



2025 Apollo Projects NZ Age Group Swimming Championships

Pre-Competition Information Book



Accurate as 10 April 2025

Welcome from Swimming NZ

Kia ora swimmers, coaches and managers,

On behalf of Swimming NZ and the events team in Hawke's Bay, welcome to the 2025 Apollo Projects NZ Age Group Swimming Championships being held next week. We are excited to be hosting these championships at the Hawke's Bay Regional Aquatic Centre, we can't wait to welcome you all!

To assist you with your final preparations, we have put together this document outlining all the key details you need to know about to help you across the championships. It promises to be an exciting week of racing and we look forward having you in Hawke's Bay.

We would also like to thank our partners for this event, whom have helped us bring these championships to you. Thanks to our principal partner Apollo Projects, our competition partners Hawke's Bay Tourism alongside the local Hastings District Council and Napier City Council, Hawke's Bay Regional Aquatic Centre and Pak N Save Hastings, our corporate partners Aotea Electric, Kingspan, Arena, Teamline, as well as Whakaata Māori for helping to provide the livestream. We thank them for their support of this competition and our sport.

Thanks also to Swimming HBPB for their support with planning for these championships, and for their support in delivering the community initiatives taking place throughout the championships.

Thanks for being part of the championships, and best of luck for your final preparations and racing throughout the week. We can't wait to see you in Hawke's Bay.

Nga mihi nui,
Kate

Kate Griffiths

Kate Griffiths
Competitions Manager

Competition Partners

Principal Partner & Naming Right Partner



Competition Partners

- Hawke's Bay Tourism
- Hawke's Bay Regional Aquatic Centre
- Pak N Save Hastings

Corporate Partners

- Aotea Electric
- Kingspan
- Arena
- Teamline

Support Partners

- Whakaata Māori
- Hawke's Bay Airport

Meet the SNZ Competitions Team

Name	SNZ Role	Major Roles in Hawke's Bay
Kate Griffiths	Competitions Manager	Competitions Manager & Swimify Operator
Carlrine Gillespie	TO & Volunteer Development Lead	Technical Director
Dale Johnson	Head of Participation, Competitions & Engagement	Community Initiatives, Commentary Assistant and Support
Tanisha Keach	Digital & Marketing Manager	Content Sharing, Social Media, Website & Media
Helene Helms		Quantum Operator
Isabelle Clague		Sport in the Box Operator
Simon Watts		Photographer
Tawhiti Te Momo		Videographer
Scott Rice		Commentator
Matt Hutchins		Commentator

Important Information

Key Contacts For Event

Role	Name	Enquiry Type	Contact
Competitions Manager	Kate Griffiths	Event Queries	021 246 7440 events@swimming.org.nz
Resolution Desk	Technical Official	Withdrawals, DQs & Relay Forms	Table on Pool Deck

WhatsApp Group – NAGS Update

We have created a WhatsApp Group that you can join to receive short updates across the week should we require to. This is open to managers, coaches and swimmers if they would like to join.

[Please join the WhatsApp group here](#)

Good Behaviour

Swimming New Zealand is committed to providing positive swimming experiences for all involved. Across the five days of competition, we trust that all interactions throughout the event will be positive and respectful – please treat others like you would like to be treated.

All participants must comply with our Code of Conduct – [learn more](#)

Health & Safety

Please remember to encourage good hygiene practices at this event and use common sense to keep yourself and others safe on pool deck. We ask that if you're feeling unwell to please don't attend the session for the health and safety of all attending.

Warm-Up Procedure

There will be allocated lanes for fins and paddles during warm up. We ask that you please stick to these lanes as documented on pool deck.

Accred & Access To Pool

Access to the pool is via the competitor's entrance via the main pool foyer with your accreditation. An accreditation volunteer will be on hand to ensure that passes are being presented. If you do not have a valid pass – you will be required to pay the appropriate admission fee. Accreditation must be worn, around the neck, to gain access. No accreditation no entry. Lost accreditation can be replaced at a cost of \$15.00 each – through cash or invoice to the club.

Please note, no late passes will be issued at the door as per the updated Accreditation Policy 009.

Seating

Given the large number of swimmers for this championship, we have opted to organise a seating plan to ease the rush for securing seats for everyone's health and safety. Whilst we will assign areas for clubs to be based around the facility, we ask that clubs work together to comply and support each other to ensure everyone is catered for.

The seating plan will be completed in the coming days and displayed upon arrival.

We will be ensuring that no one is standing in front of the spectator seating bay overlooking the start/finish end of the pool so spectators can have an unrestricted view of the racing.

