

SWIMMING WAIKATO SUMMER LONG COURSE

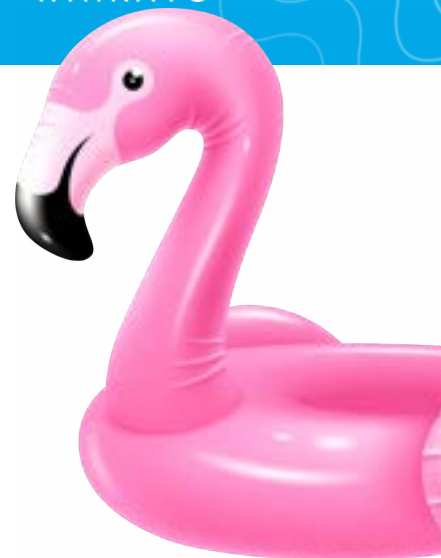


SWIMMING WAIKATO SUMMER LONG COURSE

Venue: Waterworld Aquatics Centre, Hamilton

Date: 28-29 Nov 2026

Long Course (50m)



Saturday 28 November

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

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

Session 3: Warm up— 15:30. Racing starts 16:30pm (13+)

Sunday 29 November

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

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

Session 6: Warm up— 15:30. Racing starts 16:30pm (13+)

Session times are a guidance and may alter once all entries are in and session timelines are reported.

We will endeavor to keep everyone informed ahead of time.

MEET RATIONALE – 13+ Sessions will be an 'Officiated Meet', the 12/U Sessions will be a 'non-officiated' Development Meet as set-out by Swimming New Zealand's Competition Restructure.

All events will be timed finals which will allow for swimmers to target the events they choose without the weight of doubling up for finals. 13+ swimmers this meet will also be a qualifying opportunity and 'Hit Out' for the upcoming New Zealand National Championships (Age & Open).

Original: 14/12/2025

Revised - 14 /01/2026

Revised - 10/02/2026

Revised - 16/09/2026

Swimming Waikato takes seriously, the Health and Safety of its members and all those involved in Swimming Waikato Events, we therefore ask that you familiarize yourselves with our H&S guidelines and protocols prior to attending. Please check the Swimming Waikato calendar to ensure you have the most up to date version.



SWIMMING WAIKATO FUNDERS & SUPPORTERS



JOIN OUR FAMILY OF FUNDERS & SUPPORTERS

Help us to 'Get Waikato Swimming' by supporting our swimming programs and initiatives for the benefit of our regional swimming community.

Swimming Waikato is a registered charity under the Charities Act 2005



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Swimming
WAIKATO

SESSION SCHEDULE - DAY 1

SATURDAY SESSION 1 (13yrs+)

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 - Top 16
10	1500m	Freestyle	Male	13+	Timed Final - Top 16

SATURDAY SESSION 2 (12/U)

Event	Distance	Stroke	Gender	Age	Event Type
1	100m	Breaststroke	Mixed	12 & U	Timed Final
2	200m	IM	Mixed	12 & U	Timed Final
3	50m	Butterfly	Mixed	12 & U	Timed Final
4	200m	Backstroke	Mixed	12 & U	Timed Final
5	100m	Freestyle	Mixed	12 & U	Timed Final
6	50m	Backstroke	Mixed	12 & U	Timed Final
7	4 x 50m Relay	IM	MALE	12 & U	Timed Final
8	4 x 50m Relay	IM	FEMALE	12 & U	Timed Final

SATURDAY SESSION 3

Event	Distance	Stroke	Gender	Age	Event Type
11	4 x 100m Relay	Freestyle	MIXED	13+	Timed Final
12	100m	Backstroke	Female	13+	Timed Final
13	100m	Backstroke	Male	13+	Timed Final
14	50m	Breaststroke	Female	13+	Timed Final
15	50m	Breaststroke	Male	13+	Timed Final
16	100m	Butterfly	Female	13+	Timed Final
17	100m	Butterfly	Male	13+	Timed Final
18	50m	Freestyle	Female	13+	Timed Final
19	50m	Freestyle	Male	13+	Timed Final

SUNDAY SESSION 4 (13yrs+)

Event	Distance	Stroke	Gender	Age	Event Type
20	400m	IM	Female	13+	Timed Final
21	400m	IM	Male	13+	Timed Final
22	200m	Freestyle	Female	13+	Timed Final
23	200m	Freestyle	Male	13+	Timed Final
24	200m	Butterfly	Female	13+	Timed Final
25	200m	Butterfly	Male	13+	Timed Final
26	800m	Freestyle	Female	13+	Timed Final - Top 16
27	800m	Freestyle	Male	13+	Timed Final - Top 16

SUNDAY SESSION 5 (12/U)

Event	Distance	Stroke	Gender	Age	Event Type
9	50m	Freestyle	Mixed	12 & U	Timed Final
10	100m	Butterfly	Mixed	12 & U	Timed Final
11	200m	Breaststroke	Mixed	12 & U	Timed Final
12	100m	Backstroke	Mixed	12 & U	Timed Final
13	200m	Freestyle	Mixed	12 & U	Timed Final
14	50m	Breaststroke	Mixed	12 & U	Timed Final
15	4 x 50m Relay	Freestyle	MALE	12 & U	Timed Final
16	4 x 50m Relay	Freestyle	FEMALE	12 & U	Timed Final

SUNDAY SESSION 6 (13yrs+)

Event	Distance	Stroke	Gender	Age	Event Type
28	4 x 50m Relay	IM	MIXED	13+	Timed Final
29	100m	Freestyle	Female	13+	Timed Final
30	100m	Freestyle	Male	13+	Timed Final
31	50m	Backstroke	Female	13+	Timed Final
32	50m	Backstroke	Male	13+	Timed Final
33	50m	Butterfly	Female	13+	Timed Final
34	50m	Butterfly	Male	13+	Timed Final
35	100m	Breaststroke	Female	13+	Timed Final
36	100m	Breaststroke	Male	13+	Timed Final

SWIMMING WAIKATO

SUMMER LONG COURSE

ENTRY PROCESS

Entry Fee: \$ 14.50

Entries for Individual events will be online through [FASTLANE](#) on the SNZ membership database.

