



# Swimming Nelson Marlborough Long Course Championships

12<sup>th</sup> – 14<sup>th</sup> December 2025

## Nayland Park Pool, Stoke, Nelson

Proudly hosted with



### Meet Information

The Swimming Nelson Marlborough Long Course Championships are open to all eligible Swimming NZ members who meet the entry criteria. By participating in these championships, you acknowledge and agree to the importance of the following guidelines:

- comply with the Sports Anti-Doping rules,
- allow photographs, video, multimedia, or film likenesses taken by accredited photographers to be used for any legitimate purpose by Swimming Nelson Marlborough or others that Swimming Nelson Marlborough has approved.

As the event organiser, Swimming Nelson Marlborough is committed to ensuring a smooth and fair competition. We reserve the right to restrict entries to maintain the event's timeline and secure the necessary number of Technical Officials. As always, pool access is free and via the front entrance. This document may be amended, so check the [Meet Page](#) on The Swimming Nelson Marlborough website to ensure you have the latest version

## ENTRY ELIGIBILITY AND CRITERIA

- Age of competitors is at 12 December 2025;
- Age groups will be male and female: -
  - 9 years and under
  - 10 years.
  - 11 years.
  - 12 years.
  - 13 years.
  - 14 years; and
  - 15 years and over.
- Swimmers may enter a maximum of 9 individual events.
- NT (no times) will be accepted except for 200m butterfly, any 400m event and distance events 800m & 1500m.

The Swimming Nelson Marlborough Long Course Championships will be swum under Swimming NZ Swimming Rules and Policies with the following specific conditions and criteria.

- Events will be super seeded with the top eight swimmers in each age group swimming together in the last heats, all other swimmers will be rank seeded.
- The meet will be swum in a long course (50m) pool with electronic timing.
- Feet first entry into pool for all backstroke events, no swim backs.
- The one start rule will apply.
- Over the top starts will apply.
- Swimmers aged 12 years and under shall not compete in a technical swimsuit. A technical swimsuit is one that has bonded seams, kinetic tape, or meshed seams - [SNM Technical Swimsuit Policy](#).

## ENTRY DETAILS

<b>Individual Entries Close</b>	<b>11:59pm 07/12/2025</b>	<b>\$15.00</b>
<b>Relay Entries Close</b>	<b>11:59pm 09/12/2025</b>	<b>No Charge</b>

All entries must be submitted via Fast Lane or the Swimming NZ Database. Completed entries constitute acceptance of the conditions and rules outlined in the competition documents. All entries must be completed online through **Fast Lane** or the Swimming NZ Database. Late entries will not be accepted.

There will be **no refunds** for any withdrawals after the publication of the meet programme, however, consideration may be given when a signed medical certificate is provided before the completion of the competition.

## VISITORS

Swimmers affiliated to a region other than SNM may enter and compete as visiting swimmers but will not be eligible to win any placing, cup, or title except that, should a visiting swimmer place first, second or third in an event, they will receive a Visitor's Medal.

## TECHNICAL OFFICIALS, TIMEKEEPERS AND VOLUNTEERS

- Swimming Nelson Marlborough will endeavour to obtain the necessary number of technical officials. Still, the number on the pool deck may be more or less than the requirement set out in the Swimming NZ approval criteria.
- Indicate your availability by completing the [Duty Form](#) by **Sunday, 7 December at 8:00pm**.
- A meeting will be held 15 minutes before each session. Don't forget to bring a water bottle and sunglasses.

## COACH AND TEAM MANAGER

- All Coaches and Team Managers must have a current police vet that is visible on their Swimming NZ profile.
- A Team Managers meeting will be held 30 minutes before the start of session 1. Each club must have at least one representative at the meeting to ensure all information is delivered back to the team.

## RELAYS

- **Laurie Crabb Cup:** Club relay. Mixed 15 & Under 600m (12x50m) Medley – each swimmer shall complete 50m. One swimmer from each age group (11&U, 13&U, 15&U) to swim each stroke. Each team of 12 will consist of 6 boys and 6 girls.

