



Fiji Long Course Open National Championships



2-4 May 2025

2025 LC Open Championships

Qualifying Standards

Male OPEN			Female OPEN		
50	Free	26.00	50	Free	30.00
100	Free	1:00.00	100	Free	1:06.00
200	Free	2:18.00	200	Free	2:30.00
400	Free	5:21.00	400	Free	5:35.00
800	Free	11:06.00	800	Free	11:35.00
1500	Free	22:00.00	1500	Free	23:00.00
50	Back	32.00	50	Back	34.00
100	Back	1:12.00	100	Back	1:19.00
200	Back	2:55.00	200	Back	2:55.00
50	Breast	35.00	50	Breast	39.00
100	Breast	1:20.00	100	Breast	1:29.00
200	Breast	3:05.00	200	Breast	3:24.00
50	Fly	29.00	50	Fly	32.00
100	Fly	1:11.00	100	Fly	1:23.00
200	Fly	3:11.00	200	Fly	3:26.00
200	IM	2:40.00	200	IM	2:52.00
400	IM	6:01.00	400	IM	6:21.00

NOTE:

1. Qualifying period will be 1st January 2025 to 24 April 2025.
2. There are no restrictions to number of individual events and relays.
3. Competition Heats & Finals
4. Individual entries \$10.00, Relay entries \$20.00

ANNOUNCEMENTS:

1. Clubs are required to provide their own First Aid Kits. All competitive swimmers, coaches, officials & supporters are required to adhere to COVID safe protocols. The tests and the results are to be done by their respective clubs.
2. The pool will be opened from 0800hrs. To avoid congestion in the pool and to allow teams minimum quality warm-up time, please use the assigned lanes to you.
3. Manager's meeting: 9:30am
4. Technical officials briefing: 9:40am
5. Each Club is required to provide 3 volunteers each day. A list of volunteers should be submitted with Entry Form - Option for clubs to pay rather than put in officials for timekeeping duties during competition. \$50/timekeeper per day.
6. Electronic entries only will be accepted.
7. Entries for 2025 Fiji Long Course Open National Championships must be submitted no later than 5.00pm on the **18th April 2025**. Cost per event is \$10.00. Payments can be deposited into; "Amateur Association of Fiji Swimming", Westpac Banking Corp, Suva, Account # **41752500**.
 - Early Bird Special - 10% discount to clubs who pay 7 days prior to start of competition obviously there may be changes etc after entries go in, but if they've cleared all fees as calculated by TM in their entries, 10% discount
 - Any outstanding fines or fees left unpaid after competition is complete will incur an additional fee of \$100 per week per club this is left outstanding.
8. Entries should be submitted to fijiswimssec@gmail.com copied to tiacheer@yahoo.com

9. Team Managers must ensure all their swimmers hold current registration and are in good standing with Fiji Swimming.
10. Psych sheets will be posted on the Fiji Swimming web page or Meet Mobile, 3 working days before the start of the competition for verification. **No changes or withdrawals once the psych sheet is posted online.** However, amendments to the program may be necessary depending on the number of entries received for each event. Races may be combined at the discretion of the session referee or recorder.

