

GISBORNE LONG COURSE MEET

1st – 3rd MARCH 2024

KIWI POOL GISBORNE

50 M POOL

*A DESIGNATED MEET FOR COMPETITIVE SWIMMERS AGED 12 YEARS
AND OVER TO COME AND RACE FAST IN THE NEW KIWA POOL
LEADING UP TO THE NATIONAL LONG COURSE MEETS*

VISITORS MOST WELCOME – COME AND RACE FAST IN OUR NEW 50M POOL

50M EVENTS – ALL SWIMMERS RACE 3 ROUNDS

100M AND 200M EVENTS – A, B AND C FINALS (NUMBER DEPENDENT)

400M, 800M AND 1500M EVENTS – TIMED FINALS

FRIDAY SESSION ONE	SATURDAY AM SESSION TWO	SATURDAY PM SESSION THREE	SUNDAY AM SESSION FOUR	SUNDAY SESSION FIVE
Warm Up – 3.30pm Start – 4.30pm	Warm Up – 7.30am Start – 8.30am	Warm Up – 3.30pm Start – 4.30pm	Warm Up – 7.30am Start – 8.30am	Starts approx. 1 hr after Session Four
50 FLY ROUND 1	200 IM HEAT	200 IM FINALS	100 FREE HEAT	200 FLY TIMED FINALS
50 BACK ROUND 1	50 FREE ROUND 2	50 FLY ROUND 2	50 BREAST ROUND 3	100 FREE FINALS
400 IM (TOP 24) TIMED FINALS	100 BREAST HEAT	100 BREAST FINALS	400 FREE TIMED FINALS	50 BACK ROUND 3
50 FREE ROUND 1	200 BACK HEAT	200 BACK FINAL	200 BREAST HEAT	200 BREAST FINALS
800 FREE (TOP 16) TIMED FINAL	1500 FREE (TOP 16) TIMED FINAL	100 FLY FINALS	50 FLY ROUND 3	100 BACK FINALS
50 BREAST ROUND 1	100 FLY HEAT	50 BREAST ROUND 2	100 BACK HEAT	50 FREE ROUND 3
4x50 MED RELAY TIMED FINAL	50 BACK ROUND 2	200 FREE FINALS	4x50 MIXED FREE RELAY TIMED FINAL	
	200 FREE HEAT			
	4x50 FREE RELAY TIMED FINAL			

MEET CONDITIONS AND ENTRY

- ❖ Meet is open to all registered competitive swimmers on the SNZ Database aged **12 years and over** on 1st March 2024.
- ❖ VISITORS ARE MOST WELCOME AND THERE ARE NO VISITOR CONDITIONS.
- ❖ This event will be a **DESIGNATED MEET**.
- ❖ **Age – as at 1st March 2024.**
- ❖ Individual Entry Fee – **50m events - \$11.50. All other events - \$9.50.**
- ❖ **Individual Entries Close – midnight Friday 23rd February 2024.**
- ❖ Relay Entry Fee - **\$15.00 per relay entry. Relay Entries Close – noon Saturday 24th February 2024.**
 - ☐ Late Entries emailed to swimhbp@gmail.com up until noon Saturday 24th February 2024 accepted but will incur an additional late entry fee of \$20 per entry. No other late entries will be accepted.
- ❖ Withdrawing from an event shall not entitle a competitor to an entry fee refund, except in the case where a medical certificate is provided.
- ❖ Long Course Times (Converted Accepted). **Times since 1st March 2023. No times accepted.**
- ❖ The meet will be run under FINA, SNZ and local conditions. The event organisers reserve the right to alter the programme, and session times, and limit entries if required. All participants must adhere to the sports anti-doping rules.
- ❖ Para swimmers will be eligible to compete under IPC Swimming Rules. Para swimmers will be seeded amongst able bodied heats and timed finals, based on entry times.
- ❖ Meet will be swum **Long Course (50m) 8-lane pool**, but the number of lanes could change dependent on entries and officials. Starts are over the top, except for finals.
 - ❖ **There will be NO MARSHALLING – Self marshalling will apply to all events and rounds**
- ❖ Scratchings and Withdrawals
 - ☐ Heats and Round 1 - There is no requirement to scratch but swimmers will not be able to proceed to finals, or further rounds.
 - ☐ Timed Finals - There is no requirement to scratch – swimmers will be a No Show,
 - ☐ Rounds 2 and 3, and Finals – Withdrawals – including alternates - to be advised within 30 mins of heat and the earlier round results being posted.
 - ☐ Any competitor not having withdrawn as required and who does not compete will be deemed a late withdrawal and shall be debarred from competing in their next individual event. When a club team is a late withdrawal, the club shall be debarred from competing in the next team event for which that club has entered.
 - ☐ For medical reasons, a swimmer can scratch up to 15 minutes before a session starts but must scratch for all that session. If taken ill during a session a swimmer must scratch for the rest of that session.
- ❖ Protests must be submitted in writing to the referee by the authorised team manager with a fee of \$50 within 30 minutes following the formal publishing of results.
- ❖ Officials/Timekeepers – All clubs to provide.
- ❖ There will be a Team Managers meeting during warm up before the first session. All clubs to have a team manager attend this meeting, and any other meetings notified by the organising committee.
- ❖ **Enquiries to Sue Hewitt – HBPB Swimming – swimhbp@gmail.com – 027 7280734.**

THIS IS A GOOD SPORTS EVENT



EVENTS AND AWARDS

EVENTS

50m Events - Rounds

All entered swimmers will be able to swim all three rounds.

- Swimmers will be re-seeded at each round.
- Awards to be determined from the fastest time across the 3 rounds.
- Swimmers must swim all 3 rounds to be eligible for awards.

100m and 200m Events (Except 200m Fly) – Heats and Finals

Will be swum as heats and finals with A, B & C Finals - fastest 24 males and 24 females (regardless of age) starting with the 'A' final subject to the following conditions:

- A minimum of 24 swimmers are required in an event for A, B and C finals to be run; otherwise
- The event reverts to an A and B finals requiring a minimum of 16 swimmers; or else
- If less than 16 swimmers only an A final will be run.

200m Fly, 400m, 800m and 1500m Events – Timed Finals

Will be swum as timed finals.

- 400 IM – Top 24 male and female
- 800 Free – Top 16 male and female
- 1500 Free – Top 16 male and female.

AWARDS

Award Rationale and Age Groups

The aim is to reward swimmers on performance and effort, completing the events entered in, and taking the opportunity to race and improve times.

Age Groups for Awards (Medals) – 12-14 years, 15-18 years and Open.

Medals/Awards

Individual Events - Medals for 1st, 2nd, and 3rd

- 50m Events
 - Age Group Medals – Fastest Across 3 Rounds – Age Groups -12-14 years, and 15-18 years.
 - Open Medals – Fastest across 3 Rounds across all age groups.
- 100m and 200m Events (Except 200 Fly)
 - Age Group Medals – Determined from Heat Swims – Age Groups - 12-14 years, and 15-18 years.
 - **Any swimmer that qualifies for an A, B or C Final and does not swim the final will be deemed to have not finished the event and will not be eligible for an award.**
 - Open Medals - For 1st, 2nd and 3rd in the A Final.
- 200m Fly, 400m, 800m and 1500m Events
 - Age Group Medals – Determined from Timed Finals – Age Groups - 12-14 years and 15-18 years
 - Open Medals - Determined from Timed Finals.

Relays - No Medals/Awards