

30 July 2010

This meet will be swum under SNZ Regulations with the specific conditions & criteria:

- ↗ Age as at 1st March 2011.
- ↗ The qualifying period is from 2nd March 2010 to 13th February 2011.
- ↗ The age groups to be swum for both male and female are 13 years, 14 years, 15 years, 16 years and 17-18 years combined.
- ↗ Relay events shall be swum as 15 and under and 16 and over. In any relay event swimmers 15 and under may swim in either their correct age group or 16 and over.
- ↗ Relays will be swum as heats and finals if the number of entries is greater than the number of lanes and will be swum at the end of the respective sessions.
- ↗ Individual entry times may be verified against the SNZ Results Database. Performances from regional and local competitions not held within the Results Database may not be eligible for entry to national competitions.
- ↗ The qualifying times shown are 50 metre times. Qualifying times swum in pools other than 50m must be converted using the SNZ Conversions.
- ↗ All swimmers shall only enter qualified events.
- ↗ All entries must include swimmer details and times. The swimmers declared entry time shall be the fastest official time swum in the qualifying period. All relay entries must include swimmers' names whose times were used to produce the entry time. Only swimmers who have met at least one required individual qualifying standard may be entered in relay events.
- ↗ A maximum of two (2) international visitors may progress from heats to finals in any one event. There is no limit on international visitor entries for timed-finals but only two (2) international visitors may swim in the fastest timed-final.
- ↗ All participants must agree to comply with the Sports Anti-Doping Rules.
- ↗ The 2011 New Zealand Age Group Championships will be streamed live on the internet thanks to the Perry Foundation. There will also be on demand viewing available for the 12 months following the championships. To view the stream go to: www.r2.co.nz/20110301.

ENTRIES

REGIONAL ASSOCIATIONS must submit entries for SNZ members. No club entries are permitted. **CLUBS** entries and fees are to be submitted to their **REGIONAL ASSOCIATION**.

CLUBS need to check with their **REGIONAL ASSOCIATION** for their entry closing dates.

Entries close for **REGIONAL ASSOCIATIONS** with Swimming New Zealand **12 MIDNIGHT on THURSDAY 17th FEBRUARY 2011**. Late entries will not be accepted.

NO REFUNDS for any withdrawals (including medical) will be given once entries have closed.

Entries to be submitted by **REGIONAL ASSOCIATIONS** as a cfile or hyp file. Entries to be emailed to events@swimmingnz.org.nz and should include

- Entries by swimmer with proof of time Entry fee summary
- Relay names report Regional Coaches and Managers Form

Entry fees are \$15.00 individual events and \$30.00 relay events. Entry fees from **REGIONAL ASSOCIATIONS** to be sent to Swimming New Zealand, P.O. Box 38346, Wellington 5012.

PSYCH SHEETS

PSYCH SHEETS will be posted on the Swimming New Zealand website on **FRIDAY 18th FEBRUARY 2011**.

Corrections to the psych sheets are to be sent to events@swimmingnz.org.nz by **12 MIDNIGHT TUESDAY 22nd FEBRUARY 2011**.

FINAL PSYCH SHEETS will be posted on the Swimming New Zealand website on **WEDNESDAY 23rd FEBRUARY 2011**.

