

SWIMMING WAIKATO JUNIOR CHAMPIONSHIPS

BRIGHT FUTURES.

SWIMMING WAIKATO
COMPETITIONS



Swimming Waikato Junior Championships 2023

Venue: Waterworld Aquatic Centre, Hamilton

Date: 25 – 26 March 2023

Short Course (25m)

Saturday 25 March

Warm up— 9.00am. Racing starts at 9.30am.

Sunday 26 March

Warm up— 9.00am. Racing starts at 9.30am.

Meet Rationale – The Swimming Waikato Junior Championships will act as the pinnacle competitive junior event for our 12/U Waikato & Counties-Manukau member club swimmers and beyond. The meet is a great opportunity for our 9/u, 10, 11 & 12-year-old swimmers to demonstrate the key race skills they have been working on within their home programs.

This meet should be a fun introduction to competition on a regional championship level and an opportunity to celebrate swimmer success at all levels and abilities.

JUNIOR XLR8 PROGRAM

SWIMMING WAIKATO

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



SWIMMINGWAIKATO.CO.NZ/JUNIOR-XLR8-PROGRAM-2/

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SWIMMING WAIKATO
COMPETITIONS


Swimming
WAIKATO

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Original: 24/01/2023

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.



OUR PARTNERS

Sponsors & Supporters



MEET EVENTS -

SATURDAY SESSION 1					
Event	Distance	Stroke	Gender	Age	Event Type
1	400m	Freestyle	Female	12yrs & U	Timed Final
2	400m	Freestyle	Male	12yrs & U	Timed Final
3	50m	Breaststroke	Female	9yrs & U	Timed Final
4	50m	Breaststroke	Male	9yrs & U	Timed Final
5	50m	Breaststroke	Female	10yrs	Timed Final
6	50m	Breaststroke	Male	10yrs	Timed Final
7	50m	Breaststroke	Female	11yrs	Timed Final
8	50m	Breaststroke	Male	11yrs	Timed Final
9	50m	Breaststroke	Female	12yrs	Timed Final
10	50m	Breaststroke	Male	12yrs	Timed Final
11	200m	Backstroke	Female	9yrs & U	Timed Final
12	200m	Backstroke	Male	9yrs & U	Timed Final
13	200m	Backstroke	Female	10yrs	Timed Final
14	200m	Backstroke	Male	10yrs	Timed Final
15	200m	Backstroke	Female	11yrs	Timed Final
16	200m	Backstroke	Male	11yrs	Timed Final
17	200m	Backstroke	Female	12yrs	Timed Final
18	200m	Backstroke	Male	12yrs	Timed Final
19	100m	Butterfly	Female	9yrs & U	Timed Final
20	100m	Butterfly	Male	9yrs & U	Timed Final
21	100m	Butterfly	Female	10yrs	Timed Final
22	100m	Butterfly	Male	10yrs	Timed Final
23	100m	Butterfly	Female	11yrs	Timed Final
24	100m	Butterfly	Male	11yrs	Timed Final
25	100m	Butterfly	Female	12yrs	Timed Final
26	100m	Butterfly	Male	12yrs	Timed Final
27	200m	IM Relay	Female	12yrs & U	Timed Final
28	200m	IM Relay	Male	12yrs & U	Timed Final

