



# 2022 Relay Championships

**Date:** Saturday 3rd December  
**Warm-up:** 3.00pm – 3.25pm  
**Racing Starts:** 3.30pm

**Pool Setup:** Short Course  
**Open to:** All club affiliated swimmers  
**Venue:** WRAC – Deep end

**Contacts:** Louise Tresch [louise@swimwn.co.nz](mailto:louise@swimwn.co.nz)  
 Technical Director – Jacqui Forsythe [RTOP@swimwn.co.nz](mailto:RTOP@swimwn.co.nz)

EV#	AGE	DESCRIPTION	DIST	COMPOSITION	TROPHY
1	Super 5 Relay	Freestyle Relay	5x100m	1 swimmer from each age group, boy or girl	Walker & Hall Trophy
2	9yrs & Under	Medley Relay	4x50m	Boys	Medals
3	9yrs & Under	Medley Relay	4x50m	Girls	Medals
4	11yrs & Under	Medley Relay	4x50m	Boys	Medals
5	11yrs & Under	Medley Relay	4x50m	Girls	Medals
6	13yrs & Under	Medley Relay	4x50m	Boys	Medals
7	13yrs & Under	Medley Relay	4x50m	Girls	Medals
8	15yrs & Under	Medley Relay	4x50m	Boys	Medals
9	15yrs & Under	Medley Relay	4x50m	Girls	Medals
10	Open Men	Medley Relay	4x50m	Boys	Kapiti Cup
11	Open Women	Medley Relay	4x50m	Girls	BGI Trophy
12	9yrs & Under	Freestyle Relay	4x50m	Boys	Medals
13	9yrs & Under	Freestyle Relay	4x50m	Girls	Medals
14	11yrs & Under	Freestyle Relay	4x50m	Boys	Medals
15	11yrs & Under	Freestyle Relay	4x50m	Girls	Medals
16	13yrs & Under	Freestyle Relay	4x50m	Boys	Medals
17	13yrs & Under	Freestyle Relay	4x50m	Girls	Medals
18	15yrs & Under	Freestyle Relay	4x50m	Boys	Medals
19	15yrs & Under	Freestyle Relay	4x50m	Girls	Medals
20	Open Men	Freestyle Relay	4x50m	Boys	Centre Silver Tray
21	Open Women	Freestyle Relay	4x50m	Girls	Centre Silver Tray
22	Golden Oldies	Freestyle Relay	4x50m	2 Men & 2 Women	Golden Oldies Trophy
23	Flying Squadron	Freestyle Relay	10x50m	1 boy & 1 girl from each age group	Karori Shield



## CONDITIONS OF ENTRY

1. Meet will be swum short course under SNZ /FINA rules and local rules.
2. The Championships are open to Competitive, Club and Recreational swimmers.
3. Age as at 3<sup>rd</sup> December 2022. Clubs can enter multiple teams for each event.
4. Swimming-up an age is permitted in all events. Swim-up swimmers must be advised via email to [events@swimwn.co.nz](mailto:events@swimwn.co.nz) at time of entry. Swim-ups in Events 1 and 23 are only permitted where a club has no swimmers in a specific age/gender group. Swimmers may swim in both age group and open events.
5. Age groups for Events 1 and 23 are 9/under, 10/11, 12/13, 14/15, 16/over
6. The age limit for the Golden Oldies is not less than 30 years. No other restrictions apply
7. The meet will be marshalled.
8. All events must have submitted names and times when entries are made. Any changes to relays must be submitted by 12pm (midday) on Saturday 3<sup>rd</sup> December 2022, to [events@swimwn.co.nz](mailto:events@swimwn.co.nz) or at the pool with the Recorder at least 1 hour before the meet starts.
9. Entries open on Monday 31<sup>st</sup> October and close on Thursday 24<sup>th</sup> November at 12:00:00 – late entries will not be accepted. All entries are to be submitted online via the SNZ online portal by the Club Administrator/Race Secretary.
10. Entry fees of \$25 per team per event, except for Golden Oldies which will be free. Teams will be invoiced by C.O.B, Friday 25<sup>th</sup> November, and must be paid by C.O.B. Tuesday 29<sup>th</sup> November. Direct bank deposit or electronic payments can be made to; WPT 03-0502-0166158-00.
11. There will be no refunds for teams who withdraw after entries close.
12. Medals for places 1-3 inclusive will be available at the medals desk. Event trophies will be awarded at the end of the meet. Current trophy holders are to ensure that the trophies are cleaned, engraved, and returned to SW offices, at Pelorus House, 93 Hutt Park Road, Seaview by 4<sup>th</sup> November 2022.
13. All participants must agree to comply with the Sports Anti-Doping Rules.
14. Classified para swimmers (including provisional classification) are eligible to compete at this meet. Para swimmers are requested to report to the Technical Director prior to the warm-up.
15. Strapping of muscles/joints is not permitted unless supported by a doctor or physio certificate and sighted by the Technical Director prior to the start of the meet.
16. By entering this event 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.
17. Swimming Wellington reserves the right to restrict entries, combine events or alter the programme and will not be liable for any loss, damage or injury that may occur at this meet.
18. Protests shall be lodged as per SNZ policy 008 along with \$100 cash.

## CLUB / SPECTATOR INFORMATION

1. Duty Club requirements will be organised by SignUpGenius. A link will be provided to race secretaries for email distribution. **Please ensure your club provides enough volunteers to fill the various roles at this meet.**
2. There will be a Team Manager's meeting at 2.45pm.
3. Entry for all swimmers, officials, team managers and coaches will be via the southern entrance on Kilbirnie Crescent. Swimmers to present Swimming Wellington pool entry passes. Coaches are to display their NZSCTA cards throughout the meet. Officials (including timekeepers and duty clubs' volunteers) are required to sign in on entry.
4. Coach/Managers at a ratio of 1 per 4 Club Teams will be free on sign in at the door.
5. Spectator's entry fee will be \$3.
6. Programmes will be made available online on the Swimming Wellington website on Friday 2<sup>nd</sup> December, at midday. There will be no programmes printed for spectators.
7. Participating clubs will be required to provide officials for this meet. A request for officials will be sent by the SW Regional Technical Officials Panel (RTOP). Officials to bring own water bottle.
8. There will be an officials' meeting at 3.10pm

## WARM UP PROCEDURE

**Warm-up duration:** 25 minutes

**All Lanes:** General Swimming with feet first entry, unless specified.

**Lanes 0/1 & 8/9:** To become dive lanes at 3.15pm.