



Nationals
2022

Artistic Swimming New Zealand

2022

*New Zealand
Artistic
Swimming
National
Championships*

*Final
Bulletin 3*

Venue

Splash Palace Invercargill

Dates

Saturday 1 October 2022

Sunday 2 October 2022

Monday 3 October 2022

Tuesday 4 October 2022



Countdown to Nationals

With less than 17 days to go, we are counting down to welcoming everyone to Invercargill at the end of September. We thank all teams for the preparations you have made to travel south, and wish you well for your last weeks of training.

This is the last full bulletin we will send out prior to Nationals, though you will receive some reminder emails leading up to Nationals.

Invercargill Weather During September

The average Spring temperature in Invercargill over September can range from 5 degrees to around 14 degrees. We do encourage teams to bring their raincoats and pack some warm clothing.

Illness and Covid 19 (Please be vigilant to ensure everyone's health)

We are asking you all to be prepared for any sickness and last-minute changes or adaptations over Nationals. We hope that these can be kept to a minimum and we will work through how best to approach things when they arise. We thank you in advance for your ongoing support and flexibility - later in the Bulletin is an update on COVID guidance from the Ministry for events.

September Updates

All key information is listed in the sections below so you do not need to refer to past bulletins. Items including updates or new information will be highlighted in purple.

This bulletin provides an update on:

- * Programme Schedule
- * Health and Safety Requirements
- * Key Dates and Actions to be completed by Clubs
 - * Cultural appreciation/ appropriation
 - * Merchandise Pop-Up Shop
 - * Payments
 - * Figures Draw
- * Filming
- * Pool Information
- * Photography Video
- *Whatsapp - Managers' Communication



Any questions please do not hesitate to contact:

Debbie Dickson - Meet Manager - debbiedickson@gmail.com Phone 021 2727029

Programme Overview

Friday 30 September - Music Practice

Music Practice allocation for each team is based on 2 run-throughs per routine in the competition and 2 run-throughs in the practice pool.			
Some teams will start in the practice pool and some teams in the competition pool, to make the most of the pool time available. Some teams may choose to only use the competition pool slot. Please note this is the only music practice time allocation at this competition.			
Competition Pool		Practice Pool	
Music will be played in the competition pool with underwater speakers. Time allocation is based on 2 run-throughs of routines		The practice pool allocation is based on the competition pool timings of 2 routine run-throughs. The practice pool is available for patterns and figures. There will be no underwater speakers in this section of the pool.	
3:00-3:35 pm	Naiades de Noumea (35min)	3:35- 4:10 pm	Naiades de Noumea
3:36-4:33 pm	Canterbury (57 min)	4:11 - 4:42 pm	Phoenix (shorter time in practice pool)
4:41- 5:45 pm	Phoenix (64 min)	4:42 -5:39 pm	Canterbury
5:45-6:00 pm	Pool Closed	5:45-6:00 pm	Pool Closed

Saturday 1 October

Music Practice/ Dolphin Figures

8:00am-3:00pm	Judges' Forum - SGHS Health Room/ Access via Splash Palace car park. <ul style="list-style-type: none"> • Morning Tea provided • Lunch served at 12 noon in the meeting room at Splash Palace Pool. 		
10am	Team Managers' Meeting - Splash Palace Meeting Room		
Competition Pool		Practice Pool	
Music will be played in the competition pool with underwater speakers. Time allocation is based on 2 run-throughs of routines.		The practice pool allocation is based on the competition pool timings of 2 routine run-throughs. The practice pool is available for patterns and figures. There will be no underwater speakers in this section of the pool.	
7:45-9:57 am	Tauranga (132 mins)	8:00- 9:52 am	Auckland Mermaids
9:57- 11:49 am	Auckland Mermaids (112 mins)	9:57 -12:09 pm	Tauranga
11:49- 12:59 pm	North Harbour (70 mins)	12:09-1:16 pm	Wellington
1:00- 1:19pm	Central. (19mins)	1:19-1:38 pm	Central
1:19-2:26 pm	Wellington (67 mins)	1:38- 2:48 pm	North Harbour
2:26-2:35 pm	Gold Coast Mermaids (9mins)	2:48-2:57 pm	Gold Coast Mermaids
2:35- 2:44 pm	Wakatipu. (9mins)	2:57- 3:06 pm	Wakatipu
2:44-2:58 pm	Waitemata. (14 mins)	3:06-3:20 pm	Waitemata
3:00-3:30pm	Open Pool	3:21-5:45 pm	Open Pool
Set up for figures 3:00-3:30pm			
3:45 pm	Dolphin Marshalling		
4:00-4:50 pm	Dolphin Figures		
5:00- 5:20 pm	Judges' Reflection		
5:00-6:00 pm	Open Pool	Competition Pool Closed 6:00pm	
6:15pm	Judges' Dinner - Saucy Chef - Northern Tavern/ St Andrews Street		

