

31 July 2009

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

- Age as at 5<sup>th</sup> April 2010.
- The qualifying period is from 3<sup>rd</sup> March 2009 to 21<sup>st</sup> March 2010.
- Relays will be swum as open timed finals with all timed-finals being swum in the finals session.
- 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 the required individual qualifying standard may be entered in relay events.
- For 50m, 100m, 200m, 400m, 800m and 1500m events, there will be A and B Finals. B Finals will be swum when there are 20 or more swimmers that competed in the heats. The Open Championship placings will be determined from the A final.
- 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.

**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 25<sup>th</sup> MARCH 2010**. 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 hyv file. Entries to be emailed to [events@swimmingnz.org.nz](mailto: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 26<sup>th</sup> MARCH 2010**.

Corrections and changes to psych sheets are to be sent to [events@swimmingnz.org.nz](mailto:events@swimmingnz.org.nz) by **12 MIDNIGHT TUESDAY 30<sup>th</sup> MARCH 2010**.

**FINAL PSYCH SHEETS** will be posted on the Swimming New Zealand website on **WEDNESDAY 31<sup>st</sup> March 2010**.

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## 50m Qualifying Times

| Male                     |             | Female         |
|--------------------------|-------------|----------------|
| <b>FREESTYLE</b>         |             |                |
| <b>25.48</b>             | <b>50</b>   | <b>28.71</b>   |
| 55.50                    | <b>100</b>  | 1:01.80        |
| 2:00.00                  | <b>200</b>  | 2:13.00        |
| 4:19.00                  | <b>400</b>  | 4:40.00        |
| 9:04.65                  | <b>800</b>  | 9:40.00        |
| 17:20.00                 | <b>1500</b> | 18:34.40       |
| <b>BACKSTROKE</b>        |             |                |
| 29.00                    | <b>50</b>   | 32.90          |
| <b>1:02.83</b>           | <b>100</b>  | 1:10.00        |
| <b>2:16.71</b>           | <b>200</b>  | <b>2:30.55</b> |
| <b>BREASTSTROKE</b>      |             |                |
| <b>32.51</b>             | <b>50</b>   | <b>36.36</b>   |
| <b>1:10.68</b>           | <b>100</b>  | <b>1:18.71</b> |
| <b>2:32.75</b>           | <b>200</b>  | <b>2:49.28</b> |
| <b>BUTTERFLY</b>         |             |                |
| <b>27.66</b>             | <b>50</b>   | <b>30.66</b>   |
| <b>1:00.51</b>           | <b>100</b>  | <b>1:07.84</b> |
| <b>2:14.95</b>           | <b>200</b>  | <b>2:29.00</b> |
| <b>INDIVIDUAL MEDLEY</b> |             |                |
| 2:16.50                  | <b>200</b>  | 2:33.00        |
| 4:55.00                  | <b>400</b>  | <b>5:23.75</b> |

