



Waikato Summer Meet 2019

Long Course

Waterworld, Te Rapa, Hamilton
1 to 3 March 2019

FRIDAY 1 MARCH 2019

Session 1: Warm up— 4.00pm. Racing starts at 5.00pm

SATURDAY 2 MARCH 2019

Session 2: Warm up—7.30am. Racing starts at 8.30am

Session 3: Warm up— one hour after the end of Session 2
(time TBC once entries close). Race Time—TBC.

SUNDAY 3 MARCH 2019

Session 4: Warm up—9.15am. Racing starts at 10.15am

Session 5: Warm up— one hour after the end of Session 4
(time TBC once entries close). Race Time—TBC.

THIS IS OUR WAIKATO SENIOR CHAMPIONSHIP MEET.

Note: Waterworld charges a \$2 spectator fee



MEET EVENTS

Friday: Session 1: TIMED FINALS. Warm up 4.00pm. Racing starts 5.00pm

Event	Distance	Stroke	Gender	Age	Event Type
1	800m	Freestyle	Female	Open	Timed Final
2	200m	Butterfly	Male	13+	Timed Final
3	200m	Butterfly	Female	13+	Timed Final
4	1500m	Freestyle	Male	Open	Timed Final

MEET EVENTS



SATURDAY SESSION 2: Warm up 7.30am. Racing starts 8.30am					
Event	Distance	Stroke	Gender	Age	Event Type
5	400m	Freestyle	Female	13+	Heats
6	400m	Freestyle	Male	13+	Heats
7	200m	Backstroke	Female	13+	Heats
8	200m	Backstroke	Male	13+	Heats
9	200m	Individual Medley	Female	13+	Heats
10	200m	Individual Medley	Male	13+	Heats
11	100m	Butterfly	Female	13+	Heats
12	100m	Butterfly	Male	13+	Heats
13	200m	Breaststroke	Female	13+	Heats
14	200m	Breaststroke	Male	13+	Heats
15	100m	Freestyle	Female	13+	Heats
16	100m	Freestyle	Male	13+	Heats

SATURDAY SESSION 3: Warm up—To Be Confirmed					
Event	Distance	Stroke	Gender	Age	Event Type
5	400m	Freestyle	Female	13+	Final
6	400m	Freestyle	Male	13+	Final
17	50m	Breaststroke	Female	13+	Timed Final
18	50m	Breaststroke	Male	13+	Timed Final
7	200m	Backstroke	Female	13+	Final
8	200m	Backstroke	Male	13+	Final
9	200m	Individual Medley	Female	13+	Final
10	200m	Individual Medley	Male	13+	Final
11	100m	Butterfly	Female	13+	Final
12	100m	Butterfly	Male	13+	Final
13	200m	Breaststroke	Female	13+	Final
14	200m	Breaststroke	Male	13+	Final
15	100m	Freestyle	Female	13+	Final
16	100m	Freestyle	Male	13+	Final
19	50m	Backstroke	Female	13+	Timed Final
20	50m	Backstroke	Male	13+	Timed Final



MEET EVENTS

SUNDAY SESSION 4: Warm up 9.15am. Racing starts 10.15am					
Event	Distance	Stroke	Gender	Age	Event Type
21	400m	Individual Medley	Female	13+	Heats
22	400m	Individual Medley	Male	13+	Heats
23	100m	Backstroke	Female	13+	Heats
24	100m	Backstroke	Male	13+	Heats
25	200m	Freestyle	Female	13+	Heats
26	200m	Freestyle	Male	13+	Heats
27	100m	Breaststroke	Female	13+	Heats
28	100m	Breaststroke	Male	13+	Heats
29	50m	Free	Female	13+	Heats
30	50m	Free	Male	13+	Heats

SUNDAY SESSION 5: Warm Up—To Be Confirmed					
Event	Distance	Stroke	Gender	Age	Event Type
21	400m	Individual Medley	Female	13+	Finals
22	400m	Individual Medley	Male	13+	Finals
31	50m	Butterfly	Female	13+	Timed Finals
32	50m	Butterfly	Male	13+	Timed Finals
23	100m	Backstroke	Female	13+	Finals
24	100m	Backstroke	Male	13+	Finals
25	200m	Freestyle	Female	13+	Finals
26	200m	Freestyle	Male	13+	Finals
27	100m	Breaststroke	Female	13+	Finals
28	100m	Breaststroke	Male	13+	Finals
29	50m	Freestyle	Female	13+	Finals
30	50m	Freestyle	Male	13+	Finals



