



“Have a Go” Ribbon Day

November 21st , Splash Palace, Invercargill
Warm up – 1.00pm, racing at 1.50pm

Events

1. Mixed 4x25m Medley Relay
2. Mixed 14&under 50m Breaststroke
3. Mixed 14 & Under 25m Kickboard - Front
4. Mixed 14 & Under 50m Backstroke
5. Mixed 14 & Under 25m Butterfly
6. Mixed 14 & Under 25m Backstroke
7. Mixed 14 & Under 25m Kickboard – Back
8. Mixed 14 & Under 50m Butterfly
9. Mixed 14 & Under 25m Freestyle
10. Mixed 14 & Under 100m Medley
11. Mixed 14 & Under 25m Breaststroke
12. Mixed 14 & Under 50m Freestyle
13. Mixed 10 & Under 75m Medley
14. Mixed 4 x 25m Freestyle Relay

The 25m Kickboard events are free fun events (all swimmers welcome to enter!)

There will be a Starts & Turns Clinic during warm up and anyone may join in

Meet Conditions

- This meet is open to all currently registered financial members of Swimming NZ who do not have more than 2 times equal to or faster than the times below
- | | | |
|------------------|---------------|--------------|
| Male & Female | 11yrs & under | 12yrs & over |
| 50m Freestyle | 39.00 | 36.00 |
| 50m Backstroke | 44.00 | 42.00 |
| 50m Breaststroke | 49.00 | 46.00 |
| 50m Butterfly | 47.00 | 42.00 |
- (NB: entry times will be checked against the Swimming Southland Database)
- This meet is Short Course and will run as timed finals
 - All events will be timed finals & over the top starts will apply
 - Relays – teams are to be mixed and comprise of four swimmers
 - Warm up 40 minutes – Lanes 1 & 8 sprint lanes for the last 20 minutes
 - Swimmers will compete in the mixed gender events as scheduled above and results will be published as male and female, in the following age groupings; 8 years & Under, 9 years, 10 years, 11 years and 12-14 years.

Entries

- Age at November 21st 2021
- All entries must be submitted via Fast Lane
- Entry fees are \$8.00 per individual event and \$13.00 per team per relay event.
- Have a go entries must be emailed to Development@swimsouthland.org.nz by 5pm Nov 8th
- Online Individual entries must be completed via FASTLANE by Tuesday Nov 9th 2021, at 11.59pm.
- Club Relay entries close: Wednesday Nov 10th 2021, at 5.00pm
- There is no limit on the number of individual event entries.
- NT (no times) will be accepted for all events
- Late entries or changes after the closing date will not be accepted.
- No refunds for any withdrawals will be given once entries close.
- **Clubs please ensure when a swimmer is entering an event for the first time, they are competent over the distance**

CLUBS - PLEASE ENCOURAGE PARENTS TO COME ALONG TO THE MEET AND TIME KEEP

Ribbons

- Ribbons – swimmers placing 1st, 2nd or 3rd in their age group will receive their relevant ribbon, with swimmers placing 4th-8th receiving a finalist ribbon.
- Only 1st, 2nd, 3rd placed relay teams will receive ribbons

Extra Information

- Normal swimmer and spectator pool entry fees will apply
- Warmup is to be conducted under the consultation and guidance of all coaches.
- Dive lanes 1 & 8 and Pace lanes 2 & 7 will be open in warmup with 30minutes to go until end of the warm up.
- There will be 2 lanes allocated for warm downs in the shallow end of the pool
- Athletes should make their way to the marshalling area four (4) races prior
- Photographs taken during the meet may be used by Swimming Southland – please make the Executive Officer aware if you do not wish your photograph to be used

Competition Documents

- Draft reports will placed on SS website and emailed to competitors on Thursday Nov 11th
- Corrections are to be emailed to Swimming Southland no later than noon Monday Nov 15th
- Final Psych Sheets will be published on the website on Wednesday Wed 17th
- The Program & Seating Plan will be published on the website no later than 5:00pm, Friday Nov 19th - There will be NO programs available for purchase at this competition

Technical Officials & Volunteers

- Duty Sheets - accessible on the Swimming Southland website (local meets information section)
Note, this is a shared document via Google Drive therefore the names showing are filled positions.

Team Managers Information

- All Team Managers MUST be Police Vetted as per Swimming NZ Member Protection policy.
- Clubs are required to notify the Swimming Southland Executive Officer as to whom their designated Managers are for this meet by Wednesday Nov 17th
- Managers must wear their Swimming Southland ID cards the session they are managing
- Team Managers are asked to ensure athletes do not procure additional seats.
- DQ's will be announced (when possible), copies of the forms will available from the Control Room
- Results will be posted asap on the glass windows of the café at the shallow end of the main pool
- Finalized Session results will be published on the website by 5pm Monday Nov 22nd

Health & Safety Requirements

Supervision Policy

- Athletes who are 6 years & under must wear a yellow arm band and athletes 7 years & under must wear a green band
- Bands CAN be removed for racing but MUST be worn at all other times. Athletes are able to make their own way to marshalling and start blocks. Upon completion of their race make their way back to their seat in the grandstand.
- Athletes using the warmup and down lane/s during the competition MUST be supervised at all times.

Pool Deck

- During the competition, only essential personal (Technical Officials and Timekeepers) are allowed on the pool deck
- Coaches are to remain in their designated area at all times

General

- Be careful in the Grandstand, it can get very slippery.
- Fire exits, and clearways are always to remain clear.
- Evacuation Procedure: if the pool requires evacuation you will be guided by Splash Palace Pool staff, please remain calm and their follow instructions

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