



SZR Intro to Long Course Meet

Saturday 14 March 2026, Te Ngaengae Pool

Doors Open: 3.30pm Warm Up: 4.00pm Start 4.30pm

Event	Stroke
1	200m Free
2	50m Fly
3	100m Free
4	50m Breast
5	100m Fly
6	50m Back
7	200m IM
8	100m Breast
9	50m Free
10	100m Back

Meet Conditions

1. The meet is open to all **registered SwimZone Racing recreational and competitive** swimmers.
2. The meet is **NOT** being run according to SNZ, World Aquatics or local rules.
3. This meet is a long course meet. Official long course/converted long course times to be submitted. NT (No Times) are permitted.
4. Entries are via FastLane and **close at 23:59.59 (midnight) on Tuesday 10 March 2026.**
5. Entry fee is **\$8 per event. Swimmers are limited to 5 events.** Payment must be made at the time of entry via [FastLane](#) online.
6. **There will be no refunds for withdrawals after the entries close. \$20 late-entry fee.**
7. If you need to withdraw, please email race@sZR.co.nz with your name and the event numbers that you are withdrawing from by 5pm on Thursday 12 March 2026.
8. All events will be run mixed gender, slowest to fastest, with over-the-top starts.
9. Events will be marshalled. All swimmers are responsible for getting themselves to marshalling.
10. The organisers reserve the right to restrict entries, combine events or alter the programme. In the event of restricting entries, preference will be given to swimmers aged 12 and under.
11. Initial Psych sheets will be posted to Facebook, Club App and the club website by 5pm Thursday prior to the meet. Any errors must be advised to race@sZR.co.nz by Friday noon.
12. SZR may take photos and videos during the meet: all spectators and athletes agree to allow photos, video and audio recording to be taken by an approved and/or accredited person to be used for any legitimate purposes by SZR and/or the meet organisers. Any concerns should be directed to the meet organisers.
13. Spectators agree upon entry that photographic, video or audio recording equipment is prohibited with the exclusion of personal cell phones.

Warm Up

Warm-up duration - 25 minutes.

First 20 minutes - general warm up (no dive lanes). Feet first entry.

Lane 0 - Designated to para swimmers (if any) for the first 20 minutes of each warm-up.

Lanes 0,1 & 8,9 - To become dive lanes for the last 5 minutes of each warm-up.

Please exit the pool at the side. Do not swim over lane ropes.

Club & Spectator Information

1. No printed programmes provided for spectators. Programmes and heats will be available on-line through Meet Mobile.
2. Programmes for each Team Manager can be uplifted from the Meet Co-Ordinator desk by the AOD office.