SATURDAY SESSION 2					
Event	Distance	Stroke	Gender	Age	Event Type
29	100m	Freestyle	Female	9yrs & U	Timed Final
30	100m	Freestyle	Male	9yrs & U	Timed Final
31	100m	Freestyle	Female	10yrs	Timed Final
32	100m	Freestyle	Male	10yrs	Timed Final
33	100m	Freestyle	Female	11yrs	Timed Final
34	100m	Freestyle	Male	11yrs	Timed Final
35	100m	Freestyle	Female	12yrs	Timed Final
36	100m	Freestyle	Male	12yrs	Timed Final
37	50m	Butterfly	Female	9yrs & U	Timed Final
38	50m	Butterfly	Male	9yrs & U	Timed Final
39	50m	Butterfly	Female	10yrs	Timed Final
40	50m	Butterfly	Male	10yrs	Timed Final
41	50m	Butterfly	Female	11yrs	Timed Final
42	50m	Butterfly	Male	11yrs	Timed Final
43	50m	Butterfly	Female	12yrs	Timed Final
44	50m	Butterfly	Male	12yrs	Timed Final
45	100m	Backstroke	Female	9yrs & U	Timed Final
46	100m	Backstroke	Male	9yrs & U	Timed Final
47	100m	Backstroke	Female	10yrs	Timed Final
48	100m	Backstroke	Male	10yrs	Timed Final
49	100m	Backstroke	Female	11yrs	Timed Final
50	100m	Backstroke	Male	11yrs	Timed Final
51	100m	Backstroke	Female	12yrs	Timed Final
52	100m	Backstroke	Male	12yrs	Timed Final
53	200m	IM	Female	9yrs & U	Timed Final
54	200m	IM	Male	9yrs & U	Timed Final
55	200m	IM	Female	10yrs	Timed Final
56	200m	IM	Male	10yrs	Timed Final
57	200m	IM	Female	11yrs	Timed Final
58	200m	IM	Male	11yrs	Timed Final
59	200m	IM	Female	12yrs	Timed Final
60	200m	IM	Male	12yrs	Timed Final

SUNDAY SESSION 3					
Event	Distance	Stroke	Gender	Age	Event Type
61	400m	IM	Female	12yrs & U	Timed Final
62	400m	IM	Male	12yrs & U	Timed Final
63	50m	Freestyle	Female	9yrs	Timed Final
64	50m	Freestyle	Male	9yrs	Timed Final
65	50m	Freestyle	Female	10yrs	Timed Final
66	50m	Freestyle	Male	10yrs	Timed Final
67	50m	Freestyle	Female	11yrs	Timed Final
68	50m	Freestyle	Male	11yrs	Timed Final
69	50m	Freestyle	Female	12yrs	Timed Final
70	50m	Freestyle	Male	12yrs	Timed Final
71	200m	Breaststroke	Female	9yrs	Timed Final
72	200m	Breaststroke	Male	9yrs	Timed Final
73	200m	Breaststroke	Female	10yrs	Timed Final
74	200m	Breaststroke	Male	10yrs	Timed Final
75	200m	Breaststroke	Female	11yrs	Timed Final
76	200m	Breaststroke	Male	11yrs	Timed Final
77	200m	Breaststroke	Female	12yrs	Timed Final
78	200m	Breaststroke	Male	12yrs	Timed Final
79	50m	Backstroke	Female	9yrs	Timed Final
80	50m	Backstroke	Male	9yrs	Timed Final
81	50m	Backstroke	Female	10yrs	Timed Final
82	50m	Backstroke	Male	10yrs	Timed Final
83	50m	Backstroke	Female	11yrs	Timed Final
84	50m	Backstroke	Male	11yrs	Timed Final
85	50m	Backstroke	Female	12yrs	Timed Final
86	50m	Backstroke	Male	12yrs	Timed Final

