

## 2017 SW Summer Long Course Championships

### Meet Information

#### **Entries**

Entries will open at 8am on Monday 12 December 2016. Entries close at Midnight (23:59:59) on Sunday 15 January 2017. Late entries **WILL NOT** be accepted.

Refer to the flier for the 2017 Swimming Wellington Summer Long Course Champs for the full Meet Entry Conditions.

Swimmers Must entry through the Southern entrance ensuring you have your pass available please. Team Manager and Officials please sign in or present your Team Manager pass. Coaches can use either the **Swim Wellington Coaches entry pass or your NZSCAT accreditation pass please.**


#### **Scratching Process**

- **For all events** (without penalty): will be accepted until 5pm Thursday 19 January 2017.
- **FINALS:** must be received within 30 minutes of the preliminary results being posted.
- **TIMED FINALS:** must be received 30 minutes before the start of session 1 or before the end of the previous session (Sessions 2-7). Failure to follow scratching procedure will result in a \$30 late withdrawal penalty (in accordance with the SNZ Regulations).
- There will be no refunds for withdrawals after the entries close. Swimmers who withdraw from the meet for medical reasons prior to Session 1 must provide a medical certificate for consideration.


#### **Session Times**

Session	Warm Up	Session Start	Sprint Lanes
<b>Session 1 - Friday PM</b>	5.00pm – 5.40pm	5.50pm	5.25pm
<b>Session 2 - Saturday AM</b>	7.30am – 8.10am	8.20am	7.55am
<b>Session 3 - Saturday PM</b>	3.15pm – 4.00pm	4.10pm	3.45pm
<b>Session 4 - Sunday AM</b>	7.30am – 8.10am	8.20am	7.55am
<b>Session 5 - Sunday PM</b>	3.15pm – 4.00pm	4.10pm	3.45pm
<b>Session 6 - Monday AM</b>	7.30am – 8.10am	8.20am	7.55am
<b>Session 7 - Monday PM</b>	3.15pm – 4.00pm	4.10pm	3.45pm

## Warm Up Procedure



### Swimming Wellington Summer Championships Warm-up Procedure



The warm-up is reserved for competitors taking part in the competition. Swimmers, Coaches and Team Managers **MUST** follow instructions of the Warm-up Procedure during the warm-up period.

Swimmers to swim **CLOCKWISE** in odd numbered lanes and **ANTI-CLOCKWISE** in even numbered lanes as shown below. Signs will indicate which way to swim in each lane.

Odd lane	↑	→	→	→	→	→	↓
		CLOCKWISE SWIMMING					
Even lane	↓	←	←	←	←	←	↑
		ANTI-CLOCKWISE SWIMMING					

**Warm-up Times**

	General Swimming	Dive Lane Period	Session Start time
Session 1	5.00pm – 5.40pm	5.25pm	5.50pm
Sessions 2, 4 & 6	7.30am – 8.10am	7.55am	8.20am
Sessions 3, 5 & 7	3.15pm – 4.00pm	3.45pm	4.10pm

**CAUTION NEEDED: POOL DEPTH 1.2M AT SHALLOW END – NO DIVING**

**GENERAL SWIMMING AND RACE PREPARATION PERIOD**

Start end (Deep End)	Turn End (Shallow End)
9 Para Swimmers ONLY	
8 General Swimming	
7 General Swimming	
6 General Swimming	
5 General swimming	
4 General Swimming	
3 General Swimming	
2 General Swimming	
1 Dive Lane (no diving at turn end)	→
0 Dive Lane (no diving at turn end)	→

**SPRINT/DIVE LANE PERIOD**

An announcement will be made for the start of the DIVE LANE Period. This period will see the addition of more sprint dive lanes in Lane 7 and Lane 8.

Start end (Deep End)	Turn End (Shallow End)
9 Para Swimmers ONLY	
8 Dive lane (no diving at turn end)	→
7 Dive lane (no diving at turn end)	→
6 General Swimming	
5 General swimming	
4 General Swimming	
3 General Swimming	
2 General Swimming	
1 Dive Lane (no diving at turn end)	→
0 Dive Lane (no diving at turn end)	→

An announcement will be made 5 minutes prior to Warm-up finishing and at the completion of the Warm-up. At this time swimmers are to clear the pool. Swimming Wellington staff or the Meet Director can change the lane allocation as appropriate.

**REMEMBER FEET FIRST ENTRY DURING WARM UP**

### ***Photography***

In line with Swimming Wellington (or relevant club) rules, no person may video, film or take photographs at this event in a professional capacity without having received permission and registered their details with the event organiser.

All parents/guardians wishing to take images of their child may do so but images must be in line with this policy. If you are taking photos on behalf of your Club please ensure you get your pass from the AOD prior to the start.

### ***Seating Allocation***

There will be seating allocation for the SW Summer Champs. This will be sent out to Clubs and posted on the Swimming Wellington website on Wednesday 18 January 2017. The seating plan will also be posted in various places around the pool at the event. If you are unsure where you are allocated seating at the event, please refer to the seating plans. Clubs please remember we have allocated seating **please DO NOT change** your allocated area. We also have spectators to consider. All Clubs are asked to ensure family members sit in the 'Spectator' marked seating.

### ***Programmes***

Programmes will be \$3.00 each session and available from the main entrance. Spectator entry is \$3.00 per session. **All session and programme passes are available at \$35.00.**

Programmes for **nominated Team Coaches & Team Managers will be;**

1-10 Swimmers [2], 11-20 [4], 21-35+ [6]. Programmes for Team Managers & Coaches can be uplifted from the recorders table next to the AOD room.

### ***Results***

Results will be posted on both the wooden boards below the Gallery Seating at the end of each event for Team Managers and Coaches. Spectators will be able to find the results on the glass at the turn end of the pool.

Full session results will be available on the Swimming Wellington website at the end of each session.

### ***Pool deck access:***

Please note that only accredited Coaches and Team Managers are permitted on pool deck.

## ***Health and Safety***

In the event of an emergency

1. An alarm will sound and if the building needs to be evacuated an announcement will be made over the PA system to leave by the nearest exit.
2. Centre staff will be located around the facility directing customers to the nearest exit point
3. Assemble points are located at (Kilbirnie Park) and south of the building (Southern Car Park)
4. All people seated in the gallery are asked to exit via the moving to the top deck of the gallery and along each end where there are large exit doors. Please do not exit via the poolside unless required due to safety.
5. Event officials are asked to assist by making sure that people remain calm as they exit the building and identify their nearest exit point when they arrive at the facility.

In the event of an earthquake that may trigger a tsunami customers and staff will be directed to the Kilbirnie Tennis Club.

## **Reminder**

- ✘ **No diving during warm up, remember feet first only**
- ✘ **Do not run around the pool - remember to walk at all times**
- ☑ **Diving is permitted once the sprint lane is open  
(note time and lanes above)**
- ☑ **Remember to keep all walkways/ stairs clear at all times**
- ☑ **If you have had an accident report it immediately to the meet organiser and pool staff**
- ☑ **In an unexpected emergency please follow the instructions of the staff**

## ***Swim T3 Merchandise***

Swim T3 is one of Swimming Wellington's primary sponsors. Swim T3 has made available merchandise, in the form of Caps, T-shirts and sweat shirts, which can be pre-ordered with a small amount available over the weekend. Please support our sponsors. Click [here](#) to find out more

## ***Marshalling Process***

Marshalling will take place in the Marshalling room below the stairs. Heats will be marshalled 4 heats ahead.