

# INFORMATION SHEET

## NZ Masters Swimming

### 39<sup>th</sup> National Long Course Swimming Championships 13<sup>th</sup> & 14<sup>th</sup> April 2012

#### Wellington Regional Aquatic Centre

#### 10 lane, 50m pool, Kilbirnie

Harbour Capital Masters Swimmers Inc is proud to present the 39<sup>th</sup> Annual NZ Masters National Long Course Championships to be held at the Wellington Regional Aquatic Centre located in Kilbirnie Crescent, Wellington.

#### Programme of Events

- Friday 13<sup>th</sup> April, registration from 4:00pm at Wellington Regional Aquatic Centre
- Warm-up 5:00pm, Start 5:30pm  
**Session 1:**
  1. 400m Individual Medley
  2. 50m Butterfly
  3. 100m Backstroke
  4. 1500m Freestyle
  5. 800m Freestyle
- Saturday 14<sup>th</sup> March, Warm-up 8:30am, Start 9.00am  
**Session 2:**
  6. 4 x 50m Women's Medley Relay
  7. 4 x 50m Men's Medley Relay
  8. 100m Freestyle
  9. 200m Breaststroke
  10. 100m Butterfly**Morning Break 15 mins**
  11. 50m Breaststroke
  12. 400m Freestyle
  13. 4 x 50m Women's Freestyle Relay
  14. 4 x 50m Men's Freestyle Relay
- Saturday 14<sup>th</sup> April, Warm-up one hour after completion of am session  
Start approximately 1:30pm  
**Session 3:**
  15. 50m Freestyle
  16. 200m Butterfly
  17. 50m Backstroke
  18. 200m Individual Medley**Afternoon break 15mins**
  19. 200m Backstroke
  20. 100m Breaststroke
  21. 200m Freestyle
  22. 4 x 50m Mixed Freestyle Relay
  23. 4 x 50m Mixed Medley Relay
  24. 6 x 50m Inter-region Flying Squadron Relay

You can enter a maximum of 6 individual events.

## Relays

All relays are to be entered on the official relay entry form.

Relay events 6 & 7 on Saturday morning are to be entered by 9:00pm Friday night.

Relay events 13 & 14 are to be entered before 10am Saturday morning.

Relay events 22, 23 & 24 are to be entered before 3pm Saturday afternoon

For relay entries you must provide the following:

- All relays to be entered using the official relay entry form. Forms are available from registration, and the [NZMS website](#).
- The order you put the names down on the entry form must be the order the relay is swum in - **no exceptions**.
- Each person's name should be recorded on the relay entry form with their correct first name and surname as per the New Zealand Masters membership listing.
- Each swimmer's correct age as at 31 December 2012 is to be shown.
- Each swimmer in the team should be from the same club.

The relay entry forms can be downloaded from the NZ Masters website, under upcoming events, by selecting the NZ Masters 39<sup>th</sup> Long Course Swimming Championships event. They will also be available from the registration desk on Friday night and Saturday.

Although not eligible for official (4 x 50m) relays, it is quite in order for 20-24 year old swimmers to swim in unofficial or composite teams that are not competing for placings, records or Top Ten Rankings. These unofficial teams should not be placed above official teams in their age group placings.

Please note that 20-24 year old swimmers are eligible to swim in the **Inter-region Flying Squadron Relay** - 6 x 50m Freestyle Mixed (three men, three women). This is not a club team, but is one team per region (five teams) and is swum at each National Long Course Championships.

## 1500/800 Swim

Where a person enters both the 1500m Freestyle and 800m Freestyle events, both events will be swum at the same time. The time for the 800m event will be taken as your split during the 1500m event.

Anyone swimming the 800m freestyle only will swim this after the 1500m event has been concluded.

Where necessary we will swim two to a lane for the 1500m and 800m events. If we are required to swim two people to a lane, this will be done for all heats.

Also FINA rules state that two swimmers in the same lane should be of the same sex. When there are two swimmers to a lane and the start is made from the side of the pool this should carry on for the entire event, thereby making sure that when a swimmer has a lane to himself/herself they do not gain an advantage by being able to dive from the starting block.

## Starts

Starts may be over the top starts, except the 800m/1500m events where the pool will be cleared prior to the next heat starting. The one start rule will be applied during the entire meet (including 800m/1500m events).

## **Event Seeding**

All events will be seeded from slowest to fastest. This means that the slowest competitors will be in the first heat of each event, and the fastest competitors in the last heat of each event.

## **Marshalling**

There will be a designated marshalling area located at shallow end of the pool. Please report to marshalling at least 15 minutes prior to the start of your event.

## **Record Attempts**

Where a person is attempting a New Zealand or World Record that person must inform the chief timekeeper of this **prior** to the record attempt, so that suitably qualified time keepers can be arranged for the lane. Record attempts in an event should also be indicated on the registration form by the swimmer.

