



Swimming Nelson Marlborough Long Course Championship 31st Jan – 2nd Feb 2025

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Contact and Venue Information

Danie Hall
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Nayland Park Pool
Nayland Road
Stoke, Nelson 7011

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Entry Information

This event is open to financially registered (at the time of competition) Swimming NZ competitive members.

All events will be conducted under SNZ Regulations and FINA Rules, except where noted in this flier.

All participants must agree to comply with the Sports Anti-Doping Rules and in entering this event, athletes agree to allow photograph, video, multimedia, or film likeness taken by accredited photographers to be used for any legitimate purpose by Swimming Nelson Marlborough or others that have been approved by Swimming Nelson Marlborough.

Swimming Nelson Marlborough reserves the right to restrict entries to ensure the timeline is adhered to.

Covid-19 – subject to terms and conditions in place at times of entering event. Please follow Ministry of Health Guidelines.

This document may be amended, please check our Meet Page on the Swimming Nelson Marlborough website to ensure you have the correct version.

Entry Deadline

Individual Entries	Sunday 26th January	11:59pm
Relay Entries	Tuesday 28th January	11:59pm

Entry Process

All entries must be submitted via Fast Lane or the Swimming NZ Database.

Qualification Criteria

- 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.
- Individual entry times are to be generated by the Swimming NZ Database from designated (approved) competitions.

Entry Fees

- Entry fees are \$12.00 per individual event and no charge for relay events, and
- No refunds for any withdrawals will be given once entries close. Medical withdrawals can be considered if a signed doctor's certificate is supplied prior to the commencement 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.

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Swimming Nelson Marlborough 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.

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

General Competition Information

- Age of competitors is at 31st January 2025;
- 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](#).
- 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.

Note: Regional Championship Age Group Matrix as per Appendix 5 – SNZ Competition Restructure & Competitive Pathway Review

[Full SNZ Competition Restructure FINAL REPORT](#)

Junior Regional Championship Age Group Matrix as per Appendix 6 – SNZ Competition Restructure & Competitive Pathway Review

	Freestyle						Backstroke			Breaststroke			Butterfly			Individual Medley		
	50	100	200	400	800	1500	50	100	200	50	100	200	50	100	200	100	200	400
9 & under	√	√	√	√	✗	✗	√	√	✗	√	√	✗	√	√	✗	√	√	✗
10 years	√	√	√	√	✗	✗	√	√	✗	√	√	✗	√	√	✗	√	√	✗
11 years	√	√	√	√	✗	✗	√	√	√	√	√	√	√	√	√	√	√	√
12 years	√	√	√	√	√	✗	√	√	√	√	√	√	√	√	√	√	√	√

Senior Regional Championship Age Group Matrix as per Appendix 5 – SNZ Competition Restructure & Competitive Pathway Review

	Freestyle						Backstroke			Breaststroke			Butterfly		Individual Medley			
	50	100	200	400	800	1500	50	100	200	50	100	200	50	100	200	100	200	400
13 years	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√
14 years	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√
15 & over	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√

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Events for Point Scoring for Trophies

Gane Family Cups (9 Years and under male and female)	<i>Freestyle – 50m, 100m, 200m Backstroke – 50m, 100m Breaststroke – 50m, 100m Fly – 50m, 100m IM – 200m (400m Freestyle can be swum but does not count as points towards this cup)</i>
Margaret Young Trophies (10-year-old male and female)	<i>Freestyle – 50m, 100m, 200m Backstroke – 50m, 100m Breaststroke – 50m, 100m Fly – 50m, 100m IM – 200m (400m Freestyle can be swum but does not count as points towards this cup)</i>
Baigent-Holland Cups (11-year-old male and female)	<i>All events Except 400m IM, 800m & 1500m Freestyle</i>
Durrant Family Trophies (12-year-old male and female)	<i>All events Except 1500m Freestyle</i>
Trevurza Family Cups (13-year-old male and female)	<i>All events</i>
Pattison Family Cups (14-year-old male and female)	<i>All events</i>
Rukuwai Family Cups (15 years and older male and female)	<i>All events</i>

