



2026 New Zealand Age Group Swimming Championships

Pre-Competition Information Book

N.A.G.S

Accurate as 01 April 2026

Welcome from Swimming NZ

Kia ora swimmers, coaches and managers,

On behalf of Swimming NZ and the events team in Hawke's Bay, welcome to the 2026 New Zealand Age Group Swimming Championships being held next week. We are excited to be hosting these championships at the Hawke's Bay Regional Aquatic Centre, we can't wait to welcome you all!

To assist you with your final preparations, we have put together this document outlining all the key details you need to know about to help you across the championships. It promises to be an exciting week of racing, and we look forward having you in Hawke's Bay.

We would also like to thank our partners for this event, who have helped us bring these championships to you. Thanks to competition partners Hawke's Bay Tourism alongside the local Hastings District Council and Napier City Council, Hawke's Bay Regional Aquatic Centre and Pak N Save Hastings, our corporate partners Arena and Teamline, as well as MĀORI+ for helping to provide the livestream. We thank them for their support of this competition and our sport.

Thanks also to Swimming HBPB for their support with planning for these championships, and for their support in delivering the community initiatives taking place throughout the championships.

Thanks for being part of the championships, and best of luck for your final preparations and racing throughout the week. We can't wait to see you in Hawke's Bay.

Ngā mihi nui,
Kate

Kate Griffiths

Kate Griffiths
Competitions Manager

Competition Partners

Competition Partners

- Hawke's Bay Tourism
- Hawke's Bay Regional Aquatic Centre
- Pak N Save Hastings

Corporate Partners

- Arena
- Teamline

Support Partners

- MĀORI+
- Hawke's Bay Airport

Meet the SNZ Competitions Team

Name	SNZ Role	Major Roles in Hawke's Bay
Kate Griffiths	Competitions Manager	Competitions Manager & Swimify Operator
Carlrine Gillespie	TO & Volunteer Development Lead	Control Room Supervisor
Tanisha Keach	Digital Marketing & Content Manager	Content Sharing, Social Media, Website & Media
Tonya Osborne	Membership Coordinator	Quantum Operator
Isabelle Clague		Sport in the Box Operator
Peter Carroll	Finance Manager	Floor Manager
Dianne Farmer		Technical Director
Simon Watts		Photographer
Tawhiti Te Momo		Videographer
Scott Rice		Commentator

Important Information

Key Contacts For Event

Role	Name	Enquiry Type	Contact
Competitions Manager	Kate Griffiths	Event Queries	021 246 7440 events@swimming.org.nz
Resolution Desk	Technical Official	Withdrawals, DQs & Relay Forms	Table on Pool Deck

WhatsApp Group – NAGS Update

We have created a WhatsApp Group that you can join to receive short updates across the week should we require to. This is open to managers, coaches and swimmers if they would like to join.

[Please join the WhatsApp group here](#)

Good Behaviour

Swimming New Zealand is committed to providing positive swimming experiences for all involved. Across the five days of competition, we trust that all interactions throughout the event will be positive and respectful – please treat others like you would like to be treated.

All participants must comply with our Code of Conduct – [learn more](#)

Health & Safety

Please remember to encourage good hygiene practices at this event and use common sense to keep yourself and others safe on pool deck. We ask that if you're feeling unwell to please don't attend the session for the health and safety of all attending.

Warm-Up Procedure

Please follow the lane signs at the end of the pool. We ask that you please stick to these lanes as documented on pool deck.

Accred & Access To Pool

Access to the pool is via the competitor's entrance in the main pool foyer with your accreditation. An accreditation volunteer will be on hand to ensure that passes are being presented. If you do not have a valid pass – you will be required to pay the appropriate admission fee. Accreditation must be worn around the neck to gain access. No accreditation no entry. Lost accreditation can be replaced at a cost of \$15.00 each – through cash or invoice to the club.

Please note, no late passes will be issued at the door as per the updated Accreditation Policy 009.

Seating

There will be no seating plan for this competition. Given the large number of swimmers for these championships, we ask that clubs work together and support each other to ensure everyone is catered for.

