

2026 Phoenix Aquatics 400s & 50s LC Open Meet Saturday November 14th West Wave Aquatic Centre, Henderson

Session 1: Ages 13/over

Warm Up 9:30am - 10.10am

Start 10:20am

Events:

1. Mixed 50m Fr
2. Mixed 50m Bk
3. Mixed 400m Fr
4. Mixed 50m Br
5. Mixed 50m Fly
6. Mixed 400m I.M.

7. Mixed 800m Fr – open to any swimmers aged 12/over who have achieved a level 2 time in the 400 Fr

Session 2: Ages 12/under

Warm Up 2.30pm-3.05pm

Start 3.15pm

Events:

8. Mixed 50m Fly
9. Mixed 50m Br
10. Mixed 400m Fr
11. Mixed 50m Bk
12. Mixed 50m Fr
13. Mixed 200m I.M.

This competition will be conducted under SNZ and Swimming Auckland Regulations with the following conditions:

Age: As at date of competition

Ages: 9/under,10,11,12, 13/14,15/16, 17/Over.

Entry Fee: \$15.00 per event.

Entries: To be entered directly into the SNZ Database

800m Freestyle: The 800m Freestyle will run at the end of session 1 and is open to any swimmer aged 12/over who has achieved a level 2 time in 400m Freestyle. The number of entries will be limited based on rankings, with current 800m times taking priority.

Closing date: Entries close at 10pm on Monday 2nd November 2026

Late entries \$20.00 only if there is spare lane and at the discretion of the meet organiser.

- Withdrawals:** No refunds (unless accompanied by a medical certificate) will be given once entries have closed.
- Starts:** Over the top starts may be used & the WA One start rule (SW 4.4) will apply.
- Heats:** Heats will be seeded slowest to fastest. Re-seeding or combining of heats will be at the Referee's discretion
- Marshalling:** Swimmers should self-marshall at their lane 2-3 races before they are due to swim. No races will be delayed if swimmers fail to appear for their race.
- Programmes:** Will be emailed to clubs prior to the day of the meet. Printed programmes may not be available at the meet, except for officials, coaches and team managers.
- Protests:** Any protest must be accompanied by a fee of \$100 which is payable upon the submission of a correctly completed protest form.
- Pool Deck:** All Team Managers and coaches should be on the SNZ Database and be police vetted. They will also be required to sign in for each session.
- Warm-up:** It is a requirement of the meet that all swimmers are supervised during warm-ups by their coach or manager - NOT their parent - to ensure the health and safety of all competitors.
Additional lanes may be available for warm up and recovery during the session in the dive well. All swimmers are expected to use these lanes in a safe and proper manner. Any swimmers abusing this privilege may be asked to leave by the duty staff.
- Health & safety:** Coaches and/or team managers are responsible for their team members at all times and are expected to enforce any rules and regulations of the meet, the facility provider, ASA or SNZ.
Prior to entering swimmers, coaches must ensure participants have sufficient skill, experience and an understanding of safety to enter. Coaches should assess the health of their swimmers prior to, on the day of and during the event and withdraw swimmers who are injured or unwell.
All competitors must agree to comply with the SNZ Members Protection policy and the Sports Anti-Doping Regulations.
- Officials:** All qualified officials should wear their ASA Officials shirt & be police vetted. Clubs are asked to supply 1 official per 4 swimmers/session, or more if possible.
- PRIZES:** There are 2 separate categories for medals: **SPRINT and DISTANCE**.
Points will be awarded for all events in each category: 4x50m in the SPRINT and 200/400 IM & 400 Fr in the Distance category.
Medals will be given to the top 3 male and female swimmers in each age group: 9/under, 10, 11, 12, 13/14, 15/16, 17/Over.
Swimmers **MUST ENTER all events in their category** to score points and be eligible for a prize.
- Photography:** Spectators wishing to use long-lensed cameras must register with Phoenix Aquatics at least 1 week prior to the meet commencing. Please send requests to: phoenixadmin@nzlswim.com

When entering this event, participants agree to allow photograph, video, multimedia or film likeness taken by accredited photographers, to be used for any legitimate purpose by Phoenix Aquatics, their sponsors or others.

The organisers reserve the right to limit entries to ensure the smooth and timely running of the competition