

SOUTH ISLAND LONG COURSE CHAMPIONSHIPS

13-15 March 2026

Swimming Canterbury West Coast

Parakiore Recreation & Sport Centre, Christchurch



These championships offer an exciting long-course racing opportunity for registered Competitive Swimmers aged 12 years and older. They aim to determine South Island Champions in a competitive environment and support athletes in their preparations for upcoming national competitions.

What makes this competition unique is the **Mixed Club Draft Relay**. Up to eight teams can participate, each consisting of 16 athletes, eight females and eight males. Select event 300 to be considered for selection and a share of the prize money. It's free, so why not? Coaches also play a crucial role in the success of this concept, so it is essential to encourage them to complete the availability form before the deadline. For more information, please refer to the Mixed Club Relay Draft document.

Upon entering this competition, all participants agreed to comply with the Sports Anti-Doping Rules and allow photographs, video, multimedia, or film likenesses taken by accredited photographers to be used for any legitimate purpose by the host region or others approved by the Mako Committee.

Swimming Canterbury West Coast (SCWC) 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 NZ's approval criteria. The pool deck is for accredited personnel and event volunteers only; all other persons must be seated in the designated seating area (s).

This document may be amended; check SCWC's [website](#) for the latest version.

FACILITY'S HEALTH AND SAFETY GUIDELINES

Pool Deck

Only essential personnel (Technical Officials and Timekeepers) are allowed on the pool deck during the competition. Coaches are to always remain in their designated area.

General

Be careful in the Grandstand, it can get very slippery. Athletes will NOT be allowed in the reception area in swimwear; they must be dressed, including shoes. No seating is permitted in the seats marked in red on the seating plan; this is a clearway for athletes.

Evacuation Procedure

If the pool requires evacuation, you will be guided by the pool staff. Please remain calm and follow instructions.

OFFICIALS AND VOLUNTEERS

- Officials and volunteers are crucial for the successful delivery of this competition. To ensure that we meet Swimming NZ's standards, please indicate your availability via the Duty Form on SCWC's [Event page](#)
- The duty form will close on 8 March at 8:00pm, and the Duty Roster will be published on 11 March 2026.
- A meeting will be held 15 minutes before the start of session 1, in the Officials/Food prep Room, opposite Marshalling next to the Dive Well.
- Please remember to bring your own water bottle.

COACHES AND TEAM MANAGER ACCREDITATIONS

- Clubs must complete the Coaches and Managers form in the Swimming NZ database no later than 11 March.
- 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.
- A how-to guide is available on SCWC's [Event page](#)

ATHLETE ELIGIBILITY

- Age as of 13 March 2026.
- Age Groups are 12-14 years, 15-16 years, 17 years & over, and Para athletes will be open multi-class.
- The qualification period is between 1 January 2025 and 4 March 2026.
- Open to
 - Swimming NZ registered competitive members aged 12 years or older who have met the qualifying times from either a Designated or Development meet at the time of the competition.
 - Foreign athletes registered with a World Aquatics 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 entry.
- Athletes, except para-athletes, may only enter events they have qualified in. Para athletes do not have to meet qualifying times but must have a valid entry time within the qualifying period - No Time (NT) will not be accepted.

ENTRY DETAILS

- Individual Entry Fee, per event, **\$16.00**.
- Entries close on **Thursday, 5 March at 11:59pm**.
- All entries must be submitted through [Fast Lane](#)
- Late entries will NOT be accepted
- No Time (NT) or Split Time will not be accepted as an athlete's entry time.
- The host region will invoice each region for all outstanding entry fees after the final Psych Sheets are published.
- 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 is presented by the end of the competition.

PARA ATHLETES

- 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.
- Para athletes will be judged using the World Para Swimming Rules and their relevant exceptions.

Heat Sessions

- Athletes will be seeded amongst their able-bodied peers.

Final Sessions

- Athletes will compete in open mixed-gender multi-class events.
- 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 heat session.

Medals

- 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.

