



2021 Southland Long Course Championships

Dec 3rd & 4th - Splash Palace, Invercargill

Revised COMPETITOR INFORMATION as at Nov 15th 2021

All participants must agree to comply with the Sports Anti-Doping Rules and in entering this event, athletes agree to allow photographs taken during the meet to be used for any legitimate purpose by Swimming Southland - please make the Executive Officer aware if you do not wish your photograph to be used (admin@swimsouthland.org.nz)

The 2021 Southland Long Course Championships are open to all current Competitive Swimmers who are financial & registered to an affiliated Swimming Southland Club.

The meet will be swum under Swimming NZ Development Meet Rules and Policies with the following specific conditions & criteria. *Covid criteria's will be subject to change following any government changes to the current Covid levels/restrictions*

- Age groups are 9 & under 10&11, 12&13, 14&15 & 16 & over unless stated below
- ALL EVENTS WILL BE TIMED FINALS
- 9 & under swimmers can only enter 50 & 100m events
- 400m, events will be swum in 10&11 years, 12&13 years, 14&15 years and 16 years and over age groups
- 800m & 1500m events will be swim in 11-13 14&15 and 16 & over age groups
- The 800m maybe swum within the 1500m event. Each event must however been entered and paid for online
- Over the top starts will apply
- Qualifying times are 50m (LC) times.
- NO PARENTS/SPECTATORS are allowed, please make sure swimmers pay their entry fee on arrival
- THERE IS NO WARM DOWN AREA and swimmers are not permitted to use the learner's pool, spa, wave pool or shallow end of the main pool to warm down during the meet
- Swimmers are encouraged to leave once they have finished their events
- On the day, if you are feeling unwell please stay home
- Everyone must sign in using QR codes or manual sign in options upon arrival at Splash Palace and must wear a face mask while in the facility.
- Swimmers must wear masks in the pool complex until they enter the pool and put them back on after their races.
- Everyone must change in the school changing rooms not the public changing rooms
- Parents please make sure your children pay their entry fee on arrival
- Results will be published on meet mobile and placed on a white board at the deep end of the pool (not on the café window as in the past)

Entries

- Entries will be limited to 100 swimmers and will be taken on a 1st in 1st served basis.
- Entry qualifying times must have been swum since 1st Nov 2020
- All entries must be submitted via Fast Lane
- Entry fees are \$10.00 per individual event and \$15.00 per team per relay event.
- There is no limit on the number of individual event entries
- **Individual entries close:** Tuesday Nov 23rd 2021, at 11.59pm.
- **Club Relay entries close:** Wednesday Nov 24th 2021, at 12.00pm.
- **Late entries or changes after the closing date will not be accepted.** (this includes changes if your events become closer together due to lack on entries in other events)
- Swimming Southland reserves the right to close entries if capacity is reached, alter entries in consultation with coaches and athletes and call for additional entries if capacity allows

- No refunds for any withdrawals will be given once entries close. Medical withdrawals can be considered if a signed medical certificate is supplied prior to the commencement of the competition. Should this meet be cancelled due to a change in covid alert levels entry fees will be refunded
- Normal Swimmer entry fees will apply and are to be paid upon entry of the pool

Para Athletes

- Para athletes need to advise Swimming Southland of their Classification/s prior to the Meet closing date
- Para athletes will be seeded amongst their able-bodied peers, based on their entry times.
- Para athletes will be judged as per World Para Swimming rules (FINA rules plus the athlete's relevant exceptions) for the entirety of the competition.
- Medals will be distributed based on percentage of the Para athlete's time compared to the World Record for their classification.

Competition Documents

- Draft reports will published on Swimming Southland website and emailed to competitors on Thursday Nov 25th
- Corrections are to be emailed to Swimming Southland no later than noon Monday Nov 29th
- Final Psych Sheets and the Meet Program will be published on the Swimming Southland website no later than 5.00pm, Wednesday Dec 1st
- There will be NO programs available for purchase at this competition

GENERAL COMPETITION INFORMATION

Spectators

- NO PARENTS or SPECTATORS are allowed in the pool complex

Relays

- Teams are to be mixed and comprise of no fewer than two female swimmers. This rule does not apply to the Flying Squadron event.
- Any swimmer who swims up in a higher age group must remain in that category throughout the relay events (i.e., swimming in more than one age category shall not be permitted), excepting for the Flying Squadron event.
- The Murihiku Anniversary Trophy will be awarded to the Southland club gaining the most relay points.
- The Campers Memorial Shield will be awarded to the winning Southland club team in event 51 Flying Squadron 4 x 100m Freestyle.
- Names and race order for Flying Squadron relay teams must submitted to the Recorder at the end of the Session 2

Withdrawals

- Session 1 to be received by Swimming Southland by 12.00pm, Friday Dec 3rd
- Session 2 & 3 withdrawals are to be advised to the Recorder, by the end of the preceding session.
- Any withdrawals submitted after the above schedule may incur a penalty fee of \$50.00.