Please do not put club signs on seats during the warmup day, these will be removed.

We ask that no one stands in front of the spectator seating bay overlooking the start/finish end of the pool so spectators can have an unrestricted view of the racing.

Opening Ceremony

There will be an opening ceremony at the start of Session 2 on Wednesday evening at 4:50pm.

Parking

Parking is limited at the Hawke's Bay Regional Aquatic Centre. Please try and limit the number of vehicles you travel to the meet in.

Entries & Results

Psych Sheets

Psych sheets have been published on Swimify.

[Click here to view](#)

Programme & Results

Swimming NZ will complete the programme and seeding over the coming days online. The programme, session timelines and results will be available on Swimify throughout the championships.

[Click here for Swimify](#)

We encourage you to download the new Swimify Livetiming app to view the programme and results on your phone.

[Apple App Store](#)

[Google App Store](#)

Printed Programme

If you wish to have a printed copy these can be purchased via the link on the event page. The cost for these will be \$25+GST which will cover all sessions. Pre-paid programmes for all morning sessions will be available for collection from the accreditation desk on Wednesday morning. Please note extra copies will not be printed and anyone requiring programmes will need to pre-order by 5pm on Tuesday 7 April.

[Click here to purchase \(for Team Managers and Coaches only\)](#)

Session Timelines

The session timelines will be confirmed and available on Swimify once events have been seeded.

Withdrawals

Withdrawals from events for session one will need to be submitted via email by 5pm on Tuesday or at the Team Managers meeting being held at 5pm on Tuesday 7 April. Any withdrawals for session one submitted after this will incur a withdrawal fee.

Any further withdrawals for sessions 2 - 10 will not be accepted via email after 5pm Tuesday 7 April. Withdrawals need to be made via a withdrawal form which can be found at the resolutions desk. Withdrawals via email will be considered late and will incur a late withdrawal fine.

For timed final events the SNZ Policy 008 will apply.

For timed-finals, withdrawals must be advised by the end of the session preceding the session with the timed final event.

Withdrawals from evening final races will be required to be submitted 30 minutes from posting of event results online.

Any withdrawals after this 30-minute period will incur a \$50 fine.

Distance Events Sign In

We will require swimmers competing in either the 800m or 1500m Freestyle events to sign in by the end of the Team Managers meeting for day one or at the resolution desk by the end of the evening session of day 4.

DQs & Protests

Disqualifications will be announced and a copy of the DQ form will be available at the resolutions desk located halfway along the pool on the non-grandstand side.

Protests must be submitted to the referee, in writing, on the protest form by the team manager only within 30 minutes following the DQ result posting online. This needs 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 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 SNZ. If the protest is upheld the deposit will be returned.

Competition Information

Opening Hours

Pre-Meet (Tuesday 7 April)
9am - 12pm and 3pm - 6pm

Competition Days (Wednesday 8 - Sunday 12 April)
Warm up heats - 7:00 am and Warm up finals - 3:30 pm

Finals Structure

Olympic Pathway Finals

Age group finals will be swum for all 50m, 100m, 200m and 400m events for the following age groups:

13 years, 14 years, 15 years & 16 years

Please note these championships will be run with 10 lanes.

Olympic Pathway Timed Finals

The 800m and 1500m events will be swum as timed finals with only the fastest timed final swum in the finals session. All medals for these events will be presented in the finals session of that day.

Multi-Class Finals

The format for Multi-Class Finals will be determined by the swimmers who achieve the ten highest points from the heats swims, based on the World Para Swimming points system using the event software. Medals will be awarded using the same event software.

To confirm, this means that swimmers of all classifications (S1-S19) will be vying for the top ten points totals to make the Multi-Class Final.

Relays

Relays will be timed-finals with all timed-finals being swum at the end of the finals session. Relays will be swum as 13 – 14 years & 16 & U. Medals will be awarded to the top 3 clubs.