	Stroke	Age
1	Back	11 & Under
2	Back	13 & Under
3	Back	15 & Under
4	Breast	11 & Under
5	Breast	13 & Under
6	Breast	15 & Under
7	Fly	11 & Under
8	Fly	13 & Under
9	Fly	15 & Under
10	Free	11 & Under
11	Free	13 & Under
12	Free	15 & Under

- **Workers Co-op Shield:** Club relay. Men's 4x100m Freestyle. Entries via Fastlane.
- **Ton Boulton Cup:** Club relay. Women's 4 x 100m Freestyle. Entries via Fastlane
- **Adam and Eve** 100m Relay: The 8 fastest males and 8 fastest females (no Visitors) in the 50m freestyle are paired– 1st fastest male with 8th fastest female, 2nd fastest with 7th fastest, etc. (irrespective of clubs). Each relay swimmer swims 50m freestyle. Swimmers determine relay order at meet.
- The **JG Bacon Memorial Cup** is an inter-province competition between Nelson and Marlborough. Mixed 400m Medley - 8 swimmers per side, 1 male and 1 female swimmer to each stroke, each swimmer to swim 50m. Entries submitted at meet. The order of swimming shall be female swimmer followed by male swimmer in each stroke.
- Other 4x50 and 4x100 relays are mixed gender. For 13-14 or 15 and over relays, a mixed relay team **MUST** have **at least two girls**. For mixed relays, a swimmer may 'swim up' to a higher age group but in such case may not compete in another mixed relay of the same type (i.e., freestyle). Note: a swimmer may compete in both a mixed freestyle relay and the Ton Bolton or Workers' Co-op relay, as these are open events.
- All relays except the Bacon Cup and Adam & Eve relays will count for standard points for club trophies, i.e., same as individual event.
- Note that amendments will be accepted 30 minutes following the end of the previous session.
- If a relay team member is scratched, substitutions will be allowed.

## WITHDRAWALS

- Session 1 to be received by the Regional Administrator [admin@snm.org.nz](mailto:admin@snm.org.nz) by midnight, Wednesday 10<sup>th</sup> December 2025
- Sessions 2, 3 & 4 are to be advised to the Recorder's desk before the end of the preceding session.
- Any withdrawals submitted after the above schedule will be subject to a Withdrawal Fee of \$50.00 and exceptions will not be granted.
- All withdrawals must be in writing on SNZ withdrawal form, available from the Admin Desk and must be submitted by the team manager. Withdrawals WILL NOT under any circumstances be accepted by parents of swimmers.
- 'No shows' may incur a fine of \$20. Fines must be paid before a swimmer may enter any subsequent SNM meet.

## PROTESTS

- Protests must be submitted to the referee, in writing, on the protest form by the Team Manager, within 30 minutes following the posting of the results of the respective event and must be accompanied by the \$50.00 protest fee (in cash).
- If conditions causing a potential protest are noted prior to the event a protest must be lodged before the signal to start is given.
- All protests shall be considered by the referee. If the referee rejects the protest, they must state the reasons for their decision.
- The club Team Manager may appeal the rejection to the Jury of Appeals whose decision shall be final. If the protest is rejected, the fee will be forfeited to Swimming Nelson Marlborough, however if the protest is upheld, the fee will be returned.

