



2025 WELLINGTON LONG COURSE CHAMPIONSHIP

2025 Swimming Wellington Long Course Championships

Friday 5 December - Sunday 7 December 2025

This meet is open to Competitive Swimmers 12 years & over.

Wellington Regional Aquatic Centre

63 Kilbirnie Crescent, Kilbirnie, Wellington 6022

Entries Open: Sunday 2 November 2025

Entries Close: Monday 1 December 2025

Entry Fee: \$14.00

Age As At: 5 December 2025

5 December 2025 Session 1: Doors open 7am. Start 8.20am
Session 2: Doors open 2.30pm. Start 3.50pm

6 December 2025 Session 3: Doors open 7am. Start 8.20am
Session 4: Doors open 2.30pm. Start 3.50pm

7 December 2025 Session 5: Doors open 7am. Start 8.20am
Session 6: Doors open 2.30pm. Start 3.50pm

Contacts:

Events Manager - Kim Hancock

kim@swimwn.co.nz

Technical Director – Brent Harris

RTOP@swimwn.co.nz

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Updated: 10 August 2025

Meet Setup Session Times:

Date/Session	Doors Open	Warm Up	Start
Fri 5 Dec Session 1	7am	7.30 - 8.15am	8.20am
Fri 5 Dec Session 2	2.30pm	3.00 - 3.45pm	3.50pm
Sat 6 Dec Session 3	7am	7.30 - 8.15am	8.20am
Sat 6 Dec Session 4	2.30pm	3.00 - 3.45pm	3.50pm
Sun 7 Dec Session 5	7am	7.30 - 8.15am	8.20am
Sun 7 Dec Session 6	2.30pm	3.00 - 3.45pm	3.50pm

Awards

Wellington Swimmers - The top 3 Wellington swimmers placing in a final event will receive a Gold, Silver or Bronze medal.

Visitors - a maximum of 2 visitor medals will be awarded in any one final event, for placing 1st, 2nd or 3rd.

Ribbons - will be available for collection for swimmers finishing in the top 10 who did not receive a medal.

Medals will be presented throughout the meet. Club uniform tops for medal presentations. Same gender substitutes permitted.

Overall age group awards will be presented for each male and female 12, 13, 14, 15, 16 & 17 & over.

Multi-class medals will be distributed based percentage of the world record calculation. this means that one set of medals will be presented for each respective Multi-Class timed final.

Swimming Wellington Region Top Club Trophy for the Wellington club with the highest points score, includes able bodied and para swimmers. This will be presented at the end of the meet.

Age group points will be earned as 20, 14, 10, 7, 6, 5, 4, 3, 2, 1 for first to tenth inclusive.

Conditions of Entry

1. Meet will be swum long course under SNZ/World uatics rules except where local rules and conditions apply.
2. All events will be swum and scored in the following age groups for both male and female:
50m, 100m, 200m, 400m, 800m & 1500m events: 12, 13, 14, 15, 16, 17 & over. 50m-200m events will be swum as slowest to fastest morning heats with age group evening finals.
400m-1500m events will be swum as timed finals.
800m & 1500m events are restricted to the top 20 male and female swimmers in the following age group (15&U, 16&O).
The top 10 swimmers will progress from heats to finals in any one event.
3. Self-marshalling will operate in the morning sessions. Marshalling will operate in the evening sessions.
4. This meet is open to financial SNZ registered competitive swimmers (including para swimmers) aged 12 & over as at the day of meet. Overseas competitors may compete subject to providing a Travel Authorisation Form/Letter from their national federation.
5. Qualifying times must have been obtained between 1st December 2023 and the entry closing date of 1 December 2025 and be held within SNZ database. Converted times are permissible
6. Entries open at 8.00am on 2nd November 2025, closing at 11:59am on Monday 1st December. Late entries and changes to events entered may be accepted until 5:00pm Tuesday 2nd December on payment of a \$50 late fee as well as the relevant entry fee/s. No entries will accepted after late entries close.
7. Entry fee for each event will be \$14 (GST incl.) Payment must be made at the time of entry via SNZ, using credit or debit card..
8. There will be no refunds for withdrawals after the entries close.
9. Swimming Wellington reserves the right to restrict entries and amend the programme and will not be liable for any loss, damage or injury that may occur at this meet.
10. By entering this meet, swimmers agree to allow images (e.g. photography, video, etc.) to be taken by accredited media approved by Swimming Wellington. Images are only to be used for legitimate purposes by Swimming Wellington in accordance with the SNZ Member Protection Policy.
11. All Participants must agree to comply with the Sports Anti-Doping Rules.
12. Strapping of muscles/joints is not permitted unless supported by a doctor or physio certificate and sighted by the Technical Director prior to the first session the strapping is applied.