Swimmers must be entered in individual events to be entered in relays. For selection purposes, relay teams can be entered by the National Selection Panel. Priority would be given to nationally selected teams over club teams.

The names of swimmers actually swimming on a relay must be submitted at least 60 minutes before the start of the session in which the event is to take place, in the order in which they are to swim. The names of swimmers in medley relay events must be listed for the respective strokes.

Failure to swim in the order listed will result in disqualification. Substitutions may be made only in the case of a documented medical emergency.

Any regional relay teams will be swum as exhibition swims only and will not be eligible for points or medals.

Marshalling

Heats:

Self-marshalling will be employed during all heat sessions. Swimmers are asked to be in the marshalling area 4 heats prior to their event. For all 50m events swimmers need to be in the marshalling area 6 heats prior to their event.

Finals:

Swimmers (including reserves) will need to marshal 6 races prior for 50m events and 4 races prior to their event for all other events and remain in the marshalling room. All swimmers are required to marshal for relays. Swimsuits will be checked at marshalling for legality.

If a swimmer is not present at the time of their event being marshalled, the clerk of course will replace that swimmer with the reserved swimmer.

Victory Ceremonies

Medals shall be awarded for the 1st, 2nd and 3rd New Zealanders in all events (except exhibition relays). Visitor medals will be awarded to any international competitor who places.

The victory ceremony timetable will be included in the finals programmes and as listed in the event schedule, and we will endeavour to run to this timetable. If for any reason there is a delay in the results being available, the medal presentation for that event will take place as soon as possible.

Dress standard and protocols for victory ceremonies:

- Club or regional t-shirt, jacket, or sweatshirt.
- No caps or goggles.
- Shorts, trousers, or skirts must be worn.
- Shoes must be worn.
- Swimmers can't run on to the podium late, they need to be present at the start of the announcement for their presentation.
- Swimmers must keep their medal on until well away from the podium and cameras.

Rules

The championships will be delivered in accordance with Swimming NZ Policies and NZ Swimming Rules.

[Click here for more information](#)

Strapping

Swimmers with strapping must provide documentation from a relevant registered health practitioner or physiotherapist and be reviewed by the Technical Director (Dianne Farmer) prior to swimming. Any swimmers without such documentation may not be permitted to swim.

Accreditations

All accredited persons must have their accreditation on them and present their pass to access the competition building via the accredited entrance. Please wear your accreditation around your neck.

Reminder: coaches who have already received their accreditation in the 2025-26 year will need to bring their pass to Hawke's Bay – ie: there won't be another pass printed

If a swimmer, coach or team manager is seen to be using somebody else's accreditation, this accreditation will be removed for the remainder of the event.

Please note that you won't be providing lanyards, so you'll need to bring your own for the championships.

Winner Interviews

We will be conducting interviews for the winners of the 15 years, 16 years and Multi-Class age group final winners in the evening sessions, and potentially any swimmers who break NZ Age and NZ Open Records.

Pre-Meet Day

Team Managers Meeting

There will be a compulsory team manager meeting held on Tuesday 7 April at 5pm in the Heretaunga Room located next to the main reception.

Team managers will be given a brief run-down of meet activities, expectations of swimmers and clubs, and general delivery of the competition. Each club is asked to have at least one representative at the meeting. If you can't attend, please have a good understanding of this update.

Accreditation Collection

Accreditation passes must be collected from the main pool foyer from 4pm on Tuesday 7 April, at the competitors entrance. If the passes aren't collected on Tuesday, then they will be available to collect from the competitors' entrance from session 1.

Don't Miss Any Of The Action

Spectator Tickets

We have had lots of people display their eagerness to be in Hawke's Bay for these championships with tickets selling out quickly. A limited number of additional tickets will go on sale 8.00am Thursday 2 April, once these are gone there will be no more released.

[Click here to purchase spectator tickets](#)

Livestream

We are excited to announce that the Māori+ YouTube channel will again be the host platform for 2026 New Zealand Age Group Swimming Championships.

Thanks to Māori+ for their ongoing support of swimming which has helped us provide all sessions of the week live and free to our swimming community.

