

WELLINGTON 2010 SHORT COURSE CHAMPIONSHIPS – WRAC – KILBIRNIE

28,29 August & 4, 5 September 2010, **ALL EVENTS ARE TIMED FINALS**

Morning session Warm up 7.30am, start 8.00am : Evening Session Warm up 3.30pm Start 4.00pm

SESSION 1 – Sat 28 Aug AM				SESSION 2- Sat 28 Aug PM				SESSION 3 – Sun 29 Aug AM				SESSION 4 – Sun 29 Aug PM				
Duty Club: Capital				Duty Club: SwimZone				Duty Club: Karori, Breakers				Duty Club: Raumati/Kapiti				
E	S	AGE	STR	E	S	AGE	STR	E	S	AGE	STR	E	S	AGE	STR	
1	F	9/U	50 Fly	32	F	11/U	400 Fr	63	M	9/U	50 Fly	94	M	11/U	400 IM	
2	F	10	50 Fly	33	M	11/U	400 Fr	64	M	10	50 Fly	95	F	11/U	400 IM	
3	F	11	50 Fly	34	F	12/13	400 Fr	65	M	11	50 Fly	96	M	12/13	400 IM	
4	F	12	50 Fly	35	M	12/13	400 Fr	66	M	12	50 Fly	97	F	12/13	400 IM	
5	F	13	50 Fly	36	F	14/15	400 Fr	67	M	13	50 Fly	98	M	14/15	400 IM	
6	F	14	50 Fly	37	M	14/15	400 Fr	68	M	14	50 Fly	99	F	14/15	400 IM	
7	F	15	50 Fly	38	F	16/O	400 Fr	69	M	15	50 Fly	100	M	16/O	400 IM	
8	F	16/O	50 Fly	39	M	16/O	400 Fr	70	M	16/O	50 Fly	101	F	16/O	400 IM	
9	M	9/U	100 IM	40	F	9/U	100 Fly	71	F	9/U	100 IM	102	M	9/U	100 Fly	
10	M	10	100 IM	41	F	10	100 Fly	72	F	10	100 IM	103	M	10	100 Fly	
11	M	11	100 IM	42	F	11	100 Fly	73	F	11	100 IM	104	M	11	100 Fly	
12	M	12	100 IM	43	F	12	100 Fly	74	F	12	100 IM	105	M	12	100 Fly	
13	M	13	100 IM	44	F	13	100 Fly	75	F	13	100 IM	106	M	13	100 Fly	
14	M	14	100 IM	45	F	14	100 Fly	76	F	14	100 IM	107	M	14	100 Fly	
15	M	15	100 IM	46	F	15	100 Fly	77	F	15	100 IM	108	M	15	100 Fly	
16	M	16/O	100 IM	47	F	16/O	100 Fly	78	F	16/O	100 IM	109	M	16/O	100 Fly	
17	F	10/U	200 Fr	48	M	9/U	50 Bk	79	M	10/U	200 Fr	110	F	9/U	50 Bk	
18	F	11	200 Fr	49	M	10	50 Bk	80	M	11	200 Fr	111	F	10	50 Bk	
19	F	12	200 Fr	50	M	11	50 Bk	81	M	12	200 Fr	112	F	11	50 Bk	
20	F	13	200 Fr	51	M	12	50 Bk	82	M	13	200 Fr	113	F	12	50 Bk	
21	F	14	200 Fr	52	M	13	50 Bk	83	M	14	200 Fr	114	F	13	50 Bk	
22	F	15	200 Fr	53	M	14	50 Bk	84	M	15	200 Fr	115	F	14	50 Bk	
23	F	16/O	200 Fr	54	M	15	50 Bk	85	M	16/O	200 Fr	116	F	15	50 Bk	
24	M	9/U	100 Brst	55	M	16/O	50 Bk	86	F	9/U	100 Br	117	F	16/O	50 Bk	
25	M	10	100 Brst	56	F	10/U	200 Br	87	F	10	100 Br	118	M	10/U	200 Br	
26	M	11	100 Brst	57	F	11	200 Br	88	F	11	100 Br	119	M	11	200 Br	
27	M	12	100 Brst	58	F	12	200 Br	89	F	12	100 Br	120	M	12	200 Br	
28	M	13	100 Brst	59	F	13	200 Br	90	F	13	100 Br	121	M	13	200 Br	
29	M	14	100 Brst	60	F	14	200 Br	91	F	14	100 Br	122	M	14	200 Br	
30	M	15	100 Brst	61	F	15	200 Br	92	F	15	100 Br	123	M	15	200 Br	
31	M	16/O	100 Brst	62	F	16/O	200 Br	93	F	16/O	100 Br	124	M	16/O	200 Br	