**Events for Point Scoring for Trophies**

Gane Family Cups (9 Years and under male and female)	Freestyle – 50m, 100m, 200m Backstroke – 50m, 100m Breaststroke – 50m, 100m Fly – 50m, 100m IM – 200m <i>(400m Freestyle can be swum but does not count as points towards this cup)</i>
Margaret Young Trophies (10-year-old male and female)	Freestyle – 50m, 100m, 200m Backstroke – 50m, 100m Breaststroke – 50m, 100m Fly – 50m, 100m IM – 200m <i>(400m Freestyle can be swum but does not count as points towards this cup)</i>
Baigent-Holland Cups (11-year-old male and female)	All events Except 400m IM, 800m & 1500m Freestyle
Durrant Family Trophies (12-year-old male and female)	All events Except 1500m Freestyle
Trevurza Family Cups (13-year-old male and female)	All events
Pattison Family Cups (14-year-old male and female)	All events
Rukuwai Family Cups (15 years and older male and female)	All events
Age Group Trophies	<ul style="list-style-type: none"> <li>Trophies will be awarded to the boy and girl in each age group who accumulate the most points from the individual events noted below.</li> <li>Trophies shall be awarded to the male and female swimmers who earn the most points in each age group.</li> </ul> <p><b>Swimmers 10 years and under</b> must complete (without disqualification) at least three strokes one of which can be an IM event.</p> <p><b>Swimmers 11 years</b> must complete (without disqualification) at least 3 strokes plus the 200 IM event.</p> <p><b>Swimmers 12 years</b> must complete (without disqualification) at least 3 strokes plus the 200 IM or 400 IM event.</p> <p><b>Swimmers 13, 14 &amp; 15 and over</b> must complete (without disqualification) all four strokes plus either the 200 or 400 IM event.</p>
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Pattison Family Cups (14-year-old male and female)	
Rukuwai Family Cups (15 years and older male and female)	

**AWARDS & POINTS**

J.R. Buchanan Trophy	<ul style="list-style-type: none"> <li>Best overall <b>SNM affiliated Club</b> – highest points using Buchanan Cup points system.</li> </ul>	
Y.M.C.A. Trophy (Presented by Ted Hockey in 1982) Awarded annually.	<ul style="list-style-type: none"> <li>Best overall <b>SNM affiliated Club</b> with highest points per entry.</li> <li>Excludes relay points and relay entries.</li> <li>No reduction in entry numbers for scratches after entry deadline.</li> </ul>	
Marie Saul Cup (Presented by Mrs. Marie Saul, first lady president of SNM in 1982)	<ul style="list-style-type: none"> <li>Best all-round swimmer.</li> <li>Open to all swimmers registered with SNM.</li> <li>Based on all individual events in the SNM Long Course Championships.</li> <li>Contenders must compete in at least seven championship events and those must include; <ul style="list-style-type: none"> <li>All four strokes, or</li> <li>Three different strokes and the individual medley.</li> </ul> </li> <li>Each contenders results are compared with the SNM Open Record for those events. The winner is the swimmer with the smallest total percentage difference from the open records across the swimmers best seven results.</li> </ul>	
Laurie Crabb Cup	<ul style="list-style-type: none"> <li>For Inter Club Age Group Medley Relay.</li> <li>The stroke order is: - All three swimmers shall complete backstroke, then All three swimmers shall complete breaststroke, then All three swimmers shall complete butterfly, then All three swimmers shall complete freestyle to complete the relay.</li> <li>For each stroke, a team shall have a swimmer in each of the three age groups, 11 years and under, 13 years and under, and 15 years and under. Each team shall comprise of six boys and six girls.</li> <li>The distance of this event is 600m. Each swimmer shall complete 50m.</li> </ul>	
Workers Co-Op Shield	<ul style="list-style-type: none"> <li>For male open 4x100m freestyle relay.</li> <li>To be competed for annually for all clubs affiliated to SNM.</li> <li>The distance for this event is 400m.</li> </ul>	
Ton Boulton Cup	<ul style="list-style-type: none"> <li>For females open 4 x 100m freestyle relay.</li> <li>To be competed for annually for all clubs affiliated to SNM.</li> <li>The distance for this event is 400m.</li> </ul>	•
Adam and Eve Relay	<ul style="list-style-type: none"> <li>Swum as the last event of the championship.</li> <li>SNM swimmers only.</li> <li>To be eligible for this relay a swimmer must have completed the 50m freestyle event during this event.</li> <li>The fastest eight male and females are paired together as follows: - Boys 1<sup>st</sup> fastest      Girls 8<sup>th</sup> fastest Boys 2<sup>nd</sup> fastest      Girls 7<sup>th</sup> fastest Boys 3<sup>rd</sup> fastest      Girls 6<sup>th</sup> fastest Boys 4<sup>th</sup> fastest      Girls 5<sup>th</sup> fastest Boys 5<sup>th</sup> fastest      Girls 4<sup>th</sup> fastest Boys 6<sup>th</sup> fastest      Girls 3<sup>rd</sup> fastest</li> </ul>	•

