



MEET INFORMATION

The Otago Junior Long Course Championships is open to all registered and international athletes aged 12 years or younger who have met the competition criteria as of December 31, 2022.

Upon entering these Championships, all participants have agreed to

- comply with the Sports Anti-Doping Rules
- allow photographs, video, multimedia, or film likeness taken by accredited photographers to be used for any legitimate purpose by Swimming Otago or others that Swimming Otago has approved
- comply with any COVID-19 restrictions and protocols in place at the time of these Championships

Swimming Otago reserves the right to restrict entries to ensure the timeline is adhered to. And Swimming Otago 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 New Zealand approval criteria. Also, the pool deck is only for accredited personnel and event volunteers; all other persons are to be seated in the Grandstand.

Pool Access is via the front entrance. Spectators are not permitted on the pool deck and are asked to use the designated seating in the Grandstand.

This document may be amended. Check our event page on the Swimming Otago website to ensure you have the correct version.

Contact information

Mobile: 027 919 4319



HEALTH AND SAFETY

Pool Deck

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

General

Be careful in the Grandstand, as it can get very slippery. To minimise the risk of injury, all athletes MUST dry off before using the corridors behind the stands. Athletes are NOT allowed in the reception area with togs on; athletes must be dressed, including shoes. Stairwells, fire exits, and clearways are always to remain clear. No seating is permitted on the bottom row of seats in the Grandstand as this is a clearway.

Evacuation Procedure

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

TECHNICAL OFFICIALS AND VOLUNTEERS

Swimming Otago 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 the Swimming NZ approval criteria.

Notice of Availability

The duty Form is accessible via our event page or by clicking [here](#). All positions are to be filled by the closing date of entries.

Meeting

Officials meeting will be held 15 minutes before the commencement of each session, behind the Recorder's office.

General Information

Bring your water bottle and wear a dark colour top or regional shirt (if available).

Eligibility Criteria

This championship is open to all registered and international athletes who meet the clearance conditions and the competition criteria.

International Clearance Conditions

International athletes and teams must supply a letter of clearance from their National Swimming Federation. Clearances must be submitted to Swimming Otago before the entry closing date.

Athletes Age

Age as of December 31, 2022.

- Athletes are not permitted to 'swim up' an age.
- The age groups at these Championships are 10 years & under, 11 years and 12 years.
- The age grouping for Para athletes is 12 years & under, multi-class.

Qualification Criteria

The qualifying period is from March 1, 2021, to March 12, 2023.

- All athletes shall only enter qualified events.
- The qualifying times are 50m long course times; converted times are permitted.

- Individual entry times are to be generated by the Swimming NZ Database from designated or development competitions.
- Para athletes are not required to meet the qualifying times BUT must have a valid entry time (NT will not be accepted).

Entries

All entries must be completed online via Fast Lane or the Swimming NZ Database. International swimmers/teams are to contact Swimming Otago.

Individual entries close at 11:59pm on Monday, March 13.

Relay entries close at 11:59pm on Tuesday, March 14.

Individual entries per event	\$11.00
Athlete Surcharge Fee (<i>non-refundable</i>)	\$6.00
Relay entries per team	\$16.00

- Late entries will not be accepted.
- Swimming Otago will invoice clubs with outstanding fees once the final psych sheets are published.
- There are **no Refunds** for any withdrawals after the publication of the final Psych Sheets. However, consideration may be given when a signed medical certificate is provided before the commencement of the competition.

Para Athletes

There are no qualifying times for Para events, but a valid entry time must be submitted with all entries.

Para athletes are to enter via email, providing the event name and number, entry time, their Meet Manager ID, or Swimming NZ membership number.

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 to the top three athletes based on the percentage comparison between the Para athlete's time and the Para World Record for each classification.

Self-Marshalling

Self-marshalling will be in place for these Championships. Athletes are asked to prepare in the marshalling area located in the Grandstand at the start end of the main pool four heats before their heat. For all 50m heats, athletes should Marshall six heats ahead of their own. The session programme will be available for athletes to view.

Entry List

The draft entry list will be provided to all competitors via email. Entries must be checked thoroughly, and any discrepancies are to be notified to Swimming Otago by 8:00pm, Wednesday, December 7. The final Psych Sheets and Team Entry Lists will be published on our event page the following day.

