



20 OTAGO 22 LONG COURSE CHAMPIONSHIPS

19-20 MARCH | MOANA POOL, DUNEDIN

MEET PROGRAMME

CHECK US OUT
@SWIMMINGOTAGO



OTAGO.SWIMMING.ORG.NZ

2022 LONG COURSE CHAMPIONSHIPS



MEET INFORMATION

COVID-19 PROTOCOLS

- At entry, scan the NZ COVID-19 Tracer App or complete the manual record.
- At entry, present your My Vaccine Pass for verification when aged 12 years and 3 months or older.
- **Face masks MUST be worn at all times, except when swimming.**
- Physical distancing is not a requirement but encouraged wherever possible.
- NO intermingling between pods for the duration of the competition.
- NO congregating on the pool deck at any time during the competition.
- Wash and dry your hands or use hand sanitiser regularly.
- Abide by any other directives from the venue staff.
- **NO spectators will be permitted access to the facility.**

In attending the event I acknowledge that, should I:

- Test positive for COVID-19, or
- Be classed a household contact of a COVID-19 case, or
- Display symptoms of COVID-19, or
- Be waiting on results from a COVID-19 test,

before, during, or after the competition, I will contact the event organiser immediately, and withdraw from the event whilst following the government guidelines.

In entering this competition, I acknowledge that the competition is subject to the restrictions imposed under the COVID-19 Protection Framework at the time of the event. If such restrictions change in the lead up or during the competition, I acknowledge that this event may be cancelled.

Stay home if you are unwell and call your doctor or Healthline on 0800 358 5453 for further advice.

Subject to change dependent on the restrictions in place at the time of, and during, the competition.

FACILITY HEALTH AND SAFETY GUIDELINES

Supervision Policy: Athletes under ten years MUST pick up a yellow band found in the bin next to the foyer area. These bands CAN be removed for racing but MUST be worn at all other times. Athletes can make their own way to the start blocks and return to their seat in the grandstand.

Pool Deck: During the competition, only essential personnel (Technical Officials and Timekeepers) and Para athletes (within their designated area) are allowed on the pool deck.

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 will NOT be allowed in the reception area with swimwear on, athletes must be dressed including shoes. Stairwells, fire exits, and clearways are to always remain clear. No seating is permitted on the bottom row of seats, this is a clearway for athletes.

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

POD CHANGEOVERS

- There is to be NO intermingling between pods for the duration of the competition.
- Athletes, coaches, and team managers are asked to **exit the 'Event Arena' promptly at the completion of their session.**
- Pod A will always enter and exit the facility via the main entrance.
- **Pod B will always enter the facility using the staircase located at the back of the venue** and exit through the main reception area.

OFFICIALS AND TIMEKEEPERS

Thank you for volunteering your time at this competition. Swimming Otago, along with all the athletes, appreciate your commitment in making this competition a success.

- A meeting will be held 15 minutes prior to the start of every session in the Recorders Office.
- Remember to bring your own water bottle.

ATHLETE, COACH AND TEAM MANAGER INFORMATION

Seating

- **No athlete, manager or coach is to stand and/or sit on the pool deck during the competition sessions. The only exception are the Para athletes who are to remain in their designated area.**
- See the seating plan. The designated area for athletes, coaches and managers allows for social distancing.
- No seating is permitted on the bottom row of seats, this is a clearway.

Warm Up/Down Procedure

- Warm up is to be conducted under the consultation and guidance of all coaches.
- Warm up commences forty-five (45) minutes prior to the start of each pod's session.
- **There are NO warmup/down lanes available during the competition due to the 'Events in Red' restrictions.**

Self-Marshalling

- Athletes are expected to marshal only two (2) races prior to theirs, near the old dive pool on the pool deck.
- A programme will be available for the athletes to double check their heat and lanes number.

Team Manager Meeting

A Team Manager meeting will be held on Saturday, behind the Recorders Office in the back corridor, during each pods warmup:

- **Pod A Team Managers will meet at 7:45 am**
- **Pod B Team Managers will meet at 10:15 am**

Each club must have a representative at the meeting to ensure all information is delivered back to the team. Team Managers will be given a brief run-down of meet activities, expectations of athletes and clubs, as well as the general delivery of the event.

