



# South Island Long Course Championships

26<sup>th</sup> - 28<sup>th</sup> February 2021

Splash Palace, Invercargill

This event is open to financially registered (at the time of competition) Swimming New Zealand Competitive and Club members and foreign athletes registered with a FINA affiliated swimming federation, aged 13 years or older, who have achieved the required qualifying times. Visitor; a member of an affiliated club outside of the Makos zone.

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 Southland or others that have been approved by the Makos Committee.

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

**Contact Details:** Swimming Southland, Sue Wilson

**Venue Address:** Splash Palace, 56 Elles Road, Invercargill, 9812.



## ENTRY DETAILS

- Entries close on Friday, February 19<sup>th</sup> at 11.59pm.
- Entry Fees are \$12.00 per event.
- No late entries will be accepted.
- All entry times must have been obtained at a Designated or Development competition, and be available within the Swimming NZ Results Database, during the qualifying period, including unqualified entries.
- All entries must be submitted via the athletes Fast Lane or by Club Admin's using the Swimming NZ Database.
- No split times will be accepted as an athlete's entry time.
- No Time (NT) will not be accepted.
- An athlete who has qualified for this competition may also enter one (1) unqualified event which must be submitted electronically (Fast Lane or via Club Admin's).
- Clubs that have not paid the required entry fees at the entry closing date will be invoiced by Swimming Southland.
- No Refunds for any withdrawals will be given once the final psych sheets have been published. Medical withdrawals can be considered if a medical certificate is provided prior to the commencement of the competition.

## ATHLETE ELIGIBILITY

- Open to all Swimming NZ financially registered (at the time of competition) club and competitive members, aged 13 years or older who have achieved the listed qualifying time at Swimming NZ Designated or Development competition held within the Swimming NZ Results database.
- Open to all foreign athletes registered with a FINA affiliated swimming federation aged 13 years or older who have achieved the listed qualifying times.
- Para athletes are not required to meet the qualifying times BUT must have a valid entry time; No Time (NT) entries will not be accepted.
- Meet the published long course qualifying times. Short course times will be accepted and will be automatically converted during the entry process.
- Qualification period is between 16<sup>th</sup> August 2019 and 18<sup>th</sup> February 2021.
- Age as at 26<sup>th</sup> February 2021.

## PARA ATHLETES

- Para athletes will be judged as per World Para Swimming rules (FINA rules plus the athlete's relevant exceptions) for the entirety of the meet.

- Para athletes will compete in mixed gender, mixed class events, swimming prelims with their able-bodied peers. There are limited Para only finals available, see Event Schedule.
- There are no qualifying times for Para events, but a valid entry time must be submitted with all entries.
- 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 end of the prelim session.
- Medals will be distributed based on the percentage of the Para athlete's time compared to the World Record for their classification for Timed Final events and Para only Final events.

## MEET CONDITIONS

The South Island Championships will be swum under Swimming NZ swimming rules and policies with the following exceptions

- The meet will be swum as long course (50m) using electronic timing.
- A maximum of two (2) visitors may progress from prelims to finals in any one event.
- Unlimited visitor numbers for all timed final events.
- Over the top starts may be used.

### Individual Events

- Timed Finals (50 meter events (excluding Freestyle), 800m Freestyle and 1500m Freestyle) will be seeded according to athlete's entry times.
- Prelims (50m Freestyle, 100 meter, 200 meter and 400 meter) events will be seeded according to the athlete's entry times.
- Finals will be seeded into the following; 14 & under, 15 & over and Open (top eight (8))
- Athletes are NOT allowed to withdraw from an Open final to swim within the Age Group final.
- Athletes are NOT allowed to swim in both Open and Age Group finals within the same event.
- For events that have sixteen (16) or less competitors, at the commencement of the competition, there will be no Age Group final, only an Open final.
- For events that have seventeen (17) to twenty four (24) competitors, at the commencement of the competition, there will be one (1) combined Age Group final and an Open final.

### Challenge Events

- Athletes must register their availability for all Challenge Events when completing their entries, by selecting Event 300 – Mixed 25m Freestyle.
- Age groups are 15 & under and 16 & over

#### Medley Skins (Session 2)

- Athletes will qualify by a Top 8 (1st-8th) placing in the heats of event 1 or 2 - 200m Individual Medley.
- Run as 4x50m on two minutes. Athletes progressing to the next round will walk back to the start end.
- Strokes will be selected by the referee, out of the hat, at random. Each stroke will be swum once in the drawn order.
- Round 1 will eliminate 8th and 7th, Round 2 eliminates 5th and 6th, and Round 3 eliminates 4th and 3rd.

#### Adam and Eve (Session 4)

- Athletes will qualify by a Top 8 (1st-8th) placing in the heats of event 24 or 25 - 50m Freestyle.
- 1st Male will be paired with 8th Female, 2nd Male with 7th Female, etc.
- The race will be swum as a 2x50m Freestyle Relay and can be swum in any order.

#### Mystery Medley (Session 6)

- Athletes will qualify by a 9th-16th placing in the heats of event 1 or 2 - 200m Individual Medley.
- Athletes will draw out of the hat which random stroke order they will complete their medley.
- No athletes will start with Backstroke, or finish with Butterfly.

