



# NZ OPEN WATER SWIMMING CHAMPIONSHIPS

**10 - 11 JANUARY 2026**

## **2026 NZ Open Water Swimming Championships**

Saturday 10 – Sunday 11 January 2026

Lake Taupo  
9 Ferry Road, Taupo 3330

## **Information Booklet**

### **Contact Information**

[events@swimming.org.nz](mailto:events@swimming.org.nz)

Version 1 – 7 October 2025

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# NZ OPEN WATER SWIMMING CHAMPIONSHIPS

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## Purpose

This meet is held in conjunction with the publicly-available NZ Ocean Swim Series at the idyllic Lake Taupo. The 2026 NZ Open Water Swimming Championships will crown the respective national open water champions and is the pinnacle open water event for swimmers to compete on the national stage.

## Entry Information

Swimming New Zealand rules and regulations govern these championships. This meet is open to financial, registered (at the time of competition) Swimming New Zealand competitive swimmers and foreign swimmers registered with foreign World Aquatics affiliated swimming federations. All participants must agree to comply with the Sports Anti-Doping rules.

Please note that entry into these championships will also gain you entry into the NZ Ocean Swim Series event. You will be eligible for medals and series points in your respective event in addition to these championships.

## Entry Deadline

Entries	Timeline
Entries Open	Entries are Open
Individual Entries Close	Sun 14 December at 11.59pm
Relay Entries Close	Sun 14 December at 11.59pm

## Entry Process

All entries must be submitted via the NZ Ocean Swim Series entry portal. Please remember to tick that you are entering for the NZ Open Water Swimming Championships on the entry form and provide your club.

There is no limit on the number of individual event entries.

## Entry Fees

Entry fees are set by the NZ Ocean Swim Series as the event provider.

Distance	Prices
10km	As set by NZ Ocean Swim Series
7.5km	As set by NZ Ocean Swim Series
5km	As set by NZ Ocean Swim Series
2.5km	As set by NZ Ocean Swim Series
4 x 1km Relay	As set by NZ Ocean Swim Series

Entry fees must be paid prior to the start of the competition. Non-payment could result in the withdrawal of swimmers.

Please refer to the NZ Ocean Swim Series for their refund policy.

## Qualification Criteria

Age as at 10 January 2026

Please note there is no qualifying period or qualifying times for this event.

## Multi-Class Athletes

These championships are open to Multi-Class swimmers who have a classification – provisional, national or international. Swimming NZ is wanting to grow Multi-Class swimmers involvement at all levels and variations of swimming.

Medals will be awarded based on who finishes first regardless of disability type or extent.

If you have any questions about Para athletes please contact Cameron Leslie, Disability & Para Swimming Participation Manager, [cameron@swimming.org.nz](mailto:cameron@swimming.org.nz).

## International Entries

Visitors will be able to submit entries via the NZ Ocean Swim Series portal. They will also need to notify Swimming NZ via email with an accompanying signed Travel Authorisation Form/Letter from your national federation to [entries@swimming.org.nz](mailto:entries@swimming.org.nz) by the entry deadline date specified above. There is no limit on international visitor foreign entries.

## Psych Sheets

An entry list will be posted on the event page of the SNZ website in the days following entries closing.

Corrections and changes to psych sheets are to be sent to [entries@swimming.org.nz](mailto:entries@swimming.org.nz) by 11.59pm on Wednesday 17 December.





## **Event Specifications & Schedule**

Distance	Gender	Age Groups	Start Time
10km	Male, Female	15-17, Open	8.30am Saturday 10 January
7.5km (run with the 10km)	Male, Female	13-14, 15-17	8.30am Saturday 10 January
2.5km	Male, Female	13-14, 15-17, Open, Multi-Class	1.00pm Saturday 10 January
5km	Male, Female	13-14, 15-17, Open	8.30am Sunday 11 January
4 x 1km Relay	Male, Female, Mixed (2x2)	Open	11.00am Sunday 11 January

Please note: As the 7.5km is run in conjunction with the 10km, participants may only enter one of these races.

