

Updated 03 August 2010

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

- Age as at 26th September 2010.
- The qualifying period is from 27th September 2009 to 12th 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. AWD events will be swum as open.
- 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. No conversions for AWD athletes, qualifying times can be swum in either 25m or 50m pools.
- Able bodied swimmers shall only enter qualified events. AWD swimmers must qualify for at least one event and may enter up to two (2) unqualified events.
- All entries must include swimmer details and proof of 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 16th 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 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.

PSYCH SHEETS

- **PSYCH SHEETS** will be posted on the Swimming New Zealand website on **FRIDAY 17th SEPTEMBER 2010**.
- Corrections to the psych sheets are to be sent to events@swimmingnz.org.nz by **12 MIDNIGHT TUESDAY 21st SEPTEMBER 2010**.
- **FINAL PSYCH SHEETS** will be posted on the Swimming New Zealand website on **WEDNESDAY 22nd 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	
FREESTYLE										
28.08	26.97	26.36	25.95	25.45	50	29.40	29.10	28.75	28.65	28.35
1:02.00	59.30	57.30	56.80	55.80	100	1:03.80	1:03.05	1:02.80	1:02.30	1:02.30
2:15.10	2:08.60	2:06.10	2:05.60	2:03.60	200	2:20.60	2:18.60	2:16.40	2:15.85	2:15.60
4:45.20	4:33.70	4:30.20	4:28.20	4:26.20	400	4:51.20	4:47.20	4:45.20	4:43.20	4:41.20
					800	10:01.40	9:51.40	9:46.40	9:41.40	9:36.40
18:49.50	18:07.50	17:34.50	17:29.50	17:19.50	1500					
BACKSTROKE										
32.55	31.05	30.25	30.20	30.00	50	33.65	33.25	33.05	32.95	32.85
1:09.64	1:06.90	1:05.43	1:05.11	1:04.67	100	1:12.80	1:11.50	1:11.09	1:10.60	1:10.40
2:29.60	2:25.60	2:22.57	2:21.60	2:20.18	200	2:36.10	2:32.60	2:32.30	2:31.97	2:31.31
BREASTSTROKE										
35.92	34.61	33.72	33.60	33.42	50	37.61	37.13	36.70	36.52	36.36
1:18.25	1:15.17	1:13.47	1:12.96	1:12.28	100	1:22.15	1:21.20	1:20.72	1:20.24	1:19.73
2:49.87	2:44.14	2:42.19	2:40.33	2:39.31	200	2:56.26	2:53.79	2:51.88	2:50.09	2:49.95
BUTTERFLY										
30.71	29.51	28.84	28.64	28.10	50	32.06	31.59	31.40	31.20	31.10
1:08.71	1:05.36	1:04.11	1:03.93	1:02.03	100	1:12.05	1:10.99	1:10.41	1:10.22	1:10.08
2:36.06	2:29.44	2:25.52	2:24.66	2:23.71	200	2:42.32	2:38.50	2:35.12	2:34.19	2:33.69
MEDLEY										
1:09.50	1:06.94	1:05.57	1:04.72	1:03.91	100	1:14.30	1:13.36	1:12.90	1:12.45	1:10.38
2:33.60	2:26.60	2:23.60	2:21.60	2:20.60	200	2:37.60	2:35.10	2:34.80	2:34.60	2:34.10
5:26.70	5:13.20	5:08.20	5:06.70	5:03.09	400	5:37.03	5:31.20	5:28.95	5:27.30	5:25.88

