

26 August 2011

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

- Age as at 25th March 2011 2012.
- The qualifying period is from 1st January 2011 to 11th March 2012.
- 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 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 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 15th MARCH 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 hyv 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. **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 16th MARCH 2012**.

Corrections and changes to psych sheets are to be sent to events@swimmingnz.org.nz by **12 MIDNIGHT MONDAY 19th MARCH 2012**.

FINAL PSYCH SHEETS will be posted on the Swimming New Zealand website on **TUESDAY 20th March 2012**.

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50m Qualifying Times

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

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AWD Qualifying Times

Male

CLASS	50FR	100FR	200FR	400FR	50BK	100BK	50FLY	100FLY	CLASS	50BR	100BR	CLASS	150IM	200IM
S13	29.11	1:04.15	-	5:12.52	-	1:15.17	-	1:11.85	SB13	-	1:21.69	SM13	-	2:42.59
S12	29.58	1:04.40	-	5:07.62	-	1:13.60	-	1:11.73	SB12	-	1:22.79	SM12	-	2:38.93
S11	31.74	1:11.72	-	5:35.88	-	1:22.29	-	1:17.50	SB11	-	1:28.57	SM11	-	2:59.93
S10	29.23	1:04.28	-	4:58.95	-	1:14.55	-	1:10.41				SM10	-	2:39.55
S9	30.35	1:07.34	-	5:08.57	-	1:15.39	-	1:11.27	SB9	-	1:23.18	SM9	-	2:46.24
S8	32.23	1:09.96	-	5:24.12	-	1:22.07	-	1:12.95	SB8	-	1:27.07	SM8	-	2:57.50
S7	34.16	1:15.52	-	5:55.06	-	1:28.90	38.50	-	SB7	-	1:39.60	SM7	-	3:21.68
S6	36.40	1:21.37	-	6:19.44	-	1:31.35	38.38	-	SB6	-	1:46.66	SM6	-	3:19.72
S5	39.79	1:28.38	3:08.37	-	45.98	-	43.95	-	SB5	-	1:52.43	SM5	-	3:35.29
S4	46.16	1:41.63	3:38.84	-	57.36	-	56.85	-	SB4	-	2:00.51	SM4	3:10.78	-
S3	54.24	1:59.84	4:06.40	-	1:04.63	-	-	-	SB3	1:00.51	-	SM3	3:47.65	-

Female

CLASS	50FR	100FR	200FR	400FR	50BK	100BK	50FLY	100FLY	CLASS	50BR	100BR	CLASS	150IM	200IM
S13	33.06	1:11.46	-	5:29.01	-	1:24.17	-	1:19.35	SB13	-	1:39.25	SM13	-	2:57.00
S12	33.60	1:13.49	-	5:54.73	-	1:27.49	-	1:21.64	SB12	-	1:34.29	SM12	-	3:03.23
S11	38.17	1:24.27	-	6:54.30	-	1:43.86	-	-	SB11	-	1:58.56	SM11	-	3:48.31
S10	34.28	1:13.40	-	5:31.31	-	1:27.46	-	1:23.62				SM10	-	3:10.19
S9	35.23	1:15.75	-	5:37.43	-	1:24.51	-	1:24.16	SB9	-	1:40.67	SM9	-	3:10.07
S8	38.11	1:21.29	-	5:52.38	-	1:34.80	-	1:29.30	SB8	-	1:41.00	SM8	-	3:25.29
S7	40.22	1:25.47	-	6:27.88	-	1:42.32	45.63	-	SB7	-	1:53.24	SM7	-	3:42.85
S6	44.12	1:34.09	-	6:53.44	-	1:47.34	48.36	-	SB6	-	2:01.98	SM6	-	3:51.44
S5	43.75	1:34.97	3:24.45	-	53.02	-	58.78	-	SB5	-	2:13.19	SM5	-	4:45.93
S4	1:02.61	2:16.74	4:41.74	-	1:12.73	-	-	-	SB4	-	2:20.07	SM4	4:07.65	-
S3	1:11.94	2:38.41	5:41.88	-	1:16.31	-	-	-	SB3	1:18.79	-	SM3	4:54.50	-