Sunday 2 October

Figures, Tech Solo, Tech Duet & Tech Teams

Volunteers to please meet at 8am by the timekeepers table for figures. We will go over your roles and guide you through the system and process for today's events including figures.

8:00-8:30 am	Judges Meeting	
8:35 am	Aquanaut Marshalling	
8.45-9.15 am	Aquanaut Figures	
9.05 am	Marshalling of 10 & U and 12 & U	
9:20-10:00 am	10 & Under and 12 & Under Figures	
10:00-10:30 am	BREAK	
10:20 am	Aquarina Marshalling	
10:30-11:05 am	Aquarina Figures	
11:05 am	13-15 Marshalling	
11:15-12:00 noon	13-15 Figures	
12:00:1:00 pm	LUNCH	Open Pool for 45 minutes 12:05-12:50pm
12:50 pm	Marshalling for opening	2 swimmers from each club and Referees.
1:00-1:30 pm	Opening Ceremony	
1:20 pm	Dolphin Combo Marshalling	
1:40-2:10pm	Dolphin Combo	
2:10-2:30 pm	BREAK	
2:20 pm	Marshalling for Tech Solos	
2:30-2:50 pm	Junior Tech Solo	
2:50-3:15 pm	BREAK	
3:10 pm	Marshalling for Tech Duets	
3:15-3:40 pm	Junior Tech Duet	
3:40-3:55 pm	Senior Tech Duet	
3:55-4:30	BREAK	
4:20 pm	Marshalling Junior Tech Team	
4:30-4:50 pm	Junior Tech Team	
5:00-5:20 pm	Judges' Debrief	
Competition Pool Closed		
5:10-5:55pm	Prizegiving Dolphin Figures/ Dolphin Combo	

Monday 3 October

Solos & Teams

Volunteers to please meet at 9am by the timekeepers table.

8:00-9:30 am	Judges Meeting	
9:20 am	Marshalling of 10 & U and 12 & U Solos	
9:30-9:45 am	10 & U Solo	
9:45-10:10 am	12 & U Solo	
10:10-10:30 am	BREAK	
10:20 am	Marshalling Aquanaut/ Aquarina Solos	
10:30 - 11 am	Aquanaut Solo	
11-11:30 am	Aquarina Solo	
11:30-11:50 am	BREAK	
11:40am	Marshalling 13-15 Solos	
11:50- 12:45pm	13-15 Solo	
12:45-2:20pm	LUNCH	Open Pool 1hr 15mins
2:05 pm	Marshalling Jnr/ Snr Free Solo	
2:20-2:55 pm	Junior Free Solo	
2:55-3:05 pm	Senior Free Solo	
3:05-3:25	BREAK - Panel Change	
3:15pm	Marshalling of 12 & U and 13-15 Teams	
3:25-3:45 pm	12 & U Teams	
3:45-4:10 pm	13-15 Teams	
4:00 pm	Marshalling of Junior and Open Free Teams	
4:10-4:15 pm	Junior Free Team	
4:15-4:20 pm	Open Free Team	
Competition Pool Closed		
4:25 -4:40 pm	BREAK	
4:25-4:45 pm	Judges' Debrief	
4:40 -5:45 pm	Prizegiving Figures, Solos, Tech Routines and Service Awards	
7:30 PM- Judges, Coaches + Club Chair or representative -Gathering at SGHS to share info about new FINA rules.		