If you can't attend the racing in person, don't miss any of the action by catching it live and free on the Māori+ YouTube channel.

The link to livestream will be provided on the competition webpage closer to racing commencing.

Community Initiatives & Activations

We are excited to continue supporting and offering some initiatives for the local community and swimmers attending to get involved. Please check out the opportunities provided below.

Have A Go Meet

Swimming HBPB are hosting a Have A Go meet in between sessions on Saturday 11 April from 12.30pm. This is an opportunity to for local students, kids or learn to swim students to give racing a go.

[Click here to learn more](#)

Coaches Forum to launch National Youth Programme & Coaching Development Plan

We are pleased to provide a coaches forum, led by Wayne Goldsmith, David Lyles, and Graeme Maw, to launch the new National Youth Programme (Aquablacks Project B32) and the Coaching Development Plan. This session will be held after session one, at approximately 12:15pm on Wednesday 8 April in the Heretaunga Room.

Parents Forum to launch National Youth Programme

We are pleased to provide a parents forum, led by David Lyles, Graeme Maw, and Wayne Goldsmith, to launch the new National Youth Programme (Aquablacks Project

B32) and the Coaching Development Plan. This session will be held after session seven, at approximately 11:00am on Saturday 11 April in the Heretaunga Room.

Coaches Room

Following the success of this new initiative in previous years, Swimming NZ are proud that there will be a dedicated coach room with a coffee machine throughout the championships. This has been continued to encourage coaches to mingle with fellow coaches and get away from the race pool for a break. This will be in the Heretaunga Room.

Local Information

Discover Hawke's Bay

Make the most of your visit to the Hastings District in the heart of Hawke's Bay and take time to visit superb attractions such as parks, playgrounds, beaches, cafes and award-winning wineries and restaurants and the vibrant urban areas of Hastings city centre, and Havelock North.

"East Block" on Heretaunga Street offers up great eating and drinking, with boutique retail stretching down Heretaunga Street. More great shops and eateries can be found in the newly developed Tribune Precinct on Queen Street. Havelock North boasts fabulous fashion and a huge array of eateries to suit any taste and budget. Make sure you tick Te Mata Peak off your list – a must-do when visiting Hastings. Drive, walk, run or mountain bike to the top of Te Mata Peak for stunning 360-degree views of Hawke's Bay. Off-road walking and biking options venture through 99 hectares of beautiful parkland on well-established tracks.

For more information, [please click here](#)

Policies & Other Important Information

Photography & Videography

Photos and videos will be taken throughout the competition. All athletes and spectators have agreed to allow photographs, videos, and audio recordings to be taken by accredited SNZ contractors to be used for any legitimate purpose by SNZ. If you have any concerns please contact events@swimming.org.nz.

Spectators agree upon entry that photographic, video or audio recording equipment is prohibited for any purpose which may include, without limitation, video and/or audio recorders, camera tripods, monopods, or lenses with a total focal strength of greater than 300mm and commercial digital video equipment. The SNZ Event staff will, at their sole discretion, determine whether an item is intended for personal or commercial use.

Team Manager Guidelines

To assist Team Managers with their preparations, we have provided a guidelines document.

[Click here to view](#)

Accreditation Policy (009)

As accredited persons for these championships, please be aware you'll comply with this policy

[Click here to view](#)

Anti-Doping

Think you're ready for 2026 NZ Age Group Swimming Championships? Not until you're educated on anti-doping.

If you're taking part, it's vital you understand your anti-doping rights, responsibilities and the doping control process. How? Take the Level 1 e-learning course from the Sport Integrity Commission and check out there other education resources. It's quick, simple and makes anti-doping an easy part of your competition prep.

Get started now at sportintegrity.nz

NZ Swimming Alumni Trust

Do you need a mentor? Are you seeking some mentoring support? The New Zealand Swimming Alumni have a mentorship programme that is here to support you as you navigate your swimming and other commitments in your life. Check out our website to learn more and hear about the experience of past participants

[Click here to learn more](#)