



# SWIMMING WELLINGTON'S SUMMER LONG COURSE CHAMPIONSHIPS



Friday 20 January - Monday 23 January 2017.  
Wellington Regional Aquatic Centre, Kilbirnie.

Session 1 - Friday 20 January					Session 2 - Saturday 21 January					Session 4 - Sunday 22 January					Session 6 - Monday 23 January				
Warm-up: 5-5.40pm					Warm-up: 7.30-8.10am					Warm-up: 7.30-8.10am					Warm-up: 7.30-8.10am				
Start: 5.50pm					Start: 8.20am					Start: 8.20am					Start: 8.20am				
No.	Event	M/F	Age	Type	No.	Event	M/F	Age	Type	No.	Event	M/F	Age	Type	No.	Event	M/F	Age	Type
1	800 FR	F	ALL	TF	3	200 FR	M	ALL	TF	13	200 FL	M	ALL	TF	27	100 FR	M	ALL	H
2	1500 FR	M	ALL	TF	4	200 FR	F	ALL	TF	14	200 FL	F	ALL	TF	28	100 FR	F	ALL	H
<b>WARM-UP PROCEDURE:</b> Lane 0 - sprint lane Lanes 1, 3, 5, 7 - Junior 13&U only Lanes 2, 4, 6, 8 - Senior 14&O only Lane 9 - Para swimmers only Coaches please ensure swimmers are in the correct lanes. <b>NO DIVING IN THE SHALLOW END.</b>					5	50 BR	M	ALL	H	15	50 FR	M	ALL	H	29	50 BK	M	ALL	H
					6	50 BR	F	ALL	H	16	50 FR	F	ALL	H	30	50 BK	F	ALL	H
					7	100 BK	M	ALL	H	17	100 BR	M	ALL	H	31	100 FL	M	ALL	H
					8	100 BK	F	ALL	H	18	100 BR	F	ALL	H	32	100 FL	F	ALL	H
					9	50 FL	M	ALL	H	19	400 IM	M	14&U	TF	33	400 IM	M	15&O	TF
					10	50 FL	F	ALL	H	20	400 IM	F	15&O	TF	34	400 IM	F	14&U	TF
										21	800 FR	M	ALL	TF					
<b>DUTY CLUB</b> to provide the following: Refreshments (3) Marshals (2) Door (2) Results (1) Medal Assistant- Adult (1) Medal Bearer (1)  Duty Club Roster will be sent out and available in Dropbox. <b>Club listed first is to co-ordinate.</b> This is in addition to the technical officials clubs are required to provide. <b>SW GST number 59-780-824</b>					<b>Session 3 - Saturday 21 January</b>					<b>Session 5 - Sunday 22 January</b>					<b>Session 7 - Monday 23 January</b>				
					Warm-up: 3.15-4.00pm					Warm-up: 3.15-4.00pm					Warm-up: 3.15-4.00pm				
					Start: 4.10pm					Start: 4.10pm					Start: 4.10pm				
					No.	Event	M/F	Age	Type	No.	Event	M/F	Age	Type	No.	Event	M/F	Age	Type
					11	400 FR	F	14&U	TF	22	1500 FR	F	ALL	TF	35	400 FR	F	15&O	TF
					12	400 FR	M	14&U	TF	23	200 BK	M	ALL	TF	36	400 FR	M	15&O	TF
					6	50 BR	F	ALL	F	24	200 BK	F	ALL	TF	37	200 BR	F	ALL	TF
					5	50 BR	M	ALL	F	15	50 FR	M	ALL	F	38	200 BR	M	ALL	TF
					8	100 BK	F	ALL	F	16	50 FR	F	ALL	F	28	100 FR	F	ALL	F
					7	100 BK	M	ALL	F	17	100 BR	M	ALL	F	27	100 FR	M	ALL	F
10	50 FL	F	ALL	F	18	100 BR	F	ALL	F	30	50 BK	F	ALL	F					
9	50 FL	M	ALL	F	25	200 IM	M	ALL	TF	29	50 BK	M	ALL	F					
					26	200 IM	F	ALL	TF	32	100 FL	F	ALL	F					
										31	100 FL	M	ALL	F					





### Conditions of entry to Swim Wellington 2017 Long Course Summer Championships:

**Age as at 20 January 2017. Open to registered competitive swimmers only. Swum under SNZ/FINA Rules, with over the top starts. All participants must agree to comply with the Sports' Anti-Doping Rules.**

