailed directly to all entered participants and their affiliated clubs following the close of individual entries.
- Corrections are to be submitted no later than 8:00pm on Saturday, 25 February, and the final reports will be published on the host region's website no later than Sunday, 26 February.
- Meet Programmes will be published on the host region's website no later than Wednesday, 1 March. *Note: this will only contain the morning sessions. Evening programs will be provided to clubs at the start of each session.*
- **Presentation Ceremonies**
  - Refer to the session timeline for the ceremonies; every endeavour will be made to run as timetabled.
  - Substitutes may be used if athletes are marshalling. However, they must be of the same gender as the athlete due to receive the medal.
  - No caps, goggles, or towels (wrapped around the waist) are to be worn.
  - Athletes must advise the presentation official that they are present.

## AWARDS AND SCORING

Athletes who are not affiliated with a club that is aligned with the Makos zone are not eligible for medals.

**Medals** will be awarded to both female and male athletes as follows

- Timed Finals: top three (3) times per age group
- Finals: top three (3) times per age group
- Para Medals will be distributed based on a percentage of the Para athlete's time compared to the NZ Para Record for their classification for Timed Finals and Para only Finals.
- Overall: the fastest overall time swam by a male and female athlete in each event.

**Challenge Events** will award the top three placegetters with the following

Event	First Place	Second Place	Third Place
Medley Skins (session 2)	\$100.00	\$60.00	\$40.00
Adam & Eve (session 4, per athlete)	\$50.00	\$30.00	\$20.00
Mystery Medley (session 6)	\$100.00	\$60.00	\$40.00

## TEAM MANAGER INFORMATION

**Team Manager's Meeting** will be held on Friday, 3 March, behind the Russell Cushen room at 7:45am. Each club must have at least one representative at the meeting to ensure all information is delivered back to the team. Managers will be given a brief run-down of meet activities, expectations of athletes and clubs and general delivery of the event.

**Results** will be posted as soon as possible at the shallow end of the main pool on the glass windows. Meet Mobile will be active, and the results will be published on the host region's website after each session.

**Session Timelines** will be included in the Meet Programme. However, the times shown are approximate, and races may start before or after the times indicated.




**Disqualifications** will be announced (when possible), and a copy will be put in the club box.

**Cub boxes and Event Forms** can be found behind the Recorder's office.

**Meet Programme** will be available for printing on the event page no later than Wednesday, 1 March. A reminder that this will only contain the heats swum in the morning session.

- Programmes for all finals sessions will be distributed via the club boxes at the start of the warm-up, and these will be allocated based on the club's entry size. The programme for each final session will also be available on the event page once it has been finalised. Note that there will be no additional Programmes available throughout these Championships.
  - 2 programs for teams with 1-10 athletes
  - 3 programs for teams with 11-20 athletes
  - 4 programs for teams with 21-30 athletes
  - 5 programs for teams with 31+ athletes

## KEY DATE REMINDERS

Wednesday, 22 February at 11:59pm	Individual Entries Close Challenge Events (event 300)	  
Saturday, 25 February at 8:00pm	Submit Psych Sheet Corrections Duty Form Closes	
Sunday, 26 February	Publication of the Final Psych Sheets	
Wednesday, 1 March	Coaches and Managers Form to be completed Publication of the Competition Programme Publication of the Officials & Volunteer Roster	
Friday, 3 March from 7:30am	Warm-up begins Team Managers Meeting at 7:45am Officials Meeting at 8:00am Racing starts at 8:15am	