SESSION 5 – Sat 4 Sept AM				SESSION 6 – Sat 4 Sept PM				SESSION 7 –Sun 5 Sept AM				SESSION 8 - Sun 5 Sept PM				
Duty Club: Porirua City Aquatics				Duty Club: SwimZone				Duty Club, Tawa & Upper Hutt				Duty Club: Capital				
125	F	9/U	100 Fr	155	X	Top30	1500Fr	179	M	9/U	100 Fr	209	X	T30	800 Fr	
126	F	10	100 Fr	156	F	9/U	100 Bk	180	M	10	100 Fr	210	M	9/U	100 Bk	
127	F	11	100 Fr	157	F	10	100 Bk	181	M	11	100 Fr	211	M	10	100 Bk	
128	F	12	100 Fr	158	F	11	100 Bk	182	M	12	100 Fr	212	M	11	100 Bk	
129	F	13	100 Fr	159	F	12	100 Bk	183	M	13	100 Fr	213	M	12	100 Bk	
130	F	14	100 Fr	160	F	13	100 Bk	184	M	14	100 Fr	214	M	13	100 Bk	
131	F	15	100 Fr	161	F	14	100 Bk	185	M	15	100 Fr	215	M	14	100 Bk	
132	F	16/O	100 Fr	162	F	15	100 Bk	186	M	16/O	100 Fr	216	M	15	100 Bk	
133	M	10/U	200 IM	163	F	16/O	100 Bk	187	F	10/U	200 IM	217	M	16/O	100 Bk	
134	M	11	200IM	164	M	10/U	200 Bk	188	F	11	200IM	218	F	10/U	200 Bk	
135	M	12	200 IM	165	M	11	200 Bk	189	F	12	200 IM	219	F	11	200 Bk	
136	M	13	200 IM	166	M	12	200 Bk	190	F	13	200 IM	220	F	12	200 Bk	
137	M	14	200IM	167	M	13	200 Bk	191	F	14	200IM	221	F	13	200 Bk	
138	M	15	200 IM	168	M	14	200 Bk	192	F	15	200 IM	222	F	14	200 Bk	
139	M	16/O	200 IM	169	M	15	200 Bk	193	F	16/O	200 IM	223	F	15	200 Bk	
140	F	9/U	50 Br	170	M	16/O	200 Bk	194	M	9/U	50 Br	224	F	16/O	200 Bk	
141	F	10	50 Br	171	F	9/U	50 Fr	195	M	10	50 Br	225	M	9/U	50 Fr	
142	F	11	50 Br	172	F	10	50 Fr	196	M	11	50 Br	226	M	10	50 Fr	
143	F	12	50 Br	173	F	11	50 Fr	197	M	12	50 Br	227	M	11	50 Fr	
144	F	13	50 Br	174	F	12	50 Fr	198	M	13	50 Br	228	M	12	50 Fr	
145	F	14	50 Br	175	F	13	50 Fr	199	M	14	50 Br	229	M	13	50 Fr	
146	F	15	50 Br	176	F	14	50 Fr	200	M	15	50 Br	230	M	14	50 Fr	
147	F	16/O	50 Br	177	F	15	50 Fr	201	M	16/O	50 Br	231	M	15	50 Fr	
148	M	10/U	200 FI	178	F	16/O	50 Fr	202	F	10/U	200 FI	232	M	16/O	50 Fr	
149	M	11	200 FI	Duty Club to provide: 2 experienced marshals, 3 door persons, 3 refreshment people, 1 medal bearer, 1 adult ribbon assistant, 1 office runner				203	F	11	200 FI	There will be continuous warm up and warm down available in the 6m end of the pool				
150	M	12	200 FI					204	F	12	200 FI					
151	M	13	200 FI					205	F	13	200 FI					
152	M	14	200 FI					206	F	14	200 FI					
153	M	15	200 FI					207	F	15	200 FI					
154	M	16/O	200 FI					208	F	16/O	200 FI					
Both 1500 and 800m Freestyle are Mixed Open events that will be scored as placed. Swimmers can record an 800m time from their 1500m swim – EV 233 & 234, but these extracted times will not be scored nor placed.																