1. Qualifying times to have been swum at an official meet between 22 January 2016 and 15 January 2017. **NT's will not be accepted.**
2. **Scoring Age Groups:** 50m & 100m Events: 9/U, 10, 11, 12, 13, 14, 15, 16/17, 18&O      200m Events: 10/U, 11, 12, 13, 14, 15, 16/17, 18&O (except 200 Fly)  
400m Events and 200 Fly: 11/U 12, 13, 14, 15, 16/17, 18&O      800 & 1500m Events: 13/U, 14, 15, 16/17, 18&O
3. **Points awarded:** 15, 11, 8, 7, 6, 5, 4, 3, 2, and 1 for places 1-10 inclusive, with an additional 20 points per NZ record broken. There will be no visitors' limits in any race.
4. **Prizes will be awarded for the Age Group Meet winner in each age group of 9/U, 10, 11, 12, 13, 14, 15, 16/17, 18&O, Male & Female.** Medals will be presented in accordance with the scoring age groups throughout sessions. Presentations will include recognition of Open Champions in each stroke/distance, for male and female. Finalist ribbons will be available for collection by swimmers finishing 4th –10th in all events.
5. 50 and 100m events will be swum as graded scratch heats with age group finals; all other events will be swum as multi-age graded scratch timed finals
6. **Entries close at 11:59.59pm on Sunday 15 January 2017. Entries through the SNZ database only**
7. There will be no refunds for withdrawals after the entries close. Swimmers who withdraw from the meet for medical reasons prior to Session 1 must provide a medical certificate for consideration.
8. **Entry fees are \$11.00 per event (GST Incl).**
  - a) Direct payment (credit card) via SNZ website.
  - b) 1 Club Invoice will be issued for those selecting the 'pay later' option: **direct bank deposit only into WPT 030502-0166158-00** upon receipt of Invoice, **AND paid prior to the start of the meet, and entries to be accepted.**
9. **Scratchings - For all events** (without penalty): will be accepted until 5pm Thursday 19 January 2017. **FINALS:** must be received within 30 minutes of the preliminary results being posted. **TIMED FINALS:** must be received 30 minutes before the start of session 1 or before the end of the previous session (Sessions 2-7). Failure to follow scratching procedure will result in a \$30 late withdrawal penalty (in accordance with the SNZ Regulations). Over the top starts will be used for **ALL EVENTS**. All clubs are to provide technical officials for the meet. 10 lanes will be used for all events. The meet will be conducted under SNZ rules.
10. Club seating will be provided for the weekend. Spectators are asked to use the 'spectator allocated seating'. Clubs must remain in the allocated seating area.
11. **Entry to the pool will be through the side entrance on Kilbirnie Crescent for all Swimmers, Team Managers, Officials and Coaches. Swimming Wellington pool entry passes are to be used by Officials, Swimmers, and Team Managers and must be shown upon entry. Coaches are to show their NZSCTA cards. Visiting clubs will be issued with temporary entry passes for the weekend. Entry (and programmes) for nominated Team Coaches & Team Managers will be; 1-10 Swimmers [2], 11-20 [4], 21-35+ [6]. Programmes for Team Managers & Coaches can be uplifted from the recorders table next to the AOD room. Timekeepers and duty clubs are asked to sign in at the side entrance on Kilbirnie Crescent.**
12. **Spectator entry will be through the front entrance; Spectators entry fees \$3 per session, \$3 programmes. All session entry /programmes pass will be available at \$35.00.**
13. **The Organisers will not be liable for any loss or damage during the period of the meet.**
14. **Participants who have entered this event agree to allow images (e.g. photography, video, etc.) to be taken by accredited media approved by Swimming Wellington. Images are only to be used for legitimate purposes by Swimming Wellington or host Club in accordance with the SNZ Member Protection Policy. Club photographers should seek prior approval from the Meet organiser prior to the start of the meet, as per the Swimming Wellington Photography Policy.**
15. All Clubs are to provide technical officials for the meet.
16. The Organisers reserve the right to amend the program if necessary, and to restrict entries.
17. Para swimmers are eligible to compete at this meet and shall compete under the IPC Swimming rules. Para swimmers must present their classification card to the Meet Director prior to commencement of the meet. **There are no qualifying times for para swimmers (but a valid entry time must be submitted with all entries). Entries for para swimmers must be submitted manually to Bridget Tait at [Events@swimwn.co.nz](mailto:Events@swimwn.co.nz)**
18. **Organisers on behalf of Wellington Swimming are;** Bridget Tait 04 5600 346 or [events@swimwn.co.nz](mailto:events@swimwn.co.nz) (Entries)      Meet Director- Greg Forsythe