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AWD Qualifying Times

- OPEN -

Male														
CLASS	50FR	100FR	200FR	400FR	50BK	100BK	50FLY	100FLY	CLASS	50BR	100BR	CLASS	150IM	200IM
S13	34.84	1:16.78	-	6:14.03	-	1:29.96	-	1:25.99	SB13	-	1:37.77	SM13	-	3:14.59
S12	35.40	1:17.08	-	6:08.17	-	1:28.09	-	1:25.85	SB12	-	1:39.09	SM12	-	3:10.21
S11	37.99	1:25.83	-	6:41.98	-	1:38.49	-	1:32.76	SB11	-	1:46.00	SM11	-	3:35.34
S10	34.98	1:16.94	-	5:57.78	-	1:29.23	-	1:24.27				SM10	-	3:10.95
S9	36.33	1:20.60	-	6:09.30	-	1:30.23	-	1:25.30	SB9	-	1:39.56	SM9	-	3:18.96
S8	38.57	1:23.73	-	6:27.91	-	1:38.22	-	1:27.31	SB8	-	1:44.21	SM8	-	3:32.44
S7	40.88	1:30.39	-	7:04.94	-	1:46.40	46.07	-	SB7	-	1:59.21	SM7	-	4:01.37
S6	43.56	1:37.38	-	7:34.12	-	1:49.33	45.93	-	SB6	-	2:07.65	SM6	-	3:59.03
S5	47.62	1:45.77	3:45.45	-	55.03	-	52.60	-	SB5	-	2:14.56	SM5	-	4:17.66
S4	55:24	2:01.64	4:21.92	-	1:08.65	-	1:08.04	-	SB4	-	2:24.23	SM4	3:48.33	-
S3	1:04.92	2:23.43	4:54.89	-	1:17.35	-	-	-	SB3	1:12.42	-	SM3	4:32.46	-

Female														
CLASS	50FR	100FR	200FR	400FR	50BK	100BK	50FLY	100FLY	CLASS	50BR	100BR	CLASS	150IM	200IM
S13	39.56	1:25.52	-	6:33.77	-	1:40.73	-	1:34.97	SB13	-	1:58.78	SM13	-	3:31.84
S12	40.21	1:27.95	-	7:04.55	-	1:44.71	-	1:37.71	SB12	-	1:52.85	SM12	-	3:39.29
S11	45.68	1:40.86	-	8:15.84	-	2:04.30	-	-	SB11	-	2:21.90	SM11	-	4:33.24
S10	41.02	1:27.85	-	6:36.52	-	1:44.68	-	1:40.08				SM10	-	3:47.62
S9	42.16	1:30.66	-	6:43.84	-	1:41.15	-	1:40.72	SB9	-	2:00.49	SM9	-	3:47.48
S8	45.61	1:37.29	-	7:01.74	-	1:53.46	-	1:46.88	SB8	-	2:00.88	SM8	-	4:05.70
S7	48.13	1:42.29	-	7:44.22	-	2:02.46	54.62	-	SB7	-	2:15.53	SM7	-	4:26.71
S6	52.80	1:52.61	-	8:14.81	-	2:08.46	57.88	-	SB6	-	2:25.99	SM6	-	4:36.99
S5	52.36	1:53.66	4:04.69	-	1:03.46	-	1:10.35	-	SB5	-	2:39.41	SM5	-	5:42.20
S4	1:14.94	2:43.65	5:37.19	-	1:27.04	-	-	-	SB4	-	2:47.64	SM4	4:56.40	-
S3	1:26.10	3:09.59	6:49.16	-	1:31.33	-	-	-	SB3	1:34.29	-	SM3	5:52.46	-

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

Day 1 – Sun 26 th September			Day 2 – Mon 27 th September			Day 3 – Tue 28 th September			Day 4 – Wed 29 th September			Day 5 – Thu 30 th 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	34	800m Free (TF)	W 13-18 years	46	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	35	200m Free	M 13-18 years	47	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	36	100m Breast	W 13-18 years	48	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	37	100m Back	M 13-18 years	49	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	38	50m Back	W 13-18 years	50	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	39	200m Breast	M 13-18 years	51	200m IM	W 13-18 years
7	100m IM	W 13-18 years	18	100m IM	M 13-18 years	129	AWD 150m IM	W SM3-SM4	40	100m Fly	M 13-18 years	52	100m Fly	M 13-18 years
									141	AWD 150m IM	M SM3-SM4			