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

| Day 1 – Mon 5 <sup>th</sup> April |                                  |   | Day 2 – Tue 6 <sup>th</sup> April |                                  |   | Day 3 – Wed 7 <sup>th</sup> April |                                |   | Day 4 – Thu 8 <sup>th</sup> April |                                 |   | Day 5 – Fri 9 <sup>th</sup> April |                                   |   |
|-----------------------------------|----------------------------------|---|-----------------------------------|----------------------------------|---|-----------------------------------|--------------------------------|---|-----------------------------------|---------------------------------|---|-----------------------------------|-----------------------------------|---|
| Session 1 - Heats                 |                                  |   | Session 3 - Heats                 |                                  |   | Session 5 - Heats                 |                                |   | Session 7 - Heats                 |                                 |   | Session 9 - Heats                 |                                   |   |
| Warm-up 8.00 – 9.45am Start 10am  |                                  |   | Warm-up 8.00 – 9.45am Start 10am  |                                  |   | Warm-up 8.00 – 9.45am Start 10am  |                                |   | Warm-up 8.00 – 9.45am Start 10am  |                                 |   | Warm-up 8.00 – 9.45am Start 10am  |                                   |   |
| 1                                 | 200 Free                         | W | 11                                | 50 Free                          | W | 22                                | 100 Breast                     | M | 30                                | 50 Free                         | M | 40                                | 200 Free                          | M |
| 2                                 | 50 Back                          | M | 12                                | 100 Free                         | M | 23                                | 100 Free                       | W | 31                                | 200 Back                        | W | 41                                | 200 Fly                           | W |
| 3                                 | 50 Fly                           | W | 13                                | 200 Breast                       | W | 24                                | 100 Fly                        | M | 32                                | 100 Back                        | M | 42                                | 50 Breast                         | M |
| 4                                 | 400 Free                         | M | 14                                | 200 Back                         | M | 25                                | 50 Back                        | W | 33                                | 400 IM                          | W | 43                                | 400 Free                          | W |
| 5                                 | 200 IM                           | W | 15                                | 100 Back                         | W | 26                                | 100 Breast                     | W | 34                                | 200 IM                          | M | 44                                | 50 Fly                            | M |
| 6                                 | 200 Fly                          | M | 16                                | 100 Fly                          | W | 27                                | 400 IM                         | M | 35                                | 1500 Free                       | M | 45                                | 1500 Free                         | W |
| 7                                 | 50 Breast                        | W | 17                                | 200 Breast                       | M |                                   |                                |   |                                   |                                 |   | 46                                | 800 Free                          | M |
|                                   |                                  |   | 18                                | 800 Free                         | W |                                   |                                |   |                                   |                                 |   |                                   |                                   |   |
| Session 2 - Finals                |                                  |   | Session 4 - Finals                |                                  |   | Session 6 - Finals                |                                |   | Session 8 - Finals                |                                 |   | Session 10 - Finals               |                                   |   |
| Warm-up 4.00-5.30pm Start 6pm     |                                  |   | Warm-up 4.00-5.45pm Start 6pm     |                                  |   | Warm-up 4.00-5.45pm Start 6pm     |                                |   | Warm-up 4.00-5.45pm Start 6pm     |                                 |   | Warm-up 4.00-5.45pm Start 6pm     |                                   |   |
| 1                                 | 200 Free                         | W | 11                                | 50 Free                          | W | 22                                | 100 Breast                     | M | 30                                | 50 Free                         | M | 40                                | 200 Free                          | M |
| 2                                 | 50 Back                          | M | 12                                | 100 Free                         | M | 23                                | 100 Free                       | W | 31                                | 200 Back                        | W | 41                                | 200 Fly                           | W |
| 3                                 | 50 Fly                           | W | 13                                | 200 Breast                       | W | 24                                | 100 Fly                        | M | 32                                | 100 Back                        | M | 42                                | 50 Breast                         | M |
| 4                                 | 400 Free                         | M | 14                                | 200 Back                         | M | 25                                | 50 Back                        | W | 33                                | 400 IM                          | W | 43                                | 400 Free                          | W |
| 5                                 | 200 IM                           | W | 15                                | 100 Back                         | W | 26                                | 100 Breast                     | W | 34                                | 200 IM                          | M | 44                                | 50 Fly                            | M |
| 6                                 | 200 Fly                          | M | 16                                | 100 Fly                          | W | 27                                | 400 IM                         | M | 36                                | 4 x 100 Free<br>Club Relay      | M | 35                                | 1500 Free                         | M |
| 7                                 | 50 Breast                        | W | 17                                | 200 Breast                       | M | 18                                | 800 Free                       | W | 37                                | 4 x 100 Free<br>Selection Relay | W | 47                                | 4 x 100 Medley<br>Club Relay      | M |
| 8                                 | 4 x 100 Medley<br>Regional Relay | M | 19                                | 4 x 100 Medley<br>Regional Relay | W | 28                                | 4 x 100 Free<br>Regional Relay | W | 38                                | 4 x 100 Free<br>Club Relay      | W | 48                                | 4 x 100 Medley<br>Club Relay      | W |
| 9                                 | 4 x 200 Free<br>Regional Relay   | M | 20                                | 4 x 200 Free<br>Club Relay       | M | 29                                | 4 x 100 Free<br>Regional Relay | M | 39                                | 4 x 100 Free<br>Selection Relay | M | 49                                | 4 x 100 Medley<br>Selection Relay | M |
| 10                                | 4 x 200 Free<br>Regional Relay   | W | 21                                | 4 x 200 Free<br>Club Relay       | W |                                   |                                |   |                                   |                                 |   | 50                                | 4 x 100 Medley<br>Selection Relay | W |