

SOUTHLAND LONG COURSE CHAMPIONSHIPS

Splash Palace / 2nd - 3rd December 2023



Important Dates

Individual Entry per Event	\$10	Closes 11:59pm Sunday 26th November
Relay Entry per Team per Event	\$15	Closes 11:59am Monday 27th November
Meet Surcharge per Athlete	\$5	
Psych Sheets emailed to competitors	Monday 27th November	
Changes to Psych Sheets due	Wednesday 29th November	
Meet Program, Session Timetable Published	Thursday 30th November	
Team Manager Form Closes	Friday 1st December	
Session 1 Warmup Starts	1:30pm Saturday 2nd December	
Session 2 Warmup Starts	8:30am Sunday 3rd December	

Entry Eligibility & Criteria

This meet will be swum under SNZ regulations with specific conditions & criteria

Open to all swimmers who are registered financial Competitive Swimmers with Swimming New Zealand

All participants must agree to comply with the Sports Anti-Doping rules

All entries are to be submitted online via Fastlane

Age as at 2nd December 2023

Age groups will be 9 & under, 10 - 11 years, 12 - 13 years, 14 - 15 years, 16 years & over (except for distance events)

800m & 1500m Freestyle event age groups are 12 - 13 years, 14 - 15 years and 16 years & over

200m Butterfly, 400m IM and 400m Freestyle event age groups are 10 - 11 years, 12 - 13 years, 14 - 15 years and 16 years & over

Qualifying times are 50 metre (LC) times, however converted times are accepted, no coaches times will be accepted

Over the top starts may be used

All events will be run as timed finals

Photographs taken during the meet may be used by Swimming Southland– please make the Regional Administrator aware if you do not wish for a photograph to be used – admin@swimsouthland.org.nz

For further meet information check out our website www.swimsouthland.org.nz

Southland Long Course 2023 Meet Schedule

Session 1 Saturday 2nd December Warm up: 1:30pm / Start 2:30pm		Session 2 Sunday 3rd December Warm up: 8:30am / Start 9:30am	
Event		Event	
1	12 & U 200m Medley Relay	19	Mixed 400m Freestyle
2	13 & O 200m Medley Relay	20	Male 50m Backstroke
3	Mixed 800m Freestyle	21	Female 50m Backstroke
4	Male 100m Backstroke	22	Male 100m Butterfly
5	Female 100m Backstroke	23	Female 100m Butterfly
6	Male 50m Freestyle	24	Mixed 1500 Freestyle
7	Female 50m Freestyle	25	Male 200m Backstroke
8	Male 200m Breaststroke	26	Female 200m Backstroke
9	Female 200m Breaststroke	<i>Presentations for events 19 to 26</i>	
<i>Presentations for events 1 to 9</i>		27	Male 50m Breaststroke
10	Male 50m Butterfly	28	Female 50m Breaststroke
11	Female 50m Butterfly	29	Mixed 200m Butterfly
12	Mixed 400m Medley	30	Male 100m Freestyle
13	Male 200m Freestyle	31	Female 100m Freestyle
14	Female 200m Freestyle	32	Male 200m Medley
15	Male 100m Breaststroke	33	Female 200m Medley
16	Female 100m Breaststroke	34	Flying Squadron 400m Freestyle Relay
17	Mixed 12 & U 200m Freestyle Relay	<i>Presentations for events 27 to 33</i>	
18	Mixed 13 & O 200m Freestyle Relay		
<i>Presentations for events 10 to 18</i>			

Individual Events

Medals will be awarded to the first three Southland place-getters

Visitors will be awarded medals when gaining 1st, 2nd or 3rd

Finalist ribbons will be awarded from 4th to 8th place

Relay Events

Medals are awarded to the first three teams in each event (except event #34)

No Swimming Southland Championship points will be awarded for relay events

Relay teams must be submitted via Swimming NZ Database prior to relay entries closing

Teams are to be mixed and comprise of no fewer than two female swimmers, this rule does not apply to the Flying Squadron event

Any swimmer who swims up in a higher age group, must remain in that category throughout the relay events

Murihiku Anniversary Trophy will be awarded to the Southland club gaining the most relay points

Campers Memorial Shield will be awarded to the winning Southland club team in event 34 Flying Squadron 4 x 100m Freestyle

Martin Cup will be awarded to the Southland Club gaining the most points at the Championships

Points to be awarded as follows: 1st = 10, 2nd = 8, 3rd = 6, 4th = 5, 5th = 4, 6th = 3, 7th = 2, 8th = 1

Coaches & Team Managers - Team Manager & Coaches form must be completed on the Swimming NZ Database by Friday, 1st December 2023. All Coaches & Team Managers must be police vetted through Swimming NZ.

Disqualifications - all disqualification forms issued can be picked up from the control room

Marshalling - Marshalling is dependent on and, therefore, is subject to volunteer availability. An update will be provided at the Team Manager's meeting

Meet Programme - no meet programmes will be available at the competition, print your own prior to meet

Presentation Ceremonies - medal ceremonies are to take place throughout meet, please check session timelines for details, ribbons will be available from the ribbon table throughout the meet, swimmers to collect.

Para - we welcome Para swimmers to take part, no qualification times but the swimmer must have a time for the event they wish to swim. They will be seeded among all the entered swimmers.

Protests - must be submitted to the Referee, in writing, on the protest form by the team manager within 30 minutes following the conclusion of the respective event and must be accompanied by a \$50.00 protest fee, in cash. If the Referee rejects the protest, they must state the reasons for their decision.

Results - will be posted on the windows, beside the pool exit, Meet Mobile will be updated during the competition when racing allows and the session results will be published on the event page at the conclusion of the event

Records - Swimming Southland rules allow records to be broken in mixed events, if you are from another region please check the rules of your local region.

Seating Plan - there will be no seating plan, team managers are to ensure athletes do not use more seats than the team requires; there is enough seating for everyone. Spectators are asked to sit at the shallow half end of the pool. No spectators are to sit with the swimmers.

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

Technical Officials, Timekeepers & Volunteers - please complete the duty form <http://tiny.cc/z0dcvz>, by Wed 29th November

Warm-up Procedure - commences 45 minutes before the start of each session and is to be conducted under the guidance of a coach. There will be a 15 minute period between the end of warm-up and the commencement of racing to allow for testing of timing equipment.

Withdrawals - must be made to the control room within 30 minutes of the session starting time for the event concerned. No refunds for any withdrawals will be given once the changes to the psych sheets close.