

INFORMATION SHEET

NZ Masters 37th National Long Course Championships
12th – 13th March 2010

“Splash Palace” Southland Aquatic Centre

8 lane, 50m pool, Invercargill

Foveaux Masters Swimming Club Inc is proud to welcome you and present the 37th Annual NZ Masters National Long Course Championships to be held at the Southland Aquatic Centre, 56 Elles Road, Invercargill.

Programme of Events

Friday 12th March, registration from 3:00pm at Splash Palace

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Warm-up 5:15 pm Start 6.00 pm

Session 1

- 1 400m Individual Medley
- 2 50m Butterfly
- 3 200m Backstroke
- 4 100m Breaststroke
- 5 4x50m Women's Medley Relay
- 6 4x50m Men's Medley Relay
- 7 800m Freestyle
- 8 1500m Freestyle

Saturday 13th March

Warm-up 7:30 am Start 8:00 am

Session 2

- 9 200m Freestyle
- 10 200m Individual Medley
- 11 200m Butterfly
- 12 50m Backstroke
- 13 100m Freestyle
- 14 200m Breaststroke
- 15 4x50m Women's Freestyle Relay
- 16 4x50m Men's Freestyle Relay

Warm-up 2.30 pm Start 3:00 pm

Session 3

- 17 100m Butterfly
- 18 50m Freestyle
- 19 100m Backstroke
- 20 50m Breaststroke
- 21 400m Freestyle
- 22 4x50m Mixed Medley Relay
- 23 4x50m Mixed Freestyle Relay
- 24 Flying Squadron Relay

You can enter a maximum of 6 individual events.

The Meet

The meet will be run by Foveaux Masters with the assistance of Swimming Southland. Without this assistance the meet would not be possible and the club is incredibly grateful for their support and technical talents.

FINA rules governing Masters Swimming will apply.

Events are pre-seeded, slowest to fastest, according to submitted times.

Age groups are determined by age on 31 December 2010.

Swimmers are restricted to six individual events plus relays.

Medals will be awarded to 1st, 2nd and 3rd place per age group per event (male and female).

Entry deadline is 16 February 2010. No late entries will be accepted.

Entries are to be posted to: Foveaux Masters, 2010 Nationals, P.O. Box 13, Gore or e-mailed to admin@swimsouthland.org.nz.

Relays

All relays are to be entered on the official relay entry form.

All relays are to be entered 10 minutes before the commencement of the session the event is to be swum. E.g. the entry form for the 4 x 50m women's medley relay on Friday pm needs to be to the meet director by 5.50 pm on Friday.

For relay entries you must provide the following:

- All relays to be entered using the official relay entry form. Forms are available from registration, and the [NZMS website](#).
- The order you put the names down on the entry form must be the order the relay is swum in - **no exceptions**.
- Each person's name should be recorded on the relay entry form with their correct first name and surname as per the New Zealand Masters membership listing.
- Each swimmer's correct age as at 31 December 2010 is to be shown.
- Each swimmer in the team should be from the same club.

The relay entry forms can be downloaded from the NZ Masters website, under upcoming events, by selecting the NZ Masters 37th Long Course Swimming Championships event. They will also be available from the registration desk on Friday night and Saturday.

Although not eligible for official (4 x 50m) relays, it is quite in order for 20-24 year old swimmers to swim in unofficial or composite teams that are not competing for placings, records or Top Ten Rankings. These unofficial teams should not be placed above official teams in their age group placings.

Please note that 20-24 year old swimmers are eligible to swim in the **Inter-region Flying Squadron Relay** - 6 x 50m Freestyle Mixed (three men, three women). This is not a club team, but is one team per region (five teams) and is swum at each National Long Course Championships.

1500/800 Swim

Where a person enters both the 1500m Freestyle and 800m Freestyle events, both events will be swum at the same time. The time for the 800m event will be taken as your split during the 1500m event. Anyone swimming the 800m freestyle only will swim this after the 1500m event has been concluded.

Where necessary we will swim two to a lane for the 1500m and 800m events. If we are required to swim two people to a lane, this will be done for all heats.

Also FINA rules state that two swimmers in the same lane should be of the same sex. When there are two swimmers to a lane and the start is made from the side of the pool this should carry on for the entire event, thereby making sure that when a swimmer has a lane to himself/herself they do not gain an advantage by being able to dive from the starting block.

Starts

Starts will be over the top starts, except the 800m/1500m events where the pool will be cleared prior to the next heat starting. The one start rule will be applied during the entire meet (including 800m/1500m events).

Event Seeding

All events will be seeded from slowest to fastest. This means that the slowest competitors will be in the first heat of each event, and the fastest competitors in the last heat of each event.

Marshalling

There will be a designated marshalling area located at the diving board end of the pool. Please report to marshalling at least 15 minutes prior to the start of your event.

Record Attempts

Where a person is attempting a New Zealand or World Record that person must inform the chief timekeeper of this **prior** to the record attempt, so that suitably qualified time keepers can be arranged for the lane. Record attempts in an event should also be indicated on the entry form by the swimmer.