Timeline

The draft timeline will be provided to all competitors, and the final timeline will be included in the competition programme.

Competition Programme

The competition programme will be published on the event page by 5:00pm on Thursday, March 16.

Rewards and Points

Individual events: Medals are awarded to the first three placegetters and ribbons for placings four to eight for all age groups.

Relay events: Ribbons are awarded to the first three teams.

Para athletes will be awarded medals for the top three placegetters and ribbons for placings four through to eight for all individual events.

- Rewards and points will not be awarded to athletes who do not achieve the qualifying time.
- Trophies and Cups will be awarded as per the criteria found [here](#).

GENERAL COMPETITION INFORMATION

Swimming NZ rules, regulations, and policies will apply with the following exceptions at these Championships

- All individual events will swim as single-gender, open-timed finals.
- Results for all individual events will be shown by age group; 10 years & under, 11 years and 12 years.

Relay Events

Athletes must have entered at least one individual event to be eligible.

Mixed relay teams must consist of 2 males & 2 females OR 1 male & 3 females OR 1 female & 3 males, and all team members must be affiliated with the same club.

Withdrawals

For all sessions, the Recorder must be notified of a withdrawal no later than 30 minutes before the start of the session in which the event will swim.

- Any withdrawals submitted after this schedule will be subject to Swimming NZ, Withdraws and Protests, [Policy 008](#).

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 \$50.00 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 Appeals, whose decision shall be final. If the protest is rejected, the deposit will be forfeited to Swimming Otago.
- If the protest is upheld, the deposit will be returned.

Presentation Ceremonies (*subject to volunteer availability*)

The Session Timeline will include the ceremony schedule, and every endeavour will be made to run as timetabled.

- Presentation ceremonies are subject to volunteer availability.
- Substitutes may be used if an athlete is marshalling; however, they must be of the same gender.
- No caps, goggles, or towels (wrapped around the waist) are to be worn.
- Athletes must advise the presentation official that they are present.

GENERAL ATHLETE INFORMATION

Session Times

Session 1 – warmup at 8:30pm, racing from 9:15am

Session 2 – warmup at 1:30pm, racing from 2:15pm

Session 3 – warmup at 8:30pm, racing from 9:15am

Session 4 – warmup at 1:30pm, racing from 2:15pm

Strapping

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

Seating Plan

The seating plan will be published on our event page.

- Coaches can choose to utilise the designated coach's area on the pool deck; however, no athlete, manager or coach is to stand or sit outside the coach's area during the competition sessions.
- Team Managers are asked to ensure athletes do not procure additional seats.
- No seating is permitted on the bottom row of seats as this is a clearway.

Warmup Procedure

Warmup commences forty-five (45) minutes before the start of each session and is to be conducted under the consultation and guidance of all coaches.

- Lane 8 is reserved for para-athletes only.
- Backstroke start devices will be available during each warmup period.

Only during the competition session will lane 1 in the dive/lap pool be available for warmup/down.

TEAM MANAGEMENT INFORMATION

Club Boxes are located at the back of the Recorders Office, accessible via the back corridor.

Coaches and Team Manager Accreditation

The Coaches and Managers Form must be completed via the Swimming NZ database by Friday, March 17. 'How to Guide' can be found [here](#).

- All coaches and team managers MUST be police vetted with results accessible within the Swimming NZ Database.

Meeting

The Team Managers meeting will be held on Saturday, March 18, behind the Recorders office, at 8:45am. 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 representative, named on the accreditation form, at the meeting to ensure all information can be delivered back to the team.

Disqualifications

Disqualifications will be announced when possible, and a copy of the disqualification form will be put in the club box.

Results

Results will be posted on the glass windows at the shallow end of the main pool, below the Grandstand.

- Swimming Otago will have live results via Meet Mobile.
- Session results will be published on the event page after each session.

Event Forms

Relay and Withdrawal forms are available near Club boxes.

Timelines

Timelines will be included in the Competition Programme. Times shown are approximate, and races may start before or after the times indicated.