## **Event Schedule**

Event Number	Event	Age Groups	Gender	Start Time
1	10km	15 – 17, Open	Male	8.30am Saturday
2	10km	15 – 17, Open	Female	8.30am Saturday
3	7.5km	13 – 14, 15 – 17	Male	8.30am Saturday
4	7.5km	13 – 14, 15 – 17	Female	8.30am Saturday
5	2.5km	13 – 14, 15 – 17, Open, Multi-Class	Male	1.00pm Saturday
6	2.5km	13 – 14, 15 – 17, Open, Multi-Class	Female	1.00pm Saturday
7	5km	13 – 14, 15 – 17, Open	Male	8.30am Sunday
8	5km	13 – 14, 15 – 17, Open	Female	8.30am Sunday
9	4 x 1km Relay	Open	Male	11.00am Sunday
10	4 x 1km Relay	Open	Female	11.00am Sunday
11	4 x 1km Relay	Open	Mixed	11.00am Sunday

## **Race Course**

The race course is a 1.25km rectangular set-up and can be found below. Swimmers must swim clockwise around the course. Please note this will be an in-water start and finish.

Swimmers must pass the turn buoys on their right shoulder.

For the 10km race, swimmers must swim the course 8 times.

For the 7.5km race, swimmers must swim the course 6 times.

For the 5km race, swimmers must swim the course 4 times.

For the 2.5km race, swimmers must swim the course 2 times.

Swimmers will be required to swim through a finish gate when completing the race

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## Athlete Information

### Pre-Meet Training

Date	Pre-Meet Training
Friday 9 January	3pm – 6pm

The course will be set up for training on the Friday afternoon. Swimmers are welcome to have a swim on the course but please note there won't be water safety on the water, so you'll need to be responsible for your own safety.

### Key Times

Event	Registrations Open	Briefing Time
<b>Saturday 10 January</b>		
10km	7am – 8.10am	8.15am
7.5km	7am – 8.10am	8.15am
2.5km	9am – 12.30pm	12.45pm
<b>Sunday 11 January</b>		
5km	7am – 8.10am	8.15am
4 x 1km Relay	8.30am – 10.45am	10.50am

Event	Competition Start Time	
	Male	Female
<b>Saturday 10 January</b>		
10km	8.30am	8.32am
7.5km	8.30am	8.32am
2.5km	1.00pm	1.02pm
<b>Sunday 11 January</b>		
5km	8.30am	8.32am
4 x 1km Relay	11am (mixed, male and female)	

### Registration

Swimmers must present at registration for each event and be allocated their timing chip and number for the swim at this point. Swimmers are to race in the numbered swim cap provided at registration. We encourage plain caps to be worn underneath.

All competitors are advised to:

- Ensure that all jewellery items have been completely removed

- Ensure that all acrylic nails have been completely removed
- Ensure that their finger nails and toe nails have been trimmed so that they do not extend past the tip of the finger/toe
- Ensure that they present themselves to registration either with or in their race suits.
- Leave both shoulders and upper left and right arms free of grease or sunscreen, as their competitor number will be temporary applied on these areas. Care should be taken when applying grease to ensure that the competitor numbers remain legible.

At the swimmers first registration they will be given a pass. All swimmers must report with this pass at that start of each of their events and also when they register for subsequent events.

Please note: For the 10km and 7.5km, feeders will be required to report to registration with the swimmer – please refer to feeder information on following page.

### Electronic Timing

SNZ will have electronic timing for these championships. Timing chips will be worn on one wrist; these will be given out at registration. Swimmers will be required to return their transponder at the completion of the course. If the transponder is lost/not returned, the swimmer will be required to pay \$50.00 per chip.

### Race Briefings

The briefing location will be in one of the marquees on the lake front. The briefing must be attended by all competitors and will include details of the race format, start, race course, finish and race rules.

### Caps

Swimmers are to race in the numbered swim cap provided at registration. We encourage plain caps to be worn underneath.

### Wetsuits

World Aquatics and Swimming NZ rules allow the use of wetsuits in Open Water competitions in the following conditions. When the water temperature measured on the day of the competition is:





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- From 17.9°C and below, wetsuits are mandatory, and an approved wetsuit must be worn
- From 18.0°C and above, wetsuits are not allowed, and all swimmers must wear an approved swimsuit

For the purpose of these rules, wetsuits are swimsuits made of material providing thermal insulation. Wetsuits for both men and women shall completely cover torso, back, shoulders and knees. They shall not extend beyond the neck, wrists and ankles. Please refer to the Inclusive Swimwear Policy on the SNZ website for more details.

## **Abandonment**

If a race must be abandoned the 10km event shall have precedence over the 5km event. The 5km event may be rescheduled to a later start time, and/or date.

## **Results**

Results for these championships will be posted on the SNZ website as soon as practicable after the event.

