



Session 1: Sunday 3rd August

Warm Up at 9am / Racing at 9:45am

1. 200m Butterfly
2. 50m Backstroke
3. 100m Breaststroke
4. 200m Medley
5. 400m Freestyle
6. 50m Butterfly
7. 200m Breaststroke
8. 100m Freestyle
9. 400m Medley
10. 12 & under – 4 x 50m Medley Club Relay
11. 13 & over – 4 x 100m Medley Club Relay

Session 2: Sunday 3rd August

Warm Up at 1pm / Racing at 1:45pm

12. 50m Freestyle
13. 100m Butterfly
14. 800m Freestyle (swum with 1500m Free)
15. 1500m Freestyle (swum with 800m Free)
16. 100m Medley
17. 200m Backstroke
18. 50m Breaststroke
19. 200m Freestyle
20. 100m Backstroke
21. 12 & under – 4 x 50m Free Club Relay
22. 13 & over – 4 x 100m Free Club Relay

Important Dates / Cost / Times

Individual Entry per Event	\$9	Closes 11:59pm Sunday 27th July
Relay Entry per Event	\$13.50	Closes 11:59am Monday 28th July
Meet Surcharge per Athlete (non-refundable)	\$5	
Psych Sheets emailed to competitors	Monday 28th July	
Changes to Psych Sheets due	Wednesday 30th July	
Program, Session Timetable Published	Friday 1st August	
Team Manager Form Closes	Friday 1st August	
Warmup Starts	9am Sunday 3rd August	

Meet Information

- This meet is being run as a Short Course, mixed-gender, timed finals, with over-the-top starts, swum under Swimming New Zealand rules, polices & regulations
- Warm-up: 40 minutes – Lanes 1 & 8 dive & sprint lanes for the last 15 minutes
- Late entries can be made BUT the entry fee doubles (eg \$18 per event + \$5 Meet Surcharge)
- Swimming Southland will endeavour to obtain the necessary officials to ensure the meet is designated, if there are not enough officials, it will be a development meet
- Normal swimmer fees to enter Splash Palace apply & need to be paid on entry
- NTs are accepted for all 50m and 100m races
- NTs are NOT accepted for 200m, 400m, 800m or 1500m races, you must have a time in the Swimming NZ database
- The afternoon session start time may be changed based on the number of entries (an updated start time will be provided when psych sheets are issued)

- Age is as of 3rd August 2024
- All entries are to be made through Fastlane
- Para Athletes need to advise Swimming Southland of their Classification/s before the meet closes and will be seeded amongst their able-bodied peers, based on their entry times
- Raced as mixed gender, resulted in male & female in each age group - 10 years & under, 11 & 12 years old, 13 & 14 years old, 15 years & over
- All participants agree to comply with the Sports Anti-Doping Rules & in entering this event, athletes agree to allow photographs taken during the meet to be used for any legitimate purpose by Swimming Southland - if you do not wish your photograph to be used email admin@swimsouthland.org.nz
- This competition is open to registered club or competitive financial members of Swimming New Zealand
- Swimming Southland Records can be broken in mixed-gender events, national/other regional records cannot
- The 800m & 1500m events are to be swum together, if you wish to enter both events, entry fees are payable for both events through Fastlane
- Relays are mixed gender & must have at least 1 male & 1 female
- Athletes must be entered in at least one individual event to compete in a Relay

Ribbons

- Ribbons will be placed in team boxes outside of control room (if enough volunteers to assist)
- Individual & Relay Sash Ribbons for 1st, 2nd & 3rd in each age group
- Individual Finalist Ribbons for 4th to 8th placings in each age group

Officials, Volunteers, Coaches & Team Managers

- Clubs may have 1 manager per 10 swimmers & must be entered into the Swimming NZ database
- Coaches/team managers must be police vetted & have accreditation in Swimming NZ database
- Reminder: each club needs to provide 1 official/volunteer per 5 competitors you have at this event
- Be careful in the Grandstand, it can get very slippery, fire exits, & clearways are always to remain clear, if the pool requires evacuation, you will be guided by Splash Palace Pool staff
- **Programs** will not be available at this meet – you must print your own before the meet
- **Marshalling** is dependent on volunteer availability, swimmers must report to marshalling at least five heats before their event
- **Results** will be posted on glass windows near the exit to the cafe
- **Withdrawal** forms are available from the control room, notify us asap if you are withdrawing, there are no penalties, but there will be no refunds after the entries close unless a medical certificate is provided before the meet starts
- **Protests:** must be submitted to the referee in writing on protest form by the team manager within 30 minutes of the conclusion of the respective event & accompanied by a \$100 protest fee. If the referee rejects the protest, they will state the reason for their decision. If the protest is upheld, the deposit will be returned.
- **Race Suit Policy:** Technical / performance race suits for all competitors aged 12 & under are not allowed to be worn in this competition
- **Disqualifications:** will be placed into the club box by the control room
- **Strapping** requires documentation from a physio or health practitioner and must be presented along with the swimmer to the referee before the meet starts
- Can you help on the day? Timekeepers, Officials & Office Personnel - <https://tinyurl.com/SouthlandSC25>