Opening Ceremony

There will be an opening ceremony at the start of Session 2 on Sunday evening at 4:50pm.

Parking

Parking is limited at the Hawke's Bay Regional Aquatic Centre. Please try and limit the number of vehicles you travel into the meet.

Entries & Results

Psych Sheets

Preliminary psych sheets were published on the competition webpage on 3 April.

[Click here to view](#)

Programme & Results

Swimming NZ will complete the programme and seeding over the coming days online. The programme, session timelines and results are available on Swimify throughout the championships.

[Click here for Swimify](#)

We encourage you to download the new Swimify Livetiming app to view the programme and results on your phone.

[Apple App Store](#)

[Google App Store](#)

Printed Programme

If you wish to have a printed copy these can be purchased via the link on the event page. The cost for these will be \$25 which will cover all sessions. Pre-paid programmes for all morning sessions will be available for collection from the resolutions desk on

Sunday morning. Please note extra copies will not be printed and anyone requiring programmes will need to pre-order by 12pm on Thursday 10 April.

[Click here to purchase \(for Team Manager and Coaches only\)](#)

Session Timelines

The session timelines will be confirmed and available on Swimify over the coming days.

Withdrawals

Withdrawals from events for session one will need to be submitted via email by 5pm on Saturday or at the Team Managers meeting being held at 5pm on Saturday 12 April. Any withdrawals for session one submitted after this will incur a withdrawal fee.

Any further withdrawals for sessions 2 - 10 will not be accepted via email after 5pm Saturday 12 April. Withdrawals need to be made via a withdrawals form which can be found at the resolutions desk. Withdrawals via email will be considered late and will incur a late withdrawal fine.

For timed final events the SNZ Policy 008 will apply.

For timed-finals, withdrawals must be advised by the end of the session preceding the session with the timed final event.

Withdrawals from evening final races will be required to be submitted 30 minutes from posting of event results online.

Any withdrawals after this 30-minute period will incur a \$50 fine.

Distance Events Sign In

We will require swimmers competing in either the 800m or 1500m Freestyle events to sign in by the end of the Team Managers meeting for day one or at the resolution desk by the end of the evening session of day 4.

DQs & Protests

Disqualifications will be announced and a copy of the DQ form will be available at the resolutions desk located halfway along the pool on the non-grandstand side.

Protests must be submitted to the referee, in writing, on the protest form by the team manager only within 30 minutes following the DQ result posting online. This needs to be accompanied in cash by the \$100.00 protest fee.

If conditions causing a potential protest are noted prior to the event a protest must be lodged before the signal to start is given.

All protests shall be considered by the referee. If the referee rejects the protest, they must state the reasons for their decision. The Team Manager may appeal the

rejection to the Jury of Appeal whose decision shall be final.

If the protest is rejected, the deposit will be forfeited to SNZ. If the protest is upheld the deposit will be returned.

Competition Information

Opening Hours

Pre-Meet (Saturday 12 April)
9am - 12pm and 3pm - 6pm

Competition Days (Sunday 13 – Thursday 17 April)
Heats - 7:00 am and Finals - 3:30 pm

Finals Structure

Olympic Pathway Finals

Age group finals will be swum for all 50m, 100m, 200m and 400m events for the following age groups:

13 years, 14 years, 15 years & 16 years

Please note these championships will be run with 10 lanes.

Olympic Pathway Timed Finals

The 800m and 1500m events will be swum as timed finals with only the fastest timed final swum in the finals session. All medals for these events will be presented in the finals session of that day.

Multi-Class Finals

The format for Multi-Class Finals will be determined by the swimmers who achieve the ten highest points from the heats swims, based on the World Para Swimming points system using the event software. Medals will be awarded using the same event software.

To confirm, this means that swimmers of all classifications (S1-S19) will be vying for the top ten points totals to make the Multi-Class Final.

Relays

Relays will be timed-finals with all timed-finals being swum at the end of the finals session. Relays will be swum as 13 – 14 years & 16 & U. Medals will be awarded to the top 3 clubs.

Swimmers must be entered in individual events to be entered in relays. For selection purposes, relay teams can be entered by the National Selection Panel. Priority would be given to nationally selected teams over club teams.

The names of swimmers actually swimming on a relay must be submitted at least 30 minutes before the start of the session in which the event is to take place, in the order in which they are to swim. The names of swimmers in medley relay events must be listed for the respective strokes.

Failure to swim in the order listed will result in disqualification. Substitutions may be made only in the case of a documented medical emergency.

Any regional relay teams will be swum as exhibition swims only and will not be eligible for points or medals.

