

SHORT & SWEET-23



1-2 JULY 2023 . WATERWORLD. HAMILTON
SWIMMING WAIKATO WINTER SHORT COURSE

JUNIOR
XLR8 PROGRAM
SWIMMING WAIKATO

Swimming
WAIKATO

Swimming Waikato Winter Short Course - 2023

Venue: Waterworld Aquatics Centre, Hamilton

Date: 1-2 July 2023

Short Course (25m)

Saturday 1 July

Session 1: Warm up—8.15am. Racing starts at 9.15am (13+)

Session 2: Warm up— 13:00. Racing starts 13:30pm (12/u)

Session 3: Warm up— 16:00. Racing starts 17:00pm (13+)

Sunday 2 July

Session 4: Warm up—9.15am. Racing starts at 10.15am (13+)

Session 5: Warm up— 13:00. Racing starts 13:30pm (12/u)

Session 6: Warm up— 16:00. Racing starts 17:00pm (13+)

MEET RATIONALE – The 13+ Sessions will be run as a **Designated Meet**, the 12/U sessions will be a **Development Meet** as set-out by Swimming New Zealand's Competition Restructure. July, 2020.

All events will be timed finals which will allow for swimmers to target the events they choose without the weight of doubling up for finals. 13+ swimmers this meet will also be a qualifying opportunity and 'Hit Out' for the New Zealand Short Course Championships in August. This meet is also a great opportunity for our 12 & Under swimmers looking to achieve their **Junior XLR8 Points**.

This is a living document and amendments may be made. The information in this booklet is correct at the time of publishing. Swimming Waikato will not be held liable for any costs and expenses incurred by any person following changes to the information outlined in this booklet. Swimming Waikato reserve the right to use discretion and make judgements to the contents and rules outlined in this document. For the latest information, please check the Swimming Waikato calendar to ensure you have the most up to date version.

Please ensure to pay your **2023-2024 SNZ and Swimming Waikato affiliation fees** on either 01 or 02 July at the latest. If you pay before these dates you will be paying your affiliation fees twice. If you pay them after 02 July you run the risk that your times will not count as you will show as unfinancial in the SNZ database.

Health & Safety

Swimming Waikato takes seriously, the Health and Safety of its members and all those involved in Swimming Waikato Events, we therefore ask that you familiarise yourselves with our Covid-19 and General H&S protocols prior to attending.

For the latest information, please check the Swimming Waikato calendar to ensure you have the most up to date version. <https://swimmingwaikato.co.nz/our-calendar/>



OUR PARTNERS

Sponsors & Supporters



JUNIOR XLR8 PROGRAM

S W I M M I N G W A I K A T O

Our Junior XLR8 Program is for our junior competitive and club swimmers (aged 12 and under). The program is designed to encourage swimmers to focus on acquiring skills across all the competitive strokes and distances, thus providing a balanced foundation for our young swimmers. The program is about ensuring diversity of competitive swimming and providing a balanced and long-term attitude to our sport.

JUNIOR XLR8 BADGES

There are three stages to the Swimming Waikato Junior XLR8 Program (below). Once each stage has been achieved, the swimmer will automatically receive the appropriate stage badge, sent out every two months, to celebrate their individual success.



2.5K CLUB BADGE

2K CLUB BADGE

1.5K CLUB BADGE

FOR MORE INFO:



SQUADS@SWIMMINGWAIKATO.CO.NZ



SWIMMINGWAIKATO.CO.NZ/JUNIOR-XLR8-PROGRAM-2/

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REGIONAL SQUADS

S W I M M I N G W A I K A T O

The Swimming Waikato Regional Squads Program has been designed to provide much needed support for our up-and-coming athletes as well as backing our current senior international representatives.

A big focus for the 2023/24 Regional Squad season will be around athlete-wellbeing, as well as increasing the diversity and standard of competitive experience, for many this will include international swimming exposure.

The Regional Squads goal is to compliment the good work taking place within our home Swimming Waikato Member Clubs by providing opportunities to upskill our coaches and athletes in a bid to maximise their own individual performances, as well as ensuring they remain healthy and balanced.

LEGACY - Over the last five years, we have seen a number of our Regional Squad swimmers and Swimming Waikato funded athletes being elevated onto National Teams, competing at events such as Commonwealth Games, FINA World Championships, FINA World Short Course and many more.

Find out more – [Swimming Waikato Regional Squads Program](#)

VOLUNTEER!

