



SWIMMING WAIKATO
WAIKATO WINTER SHORT COURSE
2020



Venue: Livingstone Aquatic Centre, Te Awamutu

Date: 25 – 26 July 2020

Short Course (25m)

Saturday 25 July

Session 1: Warm up—8.15am. Racing starts at 9.15am (13+)

Session 2: Warm up— 12:30. Racing starts 13:00pm (12/u)

Session 3: Warm up— 16:00. Racing starts 17:00pm (13+)

Sunday 26 July

Session 4: Warm up—8.15am. Racing starts at 9.15am (13+)

Session 5: Warm up— 12:30. Racing starts 13:00pm (12/u)

Session 6: Warm up— 16:00. Racing starts 17:00pm (13+)

MEET RATIONALE – This meet will be an opportunity for our swimming community to come together and celebrate as we take our first steps back into competitive swimming. All events will be timed finals which we hope will allow for swimmers to target the events they choose without the weight of doubling up, especially after a prolonged period out of the water. For 13+ swimmers this meet will also be a Qualifying opportunity for the New Zealand Short Course Championships in 2020.

Thanks to the following organisations for their ongoing support of Swimming Waikato -

Principal Partners

Grassroots Trust | Lion Foundation

Brian Perry Charitable Trust | Trust Waikato | WEL Energy Trust | NZCT
Deloitte Private | The Southern Trust | New Zealand Racing Board | Swim T3
Ingham Hyundai | Emblems | Paterson Burn | KPMG | Bartercard
One Electrical | Canon Business Solutions | Subway Te Rapa | Braw Creative



SATURDAY SESSION 1: Warm up 8.15am. Racing starts 9.15am (13+)					
Event	Distance	Stroke	Gender	Age	Event Type
1	200m	Backstroke	Female	13+	Timed Final
2	200m	Backstroke	Male	13+	Timed Final
3	400m	Freestyle	Female	13+	Timed Final
4	400m	Freestyle	Male	13+	Timed Final
5	200m	IM	Female	13+	Timed Final
6	200m	IM	Male	13+	Timed Final
7	200m	Breaststroke	Female	13+	Timed Final
8	200m	Breaststroke	Male	13+	Timed Final
9	1500m	Freestyle	Female	13+	Timed Final
10	1500m	Freestyle	Male	13+	Timed Final

Top 16

Top 16

SATURDAY SESSION 2: Warm up 12:30am Racing starts 13:00 pm (12/u)					
Event	Distance	Stroke	Gender	Age	Event Type
11	100	Breaststroke	Mixed	12 & U	Timed Final
12	100	IM	Mixed	12 & U	Timed Final
13	50	Butterfly	Mixed	12 & U	Timed Final
14	200	Backstroke	Mixed	12 & U	Timed Final
15	100	Freestyle	Mixed	12 & U	Timed Final
16	50	Backstroke	Mixed	12 & U	Timed Final
17	4 x 50	IM RELAY	MALE	12 & U	Timed Final
18	4 x 50	IM RELAY	FEMALE	12 & U	Timed Final

SATURDAY SESSION 3: Warm up 16:00pm. Racing starts 17:00pm (13+)					
Event	Distance	Stroke	Gender	Age	Event Type
19	100m	Backstroke	Female	13+	Timed Final
20	100m	Backstroke	Male	13+	Timed Final
21	50m	Breaststroke	Female	13+	Timed Final
22	50m	Breaststroke	Male	13+	Timed Final
23	100m	Butterfly	Female	13+	Timed Final
24	100m	Butterfly	Male	13+	Timed Final
25	50m	Freestyle	Female	13+	Timed Final
26	50m	Freestyle	Male	13+	Timed Final
27	4 x 100	IM RELAY	MALE	13-14 Yrs	Timed Final
28	4 x 100	IM RELAY	FEMALE	13-14 Yrs	Timed Final
29	4 x 100	IM RELAY	MALE	OPEN	Timed Final
30	4 x 100	IM RELAY	FEMALE	OPEN	Timed Final