Marshalling

Heats:

Self-marshalling will be employed during all heat sessions. Swimmers are asked to be in the marshalling area 4 heats prior to their event. For all 50m events swimmers need to be in the marshalling area 6 heats prior to their event.

Finals:

Swimmers (including reserves) will need to marshal 6 races prior for 50m events and 4 races prior to their event for all other events and remain in the marshalling room. All swimmers are required to marshal for relays. Swimsuits will be checked at marshalling for legality.

If a swimmer is not present at the time of their event being marshalled, the clerk of course will replace that swimmer with the reserved swimmer.

Victory Ceremonies

Medals shall be awarded for the 1st, 2nd and 3rd New Zealanders in all events (except exhibition relays). Visitor medals will be awarded to any international competitor who places.

The victory ceremony timetable will be included in the finals programmes and as listed in the event schedule, and we will endeavour to run to this timetable. If for any reason there is a delay in the results being available, the medal presentation for that event will take place as soon as possible.

Dress standard and protocols for victory ceremonies:

- Club or regional t-shirt, jacket, or sweatshirt.
- No caps or goggles.
- Shorts, trousers, or skirts must be worn.
- Shoes must be worn.
- Swimmers can't run on to the podium late, they need to be present at the start of the announcement for their presentation.
- Swimmers must keep their medal on until well away from the podium and cameras.

Rules

The championships will be delivered in accordance with Swimming NZ Policies and NZ Swimming Rules.

[Click here for more information](#)

Strapping

Swimmers with strapping must provide documentation from a relevant registered health practitioner or physiotherapist and be reviewed by the Technical Director (Carlrine Gillespie) prior to swimming. Any swimmers without such documentation may not be permitted to swim.

Accreditations

All accredited persons must have their accreditation on them and present their pass to access the competition building via the accredited entrance. Please wear your accreditation around your neck.

Reminder: coaches who have already received their accreditation in the 2024-25 year will need to bring their pass to Hawke's Bay – ie: there won't be another pass printed

If a swimmer, coach or team manager is seen to be using somebody else's accreditation, this accreditation will be removed for the remainder of the event.

Please note that you won't be providing lanyards, so you'll need to bring your own for the championships.

Winner Interviews

We will be conducting interviews for the winners of the 15 years, 16 years and Multi-Class age group final winners in the evening sessions, and potentially any swimmers who break NZ Age and NZ Open Records.

Pre-Meet Day

Team Managers Meeting

There will be a compulsory team manager meeting held on Saturday 12 April at 5pm in the Heretaunga Room. There will be signs showing the way to the specific room.

Team managers will be given a brief run-down of meet activities, expectations of swimmers and clubs, and general delivery of the competition. Each club is asked to have at least one representative at the meeting. If you can't attend, please have a good understanding of this update.

Accreditation Collection

Accreditation passes must be collected from the main pool foyer from 4pm on Saturday, at the accredited entrance. If the packs aren't collected on Saturday, then they will be available to collect from the accreditation entrance.

Don't Miss Any Of The Action

Spectator Tickets

We have had lots of people display their eagerness to be in Hawke's Bay for these championships with tickets selling out quickly. Last week we released another 100 tickets per session, and this means we will be hosting a capacity facility for the week of racing.

Please note we won't have availability for additional ticket sales to be offered once the current offering of 300 tickets per session are sold out, so please don't wait to purchase tickets.

However, we would be supportive of spectators leaving the session early to share their ticket with someone waiting outside to ensure the seat is optimised that session. Please consider letting the ticketing staff know that you are scanning out for the remainder of the session and willing to gift your ticket to another spectator to take your seat.

[Click here to purchase spectator tickets](#)

Livestream

We are excited to announce that the Whakaata Māori YouTube channel will again be the host platform for 2025 Apollo Projects NZ Age Group Swimming Championships.

Thanks to Whakaata Māori for their ongoing support of swimming which has helped us provide all sessions of both weeks live and free to our swimming community.

If you can't attend the racing in person, don't miss any of the action by catching it live and free on the Whakaata Māori YouTube channel.

The link to livestream will be provided on the competition webpage closer to racing commencing.

Community Initiatives & Activations

We are excited to continue supporting and offering some initiatives for the local community and swimmers attending to get involved. Please check out the opportunities provided below.

Have A Go Meet

Swimming HBPB are hosting a Have A Go meet in between warm-up sessions on Saturday 12 April from 12.30pm. This is an opportunity to for local students, kids or learn to swim students to give racing a go.