Tuesday 4 October

Duets & Combos

Volunteers to please meet at 7:45am by the timekeepers table.

7:30-8:00 am	Judges Meeting	
7:55am	Marshalling of Aquanaut/ Aquarina Duets	
8:00-8:20 am	Aquanaut Duets	
8:20- 9 am	Aquarina Duets	
9 -9:20 am	BREAK	
9:15am	Marshalling of 10 & U/12 & U/ 13-15 Duets	
9:20- 9:30 am	10 & U Duets	
9:30- 9:45 am	12 & U Duets	
9:45-10:40 am	13-15 Duets	
10:40- 11 am	BREAK	
10:25 am	Marshalling of Junior and Senior Free Duets	
11- 11:20 am	Junior Free Duets	
11:20-11:25 am	Senior Free Duets	
11:25 - 11:55am	LUNCH	
11:45 am	Marshalling of Combos	
11:55- 12:10 pm	Aqua Combo	
12:10-12:30 pm	Open Combo	
Competition Pool Closed		
12:30-12:45 pm	Judges' Debrief	
12:45-2:00 pm	Prizegiving	Schools, Teams, Duets and Combos
Competition Concludes		
3pm	Pack Down and Set up for NZ Trials	

Wednesday 5 October - New Zealand Squad Trials

8-8.45 am	Judges Meeting	
8:00am	Marshalling	
8:30 am	Warm-up - Squad Trials commence at 9am	
Around 3:00pm	Squad Trials Conclude	

Key Dates, Information and Actions to be Completed by Clubs

September 2022

Payments Completed, Cultural Appreciation, Programme Schedule Confirmed, Figures Draw.



Payments to be completed

THANKS to those who have already paid. Payments were due for Accommodation and Entry fees by 10 September 2022 to the account number on your invoice.

For those of you who haven't paid - as advised a \$200 penalty will now be applied.



Trophies

Meet Managers please ensure you collect trophies from award winners at the 2020 Nationals in Hamilton. These should be clean and polished and individuals are responsible for getting them engraved. Please bring those trophies with you to your music practice session and give them to Debbie or Shirley.






Cultural Appreciation / Appropriation

Earlier this year ASNZ shared with clubs the importance when planning routines that clubs take into consideration Cultural appreciation and Cultural Appropriation, and ensure that these are considered in choreography and music choice for routines.

An outline of the discussion is linked below. Any questions please email Kat Wells coaching@artisticswimmingnz.org.nz

Striving to be respectful when using cultural themes

If any of your routine music or choreography includes aspects of cultural appreciation/appropriation - please complete the following form by 30 September.

	<p><u>Cultural Appreciation / Appropriation form</u></p> <p>This information will go directly to Meet Manager Debbie Dickson who will pass the information to the Meet Referees.</p>
 <p>Volunteers Nominations</p>	<p>Our Nationals cannot run without Volunteers. Phoenix has a small group of volunteers, so will be seeking support from all NZ Clubs to run this event. Please speak to any of your parents who are attending and ask them if they can help - even if it's only for a day or even a few hours. Every bit of help will be appreciated. We are looking for people to support with timekeeping, marshalling, and music support. Full training will be given - and remember they get the best seat in the house.</p> <p>Volunteers Nominations can be completed by clicking on the link below - please complete by 30th September</p> <p>+ ASNZ Volunteers Nationals Sign Up Sheet</p> <p>Alternatively please send through names, contact details, days available dbbedickson@gmail.com</p>
<p>Programme</p>	<p>Programme and Order of Appearance - has been finalised.</p> <p>CLICK HERE to VIEW</p>
<p>Prize Giving</p> 	<p>Prize Giving will be held poolside on Sunday, Monday and Tuesday and the end of the day.</p> <p>We encourage all clubs to make sure that athletes are dressed appropriately in club uniforms for prize giving. This may mean for some athletes a very quick change.</p>
<p>Figures Draw will come out Wednesday 28 September @ 4pm</p>	<p>The Figures draw will be emailed to coaches and judges by the Meet Referee 72 hours before, according to FINA requirements.</p> <p>The draw will be emailed to clubs just after 4pm and added to the ASNZ Facebook Page.</p>
<p>Music Practice</p>	<p>PLEASE EMAIL A LIST OF THE ORDER WHICH YOU WOULD LIKE YOUR ROUTINES SWUM FOR MUSIC PRACTICE TO</p>