Age Group Trophies	<ul style="list-style-type: none"> • Trophies will be awarded to the boy and girl in each age group who accumulate the most points from the individual events noted below. • Trophies shall be awarded to the male and female swimmers who earn the most points in each age group.
Gane Family Cups (9 Years and under male and female)	<i>Swimmers 10 years and under must complete (without disqualification) at least three strokes one of which can be an IM event.</i>
Margaret Young Trophies (10-year-old male and female)	
Baigent-Holland Cups (11-year-old male and female)	<i>Swimmers 11 years must complete (without disqualification) at least 3 strokes plus the 200 IM event.</i>
Durrant Family Trophies (12-year-old male and female)	<i>Swimmers 12 years must complete (without disqualification) at least 3 strokes plus the 200 IM or 400 IM event.</i>
Trevurza Family Cups (13-year-old male and female)	
Pattison Family Cups (14-year-old male and female)	
Rukuwai Family Cups (15 years and older male and female)	<i>Swimmers 13, 14 & 15 and over must complete (without disqualification) all four strokes plus either the 200 or 400 IM event.</i>

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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' Coop 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 Swimming Nelson Marlborough Registrar snmregistrar@gmail.co.nz by midnight, Wednesday 29th January 2025;
- Session 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 Swimming NZ, Withdrawal and Protests, [Policy 008](#);
- All withdrawals must be in writing on SNZ withdrawal form, available in team managers folder and must be submitted by the team manager. Team managers must remain 30 minutes after the end of each session to receive and lodge any withdrawals that maybe received by their swimmers. 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.

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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.
- To be accompanied in cash by the \$50.00 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.
- 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 Appeal whose decision shall be final. If the protest is rejected, the deposit will be forfeited to Swimming Nelson Marlborough.
- If the protest is upheld the deposit will be returned.

Awards & Points

J.R. Buchanan Trophy	<ul style="list-style-type: none"> • <i>Best overall SNM affiliated Club – highest points using Buchanan Cup points system.</i>
Y.M.C.A. Trophy (Presented by Ted Hockey in 1982) Awarded annually.	<ul style="list-style-type: none"> • <i>Best overall SNM affiliated Club with highest points per entry.</i> • <i>Excludes relay points and relay entries.</i> • <i>No reduction in entry numbers for scratches after entry deadline.</i>
Marie Saul Cup (Presented by Mrs. Marie Saul, first lady president of SNM in 1982)	<ul style="list-style-type: none"> • <i>Best all-round swimmer.</i> • <i>Open to all swimmers registered with SNM.</i> • <i>Based on all individual events in the SNM Long Course Championships.</i> • <i>Contenders must compete in at least seven championship events and those must include;</i> <ul style="list-style-type: none"> ▪ <i>All four strokes, or</i> ▪ <i>Three different strokes and the individual medley.</i> • <i>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.</i>
Laurie Crabb Cup	<ul style="list-style-type: none"> • <i>For Inter Club Age Group Medley Relay.</i> • <i>The stroke order is: -</i> <i>All three swimmers shall complete backstroke, then</i> <i>All three swimmers shall complete breaststroke, then</i> <i>All three swimmers shall complete butterfly, then</i> <i>All three swimmers shall complete freestyle to complete the relay.</i> • <i>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.</i> • <i>The distance of this event is 600m. Each swimmer shall complete 50m.</i>

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Workers Co-Op Shield	<ul style="list-style-type: none"> • For male open 4x100m freestyle relay. • To be competed for annually for all clubs affiliated to SNM. • The distance for this event is 400m.
Ton Boulton Cup	<ul style="list-style-type: none"> • For females open 4 x 100m freestyle relay. • To be competed for annually for all clubs affiliated to SNM. • The distance for this event is 400m.
Adam and Eve Relay	<ul style="list-style-type: none"> • Swum as the last event of the championship. • SNM swimmers only. • To be eligible for this relay a swimmer must have completed the 50m freestyle event during this event. • The fastest eight male and females are paired together as follows: - <ul style="list-style-type: none"> Boys 1st fastest Girls 8th fastest Boys 2nd fastest Girls 7th fastest Boys 3rd fastest Girls 6th fastest Boys 4th fastest Girls 5th fastest Boys 5th fastest Girls 4th fastest Boys 6th fastest Girls 3rd fastest Boys 7th fastest Girls 2nd fastest Boys 8th fastest Girls 1st fastest • Fastest boy and 8th fastest girl in Lane 1. • Each swimmer swims 50 meters freestyle.
J.G. Bacon Memorial Cup (Presented by Mrs. Howarth – Blenheim on 17th December 1956)	<ul style="list-style-type: none"> • Competed by teams representing the Nelson and Marlborough provinces. • Contest is a medley relay. • Each team shall consist of 4 female and 4 male swimmers. • One male and one female to swim each stroke, backstroke, breaststroke, butterfly, and freestyle. • The order of swimming shall be the female swimmer followed by the male swimmer in each stroke. • Each swimmer shall swim one length of the pool.