	<i>Boys 7<sup>th</sup> fastest</i> <i>Girls 2<sup>nd</sup> fastest</i> <i>Boys 8<sup>th</sup> fastest</i> <i>Girls 1<sup>st</sup> fastest</i> <ul style="list-style-type: none"> <li>• <i>Fastest boy and 8<sup>th</sup> fastest girl in Lane 1.</i></li> <li>• <i>Each swimmer swims 50 meters freestyle.</i></li> </ul>	
<b>J.G. Bacon Memorial Cup</b> <b>(Presented by Mrs. Howarth – Blenheim on 17<sup>th</sup> December 1956)</b>	<ul style="list-style-type: none"> <li>• <i>Competed by teams representing the Nelson and Marlborough provinces.</i></li> <li>• <i>Contest is a medley relay.</i></li> <li>• <i>Each team shall consist of 4 female and 4 male swimmers.</i></li> <li>• <i>One male and one female to swim each stroke, backstroke, breaststroke, butterfly, and freestyle.</i></li> <li>• <i>The order of swimming shall be the female swimmer followed by the male swimmer in each stroke.</i></li> <li>• <i>Each swimmer shall swim one length of the pool.</i></li> </ul>	•

## **MEDALS**

- Medals will be presented to the first three place getters and ribbons for placings four to eight.

## **PRESENTATION CEREMONIES**

- All ribbons will be available for collection from the Admin Desk by team managers.
- Medals will be presented during sessions 2, 3, 4 & 5. Ceremonies will take place near the steps at the shallow end of the pool.
- Athletes are to wear their club shirts and footwear. Please, no towels worn to the presentation ceremonies.

## **GENERAL ATHLETE INFORMATION**

### **Session Times**

Session 1 – Friday Afternoon	Session 2 – Saturday Morning	Session 3 – Saturday Afternoon	Session 4 – Sunday Morning
Warm Up at 6.00pm	Warm Up at 8.15am	Warm Up at 3.15pm	Warm Up at 8.15am
Racing starts 6.45pm	Racing starts 9.00am	Racing starts 4.00pm	Racing starts 9.00am

### Session 5 – Sunday Afternoon

Warm Up at 2.15pm  
Racing Starts at 3.00pm

## **STRAPPING**

Athletes with strapping must provide documentation from a relevant registered health practitioner or physiotherapist and be reviewed by the Technical Director prior to swimming. Any Athlete without such documentation will not be permitted to swim whilst wearing the strapping.

## **SEATING**

- Spectator seating is available to the left of the pool before the lifeguard shed. No spectators to be seated with teams.

## **WARMUP PROCEDURE**

- Warm up is to be conducted following [SNM warm up procedures](#).
- Warm up commences forty-five (45) minutes prior to the start of each session.
- Backstroke devices will be made available for use during each warm-up period.
- There are no warm down lanes available until after each session finishes.

## **MARSHALLING**

- Located at the top of the grassy verge.
- Athletes are to marshal 6 races prior to 50m events and 4 races prior to their event for all other events and remain in the marshalling area.
- It is the team managers responsibility to have their athletes at marshalling at the appropriate time (i.e., 6 heats before a swimmer's scheduled race).
- All team members are required to marshal for relay events.

## **RESULTS**

- Swimming Nelson Marlborough will have live results via Meet Mobile.

- Full results will be published on the SNM Meet web page at the conclusion of the meet.

## TIMELINES

Timelines will be included with the meet documents, however, be aware that these times are approximate; races may start before or after the times indicated.

## FACILITIES HEALTH AND SAFETY REQUIREMENTS

### Pool Deck

- During competition, only essential personnel (Technical officials and Timekeepers) are allowed on the pool deck.

### General

- Footwear is to be worn at all times, including to marshalling.
- Fire exits are always to remain clear.
- Evacuation Procedure: if the pool requires evacuation you will be guided by CLM staff, please remain calm and follow their instructions.