Meet Programmes

NO Programmes will be available at this competition, print or download to your device and bring it to the pool with you.

Club Boxes

Can be found at the back of the Recorders Office, accessible via the back corridor.

Scratching

- All scratchings must be delivered to the Recorder by the completion of the session prior to said event being raced. For example, if you wish to scratch an event from session three, you must deliver this scratching to the Recorder by the end of session two.
- 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.

Results

- Results will be posted as soon as possible, behind the Recorders office.
- Meet Mobile will be activated however be aware event placings will not be correct on this platform as the results from both Pods must be consolidated before placings can be confirmed.
- Pod and consolidated results will be published on the event page at the conclusion of each session.

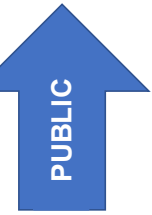
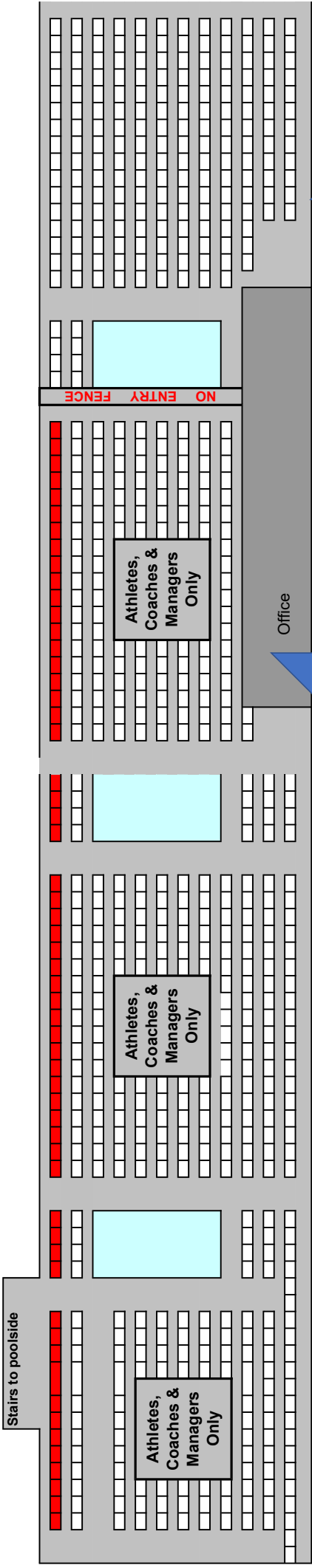
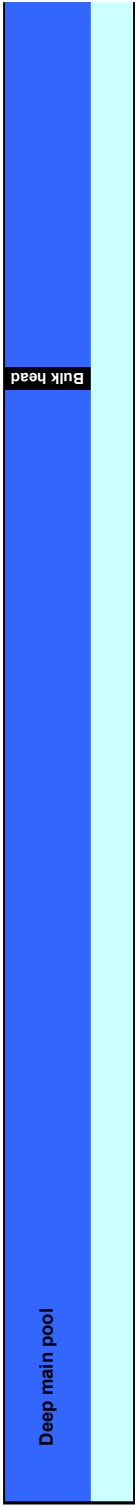
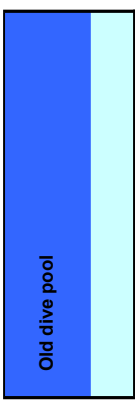
Medals & Trophies

- Medals and Trophies will be available for pick up, by team managers, from the completion of all pod B sessions.