## **Victory Ceremonies**

Medals shall be awarded for the 1st, 2nd and 3rd New Zealanders in all events. Visitor medals shall be awarded to any international competitor who places in the top three.

Medal ceremonies will take place at the end of racing each day, with the location to be confirmed closer to the event in the communications sent prior to the event.

Dress Standard for victory ceremonies:

- Club or regional t-shirt, jacket or sweatshirt
- No caps or goggles
- No towels to be wrapped around the waist

## **Photography & Videography**

Photos and videos will be taken throughout the competition. All athletes have agreed to allow photographs, videos and audio recordings to be taken by accredited SNZ or Banana Boat NZ Ocean Swim Series contractors to be used for any legitimate purpose by SNZ or Banana Boat NZ Ocean Swim Series. If you

have any concerns, please contact the Competitions Manager.

## **Merchandise**

Merchandise may be provided at this event by SNZ partner Teamline. Teamline will also be set up and in attendance at the event.

## **Team Managers Information**

### **Accreditation**

There is no accreditation requirement but athletes will receive a pass for water safety purposes.

### **Event Communication**

During the meet, SNZ may use WhatsApp to communicate to coaches and team managers during the meet. A link to the WhatsApp group will be added to the Pre-Competition Information sent prior to the event.

### **Managers Meeting**

There will be a team manager's meeting held on Friday 9 January at 5.30pm at the Swimming New Zealand Tent in the event area at the lake.

Team Managers will be given a brief run-down of meet activities, expectations of swimmers and clubs and general delivery of the event. Each club must have at least one representative at the meeting to ensure all information is delivered back to the swimmers.

Race numbers, timing chips and feeder bands will be given out at the registration prior to each race.

### **Feeders**

A designated feeding area will be provided for the feeding of swimmers during the 7.5km and 10km events. This area will be the only place on the course where a swimmer may be fed. Please note feeding does not occur for the 2.5km and 5km events.

- Each swimmer is allowed one (1) handler, who will be required to check in with the swimmer at the time of registration. Once registered, the handler will be given an event specific wrist band. Failure to



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display this wrist band will result in the handler being denied access to the feeding area.

- Feeders will feed by wading into the water from the beach at the specified area.
- Feeders are only permitted to feed using a feeding pole. As per NZ Open Water Swimming Rules, feeding poles are not to exceed 5m in length when extended. No objects, rope or wire may hang off the end of the feeding pole. The feeding pole must be available for inspection when the swimmer is attending registration.
- All entrants are responsible for organising their own handlers.

## **Withdrawals**

Swimmers withdrawing from the event must inform Swimming New Zealand prior to 5pm on Thursday 8 January, please contact [entries@swimming.org.nz](mailto:entries@swimming.org.nz).

Any swimmers withdrawing from the race after numbering are required to inform the Clerk of the Course of their withdrawal and may face penalty fees.

## **Protests**

Protests must be submitted to the referee, in writing, on the protest form, by the team manager only, within

30 minutes following the conclusion of the respective event. 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.

## **Disqualifications**

Failure to complete the race with at least one timing transponder will result in disqualification from that event.



## Points & Awards

The following points system will be used for the 2026 NZ Open Water Swimming Championships:

### Club Points (individual and relays)

Place	1	2	3	4	5	6	7	8	9	10
Points	26	21	17	14	12	10	8	6	4	2

Please note: Points are awarded only to the club of New Zealand federated swimmers. This means that visitors at the competition cannot score points, regardless of whether the swimmer resides in New Zealand or swims as part of a New Zealand club.

### Trophies to be awarded

Top Club

## Medical Information

Service	Address	Phone
Taupo Health Centre (A&E)	113 Heuheu St, Taupo	07 378 7060
The Dentists	7 Motutaiko St, Taupo	07 378 8112
Unichem Pharmacy	113 Heuheu St, Taupo	07 376 5246
Life Pharmacy	35-37 Heuheu St, Taupo	07 378 6100
X-Ray, Lakes Radiology	115 Heuheu St, Taupo	07 377 3372
Physio, Fox Physio	6 Motutaiko, Taupo	07 378 2123
Taupo Hospital	Kotare St	07 376 1000
Emergency – Fire, Police, Ambulance		111
AED	Water Safety Team – Lakefront Reserve Taupo District Council – 21 Story Pl, Taupo Taupo Library – 4 Story Pl, Taupo	