If you are coming along to the meet as a parent or caregiver, why not try one of many volunteering opportunities. Meets like these simply cannot operate without the amazing support of our volunteers, so if your child benefits from such support, we ask that you spare some time. For more information on volunteer roles or to become a Technical Official, please get in touch with angelina@swimmingwaikato.co.nz

SATURDAY SESSION 1: Warm up 8.15am. Racing starts 9.15am (13+)					
Event	Distance	Stroke	Gender	Age	Event Type
1	200m	Backstroke	Female	13+	Timed Final
2	200m	Backstroke	Male	13+	Timed Final
3	400m	Freestyle	Female	13+	Timed Final
4	400m	Freestyle	Male	13+	Timed Final
5	200m	IM	Female	13+	Timed Final
6	200m	IM	Male	13+	Timed Final
7	200m	Breaststroke	Female	13+	Timed Final
8	200m	Breaststroke	Male	13+	Timed Final
9	1500m	Freestyle	Female	13+	Timed Final –Top 16
10	1500m	Freestyle	Male	13+	Timed Final –Top 16

SATURDAY SESSION 2: Warm up 13:00am Racing starts 13:30 pm (12/u)					
Event	Distance	Stroke	Gender	Age	Event Type
11	100	Breaststroke	Mixed	12 & U	Timed Final
12	100	IM	Mixed	12 & U	Timed Final
13	50	Butterfly	Mixed	12 & U	Timed Final
14	200	Backstroke	Mixed	12 & U	Timed Final
15	100	Freestyle	Mixed	12 & U	Timed Final
16	50	Backstroke	Mixed	12 & U	Timed Final
17	4 x 50	MEDLEY RELAY	MALE	12 & U	Timed Final
18	4 x 50	MEDLEY RELAY	FEMALE	12 & U	Timed Final

SATURDAY SESSION 3: Warm up 16:00pm. Racing starts 17:00pm (13+)					
Event	Distance	Stroke	Gender	Age	Event Type
19	100m	Backstroke	Female	13+	Timed Final
20	100m	Backstroke	Male	13+	Timed Final
21	50m	Breaststroke	Female	13+	Timed Final
22	50m	Breaststroke	Male	13+	Timed Final
23	100m	Butterfly	Female	13+	Timed Final
24	100m	Butterfly	Male	13+	Timed Final
25	50m	Freestyle	Female	13+	Timed Final
26	50m	Freestyle	Male	13+	Timed Final
27	4 x 100	MEDLEY RELAY	FEMALE	13-14 Yrs	Timed Final
28	4 x 100	MEDLEY RELAY	MALE	13-14 Yrs	Timed Final
29	4 x 100	MEDLEY RELAY	FEMALE	OPEN	Timed Final
30	4 x 100	MEDLEY RELAY	MALE	OPEN	Timed Final

SUNDAY SESSION 4: Warm up 9.15am. Racing starts 10.15am (13+)					
Event	Distance	Stroke	Gender	Age	Event Type
31	400m	IM	Female	13+	Timed Final
32	400m	IM	Male	13+	Timed Final
33	200m	Freestyle	Female	13+	Timed Final
34	200m	Freestyle	Male	13+	Timed Final
35	200m	Butterfly	Male	13+	Timed Final
36	200m	Butterfly	Female	13+	Timed Final
37	800m	Freestyle	Female	13+	Timed Final –Top 16
38	800m	Freestyle	Male	13+	Timed Final –Top 16

SUNDAY SESSION 5: Warm up 13:00am Racing starts 13:30pm (12/u)					
Event	Distance	Stroke	Gender	Age	Event Type
39	50	Freestyle	Mixed	12 & U	Timed Final
40	100	Butterfly	Mixed	12 & U	Timed Final
41	200	Breaststroke	Mixed	12 & U	Timed Final
42	100	Backstroke	Mixed	12 & U	Timed Final
43	200	Freestyle	Mixed	12 & U	Timed Final
44	50	Breaststroke	Mixed	12 & U	Timed Final
45	4 x 50	FREE RELAY	MALE	12 & U	Timed Final
46	4 x 50	FREE RELAY	FEMALE	12 & U	Timed Final

