

26 August 2011

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

- Age as at 6<sup>th</sup> March 2012.
- The qualifying period is from 1<sup>st</sup> January 2011 to 19<sup>th</sup> February 2012.
- The age groups to be swum for both male and female are 12-13 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 meter 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 and is competing in the championship 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 23<sup>rd</sup> FEBRUARY 2012**. 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. **SNZ will produce an invoice for the entry fee due and send to each individual region.**

#### PSYCH SHEETS

**PSYCH SHEETS** will be posted on the Swimming New Zealand website on **FRIDAY 24<sup>th</sup> FEBRUARY 2012**.

Corrections to the psych sheets are to be sent to [events@swimmingnz.org.nz](mailto:events@swimmingnz.org.nz) by **12 MIDNIGHT TUESDAY 28<sup>th</sup> FEBRUARY 2012**.

**FINAL PSYCH SHEETS** will be posted on the Swimming New Zealand website on **WEDNESDAY 29<sup>th</sup> FEBRUARY 2012**.

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### 50m Qualifying Times

Male					Female					
12-13 yr	14 yr	15 yr	16 yr	17-18 yr	12-13 yr	14 yr	15 yr	16 yr	17-18 yr	
<b>FREESTYLE</b>										
28.84	27.70	27.10	26.80	26.30	<b>50</b>	30.25	29.92	29.60	29.50	29.20
1:03.70	1:01.00	59.00	58.50	57.50	<b>100</b>	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	<b>200</b>	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	<b>400</b>	4:58.00	4:54.00	4:52.00	4:50.00	4:48.00
					<b>800</b>	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	<b>1500</b>					
<b>BACKSTROKE</b>										
<b>33.40</b>	31.90	31.10	31.05	<b>30.85</b>	<b>50</b>	34.50	<b>34.13</b>	33.90	33.80	33.70
<b>1:11.78</b>	<b>1:08.87</b>	<b>1:07.58</b>	<b>1:07.27</b>	<b>1:06.79</b>	<b>100</b>	<b>1:14.50</b>	<b>1:13.30</b>	<b>1:12.80</b>	<b>1:12.30</b>	<b>1:12.10</b>
<b>2:33.00</b>	<b>2:29.00</b>	<b>2:26.49</b>	<b>2:25.67</b>	<b>2:24.53</b>	<b>200</b>	<b>2:39.50</b>	2:36.00	<b>2:35.70</b>	<b>2:35.39</b>	<b>2:34.84</b>
<b>BREASTSTROKE</b>										
<b>36.97</b>	<b>35.87</b>	<b>34.91</b>	<b>34.83</b>	<b>34.64</b>	<b>50</b>	<b>38.87</b>	<b>38.38</b>	<b>37.90</b>	<b>37.71</b>	<b>37.45</b>
<b>1:20.75</b>	<b>1:17.72</b>	<b>1:15.82</b>	<b>1:15.32</b>	<b>1:14.76</b>	<b>100</b>	<b>1:24.82</b>	<b>1:23.73</b>	<b>1:23.24</b>	<b>1:22.75</b>	<b>1:22.24</b>
<b>2:55.29</b>	<b>2:49.38</b>	<b>2:47.40</b>	<b>2:45.44</b>	<b>2:44.44</b>	<b>200</b>	<b>3:01.42</b>	<b>2:58.76</b>	<b>2:56.96</b>	<b>2:55.36</b>	<b>2:54.65</b>
<b>BUTTERFLY</b>										
<b>31.47</b>	<b>30.27</b>	<b>29.65</b>	<b>29.45</b>	<b>28.80</b>	<b>50</b>	<b>32.99</b>	<b>32.55</b>	<b>32.30</b>	<b>32.13</b>	<b>32.00</b>
<b>1:10.70</b>	<b>1:07.25</b>	<b>1:06.07</b>	<b>1:05.78</b>	<b>1:03.81</b>	<b>100</b>	<b>1:13.95</b>	<b>1:12.86</b>	<b>1:12.27</b>	<b>1:12.07</b>	<b>1:11.96</b>
<b>2:40.29</b>	<b>2:33.41</b>	<b>2:29.44</b>	<b>2:28.49</b>	<b>2:27.50</b>	<b>200</b>	<b>2:46.37</b>	<b>2:42.43</b>	<b>2:38.97</b>	<b>2:38.00</b>	<b>2:37.50</b>
<b>MEDLEY</b>										
2:37.00	<b>2:30.67</b>	2:27.00	<b>2:25.33</b>	2:24.00	<b>200</b>	<b>2:41.33</b>	<b>2:38.67</b>	<b>2:38.30</b>	2:38.00	2:37.50
5:33.50	5:20.00	<b>5:15.00</b>	<b>5:13.50</b>	<b>5:09.96</b>	<b>400</b>	<b>5:44.61</b>	<b>5:38.00</b>	<b>5:35.92</b>	<b>5:34.70</b>	<b>5:33.89</b>

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

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

C Relay = Club Relay  
R Relay = Regional Relay

Relay heats will be held if entries exceed 10