Male

2010 Short Course Qualification times

Female

9/U	10	11	12	13	14	15	16/O	Event	9/U	10	11	12	13	14	15	16/O
Freestyle																
0.45	0.43	0.42	0.40	0.35	0.34	0.34	0.33	50	0.45	0.43	0.42	0.40	0.37	0.36	0.35	0.35
1.43	1.35	1.29	1.25	1.15	1.13	1.12	1.11	100	1.43	1.35	1.29	1.25	1.18	1.17	1.17	1.16
3.17	3.17	3.02	2.53	2.38	2.34	2.32	2.28	200	3.17	3.17	3.02	2.53	2.44	2.42	2.41	2.39
6.10	6.10	6.10	6.00	5.35	5.25	5.24	5.24	400	6.10	6.10	6.10	6.00	5.50	5.44	5.42	5.38
11.20	11.20	11.20	11.20	11.20	10.45	10.45	10.45	800	11.30	11.30	11.30	11.30	11.30	11.25	11.25	11.23
21.12	21.12	21.12	21.12	21.12	20.40	20.40	20.23	1500	22.00	22.00	22.00	22.00	22.00	21.40	21.40	21.40
Backstroke																
0.51	0.50	0.48	0.45	0.40	0.39	0.38	0.37	50	0.51	.50	0.48	0.45	0.42	0.41	0.41	0.40
1.51	1.47	1.41	1.36	1.24	1.23	1.23	1.21	100	1.51	1.47	1.41	1.36	1.29	1.28	1.28	1.27
3.35	3.35	3.22	3.10	2.57	2.52	2.50	2.49	200	3.35	3.35	3.24	3.14	3.06	3.01	3.00	2.58
Breaststroke																
0.59	0.56	0.52	0.49	0.45	0.44	0.43	0.42	50	0.59	0.56	0.52	0.49	0.46	0.45	0.45	0.44
2.14	2.00	1.52	1.47	1.36	1.33	1.32	1.31	100	2.14	2.00	1.52	1.47	1.39	1.38	1.38	1.37
4.09	4.09	3.50	3.38	3.21	3.14	3.12	3.10	200	4.09	4.09	3.48	3.38	3.29	3.28	3.27	3.20
Butterfly																
0.54	0.50	0.47	0.44	0.40	0.39	0.39	0.38	50	0.55	0.51	0.47	0.44	0.41	0.40	0.40	0.40
2.00	1.50	1.43	1.40	1.28	1.25	1.24	1.24	100	2.00	1.53	1.44	1.41	1.35	1.30	1.29	1.28
3.35	3.35	3.35	3.30	3.08	3.06	3.04	3.03	200	3.40	3.40	3.40	3.35	3.25	3.20	3.20	3.18
Individual Medley																
1.56	1.49	1.42	1.38	1.27	1.26	1.26	1.26	100	1.56	1.48	1.42	1.38	1.30	1.29	1.29	1.29
3.26	3.26	3.26	3.14	3.01	2.56	2.55	2.54	200	3.26	3.26	3.26	3.14	3.07	2.55	2.54	2.53
7.00	7.00	7.00	6.58	6.31	6.25	6.24	6.18	400	7.00	7.00	7.00	6.58	6.53	6.50	6.47	6.43