nationalsnzas@gmail.com BY SATURDAY 24 SEPTEMBER

Please also ensure team managers and coaches have with them all music on USB stick and/or ipod/phone just in case.

REMINDER: As per all previous bulletin communication there is only one Music Practice this year running on Friday 30 September or Saturday 1 October.

This is to ensure the competition finishes on time, and there are appropriate breaks for athletes, judges and officials each day.

Music Practice allocation is detailed in the programme. For each club, it is based on 2 run-throughs per routine in the competition pool and 2 run-throughs in the practice pool. The practice pool will not have music - but can be used for Figures and spacing.

The practice pool will be available for training, warm up and cool down for the duration of the event.

Open pool time is noted in the programme. If we run ahead of time, we may open the pool earlier - please listen for announcements. Conversely, if we are running late, we may shorten open pool times. When competitors are asked to clear the pool please ensure this is done promptly.



Warm-up pool

Merchandise



Willow Collective Jewellery Orders Order close 25 September [click here](#). Willow Collective will also have a small stand at Nationals.

Code Sport Merchandise

Code Sport will keep the website open to 16 October.

To order merchandise please click onto the following links.
NZ Code Sport via NZ Uniform Orders

<https://codesport.co.nz/catalog/NZ-Artistic-Swimming-1106217>

On **Monday 3 October** Code Sports will have a stand at the pool for Nationals.

We may take additional orders for Meadore merchandise togs as there have been a few queries. Please email Debbie nationalsnzas@gmail.com



Filming Routines prior to coming to Nationals ...

to Support Athletes who may succumb to Winter Illness/ Covid etc



Recommendation

Filming Routines Before Competition

With the changing landscape and recognising all the hard work athletes and teams are doing we are looking at ways to support athletes so routines can be judged within the ASNZ Nationals platform.

We know an athlete could become unwell or injured at the very last minute (even on competition day).

Therefore we are proposing the following to ensure teams/ athletes' hard work can be judged and teams do not need to be scratched.

- **We highly recommend each club videos each of your routines early/ mid September.**
- The video does not need a videographer - this could be taken on a phone.
- **Download the video into a Club Google Drive** where you can share, **or alternatively clubs can download routines onto a pen drive** to bring to the competition. Ensure each routine is separate and well labelled for quick access.
- If a team or swimmer is injured or ill and cannot compete at the registered event, the Club Manager should inform the Meet Manager and Referee and provide the videoed routine to the Meet Manager by 7.30am.
- Then just prior to the event the same panel of judges will view and judge the video routine and results will be called out at the event.
- We have secured a large TV and will link this to a computer for the panel of judges to view the routine and judge.




Ministry of Health Update 12 September

TEAM MANAGERS AND COACHES - New Guidelines from the Ministry of Health 12 September

You'll be aware that New Zealand has moved to a new, long-term approach to COVID-19. These changes have been made based on public health advice. This new approach includes a few adjustments in the way we operate, as outlined below:

- **Household contacts (this includes roommates sharing a room) of a person with COVID-19 do not need to isolate, instead they are asked to complete a RAT test each day, for five days.**