Every effort will be made to accommodate people attempting records, but the onus is on the person attempting the record to inform the officials **prior** to trying to break a New Zealand or World Record.

Results

Results will be placed in the results area on the inside windows of the Splash Palace reception area.

Medals/Relay Ribbons

Once results have been finalised and posted, medals and relay ribbons will be available to be collected from the medal presentation desk located at the northern side of the pool.

Points System

Please note that the Official NZ Masters Swimming Points system is 6, 4, 3, 2, 1. A Points Cup is awarded to the Club gaining the most points at the meet. Please note that in a tie for first place, each swimmer should be given 6 points each, a tie for second place, each swimmer should be given 4 points each etc.

Payment options

Cheque

If you pay by cheque, please cross it as not negotiable and mark it payable to **Foveaux Masters Swimming**. Please send a copy of your registration form to us with your cheque to:

Foveaux Masters
2010 Nationals
P.O. Box 13
Gore

Direct Credit

If you wish to pay by direct credit you can do so to the following bank account:

Account Name: **Foveaux Masters Swimming**
Account Code: 03-1355 0528490 00
Bank: SBS Bank Invercargill

Please include on the details to appear on our statement your:

NZ Masters ID Number

Your full name (or as much as possible)

Once you have paid by direct credit, please send a copy of your registration form to us at:

Foveaux Masters
2010 Nationals
P.O. Box 13
Gore

or e-mail to admin@swimsouthland.org.nz.

Entering the Event

When entering the event, you are deemed to have read and agreed to the disclaimer on the registration form (see below). A signed copy of your registration form needs to be sent to us to the postal box as above. If we do not receive a copy of your registration form you may not be eligible to participate in the swim meet.

We will attempt to acknowledge all entries by either e-mail in the first instance or by post shortly after we receive your entry.

Meet Disclaimer:

I acknowledge that by sending in an entry form, I declare myself to be fit enough to compete. I acknowledge that I am aware of the NZMS Doping Policy and will comply in all respects with it and with the requirements of Drug Free Sport New Zealand. The organising committee, officers, agents and members will not be responsible for any claims, proceeding and damage whatsoever and howsoever arising directly or indirectly out of or in connections with my participation in this meet. This information is collected by NZ Masters Swimming Inc. and the organising committee and may be forwarded to our sponsors. You have the right to request access to, and correction of this information or to write to the organisers stating that you do not want your name to be passed onto any sponsor. Your agreement to these conditions is confirmed by your placement of this entry.

Disabilities

Please indicate on your entry form if you require assistance exiting and/or entering the pool or you have difficulty hearing the starter.

Lunches & Function

Saturday Dine and Dance

The Saturday Dine and Dance will be held at the Kelvin Hotel, 16 Kelvin Street, Invercargill. The Function will kick off in the function room at 7.00pm for drinks (cash bar), followed by a buffet style dinner at 7.30pm. There will then be a band from 8.30pm until midnight, so you can dance the night away. Please note, the Kelvin Hotel is a fifteen minute walk from the pool and is one of our recommended accommodation providers.

As a single ticket price is \$45, the number of tickets the organising committee will allocate to you will be determined by the \$ value (in multiples of \$45) paid for the Dine and Dance with your entry. Please note: there is a limited number of tickets. Tickets will be issued on a first paid first issued basis. The final date for dine and dance tickets sales will be 16th February 2010 as per the closing date for entries.

Prize Giving

The official prize giving ceremony will be held poolside on Saturday at the conclusion of Session 3.

Accommodation Options

There are several hotel/motels within ten minutes drive or walk of Splash Palace where the meet will be held.

Meet Sponsor – Invercargill Licencing Trust - Accommodation

Kelvin Hotel Cnr Esk & Kelvin Street Reservations 0800802829

Web www.kelvinhotel.co.nz

Deluxe hotel rooms, Superior Suites, King size Suites and 2 bedroom apartments.

Ascot Park Hotel Cnr Racecourse Road & Tay Street Reservation 0800272687

Web www.ascotparkhotel.co.nz

72 first class hotel room, including 5 deluxe studios, 2 suites and 24 additional motel units.

Emberz Restaurant, spa, sauna, heated indoor swimming pool and fitness area.

Balmoral Lodge 265 Tay Street Reservations 0800225667

Web www.balmoralmotel.co.nz

38 superior units with a Qualmark rating of four star plus, within walking distance to Splash Palace

Homestead Villa Motel Cnr Dee & Avenal Street Reservations 0800488588

Web www.homesteadvillamotel.co.nz 4 star plus luxury accommodation, 35 units including suites, studios and one - two bedroom units.

Alternative Accommodation

Colonial Motor Inn (not ILT) 335 Tay Street phone 032176058

Web www.clonialmotorinn.co.nz

10 grandfloor 1 and 2 bedroom units with fully equipped kitchen

Bella Vista Motel (not ILT) 240 Tay Street 032179799

Web www.bellavistainvercargill.co.nz

18 superior motel styled self contained units.

Contact Points

Foveaux Masters – Organising Committee

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