QUALIFYING TIMES FOR SENIOR SWIMMERS—AGED 13+

LC Male		Event	LC Female	
15 +	13-14		13-14	15+
41.00	49.00	50m Free	49.00	41.00
1:19.50	1:28.00	100m Free	1:28.00	1:21.50
2:53.50	3:03.50	200m Free	3:03.50	3:00.00
5:53.50	6:15.50	400m Free	6:15.50	5:53.50
44.50	55.50	50m Back	55.50	45.50
1:31.00	1:44.00	100m Back	1:44.00	1:35.00
3:13.50	3:23.50	200m Back	3:25.50	3:16.00
50.00	58.00	50m Breast	58.00	52.50
1:43.50	2:02.00	100m Breast	2:02.00	1:46.50
3:40.00	3:58.00	200m Breast	3:58.00	3:40.00
48.50	58.50	50m Fly	58.50	48.50
1:32.50	2:01.50	100m Fly	2:01.50	1:32.50
3:25.00	3:30.00	200m Fly	3:30.00	3:25.00
3:17.00	3:40.50	200m IM	3:40.50	3:17.00
6:48.00	6:48.00	400m IM	6:48.00	6:48.00
		800m	14:00.00 for all age groups	
22:00.00 for all age groups		1500m		



MEET CONDITIONS

- This event is for COMPETITIVE swimmers who are registered in the SNZ database and are financial as at the date of the meet.
- Swimmers have the opportunity to gain qualifying times for Regional, Zonal and National Meets.
- **Age as at 31 DECEMBER 2018 (in line with our Waikato Championship Meets Policy)**
- Technical Director— Linda Bulman
- There is no qualifying period for this meet.
- Entry times long course. Times may be converted from SC times.
- “NO TIME” will not be accepted.
- Technical Director reserves the right to restrict event numbers if entries exceed the nominated time-frame.
- This is the Waikato Senior Championship Meet.
- Age Group Medals will be awarded in the following age groups— 13, 14, 15, 16 and 17+
- Age Group medals and Open Certificates for the 50m Butterfly, Backstroke and Breaststroke events, and 200m Butterfly, will be awarded from Timed Final swims, held during sessions 1, 3 and 5.
- All other Age Group medals will be awarded from swims in sessions 2 and 4. Medals will be presented in the same session they are contested in.
- Age Group medals will be awarded to a maximum of two out of region swimmers per event.
- Open Certificates for all other events will be contested in the evening sessions (sessions 3 and 5) and presented in the same session they are contested in.
- The number of out of region swimmers entitled to swim in the A & B Open finals is unlimited.
- Where A & B Finals are scheduled, both finals will take place, regardless of the number of swimmers confirming their intent to swim.

ENTRY PROCESS -

- **ENTRY FEE: \$9.75 per event for Waikato Championship Events.**
- Entries for Individual events will be online through MyPage on the SNZ membership database.
- Online entries will open at **11am on the 19th of December 2018** and close at **11.59pm on Sunday 17 February 2019**. Late entries will be accepted up until the date that the FINAL meet programme is available on the Swimming Waikato website. Late entries will incur a fee of \$50.00 per swimmer which must be paid to Swimming Waikato prior to the start of the meet—12 3122 0312567 00.
- All enquiries to Rachael Thomas swentries@gmail.com

WAIKATO DISTANCE CHAMPS:

- Swimmers aged 12/U who wish to compete in the Waikato Distance Championships (events 1 & 4) will swim with the senior age group .



MEET CONDITIONS

- The meet will be conducted under Swimming New Zealand's 'SNZ Regulations and Bylaws and FINA Rules', except where local meet rules and conditions apply.
- All participants must agree to comply with the Sports Anti-Doping Rules.
- Athletes who hold a Para Classification are eligible to participate in this programme (under IPC Rules) and will be seeded amongst able-bodied athletes on the basis of entry times. It is the responsibility of the athletes (or their Team Manager) to show the Referee their IPC Classification before they swim. The Referee will use their best efforts to judge the swim under the applicable IPC 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.

