

# SOUTH ISLAND LONG COURSE CHAMPIONSHIPS

21<sup>st</sup> – 23<sup>rd</sup> February 2025

Splash Palace, Invercargill

Host Region · Swimming Southland Email: [admin@swimsouthland.org.nz](mailto:admin@swimsouthland.org.nz)



These championships offer an exciting long-course racing opportunity for all registered athletes aged 12 and above. They aim to determine South Island Champions in a competitive environment and support athletes in their preparations for upcoming national competitions.

The **Challenge Events** add an exciting dimension to the championships. Every day, a different challenge with unique criteria awaits the athletes. We will witness the Medley Skins Challenge involving the top 8 athletes from the 200m Individual Medley on day one, and day two sees the Mystery Medley Challenge. Where the athletes ranked 9th to 16th in the 200m Individual Medley battle it out. And on the final day of the championships, we will witness the Adam & Eve Challenge. For more information, please refer to the Meet Information document.

Upon entering this competition, all participants agreed to comply with the Sports Anti-Doping Rules and allow photographs, video, multimedia, or film likenesses taken by accredited photographers to be used for any legitimate purpose by the host region or others approved by the Makos Zonal Committee.

The host region reserves the right to restrict entries to ensure the timeline is adhered to and 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 Swimming NZ's approval criteria. The pool deck is only for accredited personnel and event volunteers; all other persons must be seated in the designated seating area/s.

This document may be amended, so check the host region's website to ensure you have the latest version.

## FACILITY'S HEALTH AND SAFETY GUIDELINES

**Pool Deck:** Only essential personnel (Technical Officials and Timekeepers) are allowed on the pool deck during the competition. Coaches are to always remain in their designated area.

**General:** Be careful in the seating area, it can get slippery. Stairwells, fire exits, and clearways are always to remain clear. If you are aware of any hazards or any incidents occur, please let the nearest Splash Palace Lifeguard know.

**Evacuation Procedure:** If the pool requires evacuation, you will be guided by Splash Palace Lifeguards. Please remain calm and follow instructions.

## OFFICIALS AND VOLUNTEERS

- Officials and volunteers are crucial for the successful delivery of this competition. To ensure that we meet Swimming NZ's standards, please indicate your availability via the Duty Form [www.tiny.cc/SILC25](http://www.tiny.cc/SILC25)
- The duty form will close on 17<sup>th</sup> February, and the Duty Roster will be published on 19<sup>th</sup> February.
- A meeting will be held at 8:30am, before the start of session 1, on the pool deck outside the Control Room.
- Remember to bring your own water bottle.

## COACHES AND TEAM MANAGER ACCREDITATIONS

Clubs must complete the Coaches and Managers form in the Swimming NZ database no later than 19<sup>th</sup> February.

- Coaches and team managers must be active registered members of Swimming NZ and have a current police vet accreditation accessible on their Swimming NZ profile.

## ATHLETE ELIGIBILITY

- Age as of 21<sup>st</sup> February 2025.
- Age Groups are 12-14 years, 15-16 years, 17 years & over, and Para athletes will be open multi-class.
- The qualification period is between 1<sup>st</sup> January 2024 and 12<sup>th</sup> February 2025.
- Open to
  - Swimming NZ members aged 12 years or older who have met the qualifying times from either a Designated or Development meet at the time of the competition.
  - Foreign athletes registered with a World Aquatics swimming federation aged 12 years or older who have met the qualifying criteria.
- Athletes not affiliated with a club in the Makos Zone will be considered visitors.
- The published qualifying times are shown as long course (50m); however, short course times will be accepted and automatically converted during entry.
- Athletes, except para-athletes, may only enter events they have qualified in. Para athletes are not required to meet the qualifying times but must have an available entry time within the qualifying period - No Time (NT) will not be accepted.

## ENTRY DETAILS

- All entries must be submitted through Fast Lane or the Swimming NZ Database by your Club Administrator.
- No late entries will be accepted.

Individual Entry Fee per event	\$15.00	Closes Thursday, 13 <sup>th</sup> February 2025, at 11:59pm
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- No split times will be accepted as an athlete's entry time.
- No Time (NT) will not be accepted.
- The host region will invoice each region for all outstanding entry fees after the final Psych Sheets are published.
- There will be **no refunds** if an athlete withdraws once the final psych sheets have been published. However, medical withdrawals may be considered if a medical certificate is presented within 24 hours of the completion of the competition.