### Key Reminders

**Individual Entries Close:** Sunday 7<sup>th</sup> December at 11.59pm.

**Relay Entries Close:** Tuesday 9<sup>th</sup> December at 11.59pm.

**Duty Sheets:** Timekeepers and Technical Officials availability by close of entries.

**Entry List to clubs:** Monday 8<sup>th</sup> December 2025.

**Competition Programme:** Available on [SNM Meet page](#) no later than 5pm Thursday 11<sup>th</sup> December.

## SCHEDULE OF EVENTS

### Session 1 – Friday Warm up 6.00pm Starts 6.45pm

- 1 Women 12 & Over 800 Freestyle (F)
- 2 Men 13 & Over 1500 Freestyle (F)

### Session 2 – Saturday AM Warm up 8.15am Starts 9.00am

- |                              |  |
|------------------------------|--|
| 3 Women 12 & Over 400 IM (F) | 8 Men 11 & Over 200 Butterfly (F)        |
| 4 Men 50 Freestyle (F)       | 9 Women 200 Freestyle (F)                |
| 5 Women 50 Freestyle (F)     | 10 Men 100 Freestyle (F)                 |
| 6 Men 100 Backstroke (F)     | 11 Mixed 12 & Under 200 Medley Relay (F) |
| 7 Women 100 Backstroke (F)   | 12 Mixed 13-14 400 Medley Relay (F)      |
|                              | 13 Mixed 15 & Over Medley Relay (F)      |

Note Medals for Events 1 & 2 after Event 5; Medals for Events 3 - 5 after Event 8; Medals for Events 6 –7 after Event 10; Medals for 8-13 after Event 13

### Session 3 – Saturday PM Warm up 3.15pm Starts 4.00pm

- |   |  |
|---|--|
| 14 Women 13 & Over 1500 Freestyle (F)   | 19 Woman 50 Backstroke (F)                   |
| 15 Men 400 Freestyle (F)                | 20 Men 100 Butterfly (F)                     |
| 16 Men 11 & Over 200 Breaststroke (F)   | 21 Women 100 Butterfly                       |
| 17 Women 11 & Over 200 Breaststroke (F) | 22 Mixed 8 x 50 Medley Relay – Bacon Cup (F) |
| 18 Men 50 Backstroke (F)                |  |

Note Medals for Events 14 & 15 after Event 18; Medals for Events 16 & 17 after Event 20; Medals for Events 18-22 after Event 22

### Session 4 – Sunday AM Warm up 8.15 am Starts 9.00am

- |                                     |   |
|-------------------------------------|---|
| 23 Men 12 & Over 800 Freestyle (F)  | 29 Men 200 IM (F)                           |
| 24 Woman 400 Freestyle (F)          | 30 Women 200 IM (F)                         |
| 25 Men 11 & Over 200 Backstroke (F) | 31 Mixed 12 & Under 200 Freestyle Relay (F) |

- |                                       |   |
|---------------------------------------|---|
| 26 Woman 11 & Over 200 Backstroke (F) | 32 Mixed 13-14 400 Freestyle Relay (F)          |
| 27 Men 50 Breaststroke (F)            | 33 Men 400 Freestyle Relay Workers Co-op Shield |
| 28 Woman 50 Breaststroke (F)          | 34 Women 400 Freestyle Relay Tom Boulton Cup    |

Note Medals for Events 23 & 24 after Event 28; Medals for Events 25 & 26 after Event 30; Medals for Events 27-30 after Event 32; Medals for Events 31 & 32 and Cups after Event 34

**Session 5 – Sunday PM** Warm up 2.15pm Starts 3.00pm

- |                                      |   |
|--------------------------------------|---|
| 35 Men 12 & Over 400 IM (F)          | 42 Women 100 Freestyle (F)                        |
| 36 Women 12 & Over 200 Butterfly (F) | 40 Men 50 Butterfly (F)                           |
| 37 Men 200 Freestyle (F)             | 41 Women 50 Butterfly (F)                         |
| 38 Women 100 Breaststroke (F)        | 43 Mixed 15 & Under 600 Medley Relay Laurie Crabb |
| 39 Men 100 Breaststroke (F)          | 44 Mixed 2 x 50 Relay Adam & Eve                  |

Note Medals for Events 35-36 after Event 37; Medals for Events 37-39 after Event 41; Medals for Events 40-42 after Event 43; All Age Cups after event 44 once calculated.