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 by Thursday 21 February 2019. Corrections will only be made to entries where errors have occurred. Final psych sheets will be posted on the website and sent out a minimum of three days before 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, at least three days prior to the start of the meet.

COMPETITION INFORMATION -

- Access to this meet will be via the main entrance at Waterworld.
- Waterworld charges a \$2.00 entry fee for spectators.
- Team Coaches, Managers, Officials, Timekeepers and Swimmers are exempt from this charge.
- Reseeding may be done at the discretion of the Technical Director.
- Over the top starts will apply for all heats.
- 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—
Self marshalling will be employed during all sessions EXCEPT FOR sessions 3 & 5 which will be marshalled.



MEET CONDITIONS

- 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.

- Results—

Results will be posted as soon as possible on the notice board in the complex. Live results will also be accessible via Meet Mobile where the internet connection allows.

- Team Managers Meeting—

A Team Managers meeting will be held at the start of the warm up of the 2nd session of the meet. (Saturday morning) Each club is asked to have at least one representative at this meeting to ensure all information is delivered back to the swimmers.

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.
- Attached is a Coaches, Team Managers and Officials form. This form allows Club Recorders to provide the names of their Team Coaches, Managers, Officials and Timekeepers which will allow the Swimming Waikato Team to manage their entry into the meet.
- The completed form should be returned to Swimming Waikato by 5.00pm on the Monday preceding the meet. Only those people whose names appear on the form will be allowed free entry to the meet.
- When the draft psych sheets are circulated, clubs will be given their timekeeper allocation so that these names can be included on the form also.

- Ratios for Coaches/Managers -

1-10 swimmers = 2 coaches/managers
11-20 swimmers = 3 coaches /managers
21-30 swimmers = 4 coaches/managers
31+ swimmers = 5 coaches/managers

SCRATCHINGS / WITHDRAWALS -

- Refunds will only be made if a medical certificate is provided to the Meet Recorder within 24 hours of the draft psych sheets being circulated. All refunds are at the discretion of the Technical Director.
- **Refunds will not be provided for scratchings received after this time.**
- Scratchings for the first session must be submitted to the Control Room no later than 1 hour prior to the start of racing.



MEET CONDITIONS

SCRATCHINGS / WITHDRAWALS (CONT) -

- For subsequent sessions, scratchings must be submitted no later than 30 minutes **before the end** of the previous session.
- Swimmers will be deemed to have scratched if they are not lined up behind the blocks prior to the start of the race.
- Any competitor or team who withdraws from finals more than 30 minutes after the heat in which qualification was earned shall pay without excuse to Swim Waikato a \$50.00 penalty fee.
- For timed finals withdrawals must be advised by the end of the session preceding the start of the timed final event. i.e. the day before. If this timed final is in the first session of the meet the Withdrawal must be received immediately following the conclusion of the Team Managers Meeting.
- A Swimmer will deem to have withdrawn from a final if they do not report to the Clerk of Course, Marshall at the appropriate time prior to the event, and the 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 put in the Club Team Manager's box.



MEET CONDITIONS

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.

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 equipment)
- Please advise the Referee or pool staff if you observe a potential hazard.
- Please ensure any young children are aware of these hazards.

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. Have particular care for those under your direct control.



COACHES, TEAM MANAGERS and OFFICIALS FORM

All clubs attending a Swimming Waikato Regional Meet must fill out this form for each meet. This completed form must be received by Swimming Waikato by 5.00pm on the Monday preceeding the start of the meet. Information received will allow Swimming Waikato to manage the entry process at the meet.

MEET NAME:	
DATE:	
CLUB NAME:	

	COACHES	MANAGERS	MANAGERS'S MOBILE
Session 1			
Session 2			
Session 3			
Session 4			
Session 5			

TIMEKEEPERS	NAME	MOBILE NUMBER
Session 1		
Session 2		
Session 3		
Session 4		
Session 5		
Session 6		

Ratio of Coaches/Managers to Swimmers

Clubs are entitled to nominate coaches and team managers based on the number of swimmers they have competing, as follows:

1-10 swimmers	2 coaches/managers
11-20 swimmers	3 coaches/managers
21-30 swimmers	4 coaches/managers
31 + swimmers	5 coaches/managers

Teams may have any combination of coaches and managers.