Every effort will be made to accommodate people attempting records, but the onus is on the person attempting the record to inform the officials **prior** to trying to break a New Zealand or World Record.

## **Results**

Results will be placed in the results area on the windows of the indoor warm-up pool area.

## **Medals/Relay Ribbons**

Once results have been finalised and posted, medals and relay ribbons will be available to be collected from the medal presentation desk located at the diving board end of the pool outside the gymnasium.

## **Points System**

Please note that the Official NZ Masters Swimming Points system is 6, 4, 3, 2, 1.

A Points Cup is awarded to the Club gaining the most points at the meet. Please note that in a tie for first place, each swimmer should be given 6 points each, a tie for second place, each swimmer should be given 4 points each etc.

## **Entering the Event**

When entering the event, you are deemed to have read and agreed to the disclaimer on the registration form (see below). A signed copy of your registration form needs to be sent to us to the postal box as above. If we do not receive a copy of your registration form you may not be eligible to participate in the swim meet.

We will attempt to acknowledge all entries by either e-mail in the first instance or by post shortly after we receive your entry.

## **Disabilities**

Please indicate on your registration form if you require assistance exiting and/or entering the pool or you have difficulty hearing the starter

## **Meet Disclaimer**

I acknowledge that by sending in a registration form:

- I declare myself to be fit enough to compete.
- I acknowledge that I am aware of the NZMS Doping Policy and will comply in all respects with it and with the requirements of the NZ Sports Drug Agency and its proposed successor Drug Free Sport NZ.
- The organising committee, officers, agents and members will not be responsible for any claims, proceedings and damage whatsoever and howsoever arising directly or indirectly out of or in connection with my participation in this meet.
- This information is collected by NZ Masters Swimming Inc. and may be forwarded to our sponsors. You have the right to request access to, and correction of this information or to write to the organisers stating that you do not want your name to be passed on to any sponsor.
- Your agreement to these conditions is confirmed by your placement of your entry.

## **Payment options**

### **Cheque**

If you pay by cheque, please cross it as not negotiable and mark it payable to **Harbour Capital Masters**. Please send a copy of your registration form to us with your cheque to:

Harbour Capital Masters  
2012 Nationals  
P.O. Box 11-357  
Manners St  
Wellington 6142

### **Direct Credit**

If you wish to pay by direct credit you can do so to the following bank account:

Account Name: **Harbour Capital Masters**  
Account Code: 03-0558-0088427-02  
Bank: Westpac Bank, Courtenay Place Branch

Please include on the details to appear on our statement your: NZ

Masters ID Number

Your full name (or as much as possible)

Once you have paid by direct credit, please send a copy of your registration form to us at:

Harbour Capital Masters  
2012 Nationals  
P.O. Box 11-357  
Manners St  
Wellington 6142

## **Lunches & Function**

### **Saturday Packed Lunch**

We are offering a packed lunch on Saturday which will be available to pick up from the Help Desk area at pool side from 11.15am on the day. These need to be pre-ordered with your entry. You can choose a vegetarian option if you require by filling in the appropriate line on the registration form

### **Saturday Dine and Dance**

The Saturday Dine and Dance will be held at the Brentwood Hotel, located in Kemp Street, Kilbirnie, Wellington. The Function will kick off in the function room at 6:30pm for drinks (cash bar), followed by a buffet style dinner at 7.00pm. There will then be a band from 8.00pm until midnight, so you can dance the night away. Please note, the Brentwood Hotel is a five minute walk from the pool and also our preferred accommodation provider.

Please indicate on your entry the number of tickets required and include payment with your entry. Please note: there is a limited number of tickets. Tickets will be issued on a first paid first issued basis. The final date for dine and dance tickets sales will be 5<sup>th</sup> March 2012 as per the closing date for entries.

### **Prize Giving**

The official prize giving ceremony will be held during the Saturday night dine and dance at the Brentwood hotel.

## **Event Merchandise**

### **Shirts**

Event Tee shirts will be available to be pre-ordered with your registration form. Sizes range from S to 3XL for men and XS to 2XL for ladies. See <http://www.zorrel.co.nz/> for more information on the Tee Shirts These will retail at \$20.00 each. Please specify type and size with your entry. We hope to have these available for you with your registration pack.

## **Accommodation Options**

There are several hotel/motels within five minutes drive of the Wellington Regional Aquatic Centre, Kilbirnie, where the meet will be held. The Brentwood Hotel is our preferred accommodation and the venue for the Saturday evening function. Quote reference **73139/40** when booking.

Refer to the Harbour Capital Masters Web Site at [www.hcmswim.org.nz](http://www.hcmswim.org.nz) for other accommodation options.

## **Contact Points**

Barry or Sheryl: Harbour Capital Masters – Organising Committee

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