	<p>Team Managers are asked to monitor the RATS testing if required and record results.</p> <ul style="list-style-type: none"> • Information on how to get RAT kits can be found here: Request a RAT- Ministry of Health • Mask wearing is no longer required. <p>All the other recommended public health measures will stay in place as we know they reduce the spread of infectious illnesses including COVID-19. These include:</p> <ul style="list-style-type: none"> • Ensuring our indoor spaces are well-ventilated - please open windows to let in fresh air at the hostels where appropriate • Maintaining good hand hygiene • Encouraging everyone to cough or sneeze into elbows • And most importantly, staying home and getting tested if they have COVID-19 symptoms prior to departures. <p>If any athlete/coach/manager/judge tests positive for COVID at Nationals, please immediately isolate that individual from the rest of your team, and advise Debbie Dickson so we can work together on a plan.</p> <p>Thank you for your ongoing support in protecting our community.</p> <p>Any updates will be shared at the Team Managers' Meeting on Saturday morning at 9am</p> <p>Please ensure that no athletes, officials or team personnel enter the venue if they have any cold, flu like symptoms or Covid.</p>
<p>Team Managers' Meeting & Accreditation</p> 	<p>Scheduled for Saturday 1st October at 10am in the Splash Palace Meeting Room off the main foyer, where accreditation will be handed out.</p> <p>We will be setting up a 'WHATSAPP' for Team Managers and Head Coaches - so we can quickly communicate to you any changes or if you need information. A 'Whatsapp' message will be coming to you after 26 September. Please ensure you have this APP on your phone.</p>

Police Vetting

Police Vetting

Please ensure all your Team Managers and adults who are staying in the Hostel Accommodation are Police Vetted.

Click on the following link to access how you can get Police Vetting completed

<https://www.police.govt.nz/about-us/publication/police-vetting-forms> .

Team Managers - please inform Debbie Dickson by 15 September that this is completed. Please have access on request to the Police Vetting information either by paper or digitally.

Judges' Forum



Saturday 1st October 8am - 3.00 pm - Southland Girls High School
Please meet at Splash Palace Pool at 8am and we will take you over to the room. It is a quick 2 min walk.

We welcome Jo Burns back to New Zealand. Jo will be our NZ Judge Evaluator/ Support through this competition.

Jo will be running the Judges Forum on Saturday, with the support of Meet Referees Emma Weston and Kira Van Os.

Tea and coffee will be available, and a light lunch will be provided at Splash Palace in the Meeting Room.

We will be providing light lunches each day during the competition for judges and key officials.

OPTIONAL:

On Saturday 1 October we have arranged a Judges Dinner, 6:15pm at the Saucy Chef St Andrews Street Northern Tavern



<https://www.thesaucychef.co.nz/>.

This restaurant has a courtesy van.

This is self-paid. Simon Hardy will be in contact to coordinate numbers.

Judging panels and further information will also be sent out shortly by Simon Hardy and Sue Van Os.

**Judges,
Coaches, Club
Forum on new
FINA Rules
Monday 3
October 7:30pm
@ Enwood Hostel**

On Monday 3 October, 7:30pm at Enwood Hostel Southland Girls we will be holding a forum for Coaches, Judges and Club Chairs to attend.

The forum is an opportunity to share information about FINA new rules and how we are intending to support coaches and judges in the education of these new rulings.



**Health and
Safety Plans, and
Code of Conduct**

Please find links to the event:

- [Health and Safety Plans](#)
- [The Events Health and Safety Plan Overview](#)
- [Covid Overview is someone falls sick during nationals](#)

We will ensure we keep Clubs/ Team Managers informed if there are any changes.

This information will be copied and provided at the Team Manager's Meeting.

Code of Conduct for all coaches, judges, officials, Team Managers and volunteers. Please share the link below and go over the 'Code of Conduct' with team members prior to Nationals so we are all clear on expectations.