Events Schedule

Day 1– Friday 2 May		Day 2 – Saturday 3 May		Day 3 – Sunday 4 May	
Heats Session 1		Heats Session 5		Heats Session 9	
Warm-up 8:50 – 9.50		Warm-up 8:50 – 9.50		Warm-up 8:50 – 9.50	
Session Starts: 10:00		Session Starts: 10:00		Session Starts: 10:00	
1	Women's 400 Free	15	Women's 200 Free	29	Women's 200 Back
2	Men's 400 Free	16	Men's 50 Breast	30	Men's 200 Breast
3	Women's 100 Fly	17	Women's 50 Back	31	Women's 50 Fly
4	Men's 100 Breast	18	Men's 200 Fly	32	Men's 50 Free
5	Women's 200 IM	19	Women's 200 Fly	33	Women's 50 Free
6	Men's 50 Fly	20	Men's 100 Free	34	Men's 100 Fly
7	Women's 4x100 Free Final	21	Mixed 4x100 Medley Relay Finals	35	Mixed 4x100 Free Relay Finals
Heats Session 2 starts 11.30am		Session 6 starts 11. 30am		Session 10 starts 11.30am	
8	Men's 200 Free	22	Women's 100 Free	36	Men's 1500 Free Finals
9	Women's 1500 Free Final	23	Men's 200 IM	37	Women's 50 Breast
10	Men's 100 Back	24	Women's 200 Breast	38	Men's 50 Back
11	Women's 100 Back	25	Men's 200 Back	39	Women's 400 IM
12	Men's 800 Free Final	26	Women's 800 Free Final	40	Men's 400 IM
13	Women's 100 Breast	27	Men's 4x200 Free Finals	41	Women's 4x100 Medley Final
14	Men's 4x100 Free Final	28	Women's 4x200 Free Final	42	Men's 4x100 Medley Final
Finals Session 3 starts 2pm		Finals Session 7 starts 2pm		Finals Session 11 starts 2pm	
	Women's 400 Free - Final		Women's 200 Free - Final		Women's 200 Back - Final
	Men's 400 Free - Final		Men's 50 Breast - Final		Men's 200 Breast - Final
	Women's 100 Fly - Final		Women's 50 Back - Final		Women's 50 Fly - Final
	Men's 100 Breast - Final		Men's 200 Fly - Final		Men's 50 Free - Final
	Women's 200 IM - Final		Women's 200 Fly - Final		Women's 50 Free - Final
	Men's 50 Fly - Final		Men's 100 Free - Final		Men's 100 Fly - Final
Finals Session 4 starts 3pm		Finals Session 8 starts 3pm		Finals Session 12 starts 3pm	
	Men's 200 Free - Final		Women's 100 Free - Final		Women's 50 Breast - Final
	Women's 100 Back - Final		Men's 200 IM - Final		Men's 50 Back - Final
	Men's 100 Back - Final		Women's 200 Breast - Final		Women's 400 IM - Final
	Women's 100 Breast - Final		Men's 200 Back - Final		Men's 400 IM - Final

LOCAL COMPETITION RULES OF THE DAY:

1. Top 8 will proceed to finals except the Relays, 1500m Free & 800 Free will be timed finals. If there is less than 8 Swimmers in the heat, that will go to straight Finals. The option will be given to the swimmer to swim the heat but no time will be taken.
2. Swimmers are not permitted to swim in place of another swimmer. To do so will result in automatic disqualification of both swimmers from the competition.

3. Swimmers are not permitted to accept medals on the podium in place of another swimmer. To do so will result in medal being stripped off from that swimmer/s.
4. There are no restricted number of individual or relay events per swimmer.
5. Mixed Relays will consist of 2 Males & 2 Females.
6. Swimmers will compete as OPEN categories in all Events.
7. Withdrawals will be accepted from the Team Manager at the Manager's meeting on the first day of competition. Other withdrawals are accepted on a daily basis as long as it is signed by the Team Manager and accompanied by a medical certificate or if due to sudden illness at the referee's discretion and will not be allowed to swim for the rest of that day.
 - a. Withdrawals without a medical certificate will incur a fee of \$20 per event.
 - b. Once a swimmer **SCRATCHES / NO SHOWS** for an event he/she will **NOT** be allowed to swim for the remainder of the events for that day and will incur a fine of \$20.00 per event.
 - c. Withdrawal, Scratch/No Show fines must be paid by the start of the next day's competition, swimmers will not be allowed to swim their remaining events unless fees have been paid to Fiji Swimming and a copy of receipt presented at the Team Managers Meeting.
8. It is recommended that ALL swimmers wear a swimming cap. Swimwear is limited to one swimsuit (Double Swimsuits or inappropriate clothing will result in disqualification)
9. In the case of any disputes, World Aquatics rules will apply. Protests must be lodged to the Technical Director in writing within 30mins following the conclusion of the respective event. Protests must be accompanied by a \$100 non-refundable fee. A Jury of Appeal consisting of 3 will be selected should there be an appeal to uphold the referee's decision.
10. Team Managers are NOT permitted in the control room and are to be relied upon for all communication to/from clubs with the Technical Director.
11. Entries fees must be settled in full, by the entry deadline or club's entries will not be accepted. It is the responsibility of club managers to ensure fees are settled within the timeframe. Entries without entry times will not be accepted. Please ensure all swimmers' details are included including DOB, entry time, Fiji Swimming registration number.
12. This is a self-marshalled competition, so swimmers have to be at the starting blocks at least 2 heats in advance of their heat.
13. Swimmers who fail to achieve the QT during the competition will incur a \$30.00 fine for every event unachieved and will not swim in the FINALS or receive a medal.
14. Only QTs from Long Course competitions from 1st January 2025 to 17th April 2025 will be accepted. No SC Conversions only for Overseas-based swimmers' conversions from SCY/SCM times will be accepted.
15. Age is determined as of **4 May 2025**.