MIXED CLUB DRAFT RELAY

- **Athletes must enter event 300 (Mixed 25m Freestyle) to be considered for Mixed Club Draft Relay selection.**
- There is a maximum of eight teams, each comprising sixteen athletes: eight females and eight males.
- Athletes will be advised before session one warm-up of team selections.
- Coaches wishing to be selected as a team coach must complete their availability on SCWC's [Event page](#) by the close of entries
- Review the Mixed Club Draft Relay document for more information.

EVENT REPORTS

- Draft Reports will include a Team Entry List, the Psych Sheets and Session Timelines.
- Draft reports will be emailed directly to all registered participants and their affiliated clubs after entries close.

Corrections

- Must be submitted no later than 8:00pm on Sunday, 8 March.
- Final reports will be published on SCWC's [Event page](#) the following day.

Meet Program

- Will be published on SCWC's [Event page](#) no later than Wednesday, 11 March.
- The published program will only contain the event information and the morning heats only.
- Evening programs will be available on the Host region event page, and a paper copy will be made available for visiting clubs to pick up at the start of the evening warm-up.

MEET CONDITIONS

- This competition will be swum long course (50m) using electronic timing, over-the-top starts, and under Swimming NZ swimming rules, policies, and regulations except for the conditions outlined in this document.
- 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.
- The SCWC's Swimwear Policy will be enforced.

Individual Events

- Prelims will be seeded based on the athlete's entry time and swum from slowest to fastest.
- Finals will be the top 10 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 final session.

Withdrawal Procedure

- Any athlete or team withdrawing from a timed final OR a final after the deadlines mentioned below shall pay, without excuse, a Withdrawal Fee of \$50.00.
- No penalty will be applied for a withdrawal or for not starting from a heat swim.
- For a timed final, the Recorder must be advised by the end of the session preceding the start of the timed final.
- For a final, the Recorder must be advised within 30 minutes of the results being posted/published from the event in which the qualification occurred.
- For all Challenge Events, the Recorder must be advised by the end of the heat session in which the qualification occurred.

Protests

- Protests must be submitted to the Referee, in writing, on the protest form by the team manager within 30 minutes following the respective event's conclusion and accompanied by the \$100.00 (cash only) 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 protest fee will be forfeited to the host region. If the protest is upheld, the protest 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 a strapping.

ADDITIONAL INFORMATION

Warm-Up and Warm-Down Procedure

- Warm-up is to be conducted under the consultation and guidance of all coaches.
- Warm-up commences 45 minutes before the start of each session.
- Backstroke start devices will be available for use during each warmup period.
- Warm-down Lane/s will be available in the dive well from the start of each competition session.

Marshalling Process

- Located at the Dive Well end of the pool in the Marshalling Room.
- 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 SCWC [Event page](#).
- 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 please.

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 receiving the medal.
- No caps, goggles, or towels (wrapped around the waist) will be worn.

AWARDS AND SCORING

- Visitors, athletes not affiliated with a club aligned with the Makos zone, are not eligible for medals.

Medals

- 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.

Mixed Club Draft Relay

- Cash Prizes will be awarded to the top three teams based on the highest accumulated points.
- 1st placed team = \$960.00, 2nd placed team = \$640.00, 3rd placed team = \$400.00

TEAM MANAGER INFORMATION

Meeting

- Held 30 minutes prior to the start of session 1, in the Marshalling Room at the Dive Well end of the pool.
- Each club must have at least one representative to ensure all information is delivered back to the team.
- Provided with an overview of activities, expectations of all participants, and general event information.

Results

- Posted as soon as possible, on the whiteboard next to the Dive Well
- Published on the host website at the conclusion of the meet.

Session Timelines

- Available on SCWC's [Event page](#)
- The times indicated are approximate only; racing may start before or after the times indicated.

Disqualifications

- Announced, when possible.
- Team Managers will be called to collect a copy from the Resolutions Desk.

Event Forms

- Located at the Resolutions Desk.

Meet Programme

- The initial published programme will only contain the morning heats.
- Once finalised, the afternoon programme will be published on SCWC's [Event page](#).
- A paper copy will be available for clubs to pick up at the start of the afternoon warm-up session