KEY DATE REMINDERS	
March 13 at 11:59pm	Individual Entries Close Duty Form Closes
March 14 at 11:59pm	Relay Entries Close
March 15 at 8:00pm	Submit Psych Sheet Corrections
March 17	Coaches and Managers Form Due Available to view/print the Competition Programme & Roster
March 18 from 8:30am	Warmup starts Managers Meeting at 8:45am Officials Meeting at 9:00am



Otago

JUNIOR LONG COURSE

CHAMPIONSHIPS

QUALIFICATION

TIMES



	10 years & under	11 years	12 years		10 years & under	11 years	12 years	
	FEMALE (50M)	49.87	44.65	42.78	50 Free	48.82	44.07	
1:45.24		1:33.02	1:26.56	100 Free	1:38.53	1:31.87	1:27.49	
3:31.56		3:03.47	2:54.25	200 Free	3:18.16	3:04.34	2:51.03	
		6:04.64	5:45.95	400 Free		6:16.63	5:45.89	
		12:38.41	11:15.41	800 Free		12:45.79	12:06.43	
		24:29.04	22:24.60	1500 Free		26:51.13	23:04.74	
58.25		52.64	51.20	50 Back	56.72	52.44	50.39	
1:57.35		1:44.50	1:42.19	100 Back	1:55.35	1:43.71	1:37.50	
3:51.83		3:33.71	3:18.95	200 Back	3:57.98	3:26.67	3:10.33	
1:06.04		57.62	53.83	50 Breast	1:06.12	57.75	53.76	
2:14.88		1:58.96	1:51.34	100 Breast	2:13.14	2:01.31	1:52.28	
4:26.41		3:55.82	3:37.66	200 Breast	4:39.01	3:56.65	3:44.30	
55.39		50.37	47.49	50 Fly	54.06	48.99	46.31	
2:08.18		1:47.30	1:38.67	100 Fly	1:53.08	1:40.63	1:32.22	
		3:46.75	3:22.84	200 Fly		3:34.66	3:20.30	
3:58.36		3:38.53	3:14.52	200 IM	3:54.37	3:31.42	3:11.88	
	7:13.09	6:47.90	400 IM		7:24.16	6:58.91		

Qualifying period: 1st March 2021 to 12th March 2023

Entry times must have been achieved at a Designated or Development Meet and be accessible in the Swimming NZ Results database.



<p align="center">Saturday, March 18 - Session 1 Warm-up from 8.30am Racing from 9.15am</p>	<p align="center">Saturday, March 18 - Session 2 Warm-up from 1.30pm Racing from 2.15pm</p>
<ol style="list-style-type: none"> 1. Male 200 Butterfly – 11yrs & over 2. Female 200 Butterfly – 11yrs & over 3. Male 100 Backstroke 4. Female 100 Backstroke 5. Male 200 Freestyle 6. Female 200 Freestyle 7. Male 50 Butterfly 8. Female 50 Butterfly 9. Male 400 Individual Medley – 11yrs & over 10. Female 400 Individual Medley – 11yrs & over 	<ol style="list-style-type: none"> 11. Female 100 Freestyle 12. Male 100 Freestyle 13. Female 50 Breaststroke 14. Male 50 Breaststroke 15. Female 800 Freestyle – 11yrs & over 16. Male 800 Freestyle – 11yrs & over 17. Female 200 Backstroke 18. Male 200 Backstroke 19. Female 4 x 100 Freestyle Relay 20. Male 4 x 100 Freestyle Relay 21. Mixed 4 x 100 Medley Relay

<p align="center">Sunday, March 19 - Session 3 Warm-up from 8.30am Racing from 9.15am</p>	<p align="center">Sunday, March 19 - Session 4 Warm-up from 1.30pm Racing from 2.15pm</p>
<ol style="list-style-type: none"> 22. Male 100 Butterfly 23. Female 100 Butterfly 24. Male 50 Backstroke 25. Female 50 Backstroke 26. Male 1500 Freestyle – 11yrs & over 27. Female 1500 Freestyle – 11yrs & over 28. Male 100 Breaststroke 29. Female 100 Breaststroke 30. Male 200 Individual Medley 31. Female 200 Individual Medley 	<ol style="list-style-type: none"> 32. Female 400 Freestyle – 11yrs & over 33. Male 400 Freestyle – 11yrs & over 34. Female 200 Breaststroke 35. Male 200 Breaststroke 36. Female 50 Freestyle 37. Male 50 Freestyle 38. Female 4 x 100 Medley Relay 39. Male 4 x 100 Medley Relay 40. Mixed 4 x 100 Freestyle Relay

Session start times are subject to change.