Online entries close - Thursday 19th November

Late Entries

- Late entries subject to space.
- 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 Kaye-Marie McCaskill-Day swentries@gmail.com

Event cancellation may occur in the event of a circumstance outside of Swimming Waikato's control, such as a force majeure event or a government/facility-imposed restriction(s), that impacts our ability to deliver the event. If the event has not commenced and is cancelled more than 10 days prior to starting, the participant will receive a full refund. If the event is cancelled within 10 days of commencing, or has commenced, the participant may receive a partial refund at the sole discretion of Swimming Waikato. The level of refund shall be determined by considering the costs already incurred by Swimming Waikato which cannot be recouped.

This is a living document and amendments may be made. The information in this booklet is correct at the time of publishing. Swimming Waikato will not be held liable for any costs and expenses incurred by any person following changes to the information outlined in this booklet. Swimming Waikato reserve the right to use discretion and make judgements to the contents and rules outlined in this document.

MEET CONDITIONS

- **Technical Director - Sandra Sutcliffe**
- This event is for 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 **WORLD AQUATICS** (formally FINA) **Rules**', except where local meet rules and conditions apply.
- Please note that the 12/u sessions will be run as a Development Meet (DM). Times achieved will be valid for entry to Regional, Zonal and Club meets.
- Age as at First day of meet – 28 November 2026
- All events will be timed finals which will allow for swimmers to target the events they choose without the weight of doubling up for finals. 13+ swimmers this meet will also be a qualifying opportunity and 'Hit Out' for the upcoming New Zealand National Championships (Age & Open).
- There is no qualifying period for this meet.
- Entry times long course. Times may be converted from short course times. Conversion calculator
- "NO TIME" will not be accepted.
- All participants must agree to comply with the Sports Anti-Doping Rules.
- 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.
- 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 medical practitioner or physiotherapist and be reviewed by the Technical Director prior to swimming. Any swimmers without such documentation will not be permitted to swim.
- 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.
- 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

SCRATCHINGS / WITHDRAWALS

- Any competitor who fails to notify the meet recorder of their intention to scratch from their race(s) will pay without excuse to Swimming Waikato a \$50.00 penalty fee. Applies to all swimmers.
- 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 the original DQ forms will be available at the announcer's desk. Team managers and coaches may view the forms and take a photo for their records. We can provide a copy on request.

800 AND 1500 FREESTYLE EVENT

- Anyone who enters the 800 & 1500 Freestyle events must supply a timekeeper and a lap counter to assist.

ADDITIONAL COMPETITION INFORMATION

- Reseeding may be done at the discretion of the Technical Director.
- Over the top starts will apply for all races
- 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 for 12 and under sessions only
- 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.

THE 12 AND UNDER SESSIONS OF THE MEET ARE RUN AS A DEVELOPMENT MEET

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- Entry into the pool for backstroke events will be feet first. No swim back permitted.
- Marshalling for 12 and under sessions only
- 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.

13+ YRS MIXED RELAYS

- All teams must field 2 Female and 2 Male Swimmers in each relay team.

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 program, 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.

RESULTS

- Results will be available on both the MyTogs & MeetMobile Apps when internet allows.
- Session results will also be made available on the homepage of the Swimming Waikato website.

OFFICIALS

- As per Swimming New Zealand regulations, there is a minimum number of qualified 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 qualified officials for the 13+ sessions are not forthcoming, the results from the meet will be unapproved.

COACH & TEAM MANAGERS

The Google Form below allows clubs to provide the names of their Coach and Team Manager to Swimming Waikato Team so that we can manage their entry into the meet venue. If this is not completed, access will not be permitted.

[2026 Swimming Waikato Summer Long Course Volunteers Form](#)

CODE OF CONDUCT

This Code of Conduct applies to all Swimming Waikato Members and persons participating in and/or connected to Swimming Waikato activities. This Code outlines your rights and responsibilities. Whatever your role or your ability, you should encourage others to follow it and recognize that you have a duty of care to all Swimming Waikato members. There is an expectation that as a member of Swimming Waikato (as a Swimmer, Parent / Caregiver, Coach, Technical Official, Team Manager, Team Member, Committee Member, Volunteer or affiliated Club), you will have agreed to abide by the terms of Swimming Waikato's Code of Conduct.

[Code of Conduct](#)

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

This meet may include a sequence of flashing lights that may affect those who are susceptible to photosensitive epilepsy or other photo sensitivities.

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.
1. Side door - assemble opposite the bike racks towards the front of the building.
 2. Lido door - assemble out towards the boundary fence.
 3. 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.
- Please leave the pool in a tidy state by properly disposing of all litter; please recycle where possible.

