



2023 WELLINGTON LONG COURSE CHAMPIONSHIPS



2023 Swimming Wellington Long Course Champs

Friday 1st December - Sunday 3rd December 2023

Wellington Regional Aquatic Centre
63 Kilbirnie Crescent, Kilbirnie, Wellington 6022

Contacts:

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Technical Director – Jacqui Forsythe
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For the latest information, please check the event page on the Swimming Wellington website to ensure you have the up-to-date version

Updated: 6 September 2023



Meet Setup

Session Times:

Date/Session	Doors Open	Warm Up	Start
Fri 1 Dec Session 1	7am	7.30 - 8.15am	8.20am
Session 2	2.30pm	3.00 - 3.45pm	3.50pm
Sat 2 Dec Session 3	7am	7.30 - 8.15am	8.20am
Session 4	2.30pm	3.00 - 3.45pm	3.50pm
Sun 3 Dec Session 5	7am	7.30 - 8.15am	8.20am
Session 6	2.30pm	3.00 - 3.45pm	3.50pm

Meet will be swum long course under SNZ/World Aquatics rules except where local rules and conditions apply. Para swimmers are eligible to compete at this meet and shall compete under WPS swimming rules.

Events will be swum and scored in the following age groups:

50m, 100m, 200m & 400m Events: 13, 14, 15, 16, 17&O

800 & 1500m Events: 13, 14, 15, 16, 17 & O

50m-200m events will be swum as graded scratch morning heats with age group evening finals.

400m-1500m events will be swum as timed finals.

800m & 1500m events are restricted to the top 20 male and female swimmers in the following age group (15&U, 16&O).

The top 10 swimmers will progress from heats to finals in any one event.

Self-Marshalling will operate in the morning sessions. Marshalling will operate in the evening sessions.

Awards

Wellington Swimmers - The top 3 Wellington swimmers placing in a final event will receive a Gold, Silver or Bronze medal.

Visitors - a maximum of 2 visitor medals will be awarded in any one final event.

Ribbons - will be available for collection for swimmers finishing in the top 10 who did not receive a medal.

Club uniform tops for medal presentations. Same gender substitutes permitted.

Overall age group awards will be presented for each male and female 13, 14, 15, 16 & 17/O and the Swimming Wellington Region Top Club trophy at the end of the meet. This includes able bodied and para swimmers.

Age group points will be earned as 20, 14, 10, 7, 6, 5, 4, 3, 2, 1 for first to tenth inclusive.

Entry Details

This meet is open to financial SNZ registered competitive swimmers aged 13 & over. Overseas competitors may compete subject to providing a Travel Authorisation Form/Letter from their national federation.

Age as at 1 December 2023.

Qualifying times must have been obtained between 1st December 2021 and the entry closing date of 26th November 2023 and be held within SNZ database. Converted times are permissible.

Entry fees are \$12.00 per event per swimmer.

Entries and payment will be via the SNZ Database, pay later not an option. Entries will open on Thursday 26th October and close at 23:59:59 (Midnight) on Sunday 26th November 2023. Late entries will NOT be accepted.

There will be no refunds for withdrawals after entries close.

Initial psych sheets will be posted on the website on Monday 27th November and final psych sheets on Thursday 30th November.

By entering this meet, swimmers agree to allow images (e.g. photography, video, etc.) to be taken by accredited media approved by Swimming Wellington. Images are only to be used for legitimate purposes by Swim Wellington in accordance with the SNZ Member Protection Policy.

Swimming Wellington 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.

All Participants must agree to comply with the Sports Anti-Doping Rules.

Strapping of muscles/joints is not permitted unless supported by a doctor or physio certificate and sighted by the Technical Director prior to the first session the strapping is applied.

Protests shall be lodged as per SNZ policy 008 along with \$100 cash.

Para Swimmers

The 2023 Wellington Long Course Championships are open to Para swimmers who have a classification of some form – provisional, national or international. Qualifying times are not required. Heats and finals will only take place for each event on the event schedule.

Para events will be swum as open age group within the able-bodied morning heats. Multi-classification finals take place in the evening for all Para events. Medals will be distributed based on the World Para Swimming points system (similar to the percentage of the world record calculation), of which results are final. If you have any questions regarding classification, please contact Disability & Para Swimming Participation Manager, Cameron Leslie, on cameron@swimming.org.nz.

Para swimmers are requested to report to the Technical Director prior to the commencement of the first session they attend.

Entries for para swimmers can be submitted manually by email to louise@swimwn.co.nz on or before Sunday 26th November 2023. Or entries and payment can be made via the SNZ Database if your times are within the qualifying times.

Withdrawals

Swimmers may withdraw without penalty from Session 1 by email (louise@swimwn.co.nz) before midday on Thursday 30 November or with the recorder at the venue up to 1 (one) hour prior to the start of the session one.

For timed finals in subsequent sessions, withdrawals must be submitted to the recorder before the completion of the session prior.

Swimmers not wishing to take part in a final for which they have qualified (including reserves) must withdraw with the recorder within 30 minutes following the official heat results for that event being published.

Withdrawals that fail to comply with these conditions, or swimmers who fail to marshal, will incur a \$30 penalty. *This penalty only applies to finals and timed-finals.*

Valid medical certificates will be taken into consideration.

Warm-Up

Warm-up duration - 45 minutes

All lanes - General Swimming unless specified. Feet first entry except in specified dive lanes.

Lanes 0/1 & 8/9 - To become dive lanes for the last 20 minutes of each warm-up

Lane 2 - Designated pace lane

Lane 0 - Designated to para swimmers for the first 25 minutes of each warm-up

Club & Spectator Information

A seating plan will be published on the Swimming Wellington website on Wednesday 29th November.

Duty Club requirements will be advised by Swimming Wellington.

Entry for all swimmers, officials, team managers and coaches will be via the southern entrance on Kilbirnie Road.

Swimmers and coaches to present Swimming Wellington pool entry passes. Coaches must display their NZSCTA cards throughout the meet, only swimmers and coaches with NZSCTA passes will be permitted to enter the coaches area.

Visiting clubs will be issued with temporary entry passes for the meet.

Officials (including timekeepers and duty clubs volunteers) are required to sign in on entry.

Entry for nominated team coaches & team managers will be limited to the following numbers: -
1 - 10 swimmers - 1 coach & 2 team managers
11- 20 swimmers - 2 coaches & 3 team managers
21 - 35+ swimmers - 3 coaches & 4 team managers.

Two (2) programmes for each club can be uplifted from the signing in desk on entry via Kilbirnie Crescent and will be available via wellingtonswimming.org.nz. Please support us in trying to reduce paper.

The results will be published on Meet Mobile. Please note these results are not official until the referee has signed them off.

Spectator entry fee; \$3 for all 16&O and \$2 for all 15&U.

The Swimming NZ Code of Conduct and Media and Photography position statement in the Swimming NZ Member Protection Policy Manual apply to all competitors, volunteers and spectators entering WRAC. The Manual can be found on the Swimming NZ website **[here](#)**.

There will be a team manager meeting in the Spin Room at 7.15am on Friday morning.

Officials Information

All participating Swimming Wellington clubs are required to provide officials for this meet. RTOP will send this request to clubs. Qualified visiting officials are welcome and may apply via email RTOP@swimwn.co.nz. All qualified officials are required to have been police vetted.

Officials to bring their own water bottles.

There will be an officials meeting in the meeting room 20 minutes prior to the start of each session.