## PARA ATHLETES

- Para athletes will be judged using the World Para Swimming Rules and their relevant exceptions.
- Para athletes are not required to meet the qualifying times but must have a valid entry time achieved within the qualifying period - No Time (NT) will not be accepted.
- Prelim Sessions: Para athletes will be seeded amongst their able-bodied peers.
- Final Sessions: Para athletes will compete in mixed-gender multi-class events. However, there are limited Para-only finals available, see the event schedule.
- If a Para athlete makes an able-bodied final, they may swim in that final, but should they make both able-bodied and Para finals in the same event, they must choose which final they will compete in and notify the Meet Recorder by the end of the prelim session.
- Medals will be distributed based on a percentage of the Para athlete's time compared to the World Record for their classification for Timed Final events and Para only Final events.

## CHALLENGE EVENTS

- Single gender age groups are 15 years & under and 16 years & over
- **Withdrawals** must be advised to the Meet Recorder by the end of the prelim session in which the selection event is raced.

### Medley Skins (Session 2)

- Athletes will qualify with a top 8 (1<sup>st</sup>-8<sup>th</sup>) finish in the prelims of the 200m Individual Medley.
- Strokes will be selected by the Referee randomly; however, each stroke will only be drawn once.
- The medley skins event will consist of four 50m rounds starting every two minutes.
- Athletes progressing to the next round are to walk back to the start end of the pool.
- Round 1 will eliminate 8<sup>th</sup> and 7<sup>th</sup>, Round 2 will eliminate 5<sup>th</sup> and 6<sup>th</sup>, and Round 3 will eliminate 4<sup>th</sup>, Round 4 will see the remaining three athletes battle it out for the cash prizes.

### Mystery Medley (Session 4)

- Athletes will qualify by placing 9<sup>th</sup>–16<sup>th</sup> in the 200m Individual Medley prelims.
- Athletes will draw, out of the hat, which random stroke order they will race the 200m Mystery Medley in.
- No athlete will start with Backstroke or finish with Butterfly.

### Adam and Eve (Session 6)

- Athletes will qualify by a Top 8 (1<sup>st</sup>-8<sup>th</sup>) placing in the prelims of the 50m Freestyle.
- 1<sup>st</sup> Male will be paired with 8<sup>th</sup> Female, 2<sup>nd</sup> Male with 7<sup>th</sup> Female and so on.
- The race will be swum as a 2x50m Freestyle Relay and can be swum in any order.

## EVENT REPORTS

- Draft Reports will include a Team Entry List, the Psych Sheets, Session Timelines, and the Duty Roster.
- Draft reports will be emailed directly to all registered participants and their affiliated clubs after entries close.
- Corrections to entries are to be submitted no later than 8:00pm on Saturday, 15<sup>th</sup> February
- Final reports will be published on the host region's website no later than Sunday, 16<sup>th</sup> February.
- The Meet Program will be published on the host region's website no later than Wednesday, 19<sup>th</sup> February.
  - Note the published program will contain the event information for the morning heats only.
  - The evening program will be available on the Host region event page, and a paper copy will be made available for clubs to pick up at the start of the evening warmup.

## MEET CONDITIONS

- This competition will be swum long course (50m) using electronic timing, over-the-top starts, and under Swimming NZ swimming rules, policies, and regulations except for the conditions outlined in this document.
- A maximum of two (2) visitors may progress from prelims to finals in any one event. However, there are unlimited visitor numbers for all timed final events.
- The host region's Swimwear Policy will be enforced.

### **Individual Events**

- Prelims will be seeded based on the athlete's entry time and swum from slowest to fastest.
- Finals will be the top eight male and top eight female age group athletes based on prelim times.
- Timed Finals (800m and 1500m Freestyle) will be seeded based on the athlete's entry time and swum from slowest to fastest, with the fastest Timed Final being swum in the final session.

### **Withdrawal Procedure**

- Any athlete or team withdrawing from a timed final OR a final after the below-mentioned deadlines shall pay, without excuse, a Withdrawal Fee of \$50.00.
  - **Heats:** No penalty will be applied for a withdrawal or DNS for a heat swim.
  - **Timed Finals:** The Meet Recorder must be advised by the end of the session preceding the start of the timed-final event.
  - **Finals:** An athlete or team withdrawing (scratching) from a final must do so within 30 minutes of the results being posted/published from the event where the qualification occurred.
  - **Challenge Events:** The Meet Recorder must be advised by the end of the prelim session in which the selection event is raced.