[Click here to learn more](#)

Dive Start Clinic

Some of our Aquablacks and international representatives are hosting a backstroke skills clinic in between sessions on the first day of racing. Watch and learn from some of the top backstroke swimmers in the world before practising yourself during the pool session, before a Q&A, photo and signing session at the end.

Key Details

Date: Sunday 13 April

Time: 1pm – 3pm

Skills Focus: Backstroke Skills

Aquablacks & Representatives Hosting:

- Andrew Jeffcoat (Commonwealth Games Gold Medallist & Aquablack #279)
- Emma Godwin (3 x World Short Course Representative)
- Willy Benson (2008 Olympian & Aquablack #217)

Limited to 40 tickets, please don't miss out on being involved as tickets are selling fast

[Click here to purchase tickets](#)

Parents & Swimmers Information Sessions

Thanks to the Sport Integrity Commission, there are some information sessions being facilitated by Commonwealth Games Bronze Medallist, Tracey Lambrechts, in the Heretaunga Room at the respective times. She will cover the same topics at each of the three times provided. We encourage parents and swimmers to attend to upskill and have the opportunity to ask questions.

Session #1

Date: Sunday 13 April

Time: from 7.30am

Topics: Therapeutic Use Exemptions (TUEs), Supplements and Doping Control (Testing Processes)

Session #2

Date: Sunday 13 April

Time: from 9.30am

Topics: Therapeutic Use Exemptions (TUEs), Supplements and Doping Control
(Testing Processes)

Session #3

Date: Sunday 13 April

Time: from 11am

Topics: Therapeutic Use Exemptions (TUEs), Supplements and Doping Control
(Testing Processes)

Coaches Room

Following the success of this new initiative in previous years, Swimming NZ are proud that there will be a dedicated coach room with a coffee machine throughout the championships. This has been continued to encourage coaches to mingle with fellow coaches and get away from the race pool for a break. This will be located in the Heretaunga Room.

Teamline Store – Merchandise & Swimwear

Teamline will be present at the championships, selling both event merchandise and swimming apparel. Be sure to check out their pop-up store and say g'day to the team located on poolside near the 25m warm-up pool.

Local Information

Discover Hawke's Bay

Make the most of your visit to the Hastings District in the heart of Hawke's Bay and take time to visit superb attractions such as parks, playgrounds, beaches, cafes and award-winning wineries and restaurants and the vibrant urban areas of Hastings city centre, and Havelock North.

"East Block" on Heretaunga Street offers up great eating and drinking, with boutique retail stretching down Heretaunga Street. More great shops and eateries can be found in the newly developed Tribune Precinct on Queen Street. Havelock North boasts fabulous fashion and a huge array of eateries to suit any taste and budget. Make sure you tick Te Mata Peak off your list – a must-do when visiting Hastings. Drive, walk, run or mountain bike to the top of Te Mata Peak for stunning 360degree views of Hawke's Bay. Off-road walking and biking options venture through 99 hectares of beautiful parkland on well-established tracks.

For more information, [please click here](#)

Policies & Other Important Information

Photography & Videography

Photos and videos will be taken throughout the competition. All athletes and spectators have agreed to allow photographs, videos, and audio recordings to be taken by accredited SNZ contractors to be used for any legitimate purpose by SNZ. If you have any concerns please contact events@swimming.org.nz.

Spectators agree upon entry that photographic, video or audio recording equipment is prohibited for any purpose which may include, without limitation, video and/or audio recorders, camera tripods, monopods, or lenses with a total focal strength of greater than 300mm and commercial digital video equipment. The SNZ Event staff will, at their sole discretion, determine whether or not an item is intended for personal or commercial use.

Team Manager Guidelines

To assist Team Managers with their preparations, we have provided a guidelines document.

[Click here to view](#)

Accreditation Policy (009)

As accredited persons for these championships, please be aware you'll comply with this policy

[Click here to view](#)

Anti-Doping

Think you're ready for 2025 Apollo Projects NZ Age Group Swimming Championships? Not until you're educated on anti-doping.

If you're taking part, it's vital you understand your anti-doping rights, responsibilities and the doping control process. How? Take the Level 1 e-learning course from the Sport Integrity Commission and check out there other education resources. It's quick, simple and makes anti-doping an easy part of your competition prep.

Get started now at sportintegrity.nz

NZ Swimming Alumni Trust

Do you need a mentor? Are you seeking some mentoring support? The New Zealand Swimming Alumni have a mentorship programme that is here to support you as you navigate your swimming and other commitments in your life. Check out our website to learn more and hear about the experience of past participants

[Click here to learn more](#)

Venue Map