### 50m Qualifying Times

MALE								FEMALE								
9/U	10	11	12	13	14	15	16/O	Event	9/U	10	11	12	13	14	15	16/O
<b>Freestyle</b>																
0.45	0.42	0.41	0.37	0.36	0.35	0.34	0.32	<b>50</b>	0.45	0.42	0.41	0.39	0.38	0.37	0.36	0.35
1.43	1.36	1.29	1.25	1.15	1.11	1.10	1.09	<b>100</b>	1.42	1.35	1.29	1.25	1.17	1.16	1.15	1.14
	<b>3.00</b>	<b>2.50</b>	<b>2.40</b>	<b>2.30</b>	<b>2.20</b>	<b>2.18</b>	<b>2.16</b>	<b>200</b>		<b>3.00</b>	<b>2.50</b>	<b>2.40</b>	<b>2.35</b>	<b>2.30</b>	<b>2.29</b>	<b>2.28</b>
		<b>5.30</b>	<b>5.30</b>	<b>5.20</b>	<b>5.10</b>	<b>5.00</b>	<b>4.50</b>	<b>400</b>			<b>5.30</b>	<b>5.30</b>	<b>5.20</b>	<b>5.15</b>	<b>5.10</b>	<b>5.00</b>
				<b>10.40</b>	<b>10.30</b>	<b>10.20</b>	<b>10.00</b>	<b>800</b>					<b>10.50</b>	<b>10.40</b>	<b>10.30</b>	<b>10.20</b>
				<b>20.00</b>	<b>19.00</b>	<b>18.30</b>	<b>18.00</b>	<b>1500</b>					<b>20.20</b>	<b>20.00</b>	<b>19.40</b>	<b>19.20</b>
<b>Backstroke</b>																
0.51	0.48	0.47	0.43	0.42	0.41	0.40	0.39	<b>50</b>	0.51	0.47	0.46	0.45	0.44	0.43	0.42	0.41
1.55	1.48	1.41	1.37	1.26	1.25	1.24	1.23	<b>100</b>	1.55	1.47	1.41	1.37	1.29	1.28	1.27	1.26
	3.36	3.30	3.10	2.58	2.53	2.50	2.49	<b>200</b>		3.36	3.30	3.15	3.04	2.59	2.56	2.55
<b>Breaststroke</b>																
0.58	0.57	0.53	0.46	0.45	0.44	0.43	0.42	<b>50</b>	0.59	0.58	0.54	0.47	0.46	0.45	0.44	0.43
2.12	1.59	1.51	1.46	1.35	1.34	1.33	1.32	<b>100</b>	2.13	2.00	1.52	1.47	1.39	1.38	1.37	1.36
	4.14	4.14	3.34	3.32	3.13	3.12	3.11	<b>200</b>		4.15	4.12	3.35	3.33	3.20	3.19	3.18
<b>Butterfly</b>																
0.54	0.52	0.51	0.44	0.43	0.42	0.41	0.39	<b>50</b>	0.53	0.52	0.51	0.44	0.43	0.42	0.41	0.40
2.07	2.01	1.48	1.39	1.27	1.26	1.25	1.22	<b>100</b>	2.05	1.57	1.48	1.39	1.28	1.27	1.26	1.25
		3.51	3.24	3.18	3.10	3.09	3.08	<b>200</b>			3.51	3.24	3.18	3.12	3.11	3.10
<b>Medley</b>																
	3.41	3.35	3.09	3.08	2.54	2.52	2.50	<b>200</b>		3.38	3.30	3.09	3.08	3.00	2.59	2.58
		6.45	6.40	6.35	6.25	6.23	6.20	<b>400</b>			6.45	6.40	6.38	6.36	6.35	6.30

200m Events: 10/U, 11, 12, 13, 14, 15, 16/17, 18&O (except 200 Fly) - 9 Year olds wishing to swim a 10 & U event must meet 10 & U qualifying time

400m Events and 200 Fly: 11/U 12, 13, 14, 15, 16/17, 18&O – Swimmers must meet the 11 & Under qualifying times or faster than

800 & 1500m Events: 13/U, 14, 15, 16/17, 18&O – Swimmers must meet the 13 & Under qualifying times or faster than