SUNDAY SESSION 4: Warm up 8.15am. Racing starts 9.15am (13+)					
Event	Distance	Stroke	Gender	Age	Event Type
31	400m	IM	Female	13+	Timed Final
32	400m	IM	Male	13+	Timed Final
33	200m	Freestyle	Female	13+	Timed Final
34	200m	Freestyle	Male	13+	Timed Final
35	200m	Butterfly	Male	13+	Timed Final
36	200m	Butterfly	Female	13+	Timed Final
37	800m	Freestyle	Female	13+	Timed Final
38	800m	Freestyle	Male	13+	Timed Final

Top 16

Top 16

SUNDAY SESSION 5: Warm up 12:30am Racing starts 13:00pm (12/u)					
Event	Distance	Stroke	Gender	Age	Event Type
39	50	Freestyle	Mixed	12 & U	Timed Final
40	100	Butterfly	Mixed	12 & U	Timed Final
41	200	Breaststroke	Mixed	12 & U	Timed Final
42	100	Backstroke	Mixed	12 & U	Timed Final
43	200	Freestyle	Mixed	12 & U	Timed Final
44	50	Breaststroke	Mixed	12 & U	Timed Final
45	4 x 50	FREE RELAY	MALE	12 & U	Timed Final
46	4 x 50	FREE RELAY	FEMALE	12 & U	Timed Final

SUNDAY SESSION 6: Warm up 16:00pm. Racing starts 17:00pm (13 +)					
47	100m	Freestyle	Female	13+	Timed Final
48	100m	Freestyle	Male	13+	Timed Final
23	50m	Backstroke	Female	13+	Timed Final
24	50m	Backstroke	Male	13+	Timed Final
49	100m	IM	Female	13+	Timed Final
50	100m	IM	Male	13+	Timed Final
51	50m	Butterfly	Female	13+	Timed Final
52	50m	Butterfly	Male	13+	Timed Final
53	100m	Breaststroke	Female	13+	Timed Final
54	100m	Breaststroke	Male	13+	Timed Final
55	4 x 100	FREE RELAY	MALE	13-14 Yrs	Timed Final
56	4 x 100	FREE RELAY	FEMALE	13-14 Yrs	Timed Final
57	4 x 100	FREE RELAY	MALE	OPEN	Timed Final
58	4 x 100	FREE RELAY	FEMALE	OPEN	Timed Final

MEET CONDITIONS

- This event is for Club & Competitive swimmers who are registered in the SNZ database and are financial as at the date of the meet.
- The 13+ meet will be conducted under Swimming New Zealand's 'SNZ Regulations and Bylaws and FINA Rules', except where local meet rules and conditions apply.
- Please note that the 12/u sessions will be run as un-approved. **Times achieved will be valid_for qualification to regional and club meets.** Times will not be valid for national meets.
- **Age as at first day of meet – 25 July 2020**
- Technical Director— Stu Woods
- There is no qualifying period for this meet.
- Entry times short course. Times may be converted from long course times.
- "NO TIME" will not be accepted.
- Technical Director reserves the right to restrict event numbers if entries exceed the nominated timeframe.
- All participants must agree to comply with the Sports Anti-Doping Rules.
- Swimmers who hold a Para Classification are eligible to participate in this programme (under IPC Rules) and will be seeded amongst able-bodied athletes based on entry times. The Referee will have a list of Para swimmer's Codes of Exception and will use their best efforts to judge the swim under the applicable World Para Swimming 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.

ENTRY PROCESS –

- 13+ Entry Fee: \$9.50 per event
- 12/u Entry Fee: \$7.50 per event
- Entries for Individual events will be online through MyPage on the SNZ membership database.
- Online entries will close at 11.59pm on Sunday, 19th July 2020
- 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 entry enquiries to Rachael Thomas swentries@gmail.com

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. Corrections will only be made to entries where errors have occurred. Final psych sheets will be posted on the website and sent out prior to 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, 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

- 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.
- 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 warmup of the 1st session of the meet. 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 on receipt of a medical certificate which is to be made available to the Meet Recorder. All refunds are at the discretion of the Technical Director.
- Scratchings for the first session must be submitted to the Control Room no later than 1 hour prior to the start of racing
- For subsequent sessions, scratching must be submitted no later than 30 minutes before the end of the previous session.
- Swimmers will be deemed to have scratched from races if they are not lined up behind the blocks prior to the start of the race.

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 available at the announcer's desk

800 & 1500 FREESTYLE EVENT

- Anyone who enters the 800 & 1500 Freestyle event must supply a timekeeper and a number turner to assist.

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 preceding 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		

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