## AWARDS AND SCORING

- Visitors are not eligible for medals.
- Age Groups for both female and male during this competition are: 13-14yrs, 15-16yrs and 17yrs & over
- Medals will be awarded to both female and male athletes as follows;
  - Timed Final Events – top three (3) times per Age Group.
  - Final Events – top three (3) times per Age Group, plus the fastest athlete from the Open Final, in each event.
  - For Final Events where there are sixteen (16) or less athletes medals will only be awarded to the top three (3) in the Open final.

- For Final Events where there are seventeen (17) to twenty four (24) athletes medals will only be awarded to the top three (3) in both the Open and combined Age Group final.
- Scoring will be awarded to both female and male athletes as follows;
  - No scores will be awarded for 50m Butterfly, 50m Backstroke, 50m Breaststroke, or Challenge events.
  - Age Group and Para Finals - 1st = 12, 2nd = 10, 3rd = 8, 4th = 7, 5th = 6, 6th = 5, 7th = 4, 8th =3
  - Open Finals - 1st = 26, 2nd = 24, 3rd = 22, 4th = 20, 5th = 19, 6th = 18, 7th = 17, 8th =16

### **Challenge Events**

- Challenge events will not be scored.
- Prizes will be awarded to the winners of each Challenge event.

### **Trophies**

- Regional Trophy: Individual points will be accumulated over the competition then divided by the number of competitors from the region, at commencement of the competition, to find the overall Regional winner.
- Club Trophy: Club points shall be accumulated over the competition, trophies awarded to the club with 11 or more athletes and the club with 10 or less athletes, based on competitor numbers at the commencement of the competition, that accumulate the most points.

## **ADDITIONAL CONDITIONS**

### **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 with strapping.

### **Withdrawal Procedure**

- All withdrawals must be received not more than 30 minutes after the end of the previous session in which the event is to be swum.
- Session 1 withdrawals must be notified to the meet recorder not less than 24 hours prior to the start of the competition via email to [admin@swimsouthland.org.nz](mailto:admin@swimsouthland.org.nz)
- A fine of \$50.00 will be incurred for any withdrawals or 'no shows', except for medical injury or disability as judged by the Technical Director.

### **Protests**

- Protests must be submitted to the Referee, in writing, on the protest form by the team manager within 30 minutes following the conclusion of the respective event and be 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.
- 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 fee will be forfeited to Swimming Southland, If the protest is upheld the fee will be returned.

## **ADDITIONAL INFORMATION**

### **Warm Up/Down Procedure**

- Warmup is to be conducted under the consultation and guidance of all coaches.
- Warmup commences one (1) hour prior to the start of each session.
- Warm down lanes will be in the Learners Pool, commencing at the start of each competition session.

### **Marshalling Process**

- Located at the deep end of the main pool beside the Grandstand.
- Athletes will need to marshal 6 races prior for 50m events and 4 races prior to their event for all other events and remain in the marshalling area.
- All athletes are required to marshal for relays.

### **Seating**

- The seating plan will be published on the Swimming Southland website.
- Team Managers are asked to ensure athletes & managers with allocated seating do not procure additional seats.

## Presentation Ceremonies

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

## TECHNICAL OFFICIALS AND VOLUNTEERS

Swimming Southland will endeavor 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 New Zealand approval criteria.

### Notice of Availability

- Technical Officials, Timekeepers and other volunteers are to indicate their availability to assist on the Duty Sheet, accessible [here](#). Note, this is a shared document, via Google Doc's.

### Meeting

- Meetings will be held prior to each session, time and location advised by the Technical Director.
- The meeting prior to Session 1 on Day 1 will be held at 8.30am with the location to be advised closer to the event.

### General Information

- Bring your own water bottle, refills will be available throughout the session.
- Wear a dark coloured top or regional shirt (if available).

## TEAM MANAGEMENT INFORMATION

### Club Boxes

- These will be located next to the pool control room.

### Mangers Meeting

- Will be held on Day 1 at 7.15am with the location tbc nearer the event.
- Team Managers will be given a brief run-down of meet activities, expectations of athletes and clubs and general delivery of the event.
- Each club must have at least one representative at the meeting to ensure all information is delivered back to the team.

### Event Packs

- Available for collection at Program Sales table (main entrance foyer).
- Event/Session programme numbers are based on the number of athletes from each club competing;

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
- If you require additional programs these can be purchased from the Program Sales table in the foyer.

### Disqualifications

- Disqualifications will be announced (when possible).
- A copy of the disqualification form will be put in the club box.

### Results

- Posted as soon as possible, shallow end of main pool on the glass windows.
- Swimming Southland will have live results via Meet Mobile.
- Session results will be published on our website at the conclusion of each session.

### Event Forms

- Relay and Withdrawal forms are available near Club boxes.

### Timelines

- Timelines will be included in the Session Programs.
- Times shown are approximate and races may start before or after the times indicated.
- It's the athlete's responsibility to be marshalling at the appropriate time (i.e. 4 heats before the athletes scheduled race).