

29 October 2009

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

- Age as at 26<sup>th</sup> September 2010.
- The qualifying period is from 27<sup>th</sup> September 2009 to 12<sup>th</sup> September 2010.
- 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.
- Regional and Club relay events will be timed-finals and shall be swum as 15 and under and 16 and over.
- 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 25 meter times. Qualifying times swum in pools other than 25m 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.

#### 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 16<sup>th</sup> SEPTEMBER 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 hvy 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 17<sup>th</sup> SEPTEMBER 2010**.

Corrections to the psych sheets are to be sent to [events@swimmingnz.org.nz](mailto:events@swimmingnz.org.nz) by **12 MIDNIGHT TUESDAY 21<sup>st</sup> SEPTEMBER 2010**.

**FINAL PSYCH SHEETS** will be posted on the Swimming New Zealand website on **WEDNESDAY 22<sup>nd</sup> SEPTEMBER 2010**.

25m 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	
<b>FREESTYLE</b>										
27.86	26.83	26.29	25.94	25.52	<b>50</b>	29.71	29.39	29.08	28.98	28.20
1:01.50	59.06	57.12	56.66	55.67	<b>100</b>	1:04.00	1:03.27	1:03.01	1:02.53	1:01.90
2:13.96	2:08.75	2:05.96	2:05.49	2:03.53	<b>200</b>	2:21.26	2:19.32	2:17.15	2:16.59	2:14.59
4:42.96	4:32.55	4:28.83	4:26.96	4:24.97	<b>400</b>	4:52.13	4:48.12	4:46.27	4:44.31	4:42.25
					<b>800</b>	10:03.27	9:53.77	9:48.56	9:43.85	9:38.98
18:52.02	18:10.39	17:38.13	17:33.01	17:23.66	<b>1500</b>					
<b>BACKSTROKE</b>										
30.96	29.76	29.00	28.83	28.47	<b>50</b>	32.83	32.45	32.28	32.18	31.60
1:06.72	1:04.26	1:02.95	1:02.13	1:01.35	<b>100</b>	1:11.32	1:10.41	1:09.98	1:09.55	1:07.56
2:25.37	2:20.89	2:18.01	2:16.22	2:14.52	<b>200</b>	2:33.85	2:31.03	2:30.75	2:30.02	2:25.73
<b>BREASTSTROKE</b>										
35.27	33.97	33.28	32.85	32.44	<b>50</b>	37.52	37.04	36.81	36.59	35.54
1:16.89	1:14.05	1:12.54	1:11.60	1:10.70	<b>100</b>	1:21.01	1:19.98	1:19.48	1:19.00	1:16.74
2:45.89	2:39.78	2:36.52	2:34.48	2:32.55	<b>200</b>	2:53.88	2:51.66	2:50.59	2:49.55	2:44.70
<b>BUTTERFLY</b>										
30.05	28.94	28.35	27.98	27.63	<b>50</b>	31.75	31.34	31.15	30.96	30.07
1:06.53	1:04.08	1:02.77	1:01.96	1:01.18	<b>100</b>	1:10.51	1:09.61	1:09.18	1:08.76	1:06.79
2:28.54	2:23.07	2:20.14	2:18.32	2:16.59	<b>200</b>	2:34.92	2:32.95	2:32.00	2:31.07	2:26.75
<b>MEDLEY</b>										
1:09.50	1:06.94	1:05.57	1:04.72	1:03.91	<b>100</b>	1:14.30	1:13.36	1:12.90	1:12.45	1:10.38
2:31.13	2:24.85	2:21.93	2:20.02	2:18.98	<b>200</b>	2:37.84	2:35.42	2:35.04	2:34.86	2:31.06
5:23.84	5:11.25	5:05.54	5:01.57	4:57.79	<b>400</b>	5:34.47	5:30.20	5:28.15	5:26.14	5:16.81