[W ARTISTIC SWIMMING NEW ZEALAND CODE OF CONDUCT FOR CLU...](#)

International Teams

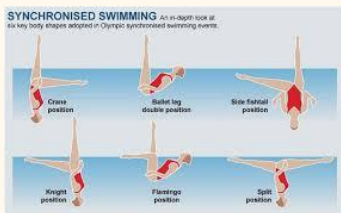
Clubs from New Caledonia and Australia are competing in this event. We remind you to please refer to the NZ Ministry of Health website and NZ Immigration for the latest updates and requirements for teams wishing to travel from overseas into NZ. <https://covid19.govt.nz/international-travel/travel-to-new-zealand/>

All risks and responsibilities of travel to New Zealand and during the competition if there was a snap lockdown, covid outbreak would be the overseas team's responsibility.

Fortunately, restrictions seem to be being relaxed so this should hopefully not be an issue.



Rules



Nationals will be conducted under the rules of **FINA 2017-2020** and Artistic Swimming New Zealand. The New Zealand rules are available on the ASNZ website - click on the link below:
<https://synchroswimnz.org.nz/media/707/asnz-national-championship-rules-2022-final.pdf>

ASNZ protocols for parents, athletes & coaches attending competitions are also available on the ASNZ website.

Please distribute this link to your athletes and club members.

artistic-swimming-new-zealand-code-of-conduct-for-clubs-a...

NZ Trial Information

- Athletes and coaches/Manager should arrive at 8am for marshalling and numbering – we anticipate this may take half an hour, but could finish sooner.
- Clubs are responsible for breakfasts and lunches on the day of trials, and athletes should bring their own snacks.

- Marshalling will take place in Squad groups i.e. Pikopiko, Koru and Fern.

- Athletes should be wearing black togs, with warm clothing on top – and have white caps and black goggles with them.

- Warm-up – 8.30am -8.55am
- Parents will not be permitted to watch trials from either the pool deck or the stands.



Strength Testing

Please note – athletes should be wearing spandex or tights for the strength testing i.e. no baggy clothing. Strength testing will happen on a circuit with athletes moving from one strength test station to the next in a marshalled order.

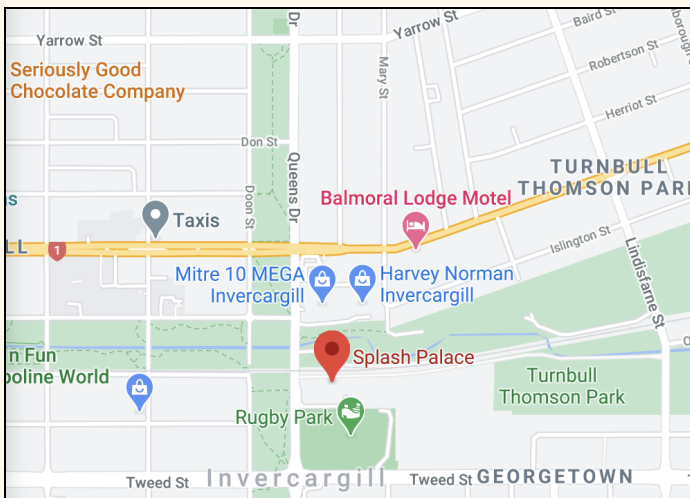
It is intended trials will conclude at 3pm

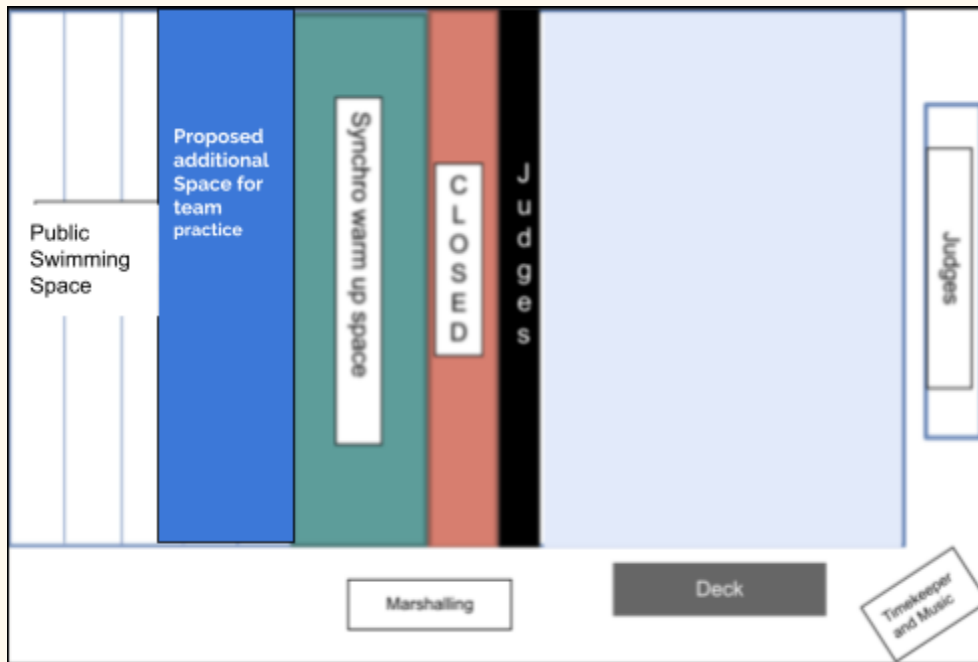
Trial Results:

