

Southland Long Course Championships

Splash Palace
7th & 8th February 2026



Important Dates

Individual Entry per Event	\$11	Closes 11:59pm Sunday 1st February
Relay Entry per Team per Event	\$16	Closes 11:59am Monday 2nd February
Meet Surcharge per Athlete	\$5	
Psych Sheets emailed to competitors	Monday 2nd February	
Changes to Psych Sheets due	Thursday 5th February	
Meet Program, Session Timetable Published	Friday 6th February	
Team Manager Form Closes	Friday 6th February	
Session 1 Warmup Starts	1:30pm Saturday 7th February	
Session 1 Racing Starts	2:15pm Saturday 7th February	
Session 2 Warmup Starts	8:30am Sunday 8th February	
Session 2 Racing Starts	9:15am Sunday 8th February	

Meet Information

This meet being run as a Long Course, timed final, over-the-top starts meet and will be swum under Swimming NZ rules, polices & regulations

Warm up: 40 minutes – Lanes 1 & 8 dive & sprint lanes for the last 15 minutes

Swimming Southland will endeavour to obtain the necessary officials to ensure meet is designated

Normal swimmer fees to enter Splash Palace apply & must be paid on entry

Open to all swimmers who qualify & are registered financial Competitive Swimmers with Swimming NZ

Athlete Information

Age as at 7th February 2026

All entries must be made through Fastlane

The qualifying times are 50m long course times; however, converted times will be accepted

The qualifying period is from 1st January 2024 to 31st January 2026

Coaches' times will not be accepted

All participants agree to comply with the Sports Anti-Doping Rules. By entering this event, athletes consent to photographs and/or videos taken during the meet being used by Swimming Southland for any legitimate purpose (e.g. promotion, media, records). If you do not wish your photograph to be used, please email: admin@swimsouthland.org.nz

Meet Schedule

Event #	Session 1 Saturday 7 th February Warmup: 1:30pm Racing: 2:15pm	Event #	Session 2 Sunday 8 th February Warmup: 8:30pm Racing: 9:15am
1	12 & U 200m Medley Relay	19	Mixed 400m Freestyle
2	13 & O 200m Medley Relay	20	Male 50m Backstroke
3	Male 100m Backstroke	21	Female 50m Backstroke
4	Female 100m Backstroke	22	Male 100m Butterfly
5	Mixed 800m Freestyle	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	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		
18	Mixed 13 & O 200m Freestyle Relay		

Officials, Volunteers, Coaches & Team Managers

Clubs may have one team manager per ten swimmers

Coaches/team managers must be police vetted & their accreditation loaded in Swimming NZ database

Each club needs to provide one official/volunteer per five competitors you have at this event

Be careful in the seating area, it can get slippery, fire exits, & clearways are always to remain clear, if the pool requires evacuation, you will be guided by Splash Palace Pool staff

Team Manager & Coaches must be entered into Swimming NZ Database by Friday 6th February 2026

Can you help on the day? Timekeepers, Officials, Marshall or Control Room– <http://tiny.cc/SLC26>

Relays

Athletes must have entered at least one individual event to be eligible to compete in a relay team

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

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 in a higher age group, must remain in that category for the relay events

Results, Ribbons & Records

Results: Male & female in each age group; 9 & under, 10 - 11 years, 12 - 13 years, 14 - 15 years and 16 years & over

Restricted age entry: 200m Backstroke, 200m Breaststroke, 200m Butterfly, 200m Individual Medley, 400m Freestyle, 400m Individual Medley, 800m Freestyle & 1500m Freestyle (Check Qualification Times)

Medals will be awarded to the first three Southland placegetters in each age group

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

Finalist ribbons will be awarded from 4th to 8th place in each age group

Swimming Southland rules allow records to be broken in mixed events, if you are from another region please check your rules

Ribbons & Medals will be placed into the team boxes outside the control room

The following individual trophies will be presented at the 2026 Swimming Southland Prizegiving to the fastest Southland Swimmers:

Male		Female
Sports Trust Cup	16 & Over Champion	Self Help Cup
Campbell Cup	14-15 Years Champion	Kingsland Cup
Davenport Cup	12-13 Years Champion	Davenport Cup
St Mary's Anniversary Cup	10-11 Years Champion	St Mary's Anniversary Cup
Skow Cup	Under 10 Years Champion	Proctor Cup
Treffers Blue Ribbon Trophy	Fastest 100m Freestyle	Poole Blue Ribbon Trophy
King Family Trophy	Fastest 100m Backstroke	Catherine Ward Memorial Trophy
Len Healey Memorial Trophy	Fastest 100m Breaststroke	Fiona Newell Trophy
Wright Family Trophy	Fastest 100m Butterfly	Wood Family Trophy
Treffers Memorial Cup	Fastest 400m IM	
	Fastest 800m Freestyle	Young Challenge Trophy
Skeggs Trophy	Fastest 1500m Freestyle	Grieve Cup

The following relay trophies will be presented at 2026 Swimming Southland Prizegiving:

Murihiku Anniversary Trophy (Southland Club gaining the most relay points)

Campers Memorial Shield (Winning Southland Club team in event 34 Flying Squadron)

Martin Cup (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

Disqualifications will be placed into the club box by the control room

Marshalling is dependent on volunteer availability, swimmers must report to marshalling at least five heats before their event

Programs will not be available at this meet, print your own prior to meet

Para athletes are not required to meet the qualifying times but must have recorded an entry time obtained within the qualifying period; no time (NT) will not be accepted. Para's must email their entry to Swimming Southland by closing date will be seeded amongst their able-bodied peers, based on their entry times

Protests: must be submitted to referee in writing on protest form by the team manager within 30 mins of the conclusion of respective event & accompanied with \$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.

Results on the day will be posted on glass windows near the exit into the cafe

Race Suit Policy: Technical / performance race suits for all competitors aged 12 & under are not allowed to be worn in this competition

Seating: 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 requires documentation from physio or health practitioner must be presented along with athlete to the referee prior to meet starting

Withdrawals - notify us asap if withdrawing, there are no penalties, there will be no refunds after entries close, unless a medical certificate is provided prior to meet starting, forms are found outside the control room.