SUNDAY SESSION 6: Warm up 16:00pm. Racing starts 17:00pm (13 +)					
47	100m	Freestyle	Female	13+	Timed Final
48	100m	Freestyle	Male	13+	Timed Final
49	50m	Backstroke	Female	13+	Timed Final
50	50m	Backstroke	Male	13+	Timed Final
51	100m	IM	Female	13+	Timed Final
52	100m	IM	Male	13+	Timed Final
53	50m	Butterfly	Female	13+	Timed Final
54	50m	Butterfly	Male	13+	Timed Final
55	100m	Breaststroke	Female	13+	Timed Final
56	100m	Breaststroke	Male	13+	Timed Final
57	4 x 100	FREE RELAY	FEMALE	13-14 Yrs	Timed Final
58	4 x 100	FREE RELAY	MALE	13-14 Yrs	Timed Final
59	4 x 100	FREE RELAY	FEMALE	OPEN	Timed Final
60	4 x 100	FREE RELAY	MALE	OPEN	Timed Final

MEET CONDITIONS

- This event is for Club & Competitive swimmers who are registered in the SNZ database and are financial as at the date of the meet. (See notes previously re affiliation fees).
- The 13+ meet will be conducted under Swimming New Zealand's 'SNZ Regulations and Bylaws and World Aquatics Rules', except where local meet rules and conditions apply.
- Please note that the 12/u sessions will be run as a Development Meet. **Times achieved will be valid for entry to Regional, Zonal and Club meets.**
- **Age as at first day of meet – 1 July 2023**
- Technical Director— **Wendy Smith**
- There is no qualifying period for this meet.
- Entry times short course. Times may be converted from long course times.
- "NO TIME" will not be accepted.
- Technical Director reserves the right to restrict event numbers if entries exceed the nominated timeframe.
- All participants must agree to comply with the Sports Anti-Doping Rules.
- Participants who have entered this event agree to allow photograph, video, multimedia or film likeness taken by accredited photographers to be used for any legitimate purpose by Swimming Waikato.
- Swimmers who hold a Para Classification are eligible to participate in this programme (under IPC Rules) and will be seeded amongst able-bodied athletes based on entry times. The Referee will have a list of Para swimmer's Codes of Exception and will use their best efforts to judge the swim under the applicable World Para Swimming Rules.
- Swimmers with strapping must provide documentation from a relevant registered health practitioner or physiotherapist and be reviewed by the Technical Director prior to swimming. Any swimmers without such documentation will not be permitted to swim.

ENTRY PROCESS –

- Entry Fee: \$11.50 per event
- Entries for Individual events will be online through [FASTLANE](#)
- Entries close Thursday **22 June 2023 11:59pm**
- Late entries will be accepted after the entry deadline, subject to space.
- Late entries will incur a fee of \$50.00 per swimmer which must be paid to Swimming Waikato prior to the start of the meet—12 3122 0312567 00.
- All entry enquiries to Meet Recorder – swentries@gmail.com

PSYCH SHEETS / MEET PROGRAMME —

- Psych sheets will be circulated to club recorders and coaches, and by email to all competitors who have entered the meet. Competitors are responsible for checking names, entries and events are correct on receipt of information and advising Swimming Waikato of any errors. Corrections will only be made to entries where errors have occurred. Final psych sheets will be posted on the website and sent out prior to the start of the meet.
- This is a paperless meet. The meet programme, along with a timeline (guide only) will be uploaded to the Swimming Waikato website and forwarded to club recorders and coaches, and by email to all competitors, prior to the start of the meet.

COMPETITION INFORMATION -

- Access to this meet will be via the main entrance at Waterworld
- Reseeding may be done at the discretion of the Technical Director.
- Over the top starts will apply for all heats.
- Please exit the pool at the side. Do not swim over the lane ropes.
- Entry into the pool for backstroke events will be feet first. No swim back permitted.
- Marshalling Procedure—Self-marshalling will be employed during all 13+ sessions
- Warm Up Procedure—Lane 1 shall be for Para swimmers (if applicable) and Lanes 7 and 8 will be sprint lanes for the duration of each warm-up.
- Live results will also be accessible via Meet Mobile where the internet connection allows.
- Team Managers Meeting— A Team Managers meeting will be held at 8:45am on Saturday 1 July. Each club is asked to have at least one representative at this meeting to ensure all information is delivered back to the swimmers.

OFFICIALS -

- As per Swimming New Zealand regulations, there is a minimum number of voting technical officials required for a meet to be classed as approved.
- It is the responsibility of the Clubs and members of the swimming community to ensure they contribute to the success of the meet by assisting with the provision of officials. Where the required number of officials are not forthcoming, the results from the meet will be unapproved.

