

# SOUTHLAND SHORT COURSE CHAMPIONSHIPS

Splash Palace / 3rd - 4th August 2024

## Session 1: Saturday 3<sup>rd</sup> August

Warm Up at 1pm / Racing at 1:45pm

1. 200m Butterfly
2. 50m Backstroke
3. 100m Breaststroke
4. 200m Medley
5. 400m Freestyle
6. 50m Butterfly
7. 200m Breaststroke
8. 100m Freestyle
9. 400m Medley
10. 12 & Under – 4 x 50m Medley Club Relay
11. 13 & Over – 4 x 100m Medley Club Relay

## Session 2: Sunday 4<sup>th</sup> August

Warm Up at 10am / Racing at 10:45am

12. 50m Freestyle
13. 100m Butterfly
14. 800m Freestyle (swum with 1500m Free)
15. 1500m Freestyle (swum with 800m Free)
16. 100m Medley
17. 200m Backstroke
18. 50m Breaststroke
19. 200m Freestyle
20. 100m Backstroke
21. 12 & Under – 4 x 50m Free Club Relay
22. 13 & Over – 4 x 100m Free Club Relay

### Important Dates / Cost / Times

Individual Entry per Event	\$9	Closes 11:59pm Sunday 28 <sup>th</sup> July
Relay Entry per Event	\$13.50	Closes 11:59am Monday 29 <sup>th</sup> July
Meet Surcharge per Athlete (non-refundable)	\$5	
Psych Sheets emailed to competitors		Monday 29 <sup>th</sup> July
Changes to Psych Sheets due		Wednesday 31 <sup>st</sup> July
Program, Session Timetable Published		Friday 2 <sup>nd</sup> August
Team Manager Form Closes		Friday 2 <sup>nd</sup> August
Warmup Starts		1pm Saturday 3 <sup>rd</sup> August 10am Sunday 4 <sup>th</sup> August

### Meet Information

- This meet is being run as a Short Course, mixed-gender, timed finals, with over-the-top starts, swum under Swimming New Zealand rules, polices & regulations
- Warm up: 40 minutes – Lanes 1 & 8 dive & sprint lanes for the last 15 minutes
- Late entries or changes after the closing date will not be accepted
- Swimming Southland will endeavour to obtain the necessary officials to ensure meet is designated
- Normal swimmer fees to enter Splash Palace apply & need to be paid on entry
- NT's are accepted for all 50m and 100m races
- NT's are NOT accepted for 200m, 400m, 800m, 1500m races, you must have a time in the Swim NZ database

## Athlete Information

- Age is as at 3<sup>rd</sup> August 2024
- All entries are to be made through Fastlane
- Para Athletes need to advise Swimming Southland of their Classification/s prior to the meet closing date and will be seeded amongst their able-bodied peers, based on their entry times
- All participants agree to comply with the Sports Anti-Doping Rules & in entering this event, athletes agree to allow photographs taken during the meet to be used for any legitimate purpose by Swimming Southland - if you do not wish your photograph to be used email [admin@swimsouthland.org.nz](mailto:admin@swimsouthland.org.nz)
- This competition is open to currently registered financial members of Swimming New Zealand
- The 800m & 1500m events are to be swum together, if you wish to enter both events, entry fees are payable for both events through Fastlane

## Relays

- Relays are mixed gender & must have at least 1 male & 1 female
- Athletes must be entered in at least one individual event to compete in a Relay

## Results, Ribbons & Records

### Individual Events

- Results - 10 years & under, 11 & 12 years old, 13 & 14 years old, 15 years & over
- Swimming Southland Records can be broken in mixed-gender events, national / other regional records cannot
- Ribbons will be placed in team boxes outside control room
- Sash Ribbons for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> in each age group
- Finalist Ribbons for 4th to 8th placings in each age group

### Relay Events

- Sash Ribbons - awarded to the top three teams in each event

## Officials, Volunteers, Coaches & Team Managers

- Clubs may have 1 manager per 10 swimmers & their name must be entered into the Swimming NZ database
- Coaches/team managers must be police vetted with their accreditation loaded in Swimming NZ database
- Reminder: your club needs to provide one official/volunteer per 5 competitors you have at this event
- Be careful in the Grandstand, it can get very slippery, fire exits, & clearways are always to remain clear, if the pool requires evacuation you will be guided by Splash Palace Pool staff
- **Programs:** will not be available at this meet – you must print your own prior to arrival
- **Marshalling** - Swimmers must report to marshalling at least 5 heats before their event
- **Results:** posted on glass windows near the exit into the cafe
- **Withdrawals:** notify us asap if withdrawing, there are no penalties, but there will be no refunds after the entries close unless a medical certificate is provided prior to meet starting
- **Protests:** must be submitted to referee in writing on protest form by the team manager within 30 mins of the conclusion of respective event & accompanied with \$100 protest fee. If the referee rejects the protest they will state the reason for their decision. If the protest is upheld, the deposit will be returned.
- **Race Suit Policy:** Technical / performance race suits for all competitors aged 12 & under are not allowed to be worn in this competition
- **Disqualifications:** will be placed into the club box by the control room
- **Strapping:** documentation from physio or health practitioner must be presented along with athlete to the referee prior to meet starting
- **Relay & Withdrawal Forms** are available from the in front of the control room
- Can you help on the day? Timekeepers, Officials & Office Personnel - <http://tiny.cc/afs5yz>