



# Te Ngaengae Long Course National Qualifier

22 February 2025

Te Ngaengae Pool, 12 Everest Avenue, Naenae

Pool: 50m Long Course

Doors open 7.45am

Warm Up: 8am

Meet starts: 8.30am

Meet finish 12pm

\$12  
per  
race

Event 1	100M FREE	
Event 2	50M FREE	
Event 3	200M FREE	
Event 4	50M BACK	
Event 5	100M BREAST	
Event 6	50M BREAST	
Event 7	200M BACK	
Event 8	50M FLY	
Event 9	800M FREE	12+

## General Information

1. This meet is a Swimming New Zealand (SNZ) Officiated National Qualifying Meet. The meet will follow SNZ Regulations, World Aquatics Rules, and local meet rules.
2. Events will be swum Long course, as timed finals, mixed gender, and seeded slowest to fastest. Over-the-top starts will apply.
3. Please note, if pool conversion not possible, meet will revert to SC.
4. Colorado timing used.

## Eligibility and Entries

1. The NQ event is open to all registered club, competitive swimmers and Para swimmers are welcome to enter this meet.
2. Age as of 22 February 2025.
3. No qualifying times required for this meet. Entry times must be held on the SNZ database. Converted times are permissible.
4. Entry Fee: \$12 per race (maximum of 4 events per swimmer). Entry and Payment be made at the time of entry on <https://fastlane.swimming.org.nz/login>
5. Individual entries are to be submitted online via the Swimming NZ website by midnight on 16 February 2025. If we accrue maximum number of swimmers prior to entry closing date, we will close entries early.
6. For the 800m freestyle, swimmers must be 12 years or older. Only one heat permitted – top 10 times –fastest 5 male, 5 female. NT's require 400 m time submitted by coach for consideration. Swimmers who miss out can email their next choice event or receive refund.

## Scratching's, Withdrawals, Marshalling, Protests:

1. Swimmers must report to marshalling prior to their event; failure to do so will result in a deemed withdrawal.
2. Protests shall be lodged as per SNZ Policy008 accompanied with \$100.00 cash.
3. Refunds for withdrawals may be considered with a medical certificate provided.
4. Swimmers should be in the marshalling area four races prior for events of 200m and under, and two races prior for 800m.

## Photography and Media

1. SWN and SZR may take photos/videos during the meet.
2. Participants consent to this, and personal recording equipment is generally prohibited. Images taken during the meet must be for legitimate purposes and adhere to the SNZ Code of Conduct.

## Health and Safety

1. SZR Club reserves the right to restrict entries to maintain health and safety standards.
2. Strapping of muscles/joints is not allowed without a doctor's or physiotherapist's certificate sighted by the Technical Director.

## Officials and Volunteers

1. All clubs must provide a minimum of 2 officials & 2 Timekeepers. Clubs with more entries may be asked to provide additional officials. Please provide names to [Admin@sZR.co.nz](mailto:Admin@sZR.co.nz)
2. An official's meeting will occur at 8:10 am.
3. Officials should bring a water bottle.

## Warm-up Protocol: Warm-up duration: 30 minutes

Lanes 1-9: General Swimming with only feet first entry applicable in all lanes.

Lanes 0/1 & 8/9: To become dive lanes at 8:15am.

Lane 2: designated pace lane; Lane 0: Designated to paras

### 1. Communication:

2. Final psych sheets will be posted online the Wednesday before the meet.
3. Participants should verify entries upon receipt of confirmation.

**Contact for Withdrawals:** Email: [race@sZR.co.nz](mailto:race@sZR.co.nz) by 5 pm on Thursday, 20 February 2025. Withdrawals after this time are to be advised to the recorder's desk at the venue 30 minutes before the start of the meet. Refunds for withdrawals may be considered with a medical certificate provided.

Meet Organiser contacts: Meghan and Monique. Contact via: [Meet@sZR.co.nz](mailto:Meet@sZR.co.nz) and [Meet.host@sZR.co.nz](mailto:Meet.host@sZR.co.nz)