

Southland Short Course Championships

August 7th 2022

Splash Palace, Invercargill

Session 1: Warm up - 9.00am, Racing at 10.00am

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

Session 2: Warm Up - 1.30pm, Racing - 2.30pm

11. 400m Medley
12. 50m Freestyle
13. 100m Butterfly
14. 200m Breaststroke
15. 100m Medley
16. 200m Freestyle
17. 200m Backstroke
18. 50 Breaststroke
19. 12 & Over – 4 x 50m Free Club Relay
20. 11 & Under – 4 x 50m Free Club Relay

Meet Conditions

- This meet is open to all current Competitive Swimmers who are financial & registered to an affiliated Swimming New Zealand Club.
- This meet is adhering to the current covid guidelines & may be subject to further changes.
- All participants must agree to comply with the Sports Anti-Doping Rules and in entering this event, athletes agree to allow photographs taken during the meet to be used for any legitimate purpose by Swimming Southland - please make the Executive Officer aware if you do not wish your photograph to be used (admin@swimsouthland.org.nz)
- The meet will be swum under Swimming NZ Swimming Rules and Policies with the following specific conditions & criteria.
- Age Groups are 10yrs & under, 11&12, 13&14, 15 & over
- All events will be timed finals & over the top starts will apply

Entries

- Age at 7th August 2022
- All entries must be submitted by the individual swimmer via Fast Lane
- There is no limit on the number of individual event entries.
- Entry fees are \$9.00 per individual event and \$13.50 per team per relay event.
- Individual entries close: Wednesday 27th July, at 11.59pm.
- Club Relay entries close: Thursday 28th, at 12.00pm.
- Late entries or changes after the closing date will not be accepted.
- Normal swimmer fees will apply and need to be paid for upon entry to the pool
- All enquiries to Swimming Southland

Para Athletes

- Para athletes need to advise Swimming Southland of their Classification/s prior to the Meet closing date
- Para athletes will be seeded amongst their able-bodied peers, based on their entry times.
- Para athletes will be judged as per World Para Swimming rules (FINA rules plus the athlete's relevant exceptions) for the entirety of the competition.
- Medals will be distributed based on the percentage of the Para athlete's time compared to the World Record for their classification.

Withdrawal Procedure

- Please notify Swimming Southland as soon as possible 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 undertaking a test for COVID-19 is presented within 48 hours of the completion of the competition.
- Session 1 withdrawals are to be received by Swimming Southland Meet Manager by 8.00pm, August 6th 2022
- Session 2 is to be advised to the Meet Recorder, no later than the end of Session 1.
- Any withdrawals submitted after the above schedule may incur a penalty fee of \$50.00.

Relays

- Relays will be mixed gender and must have at least 1 male and 1 female
- Athletes must have entered, at least, one individual event to be eligible to compete in a Relay
- Maximum of two (2) teams per club per event

Protests

- 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.
- 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 club 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 Swimming Southland
- If the protest is upheld the deposit will be returned.

Results, Awards and Point

Individual Events

- Results - 10yrs & under, 11&12, 13&14, 15 & over
- Please note that Swimming Southland has a rule that allows Swimming Southland records to be broken in mixed gender events. However Swimming NZ records cannot be broken in mixed gender events and the records of other provinces may not be allowed. Please communicate with the Swimming Southland Executive Officer prior to the meet should you believe this affects any swimmers
- Ribbons top three (3) place getters in each age group, except Para athletes where top three (3) medals are distributed based on World Record percentage.
- Ribbons – placings 4th to 8th in each age group, except Para athletes where placings ribbons, 4th to 8th are distributed based on World Record percentage.

Relay Events

- Ribbons - awarded to the top three (3) teams in each event
- Presentation Ceremonies – will be held during the Meet

General Information

Race Suit Policy

- Technical/performance race suits for all competitors aged 12 years and under are NOT allowed to be used at this competition, full policy can be found here.

Seating

- There will be a seating plan

Strapping

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

Warm-up Procedure

- Warmup is to be conducted under the consultation and guidance of all coaches.
- Warmup commences forty-five (45) minutes prior to the start of each session.
- Dive lanes 1 & 8 open in warmup with 30minutes to go until end of the warm up. Pace lanes will be 2 & 7 open in warmup with 30minutes to go

Marshalling Process

- Athletes should make their way to the marshalling area four (4) races prior
- Race start times shown in the Meet Program are approximate and races may start before or after the times indicated.
- It is the athlete's responsibility to be at marshalling at the appropriate time
- The Marshalling will be at the deep end of the pool and include a section in the stands along with the normal area

Health & Safety requirements

Supervision Policy

- Athletes who are 6 years & under must wear a yellow armband and athletes 7 years & under must wear a green band
- Bands CAN be removed for racing but MUST be worn at all other times. Athletes are able to make their own way to marshalling and start blocks. Upon completion of their race, make their way back to their seat in the grandstand.

Pool Deck

- During the competition, only essential personal (Technical Officials and Timekeepers) are allowed on the pool deck
- Coaches are to remain in their designated area at all times

General

- Be careful in the Grandstand, it can get very slippery.
- Fire exits, and clearways are always to remain clear.
- Evacuation Procedure: if the pool requires evacuation you will be guided by Splash Palace Pool staff, please remain calm and their follow instructions

Technical Officials and Volunteers

- All Technical Officials MUST be Police Vetted as per the Swimming NZ Member Protection policy.
- The meet Duty Sheet is accessible on the Swimming Southland website. Note, this is a shared document via Google Drive therefore the names showing are filled position
- Wear a dark colour top or your regional shirt

Coaches and Managers

- Clubs will only be permitted to have two Managers
- All Team Managers MUST be Police Vetted as per Swimming NZ Member Protection policy.
- Clubs are required to notify the Swimming Southland Executive Officer as to whom their one designated Manager is for each session by Wednesday 3rd August 2022
- Managers must wear their Swimming Southland ID cards the session they are managing

Team Managers

- Club Boxes are found beside the Control Room
- A meeting will be held at 9.30am in the Russell Cushen Room or Café
- Team Managers will be given a brief run-down of meet activities, expectations of athletes and clubs and general delivery of the event.
- Each club must have at least one of their accredited Managers at the meeting to ensure all information is delivered back to the athletes.
- There will be no programs available at the competition for managers/swimmers

Disqualifications

- Disqualifications will be announced (when possible).
- A copy of the DQ form will be placed in the club box for the teams manager to collect

Results

- Posted as soon as possible, glass windows of the café at the shallow end of the main pool
- Swimming Southland will have live results via Meet Mobile.
- Finalized Session results will be published on the Swimming Southland website by 5pm Monday August 8th

Event Forms

- Relay and Withdrawal forms are available from the table in front of the Control Room

Timelines

- Timelines will be included in the Session Programs.
- Times shown are approximate and races may start before or after the times indicated.

Competition Documents

- Draft reports will be emailed to swimmers by 5pm Monday August 1st 2022
- Corrections must be emailed to swimmingsouthland@gmail.com no later than 3pm August 3rd. Change of mind requests and late entries will not be accepted
- The finalised Meet Program will be published on the Swimming Southland website and emailed to swimmers by 5.00pm Friday August 5th
- There will be NO programs available at this competition

Health & Safety/Covid -19 Requirements

- Participants and Managers are asked to respect all Splash Palace Pool policies and procedures.
- **If you are feeling unwell with cold and/or flu symptoms please stay home**
- **This meet is adhering to the covid guidelines of July 1st & may be subject to further changes.**