29 October 2009

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

Day 1 - Sun 26 <sup>th</sup> September				Day 2 - Mon 27 <sup>th</sup> September				Day 3 - Tue 28 <sup>th</sup> September				Day 4 - Wed 29 <sup>th</sup> September				Day 5 - Thu 30 <sup>th</sup> September			
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	12	400m IM	W	13 years	23	200m Free	W	13 years	33	800m Free	W	Fastest TF	44	1500m Free	M	Fastest TF
		W	14 years			W	14 years			W	14 years	34	200m Free	M	13 years	45	200m Fly	W	13 years
		W	15 years			W	15 years			W	15 years			M	14 years			W	14 years
		W	16 years			W	16 years			W	16 years			M	15 years			W	15 years
		W	17-18 years			W	17-18 years			W	17-18 years			M	16 years			W	16 years
2	200m IM	M	13 years	13	400m Free	M	13 years	24	400m IM	M	13 years			M	17-18 years			W	17-18 years
		M	14 years			M	14 years			M	14 years	35	100m Breast	W	13 years	46	100m Breast	M	13 years
		M	15 years			M	15 years			M	15 years			W	14 years			M	14 years
		M	16 years			M	16 years			M	16 years			W	15 years			M	15 years
		M	17-18 years			M	17-18 years			M	17-18 years			W	16 years			M	16 years
3	50m Breast	W	13 years	14	50m Fly	W	13 years	25	100m Back	W	13 years			W	17-18 years			M	17-18 years
		W	14 years			W	14 years			W	14 years	36	100m Back	M	13 years	47	50m Free	W	13 years
		W	15 years			W	15 years			W	15 years			M	14 years			W	14 years
		W	16 years			W	16 years			W	16 years			M	15 years			W	15 years
		W	17-18 years			W	17-18 years			W	17-18 years			M	16 years			W	16 years
4	50m Back	M	13 years	15	50m Breast	M	13 years	26	50m Fly	M	13 years			M	17-18 years			W	17-18 years
		M	14 years			M	14 years			M	14 years	37	50m Back	W	13 years	48	50m Free	M	13 years
		M	15 years			M	15 years			M	15 years			W	14 years			M	14 years
		M	16 years			M	16 years			M	16 years			W	15 years			M	15 years
		M	17-18 years			M	17-18 years			M	17-18 years			W	16 years			M	16 years
5	200m Back	W	13 years	16	100m Free	W	13 years	27	200m Breast	W	13 years			W	17-18 years			M	17-18 years
		W	14 years			W	14 years			W	14 years	38	200m Breast	M	13 years	49	200m IM	W	13 years
		W	15 years			W	15 years			W	15 years			M	14 years			W	14 years
		W	16 years			W	16 years			W	16 years			M	15 years			W	15 years
		W	17-18 years			W	17-18 years			W	17-18 years			M	16 years			W	16 years
6	200m Fly	M	13 years	17	200m Back	M	13 years	28	100m Free	M	13 years			M	17-18 years			W	17-18 years
		M	14 years			M	14 years			M	14 years	39	100m Fly	W	13 years	50	100m Fly	M	13 years
		M	15 years			M	15 years			M	15 years			W	14 years			M	14 years
		M	16 years			M	16 years			M	16 years			W	15 years			M	15 years
		M	17-18 years			M	17-18 years			M	17-18 years			W	16 years			M	16 years
7	100m IM	W	13 years	18	100m IM	M	13 years	29	4x50m Med C Relay	W	15 & Under			W	17-18 years			M	17-18 years
		W	14 years			M	14 years	30	4x50m Med C Relay	M	15 & Under	40	4x50m Med R Relay	M	15 & Under			M	17-18 years
		W	15 years			M	15 years	31	4x50m Med C Relay	W	16 & Over	41	4x50m Med R Relay	W	15 & Under			M	17-18 years
		W	16 years			M	16 years	32	4x50m Med C Relay	M	16 & Over	42	4x50m Med R Relay	M	16 & Over			M	17-18 years
		W	17-18 years			M	17-18 years					43	4x50m Med R Relay	W	16 & Over			M	17-18 years
8	4x50m Free C Relay	M	15 & Under	19	4x50m Free R Relay	W	15 & Under												
9	4x50m Free C Relay	W	15 & Under	20	4x50m Free R Relay	M	15 & Under												
10	4x50m Free C Relay	M	16 & Over	21	4x50m Free R Relay	W	16 & Over												
11	4x50m Free C Relay	W	16 & Over	22	4x50m Free R Relay	M	16 & Over												