SUNDAY SESSION 4					
Event	Distance	Stroke	Gender	Age	Event Type
87	200m	Butterfly	Female	12yrs & U	Timed Final
88	200m	Butterfly	Male	12yrs & U	Timed Final
89	100m	Breaststroke	Female	9yrs	Timed Final
90	100m	Breaststroke	Male	9yrs	Timed Final
91	100m	Breaststroke	Female	10yrs	Timed Final
92	100m	Breaststroke	Male	10yrs	Timed Final
93	100m	Breaststroke	Female	11yrs	Timed Final
94	100m	Breaststroke	Male	11yrs	Timed Final
95	100m	Breaststroke	Female	12yrs	Timed Final
96	100m	Breaststroke	Male	12yrs	Timed Final
97	200m	Freestyle	Female	9yrs	Timed Final
98	200m	Freestyle	Male	9yrs	Timed Final
99	200m	Freestyle	Female	10yrs	Timed Final
100	200m	Freestyle	Male	10yrs	Timed Final
101	200m	Freestyle	Female	11yrs	Timed Final
102	200m	Freestyle	Male	11yrs	Timed Final
103	200m	Freestyle	Female	12yrs	Timed Final
104	200m	Freestyle	Male	12yrs	Timed Final
105	100m	IM	Female	9yrs	Timed Final
106	100m	IM	Male	9yrs	Timed Final
107	100m	IM	Female	10yrs	Timed Final
108	100m	IM	Male	10yrs	Timed Final
109	100m	IM	Female	11yrs	Timed Final
110	100m	IM	Male	11yrs	Timed Final
111	100m	IM	Female	12yrs	Timed Final
112	100m	IM	Male	12yrs	Timed Final
113	200m	Freestyle Relay	Female	12yrs & U	Timed Final
114	200m	Freestyle Relay	Male	12yrs & U	Timed Final

MEET CONDITIONS –

- This event is for CLUB & COMPETITIVE swimmers, aged 12 and under
- Age as at 31 DECEMBER 2022
- Technical Director—Russell Strange & Susan Barriball
- There is no qualifying period for this meet
- Entry times short course. Times may be converted from Long Course times.
- Database times only. “NO TIME” will not be accepted.
- Meet Director reserves the right to restrict event numbers if entries exceed the nominated timeframe.
- The meet will be conducted under Swimming New Zealand’s ‘SNZ Regulations and Bylaws and WORLD AQUATICS (formally FINA) Rules’, except where local meet rules and conditions apply.

ENTRY PROCESS –

- Entry Fee: \$12.50 per event
- Entries for Individual events will be online through [FAST LANE](#) on the SNZ membership database.
- Online entries close 16 March 11:59pm.
- Late entries will incur a fee of \$50 per swimmer, which must be paid to Swimming Waikato prior to the start of the meet –Account no: 12-3122-0312567-00
- All enquiries to Kaye-Marie McCaskill—Day swentries@gmail.com

MEET SPECIFIC INFORMATION –

- Visitors will receive a visitor medal if finishing 1st, 2nd or 3rd (+ 1 visitor medal per event)
- Age Groups will be as follows: -12 yrs and Under: 400 Freestyle, 200 Fly, 400 IM and Relays
-All other events—9yrs/U, 10 yrs, 11 yrs and 12 yrs

MEDALISTS-

- Swimming Waikato Medals will be awarded to the first three Swimming Waikato Male & Female swimmers in the age groups noted above.
- Finalist ribbons will be given to 4th to 8th place-getters (excluding Relays)

ADDITIONAL COMPETITION INFORMATION –

- All participants must agree to comply with the Sports Anti-Doping 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.
- 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, a club affiliated to Swimming Waikato or local media.
- Reseeding may be done at the discretion of the Technical Director.
- Over the top starts will apply for all events.
- 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 PROCEDURE—

- Marshalling will be employed during all sessions. Further information will be provided ahead of the event.

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.

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 -

- Live results will be accessible via Meet Mobile & MyTogs apps where the internet connection allows. All session reports will be posted on the homepage of the Swimming Waikato website at the conclusion of each session.

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.

SCRATCHINGS / WITHDRAWALS -

- Refunds will only be made if a medical certificate is provided to the Meet Recorder before the end of the meet. All refunds are at the discretion of the Technical Director.
- Scratching's for the first session must be submitted to the Control Room no later than 30 minutes 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 immediately prior to the session in which the scratching is to be effective.
- Swimmers will be deemed to have scratched if they do not report to the Clerk of Course (Marshall) at the appropriate time prior to their event and the \$50.00 withdrawal fee will apply.

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 available in your individual club pigeon-hole to avoid movement around poolside.

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.

[Swimming Waikato Junior Championships 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](#)



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 will 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.