30 July 2010

50m Qualifying Times

Male					Female					
13 yr	14 yr	15 yr	16 yr	17-18 yr		13 yr	14 yr	15 yr	16 yr	17-18 yr
FREESTYLE										
28.84	27.70	27.10	26.80	26.30	50	30.25	29.92	29.60	29.50	29.20
1:03.70	1:01.00	59.00	58.50	57.50	100	1:05.50	1:04.75	1:04.50	1:04.00	1:04.00
2:18.50	2:12.00	2:09.50	2:09.00	2:07.00	200	2:24.00	2:22.00	2:19.80	2:19.25	2:19.00
4:52.00	4:40.50	4:37.00	4:35.00	4:33.00	400	4:58.00	4:54.00	4:52.00	4:50.00	4:48.00
					800	10:15.00	10:05.00	10:00.00	9:55.00	9:50.00
19:15.00	18:33.00	18:00.00	17:55.00	17:45.00	1500					
BACKSTROKE										
33.36	31.90	31.10	31.05	30.78	50	34.50	34.10	33.90	33.80	33.70
1:11.11	1:08.31	1:06.81	1:06.37	1:05.73	100	1:14.25	1:13.16	1:12.57	1:12.17	1:11.87
2:33.00	2:28.64	2:25.38	2:24.42	2:22.76	200	2:39.25	2:36.00	2:35.65	2:34.80	2:34.15
BREASTSTROKE										
36.80	35.35	34.58	34.35	34.08	50	38.46	37.89	37.59	37.38	37.23
1:19.99	1:16.84	1:15.16	1:14.67	1:13.80	100	1:23.31	1:22.40	1:21.92	1:21.47	1:20.98
2:52.88	2:46.31	2:44.44	2:42.65	2:41.68	200	2:59.06	2:56.43	2:55.01	2:54.05	2:53.32
BUTTERFLY										
31.31	30.08	29.42	29.22	28.80	50	32.44	31.98	31.80	31.61	31.51
1:08.49	1:06.03	1:04.83	1:04.66	1:03.19	100	1:12.69	1:11.67	1:11.12	1:10.93	1:10.80
2:36.75	2:30.46	2:26.71	2:25.88	2:24.97	200	2:43.29	2:39.63	2:36.39	2:35.49	2:35.00
MEDLEY										
2:37.00	2:30.00	2:27.00	2:25.00	2:24.00	200	2:41.00	2:38.50	2:38.20	2:38.00	2:37.50
5:33.50	5:20.00	5:14.38	5:12.31	5:08.71	400	5:42.46	5:37.43	5:34.71	5:32.88	5:31.49

30 July 2010

Warm-up times, Session start times and Order of Events

Day 1 - Tues 1 st March			Day 2 - Wed 2 nd March			Day 3 - Thurs 3 rd March			Day 4 - Fri 4 th March			Day 5 - Sat 5 th March		
Session 1 - Heats			Session 3 - Heats			Session 5 - Heats			Session 7 - Heats			Session 9 - Heats		
Warm-up 7.15 - 8.45am Start 9am			Warm-up 7.15 - 8.45am Start 9am			Warm-up 7.15 - 8.45am Start 9am			Warm-up 7.15 - 8.45am Start 9am			Warm-up 7.15 - 8.45am Start 9am		
1	400m Free	W 13-18 years	12	400m IM	W 13-18 years	23	200m Free	W 13-18 years	33	800m Free (TF)	W 13-18 years	44	1500m Free (TF)	M 13-18 years
2	200m IM	M 13-18 years	13	400m Free	M 13-18 years	24	400m IM	M 13-18 years	34	200m Free	M 13-18 years	45	200m Fly	W 13-18 years
3	50m Breast	W 13-18 years	14	50m Fly	W 13-18 years	25	100m Back	W 13-18 years	35	100m Breast	W 13-18 years	46	100m Breast	M 13-18 years
4	50m Back	M 13-18 years	15	50m Breast	M 13-18 years	26	50m Fly	M 13-18 years	36	100m Back	M 13-18 years	47	50m Free	W 13-18 years
5	200m Back	W 13-18 years	16	100m Free	W 13-18 years	27	200m Breast	W 13-18 years	37	50m Back	W 13-18 years	48	50m Free	M 13-18 years
6	200m Fly	M 13-18 years	17	200m Back	M 13-18 years	28	100m Free	M 13-18 years	38	200m Breast	M 13-18 years	49	200m IM	W 13-18 years
7	100m IM	W 13-18 years	18	100m IM	M 13-18 years				39	100m Fly	W 13-18 years	50	100m Fly	M 13-18 years