Protests

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

Results, Awards and Points

Results will be published on meet mobile and placed on a white board at the deep end of the pool (not on the café window as in the past)

Individual Events

- Results – 9 & under 10&11, 12&13, 14&15 & 16 & over
- Medals – top three (3) place getters in each age group, except Para athletes where top three (3) medals are distributed based on World Record percentage.
- Ribbons – placings 4th to 8th in each age group, except Para athletes where placings ribbons, 4th to 8th are distributed based on World Record percentage.

Relay Events

- Medals will awarded to the top three (3) teams in each event

Presentation Ceremonies

- There will be NO ceremonies during the meet, ribbons & medals will distributed after the meet.

GENERAL COMPETITOR INFORMATION

Race Suit Policy

- Technical/performance race suits for all competitors aged 12 years and under are NOT allowed to be used at this competition, full policy can be found here.

Changing Rooms

- Swimmers will be allocated the School changing rooms and must not to use the public changing rooms

Seating

- There will be NO seating plan
- Swimmers must sit on seating as marked out by Splash Palace to ensure they observe Level 2 Health and Safety guidelines

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.

Warm-up Procedure

- Warmup is to be conducted under the consultation and guidance of all coaches.
- Warmup commences forty-five (45) minutes prior to the start of each session.
- Dive lanes 1 & 8 open in warmup with 30minutes to go until end of the warm up. Pace lanes will be 2 &7 open in warmup with 30minutes to go
- THERE IS NO WARM DOWN AREA and swimmers are not permitted to use the learner's pool, spa or wave pool to warm down during the meet
- Swimmers are encouraged to leave once they have finished their events

Marshalling Process

- Athletes should make their way to the marshaling area four (4) races prior
- Race start times shown in the Meet Program are approximate and races may start before or after the times indicated.
- It is the athlete's responsibility to be at marshalling at the appropriate time
- The Marshalling will be at the deep end of the pool and include a section in the stands along with the normal area if needed

FACILITIES HEALTH AND SAFETY REQUIREMENTS

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 and wear a mask

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

TECHNICAL OFFICIALS AND VOLUNTEERS

All Technical Officials MUST be Police Vetted as per the Swimming NZ Member Protection policy.

Notice of Availability

- Duty Sheets - accessible on the Swimming Southland website. Please note, this is a shared document via Google Drive therefore the names showing are filled positions
- All Positions will be filled by a first in first served basis via the online duty sheets (THIS WILL INCLUDE TIMEKEEPERS)

Meeting

- Will be held 30 minutes prior to every session, beside the control room

General Information

- There will be no nibbles or refreshments provided at this meet however you are welcome to bring your own container of goodies & water bottle to put under your seat
- Wear a dark colour top or your regional shirt

COACHES AND MANAGERS

- Clubs will only be permitted to have ONE Manager, no matter the number of competitors per Club
- 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 one designated Manager is for each session by Dec 1st
- Managers must wear their Swimming Southland ID cards the session they are managing and wear a mask

TEAM MANAGERS INFORMATION

Club Boxes are found beside the Control Room

Meeting

- Held at 9.00am – shallow end of grandstand
- 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 their Manger at the meeting to ensure all information is delivered back to the athletes.

Programs

- To be printed and brought with you, there will be no programs available at the competition

Disqualifications

- Disqualifications will be announced (when possible).
- A copy of the DQ form will placed in the club box and emailed to the Clubs following the Meet.

Results

- Posted as soon as possible on the white board at the deep end of the pool (not on the café window as in the past)
- Swimming Southland will have live results via Meet Mobile.
- Finalised Session results will be published on the Swimming Southland website by 5pm Monday Dec 6th

Event Forms

- All forms are available from the table in front of the Control Room

Timelines

- Timelines will be included in the Session Programs.
- Times shown are approximate and races may start before or after the times indicated.
- It is the athlete's responsibility to be at marshalling at the appropriate time

CLUBS - PLEASE ENCOURAGE PARENTS TO PLACE THEIR NAMES ON THE DUTY SHEET TO TIME KEEP – 1st in 1st served