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

Day 1 – Sun 25 th March	Day 2 – Mon 26 th March	Day 3 – Tues 27 th March	Day 4 – Wed 28 th March	Day 5 – Thurs 29 th March	Day 6 – Fri 30 th March
Session 1 - Heats	Session 3 - Heats	Session 5 - Heats	Session 7 - Heats	Session 9 - Heats	Session 11 – 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	Warm-up 8.00 – 9.45am Start 10am
101 AWD 100m Back W 102 AWD 400m Free M 3 400m IM M 4 100m Fly W 5 400m Free M 6 400m IM W 7 100m Breast M 8 50m Back W 9 50m Fly M 110 AWD 50m Breast W 111 AWD 50m Breast M	112 AWD 50m Back W 113 AWD 50m Back M 14 100m Back W 15 200m Free M 16 100m Breast W 17 100m Back M 18 400m Free W 19 50m Fly W 120 AWD 150m IM W 121 AWD 150m IM M	123 AWD 50m Fly M 124 AWD 50m Fly W 25 200m Free W 26 200m Fly M 27 200m IM W 28 800m Free TF M 29 50m Breast W 30 50m Breast M 131 AWD 200m IM M 132 AWD 200m IM W	134 AWD 50m Free M 135 AWD 50m Free W 36 100m Free M 37 200m Fly W 38 200m Breast M 39 50m Back M 40 800m Free F 41 1500m Free M 142 AWD 100m Back M 143 AWD 400m Free W	146 AWD 200m Free W 147 AWD 100m Fly M 48 100m Free W 49 200m Back M 50 200m Breast W 51 200m IM M 152 AWD 100m Breast W 153 AWD 100m Free M	155 AWD 200m Free M 156 AWD 100m Fly W 57 50m Free M 58 50m Free W 59 100m Fly M 60 200m Back W 61 1500m Free (TF) W 162 AWD 100m Breast M 163 AWD 100m Free W

Session 2 - Finals	Session 4 - Finals	Session 6 – Finals	Session 8 - Finals	Session 10 - Finals	Session 12 – Finals
Warm-up 4.30-6.00pm Start 6.30pm	Warm-up 4.30-6.20pm Start 6.30pm	Warm-up 4.30-6.20pm Start 6.30pm	Warm-up 4.30-6.20pm Start 6.30pm	Warm-up 4.30-6.20pm Start 6.30pm	Warm-up 4.30-6.20pm Start 6.30pm
3 400m IM M 4 100m Fly W 5 400m Free M 101 AWD 100m Back W 102 AWD 400m Free M 6 400m IM W 7 100m Breast M 8 50m Back W 9 50m Fly M 110 AWD 50m Breast W 111 AWD 50m Breast M	14 100m Back W 15 200m Free M 16 100m Breast W 112 AWD 50m Back W 113 AWD 50m Back M 17 100m Back M 18 400m Free W 19 50m Fly W 120 AWD 150m IM W 121 AWD 150m IM M 22 4x100 Free CR M	25 200m Free W 26 200m Fly M 123 AWD 50m Fly M 124 AWD 50m Fly W 27 200m IM W 29 50m Breast W 30 50m Breast M 131 AWD 200m IM M 132 AWD 200m IM W 33 4x100m Medley CR W	36 100m Free M 37 200m Fly W 38 200m Breast M 134 AWD 50m Free M 135 AWD 50m Free W 39 50m Back M 142 AWD 100m Back M 143 AWD 400m Free W 44 4x200 Free CR M 45 4x200 Free CR W	48 100m Free W 49 200m Back M 146 AWD 200m Free W 147 AWD 100m Fly M 50 200m Breast W 51 200m IM M 40 800m Free W 152 AWD 100m Breast W 153 AWD 100m Free M 54 4x100 Free CR W	57 50m Free M 58 50m Free W 59 100m Fly M 155 AWD 200m Free M 156 AWD 100m Fly W 60 200m Back W 41 1500m Free M 162 AWD 100m Breast M 163 AWD 100m Free W 64 4x100 Medley CR M