JR Buchanan Points System				
Place	6 Lanes	7 Lanes	8 Lanes	10 Lanes
1	16	22	28	28
2	11	16	22	22
3	7	11	17	17
4	4	7	13	13
5	2	4	10	10
6	1	2	8	8
7		1	6	6
8			4	2
9				1
10				

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Medals

- Medals will be presented for first, second and third place in the individual events. Ribbons will be presented to (4TH – 8TH) to mark their achievement.

Presentation Ceremonies

- All ribbons will be available for collection from the recorders desk by team managers.
- Medals will be presented during sessions 1, 2, 3 and 4. Ceremonies will take place on the grassy verge, next to the recorders desk.
- Athletes are to wear their club shirts and footwear. There are to be 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 3.15pm

Racing Starts at 4.00pm

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

- No athlete, manager or coach is to stand and/or sit on the pool deck during the competition sessions, use the seating available on the tiered seating at each side of the pool.
- Spectator seating is available to the left of the pool before the lifeguard shed. No spectators to be seated with teams.

Warm-up 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 Process

- Located at the top of the grassy verge.
- Only SNM appointed marshal and athletes to be present at marshalling.
- 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.
- All team members are required to marshal for relay events.

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TECHNICAL OFFICIALS AND VOLUNTEERS

Swimming Nelson Marlborough will endeavour to obtain the necessary number of technical officials, but the number on pool deck may be more or less, than the requirement set out in Swimming NZ approved criteria.

SNM requires all technical officials, coaches & team managers to have a clean police vet check.

Notice of availability

- All entrants must supply a volunteer.
- Should we not get the required number of timekeepers and officials, the status of this meet will change from designated to development. The competition status designated (previously known as approved), or Development (previously known as non-approved), will be determined not less than twenty-four (24) hours prior to the commencement of the competition.
- [Volunteer here](#)
- All positions are to be filled no later than the closing date of entries.

Meeting

- Will be held 15 minutes prior to commencement of each session, beside the recorder's table.

General Information

- Light nibbles will be provided during the event.
- Bring your own water bottle.
- As this is an outdoor event, sunscreen, and hats to be worn at all times whilst timekeeping and officiating.
- All technical officials and admin team to wear black SNM shirts. If you do not have one, please email snmregistrar@gmail.com

TEAM MANAGEMENT INFORMATION

Club folders are found at the Recorders table.

Accreditation

- All coaches and team managers MUST be police vetted with results accessible within the Swimming NZ Database.
- Minimum category for Coaches to access the pool deck is 'Volunteer Coach', whereas the minimum category for Team Managers is 'Volunteer'.

Team Managers Meeting

- Held on **Saturday 1st February, beside the Recorders table at 8.30 am.**
- Team Managers will be given a brief run-down of meet activities, expectations of athletes and clubs and general delivery of the meet.
- Each club must have at least **one representative at the meeting to ensure all information** is delivered back to the team.

Competition Programme

- Available for viewing and printing (if you wish) on SNM Meet Page, no later than Thursday 30th January 2025.

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.

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Timelines

- Timelines will be included in the Competition Programme.
- Times shown are approximate and races may start before or after the times indicated.
- 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).

FACILITIES HEALTH AND SAFETY REQUIREMENTS

Pool Deck

- During competition, only essential personnel (Technical officials and Timekeepers) are allowed on the pool deck.
- Coaches are to remain in their team area.

General

- Be careful walking around facility, it can get very slippery.
- To minimise the risk of injury all athletes MUST dry off before walking around facility. 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 26th January at 11.59pm.

Relay Entries Close: Tuesday, 28th January at 11.59pm.

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

Entry List to clubs: Monday 27th January 2025.

Competition Programme: Available on SNM Meet page no later than 5pm Thursday 30th January.

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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 3.15pm Starts 4.00pm

- | | |
|--------------------------------------|---|
| 35 Men 12 & Over 400 IM (F) | 40 Men 50 Butterfly (F) |
| 36 Women 12 & Over 200 Butterfly (F) | 41 Women 50 Butterfly |
| 37 Men 200 Freestyle (F) | 42 Women 100 Freestyle (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.

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