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	34	800m Free	W Fastest TF	46	1500m Free	M Fastest TF
		W 14 years			W 14 years			W 14 years	35	200m Free	M 13 years	47	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
101 AWD		W S6-S13	13	400m Free	M 13 years	123 AWD		W S3-S5			M 17-18 years			W 17-18 years
2	200m IM	M 13 years			M 14 years	24	400m IM	M 13 years	135 AWD		M S3-S5	48	100m Breast	M 13 years
		M 14 years			M 15 years			M 14 years	36	100m Breast	W 13 years			M 14 years
		M 15 years			M 16 years			M 15 years			W 14 years			M 15 years
		M 16 years			M 17-18 years			M 16 years			W 15 years			M 16 years
		M 17-18 years			M 17-18 years			M 17-18 years			W 16 years			M 17-18 years
102 AWD		M SM5-SM13	113 AWD		M S6-S13	25	100m Back	W 13 years			W 17-18 years	148 AWD		M SB4-SB9 & SB11-SB13
3	50m Breast	W 13 years	14	50m Fly	W 13 years			W 14 years	136 AWD		W SB4-SB9 & SB11-SB13	49	50m Free	W 13 years
		W 14 years			W 14 years			W 15 years	37	100m Back	M 13 years			W 14 years
		W 15 years			W 15 years			W 16 years			M 14 years			W 15 years
		W 16 years			W 16 years			W 17-18 years			M 15 years			W 16 years
		W 17-18 years			W 17-18 years			W 17-18 years			M 16 years			W 17-18 years
103 AWD		W SB3	114 AWD		W S5-S7	125 AWD		W S6-S13			M 17-18 years	149 AWD		W S3-S13
4	50m Back	M 13 years	15	50m Breast	M 13 years	26	50m Fly	M 13 years	137 AWD		M S6-S13	50	50m Free	M 13 years
		M 14 years			M 14 years			M 14 years			W 13 years			M 14 years
		M 15 years			M 15 years			M 15 years			W 14 years			M 15 years
		M 16 years			M 16 years			M 16 years			W 15 years			M 16 years
		M 17-18 years			M 17-18 years			M 17-18 years			W 16 years			M 17-18 years
104 AWD		M S3-S5	115 AWD		M SB3	126 AWD		M S4-S7			W 17-18 years	150 AWD		M S3-S13
5	200m Back	W 13 years	16	100m Free	W 13 years	27	200m Breast	W 13 years			W 17-18 years	51	200m IM	W 13 years
		W 14 years			W 14 years			W 14 years	138 AWD		W S3-S5			W 14 years
		W 15 years			W 15 years			W 15 years			M 13 years			W 15 years
		W 16 years			W 16 years			W 16 years	39	200m Breast	M 14 years			W 16 years
		W 17-18 years			W 17-18 years			W 17-18 years			M 15 years			W 17-18 years
6	200m Fly	M 13 years	17	200m Back	M 13 years	28	100m Free	M 13 years			M 16 years	151 AWD		W SM5-SM13
		M 14 years			M 14 years			M 14 years			M 17-18 years	52	100m Fly	M 13 years
		M 15 years			M 15 years			M 15 years			W 13 years			M 14 years
		M 16 years			M 16 years			M 16 years			W 14 years			M 15 years
		M 17-18 years			M 17-18 years			M 17-18 years			W 15 years			M 16 years
7	100m IM	W 13 years	18	100m IM	M 13 years	128 AWD		M S3-S13			W 16 years			M 17-18 years
		W 14 years			M 14 years	129 AWD 150m IM		W SM3-SM4			W 17-18 years	152 AWD		M S8-S13
		W 15 years			M 15 years	30	4x50m Med C Relay	W 15 & Under	140 AWD		W S8-S10 & S12-S13			
		W 16 years			M 16 years	31	4x50m Med C Relay	M 15 & Under	141 AWD 150m IM		M SM3-SM4			
		W 17-18 years			M 17-18 years	32	4x50m Med C Relay	W 16 & Over						
107 AWD		W S5-S13	116 AWD		W S3-S13	33	4x50m Med C Relay	M 16 & Over	42	4x50m Med R Relay	M 15 & Under			
8	4x50m Free C Relay	M 15 & Under	118 AWD		M S5-S13				43	4x50m Med R Relay	W 15 & Under			
9	4x50m Free C Relay	W 15 & Under	19	4x50m Free R Relay	W 15 & Under				44	4x50m Med R Relay	M 16 & Over			
10	4x50m Free C Relay	M 16 & Over	20	4x50m Free R Relay	M 15 & Under				45	4x50m Med R Relay	W 16 & Over			
11	4x50m Free C Relay	W 16 & Over	21	4x50m Free R Relay	W 16 & Over									
			22	4x50m Free R Relay	M 16 & Over									

C Relay = Club Relay
R Relay = Regional Relay
Relay heats will be held if entries exceed 10