Withdrawals

Swimmers may withdraw without penalty from Session 1 by emailing events@swimwn.co.nz (Events Manager) before 5pm on Wednesday 3rd December 2025 or with the recorder at the venue by 7.20am for Session 1.

For timed finals in subsequent sessions, withdrawals must be submitted to the recorder before the completion of the session prior.

Swimmers not wishing to take part in a final for which they have qualified (including reserves) must withdraw with the recorder within 30 minutes following the official heat results for that event being published.

Withdrawals that fail to comply with these conditions, or swimmers who fail to marshal, will incur a \$30 penalty. **This penalty only applies to finals and timed-finals.**

Valid medical certificates will be taken into consideration.

Para Swimmers

The 2025 Wellington Long Course Championships is open to Para swimmers who have a classification of some form – provisional, national or international. Qualifying times are not required. Heats and finals will only take place for each event on the event schedule.

Para events will be swum as open age group within the able-bodied morning heats. Multi-classification finals take place in the evening for all Para events. Medals will be distributed based on the World Para Swimming points system (similar to the percentage of the world record calculation), of which results are final. If you have any questions regarding classification, please contact Disability & Para Swimming Participation Manager, Cameron Leslie, on cameron@swimming.org.nz.

Entries and payment can be made via the SNZ Database - Multi Class Event numbers are 101 to 112, 115 - 116, 119 - 120, and 125 - 130.

Club & Spectator Information

All participating Swimming Wellington clubs will be required to provide volunteers for door, runner, medals and refreshments. Swimming Wellington will send a request to all clubs based on swimmer numbers.

Spectator's entry will be via main entrance, \$3 for 16 years and over.

Initial psych sheets will be posted on the website on Monday 1st December 2025 and programmes finalised by midday Thursday 4th December 2025.

A seating plan will be published on the Swimming Wellington website on Wednesday 3rd December.

Session reports and programmes will be uploaded to the website on midday Thursday 4th December.

Entry for nominated team coaches & team managers will be limited to the following numbers:

1 - 10 swimmers - 1 coach & 2 team managers

11- 20 swimmers - 2 coaches & 3 team managers

21 - 35+ swimmers - 3 coaches & 4 team managers.

The names of visiting Clubs Coaches and Team Managers for the event must be emailed to events@swimwn.co.nz.

Two (2) programmes for each club can be uplifted by Team Managers from the southern entrance and are available via wellingtonswimming.org.nz.

Entry for all swimmers, officials, team managers and coaches will be via the southern entrance on Kilbirnie Road.

Swimmers and coaches to present Swimming Wellington pool entry passes. Coaches must display their NZSCTA cards throughout the meet, only swimmers and coaches with NZSCTA passes will be permitted to enter the coaches area.

Team Managers must show passes at the door.

Visiting clubs will be issued with temporary entry passes for this meet. These can be collected on entry of session 1.



Visiting clubs wishing to train at WRAC before the event must book lanes. Please contact wrac.bookings@wcc.govt.nz for bookings.

The meet will be on Meet Mobile - these are unofficial times until the referee has signed them off.

Disqualifications will be announced, and can be viewed / photographed at the recorders desk.

The Swimming NZ Code of Conduct and Media and Photography position statement in the Swimming NZ Member Protection Policy Manual apply to all competitors, volunteers and spectators entering WRAC. The Manual can be found on the Swimming NZ website [here](#).

There will be a team manager meeting in the Meeting Room at 7.30am on Friday morning.

Officials Information

All participating Swimming Wellington clubs are required to provide officials for this meet. RTOP will send this request to clubs. Qualified visiting officials are welcome and may apply via email RTOP@swimwn.co.nz.

All qualified officials are required to have been police vetted.

Officials (including timekeepers and duty clubs volunteers) are required to sign in on entry.

Officials to bring their own water bottles.

There will be an officials meeting in the meeting room 20 minutes prior to the start of each session.

Warm-Up

Warm-up duration - 45 minutes

First 25 minutes - general warm up (no dive lanes). Feet first entry.

Lane 0 - Designated to para swimmers for the first 25 minutes of each warm-up. No diving.

Lanes 0/1/2 & 7/8/9 - To become dive lanes for the last 20 minutes of each warm-up

Lane 3 - Designated pace lane

Please exit the pool at the side. Do not swim over lane ropes or climb over touchpads.

Warm-Down

Programmes Pool is open for warm down on the following sessions:-

Session 4 - 3.30pm - 7pm

Session 6 - 4.30pm - 7pm