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## ***SWIMMING (POOL) – COMPETITOR NOTES***

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It is compulsory for all entrants in this event and their supporters to read this notice and comply with its stipulations. They are also responsible for familiarising themselves with the Event Location, Rules and all its hazards. Please inform your supporters of their responsibility to comply.

Signing your waiver or completing your online entry is an indication you agree to comply with these guidelines.

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### ***PRIMARY RESPONSIBILITY***

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- 🚫 You are responsible for your own health and safety during the event.
- 🚫 You should only undertake to participate in this event if you believe that you are fit to do so.
- 🚫 At no stage during this event should you engage in activity that would threaten your own safety and the safety of other people.
- 🚫 You should obey marshal, Pool Staff and Event Staff where they are instructing you for your safety.
- 🚫 Marshals, Officials and Referees are giving up their time to help you, please treat them with respect. If you have any issues with a Marshals, Officials and Referee's conduct please do not approach them independently – please refer to the Event Manager.

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### ***GENERAL NOTES***

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- 🚫 Competitors must behave in a manner that is safe, fair and demonstrates good sports conduct before, during and after the event.
- 🚫 Please report any accidents to the Event Director or marshal during the event.
- 🚫 Please give assistance to fellow competitors in need of help.
- 🚫 If your event has finished, please have consideration for others still participating.

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### ***GAMES REGISTRATION***

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All participants are required to check in at the Registration Desk at the Games Hub (Rotorua Energy Events Centre) in person before playing sports or taking part in an activity.

For safety and security, we cannot accept someone checking you in on your behalf. This includes Teams. Each Team Member is required to check in individually at the Games Registration.

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### ***VENUE***

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The venue for the Swimming (Pool) Event is Rotorua Aquatic Centre, 18 Tarewa Road, Rotorua.

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### ***PARKING***

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Parking is provided at the Venue. There is sufficient parking available for competitors and spectators.

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### ***EVENT CHECK-IN***

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All swimming participants will be required to check-in before their events. Event Check-in will open at 8.00am on Monday 6<sup>th</sup> & Tuesday 7<sup>th</sup> March 2023 at Rotorua Aquatic Centre.

Swim caps will be provided at Registration.






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### ***COMPETITION RULES***

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#### **Competition Format**

The competition format is as follows:

-  Individual Male
-  Individual Female
-  Relay Male
-  Relay Female
-  Relay Mixed

#### **Age Group Divisions**

Individual - OPEN | 18-29 | 30-34 | 35-39 | 40-44 | 45-49 | 50-54 | 55-59 | 60-64 | 65-69 | 70-74 | 75-79 | 80+

All Competitors will be eligible for the Open Competition.

Relay - 0-119 years | 120-159 years | 160-199 years | OVER 200 (Combined Ages of Team Members)

### Team Composition

4 persons are required for the relay events. There will be relay options for Male, Female and Mixed Teams.

Relay teams can be made up pool side on the day of competition.

### Competitor Safety

The swimming pool venue is a 50m Outdoor Pool. There will be shade areas available. Competitors are advised to have sunscreen and hydration available during their competition.

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### *SCHEDULE OF PLAY / DRAW*

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The Schedule of Play / Draw for your competition will be available as soon as practicable after Registration for the Games closes on 10<sup>th</sup> February 2023.

The Draw will be available via the Games APP and Website.

Below is a draft swimming schedule:

Time	Day 1 – Monday 6 <sup>th</sup> March 2023	Day 2 – Tuesday 7 <sup>th</sup> March 2023
	<b>Order of Events</b>	<b>Order of Events</b>
0800am	Registration Opens	Registration Opens
0815 – 0900am	Warm-up	Warm-Up
0900am	400m Freestyle	800m Freestyle
	100m Backstroke	50m Backstroke
<b>Break</b>		
	50m Freestyle	100m Butterfly
	4 x 50m Medley Relay	50m Breaststroke
<b>Lunch</b>		
	100m Breaststroke	200m Individual Medley
	50m Butterfly	100m Freestyle
<b>Break</b>		
	200m Freestyle	4 x 50m Freestyle Relay
	4 x 100m Freestyle Relay	Possible Skins Race organised on the day?
230pm	Finish	Finish

**Note: This schedule may be subject to change.**

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### *SPECTATORS*

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Spectators are welcome to attend the Swimming (Pool) Event. APES Games 2023 staff, Pool Staff and the Swimming (Pool) Event Team will strive to keep all spectators safe from harm, but all spectators are responsible for their own personal safety.

Here are some pointers to help spectators stay safe while watching the event:

- 🚫 Be responsible and keep your own safety in mind.
- 🚫 Always follow and obey marshal's instructions.
- 🚫 Observe and follow all event signs.
- 🚫 Stay within designated spectator areas.
- 🚫 Do not enter any restricted areas. If you are unsure, please ask a marshal.
- 🚫 Children to be accompanied at all times.

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### ***PRIZE GIVING***

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Prize Giving will take place during the Swimming Competition. Full details of the medal ceremonies will be available after Games Registration closes on 10<sup>th</sup> February 2023.

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### ***KEY CONTACTS / INFORMATION***

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<b>Name</b>	<b>Role/Organisation</b>	<b>Contact Number</b>
Henk Greupink	Swimming Event – Sports Co-ordinator	027 220 3470
Fiona Paignton	Swimming Event – Officials Co-ordinator	
Graham Perks	APES Games Sports Manager	021 191 3660

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### ***ADDITIONAL INFORMATION***

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Food and Drink will be available for purchase at nearby cafes.

Physio services are available through Go Physio (1221 Haupapa Street, Rotorua – Tel: 07 347 8380) who will be operating a Drop-in Clinic 8am – 5pm Monday 6<sup>th</sup> March – Friday 10<sup>th</sup> March 2023 - <https://gophysio.co.nz/>