Session 2 - Finals			Session 4 - Finals			Session 6 - Finals			Session 8 - Finals			Session 10 - Finals		
Warm-up 4.15 - 5.30pm Start 6pm			Warm-up 4.15 - 5.45pm Start 6pm			Warm-up 4.15 - 5.45pm Start 6pm			Warm-up 4.15 - 5.45pm Start 6pm			Warm-up 4.15 - 5.45pm Start 6pm		
1	400m Free	W 13 years W 14 years W 15 years W 16 years W 17-18 years	12	400m IM	W 13 years W 14 years W 15 years W 16 years W 17-18 years	23	200m Free	W 13 years W 14 years W 15 years W 16 years W 17-18 years	33	800m Free	W Fastest TF M 13 years M 14 years M 15 years M 16 years M 17-18 years	44	1500m Free	M Fastest TF W 13 years W 14 years W 15 years W 16 years W 17-18 years
2	200m IM	M 13 years M 14 years M 15 years M 16 years M 17-18 years	13	400m Free	M 13 years M 14 years M 15 years M 16 years M 17-18 years	24	400m IM	M 13 years M 14 years M 15 years M 16 years M 17-18 years	34	200m Free	M 13 years M 14 years M 15 years M 16 years M 17-18 years	45	200m Fly	W 13 years W 14 years W 15 years W 16 years W 17-18 years
3	50m Breast	W 13 years W 14 years W 15 years W 16 years W 17-18 years	14	50m Fly	W 13 years W 14 years W 15 years W 16 years W 17-18 years	25	100m Back	W 13 years W 14 years W 15 years W 16 years W 17-18 years	35	100m Breast	W 13 years W 14 years W 15 years W 16 years W 17-18 years	46	100m Breast	M 13 years M 14 years M 15 years M 16 years M 17-18 years
4	50m Back	M 13 years M 14 years M 15 years M 16 years M 17-18 years	15	50m Breast	M 13 years M 14 years M 15 years M 16 years M 17-18 years	26	50m Fly	M 13 years M 14 years M 15 years M 16 years M 17-18 years	36	100m Back	M 13 years M 14 years M 15 years M 16 years M 17-18 years	47	50m Free	W 13 years W 14 years W 15 years W 16 years W 17-18 years
5	200m Back	W 13 years W 14 years W 15 years W 16 years W 17-18 years	16	100m Free	W 13 years W 14 years W 15 years W 16 years W 17-18 years	27	200m Breast	W 13 years W 14 years W 15 years W 16 years W 17-18 years	37	50m Back	W 13 years W 14 years W 15 years W 16 years W 17-18 years	48	50m Free	M 13 years M 14 years M 15 years M 16 years M 17-18 years
6	200m Fly	M 13 years M 14 years M 15 years M 16 years M 17-18 years	17	200m Back	M 13 years M 14 years M 15 years M 16 years M 17-18 years	28	100m Free	M 13 years M 14 years M 15 years M 16 years M 17-18 years	38	200m Breast	M 13 years M 14 years M 15 years M 16 years M 17-18 years	49	200m IM	W 13 years W 14 years W 15 years W 16 years W 17-18 years
8	4x50m Free C Relay	M 15 & Under	19	4x50m Free R Relay	W 15 & Under	29	4x50m Med C Relay	W 15 & Under	39	100m Fly	W 13 years W 14 years W 15 years W 16 years W 17-18 years	50	100m Fly	M 13 years M 14 years M 15 years M 16 years M 17-18 years
9	4x50m Free C Relay	W 15 & Under	20	4x50m Free R Relay	M 15 & Under	30	4x50m Med C Relay	M 15 & Under	40	4x50m Med R Relay	M 15 & Under			
10	4x50m Free C Relay	M 16 & Over	21	4x50m Free R Relay	W 16 & Over	31	4x50m Med C Relay	W 16 & Over	41	4x50m Med R Relay	W 15 & Under			
11	4x50m Free C Relay	W 16 & Over	22	4x50m Free R Relay	M 16 & Over	32	4x50m Med C Relay	M 16 & Over	42	4x50m Med R Relay	M 16 & Over			
									43	4x50m Med R Relay	W 16 & Over			

C Relay = Club Relay
R Relay = Regional Relay

Relay heats will be held if entries exceed 10