MEET CONDITIONS

<p>1 The meet is open to all registered swimmers who have obtained the listed time standards between 5 September 2009 and the closing date of 23 August 2010. Converted times are permissible. NO TIMES WILL NOT BE ACCEPTED</p> <p>2 Age is as at 28 August 2010.</p> <p>3 The meet will be swum under SNZ rules except that there will be over the top starts for all events.</p> <p>4 Individual Timed Final Events will be swum and scored in the following age groups for both male & female: 50m All strokes: 9/u, 10, 11, 12, 13, 14, 15, 16/O 100m All strokes: 9/u, 10, 11, 12, 13, 14, 15, 16/O. 200m All strokes: 10/u, 11, 12, 13, 14, 15, 16/O 400m Freestyle & IM: 11/u, 12/13, 14/15, 16/O 800m Freestyle: Open Male/Female 1500m Freestyle: Open Male/Female</p> <p>5 Medals will be presented to each of the first three place getters in each individual event. Ribbons will be awarded to other finalists. Swimmer of age group awards will be for each of MALE and FEMALE 9/U, 10,11, 12,13, 14,15, 16/O. Medals will be presented progressively throughout all the sessions. There will be no restriction on the number of visiting swimmers.</p> <p>6 3 trophies will be awarded to Wellington Clubs only as (1) to the club team of more than four swimmers that achieves the best average individual event points over the meet, ie: points divided by the number of swimmers (2) for the Club with the highest points score, and (3) for the highest scoring club in the 12&U age group. The points will be earned as 20, 14,10, 7, 6, 5, 4, 3, 2, 1 for first to tenth inclusive</p> <p>7 All participating clubs will be expected to provide officials for the conduct of the meet, and these persons are in addition to the duty club requirements</p> <p>8 National meet dress standards are to be observed for all presentation. Same gender substitutes will be allowed.</p> <p>9 Entries close on Monday 23 August 2010 @ 7pm. They are to be submitted as a HY3 or cfile and must be accompanied with a "by swimmer" printout with proof of time, and entry fee summary to; Operations@swimwn.co.nz Henrietta Latham NO LATE ENTRIES ACCEPTED.</p>	<p>10 Entry fees of \$7 per event accompanied by a fee summary are to be made by 28 August 2010 and sent to: Viv Morton, 6 Exploration Way, Whitby, Porirua, 5024. Electronic payments can be made to; WPT 030502-0166158-00. Swimmers cannot compete unless their entry fees have been received by Swimming Wellington prior to the commencement of the meet. This is a non negotiable condition of entry.</p> <p>11. In accordance with SNZ Withdrawal Regulations 3. [3.2], a SW \$30 late withdrawal fee applies, payable on the day.</p> <p>12. There will be NO REFUNDS [including medical] once entries have closed.</p> <p>13 Entry to the pool will be via the rear side door. \$1 door entry fee will be payable by all spectators. Free admission for officials and swimmers registered for the session. programmes \$2 per session. Entry and programmes for nominated Team Coaches & Team Managers will be 1 – 10 Swimmers [2], 11-20 [3], 21-35 [4], 36+ [5]. Officials/Team Coaches/Managers are required to sign in.</p> <p>14. There will be an all events programme for each week @ a cost of \$8 per week. Clubs will be allocated programmes in accordance with the number of entries per club.</p> <p>15. Warm up is restricted to those competing in the meet.</p> <p>16. The organisers reserve the right to amend the programme in any way, and to refuse entries. SW will not be liable for any loss or damage during the period of the meet.</p> <p>17. All participants must agree to comply with the Sports Anti-Doping Rules</p> <p>18. Meet Organizers: Entries - Henrietta Latham - 5600381 Treasurer - Viv Morton - 2347071 Meet Director - ????</p>
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