COACH & TEAM MANAGERS -

Below is a link for our Coach & Volunteers form. This form allows Club Recorders to provide the names of their Team volunteers which will allow the Swimming Waikato Team to manage their entry into the meet. This form is due by **Monday 26 June 5pm** at the latest.

- When the draft psych sheets are circulated, clubs will be given their timekeeper allocation so that these names can be included on the form also.

- Ratios for Coaches/Team Managers -

1-10 swimmers = 2 coaches/managers 11-20 swimmers = 3 coaches /managers 21-30 swimmers = 4 coaches/managers 31+ swimmers = 5 coaches/managers

The Google Form below allows clubs to provide the names of their Coach and Team Manager to Swimming Waikato Team so that we can manage their entry into the meet venue. If this is not completed, access will *not* be permitted. We will not accept volunteer lists sent in via email.

GOOGLE FORM LINK:

[Swimming Waikato Winter Short Course Volunteer Form](#)

SCRATCHINGS / WITHDRAWALS -

- Refunds will only be made on receipt of a medical certificate which is to be made available to the Meet Recorder. All refunds are at the discretion of the Technical Director.
- Scratchings for the first session must be submitted to the Control Room no later than 1 hour prior to the start of racing
- For subsequent sessions, scratching must be submitted no later than 30 minutes before the end of the previous session.
- Swimmers will be deemed to have scratched from races if they are not lined up behind the blocks prior to the start of the race.

PROTESTS -

- Protests must be submitted within 30 minutes following the conclusion of the respective event. The protest fee is set at \$100.00; this is payable upon submission of the correctly completed protest form.

DISQUALIFICATIONS -

- Disqualifications will be announced and a copy of the DQ form will be available at the announcer's desk.

800 & 1500 FREESTYLE EVENT

- Anyone who enters the 800 & 1500 Freestyle event must supply a timekeeper and a lap counter turner to assist.

CODE OF CONDUCT -

This Code of Conduct applies to all Swimming Waikato Members and persons participating in and/or connected to Swimming Waikato activities. This Code outlines your rights and responsibilities.

Whatever your role or your ability, you should encourage others to follow it and recognise that you have a duty of care to all Swimming Waikato members. There is an expectation that as a member of Swimming Waikato (as a Swimmer, Parent / Caregiver, Coach, Technical Official, Team Manager, Team Member, Committee Member, Volunteer or affiliated Club), you will have agreed to abide by the terms of Swimming Waikato's Code of Conduct.

[Swimming Waikato Code of Conduct](#)

EMERGENCY & SAFETY PROCEDURES

Under the Health & Safety at Work Act 2015, it is necessary for us to advise you of the hazards that may affect you whilst attending a Swimming Waikato Meet.

[Swimming Waikato - Health & Safety Video - YouTube](#)

Notified Hazards -

Floor surfaces may be slippery when wet. *No* running.

Stadium concrete & seating may be slippery when wet.

Caution around electronic cords (Starting, Timing & Entertainment equipment)

Please advise the Referee or pool staff if you observe a potential hazard.

Please ensure any young children are aware of these hazards.

This meet may include a sequence of flashing lights that may affect those who are susceptible to photosensitive epilepsy or other photo sensitivities.

In General -

Please familiarize yourself with the pool layout, exits and equipment.

And please take time to discuss with your Club how you will react and look after your Club members in the case of an emergency.

In an emergency -

If you are required to contact Emergency Services, the address directions are:

“50m indoor Pool Waterworld Garnett Avenue Hamilton”

Please note that Pool Staff are trained in First Aid & CPR.

For evacuation -

Stay Calm_____

Three (3) loud blasts on the whistle by the Referee shall clear the pool.

Leave the pool complex as directed by Pool Staff or Swimming Waikato Technical Officials.

Assembly locations are dependent on the exit used—

Side door—assemble opposite the bike racks towards the front of the building

Lido door — assemble out towards the boundary fence

Main front doors—assemble opposite the bike racks

Assist Team Managers and Officials to evacuate the swimmers safely.

Conduct a roll call to account for all persons (Children and Adults) in **your** Club.

Notify the relevant emergency Services as required.

During the Meet -

Please take care to ensure the health and safety of yourself and others.

Please leave the pool in a tidy state by properly disposing of all litter; please recycle where possible.