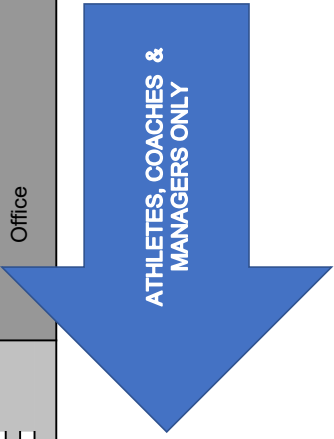
Moana Pool Gallery Seating Plan

Key:  Seats  No sitting  Pool  Access to corridor

PARA ATHLETES AND SUPPORT PERSONAL SEATING



Main stairwell from reception





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POD A CLUBS
CROMWELL
DARGAVILLE
NEPTUNE
NORTHWAVE
OAMARU
PORT CHALMERS
QUEENSTOWN
ST PETERS
WHARENUI



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POD B CLUBS

ALEXANDRA

BLUFF

HOKONUI

KIWI

MT MAUNGANUI

MURHIKU

ORCA

PIRATES

TIMARU

TAIERI

TBSS

VIKINGS

WANAKA

WAVERLEY

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EVENT SCHEDULE



Saturday Morning		Venue Access and Warmup from	7:30 am	Saturday Afternoon		Venue Access and Warmup from	1:15 pm
1	Men 100 Butterfly	9	7:45 am	11	Men 100 Backstroke	12	2:00 pm
2	Women 100 Butterfly	15	8:15 am	12	Women 100 Backstroke	23	2:06 pm
3	Men 200 Breaststroke	6	8:20 am	13	Men 11 & Over 200 Butterfly	2	2:13 pm
4	Women 200 Breaststroke	8	8:25 am	14	Women 11 & Over 200 Butterfly	5	2:17 pm
905	Mixed 13 & Over 1500 Freestyle	3	8:30 am	15	Men 400 Freestyle	10	2:21 pm
10 Minute Break				10 Minute Break			
7	Men 50 Backstroke	14	9:06 am	16	Women 400 Freestyle	13	2:45 pm
8	Women 50 Backstroke	24	9:09 am	17	Men 50 Breaststroke	15	2:58 pm
9	Men 200 IM	16	9:15 am	18	Women 50 Breaststroke	27	3:01 pm
10	Women 200 IM	17	9:23 am	19	Men 4x100 Freestyle Relay	2	3:08 pm
	Swimmers Counts for Warm-ups: 72	====		20	Women 4x100 Freestyle Relay	5	3:13 pm
	Entry / Heat Totals:	112	9:35 am		Swimmers Counts for Warm-ups: 75	====	
	Finish Time	17			Entry / Heat Totals:	114	3:20 pm
					Finish Time	19	



Saturday Morning		Venue Access and Warmup from	10:00 am	Saturday Afternoon		Venue Access and Warmup from	3:45 pm
101	Men 100 Butterfly	7	10:15 am	111	Men 100 Backstroke	14	4:30 pm
102	Women 100 Butterfly	9	10:45 am	112	Women 100 Backstroke	19	4:36 pm
103	Men 200 Breaststroke	11	10:48 am	913	Mixed 11 & Over 200 Butterfly	2	4:43 pm
104	Women 200 Breaststroke	11	10:53 am	115	Men 400 Freestyle	3	4:47 pm
105	Men 13 & Over 1500 Freestyle	0	11:01 am				
			11:10 am	10 Minute Break			
106	Women 13 & Over 1500 Freestyle	0	11:20 am	116	Women 400 Freestyle	4	5:02 pm
107	Men 50 Backstroke	15	11:20 am	117	Men 50 Breaststroke	21	5:09 pm
108	Women 50 Backstroke	21	11:20 am	118	Women 50 Breaststroke	24	5:14 pm
109	Men 200 IM	11	11:24 am	119	Men 4x100 Freestyle Relay	3	5:19 pm
110	Women 200 IM	11	11:29 am	120	Women 4x100 Freestyle Relay	2	5:24 pm
	Swimmers Counts for Warm-ups: 61	15	11:37 am		Swimmers Counts for Warm-ups: 65	====	
	Entry / Heat Totals:	====			Entry / Heat Totals:	92	5:30 pm
	Finish Time	16	11:45 am		Finish Time	16	



Note: Pod B are to enter the facility via the outside stairs located at the back of the facility