### **Protests**

- Protests must be submitted to the Referee, in writing, on the protest form by the team manager within 30 minutes following the respective event's conclusion and accompanied in cash by the \$100.00 protest fee.
- If conditions causing a potential protest are noted prior to the event, a protest must be lodged before the signal to start is given.
- The Referee shall consider all protests. 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 Appeal, whose decision shall be final. If the protest is rejected, the fee will be forfeited to the host region, If the protest is upheld, the fee will be returned.

### **Strapping**

Athletes with strapping must provide documentation from a relevant registered health practitioner or physiotherapist and be reviewed by the Referee before swimming. Any athlete without such documentation will not be permitted to swim with strapping.

## ADDITIONAL INFORMATION

### Warm-Up and Warm-Down Procedure

- Warmup is to be conducted under the consultation and guidance of all coaches.
- Warmup commences 45 minutes prior to the start of each session.
- Backstroke start devices will be available for use during each warmup period.
- Warm-down Lanes will be available in the Learners Pool from when racing begins.

### Marshalling Process

- Located at the deep end of the main pool in the corner.
- Athletes must remain in the marshalling area until their heat.
- Athletes are to marshal 6 races before their own for all 50m events and 4 races before their heat for all other events.

### Seating Plan

- The seating plan will be published in the Meet Program.
- Team Managers are asked to ensure athletes with allocated seating do not procure additional seats.
- No athlete, manager or coach is to stand and/or sit on the pool deck during the competition sessions, use the seating available in the seating area.

### Presentation Ceremonies

- Refer to the session timeline for the ceremonies, every endeavour will be made to run as timetabled.
- Substitutes may be used if athletes are marshalling; however, they must be of the same gender as the athlete receiving the medal.
- No caps, goggles, or towels (wrapped around the waist) will be worn.

## AWARDS AND SCORING

- Visitors, athletes not affiliated with a club aligned with the Makos zone, are not eligible for medals.

**Medals** will be awarded to both female and male athletes as follows;

- **Timed Finals:** top three (3) times per age group
- **Finals:** top three (3) times per age group
- **Para Medals** will be distributed based on a percentage of the Para athlete's time compared to the NZ Para Record for their classification for Timed Finals and Para only Finals.
- **Overall:** the fastest overall time swam by a male and female athlete in each event.

**Challenge Events** will award the top three place getters with the following.

	First Place	Second Place	Third Place
Medley Skins (session 2)	\$100.00	\$60.00	\$40.00
Mystery Medley (session 4)	\$100.00	\$60.00	\$40.00
Adam & Eve (session 6, per athlete)	\$50.00	\$30.00	\$20.00

## TEAM MANAGER INFORMATION

**Team Manager's Meeting** will be held on Friday, 21<sup>st</sup> February, in Hydroslide (next to Learners Pool Entrance) entrance area at 8:15am. Each club must have at least one representative at the meeting to ensure all information is delivered back to the team. Managers will be given a brief run-down of meet activities, expectations of athletes and clubs and general delivery of the event.

**Results** will be posted as soon as possible, the shallow end of the main pool on the glass windows outside the cafe. Meet Mobile will not be active, but will be updated after the event. At the conclusion of each session, the results will be published on the event page.

**Disqualifications** will be put in the club box.

**Club boxes and Event Forms** can be found behind the Control Room.

**Meet Program** will be available for printing on the event page no later than 19<sup>th</sup> February.

- The initial program will only contain the event information and morning heats.
- Once finalised, the afternoon program will be published on the host region's event page, and a paper copy will be available for each club to pick up at the start of the afternoon warmup session based on

2 programs for teams with 1-10 athletes

4 programs for teams with 21-30 athletes

3 programs for teams with 11-20 athletes

5 programs for teams with 31+ athletes

## KEY DATE REMINDERS

13 <sup>th</sup> February at 11:59pm	Individual entries close, including Challenge Events (event 300).
15 <sup>th</sup> February at 11:59pm	Entry corrections and the Duty Form closes.
16 <sup>th</sup> February	Publication of the final documents, including the Psych Sheets.
19 <sup>th</sup> February	Coaches and Managers form close, and the Meet Program and Duty Roster are Published.
21 <sup>st</sup> February from 8:00am	Warm-up from 8:00am, with meetings for Team Managers at 8:15am, the Officials meeting is at 8:30am and racing commences at 8:45am