9am:	Session 1 - Figures and Elements		
9-10am	Panel 1 - 13/14/15 Figures		
9-10am	Panel 2 - Junior/Senior Elements 1 & 2		
9-10.30am	Panel 3 - Junior/Senior Elements 3/4/5		
10.30am	Session 2 - Swimming		
10.30-11.20am	Pikopiko		
11.25-11.50am	Fern		
11.55-12.40pm	Koru		
11.45am	Session 2 - Routine		
11.45-12.25pm	Pikopiko		
12.30-12.45pm	Fern		
12.50-1.15pm	Koru		
LUNCH BREAK - 1.15-1.40PM			
1.40pm	Session 4 - Strength		
1.40-2pm	DishTuck		
1.40-2.55pm	Plank		
1.40-2.55pm	Wall Sit		

	<p>These will be provided to Club Chairs by the end of the weekend i.e. 9th of October.</p> <p>Please note, Anne-Maree Ward will be managing the post-Nationals Fern Squad camp and will take responsibility for athletes following trials. Dinners will be provided for these athletes.</p>
 <p>Phoenix Stalls at Nationals</p>	<p>The Phoenix Committee is having a small stall during nationals.</p> <p>There are some yummy treats to purchase and some great raffles and mystery bags to have. They will be selling cupcakes for \$3 and Fuzz Balls 4 x for \$3.</p> <p>Don't forget to remind athletes to bring a little cash.</p> 

Pool Information





The competition will take place at Splash Palace, Invercargill. Swimmers will enter the water at the 15m wide edge and judges will sit on either side of the 23m long length of the pool.

During competition, a clear deck policy will apply and only those with official accreditation will be allowed on the pool deck. During each routine, the coach(es) of the competing team will have access to the deck for viewing purposes only.

Spectator Passes

Splash Palace has kindly sponsored a day pass for spectators who will be watching over the 4 days of competition (There will be a total of 4 sessions and they will be charged 3 sessions). \$4 spectator cost per day or \$12 for the competition.

Photos/ Videos of the Competition



Sadly our wonderful Synchro photographer Gail Stent has decided after a long reign to call time on photographing our Nationals. On behalf of Artistic Swimming New Zealand, we would like to thank Gail for the amazing contribution she has made to the sport over the years.

Over the last few months we have been working behind the scenes to source a new photographer and videographer and would like to announce that Monica Toretto, a sports photographer is taking up the challenge and will be capturing our athletes over the course of the event. We will send out a link 2-3 weeks after the competition for clubs to access the Nationals photos. This is covered in the event fees.

We will also have Samantha Robertson from the Southern Institute of Technology Media team going to video the event with the intent that we will post the videos up the next day . The cost for this service has been included in the event fee.

Sponsors

Thank You - To our Wonderful Sponsor and Supporters

Key Sponsors

	 	 
 TE POU ARATAKI POUNAMU O MURIHIKU		

Key Supporters

		
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Athletes' Goodie Bags

		
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