

31 July 2009

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

- Age as at 17th March 2010.
- The qualifying period is from 18th March 2009 to 28th February 2010.
- The 2010 Division II Competition will be swum as Short Course (25m).
- The age groups to be swum for both male and female are 13 years, 14 years, 15 years and 16 and over.
- Relays will be regional and club and swum as 14 & under and 15 & over. In any relay event, swimmers 14 & under may swim in either their correct age group or 15 & 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.
- Ribbons will be presented to the 1st, 2nd and 3rd New Zealanders in all events.
- 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 metre times. Qualifying times swum in pools other than 25m must be converted using the SNZ Conversions.
- All swimmers shall only enter qualified events.
- Any swimmer who qualifies for either the 2010 NZ Open Championships or the 2010 NZ Age Group Championships is ineligible to enter the 2010 Division II Competition.
- 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.
- 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 4th MARCH 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 – word format
 - Entry fee summary – word format
 - 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 5th MARCH 2010**.
- Corrections to psych sheets are to be sent to events@swimmingnz.org.nz by **MIDNIGHT TUESDAY 9th MARCH 2010**.
- **FINAL PSYCH SHEETS** will be posted on the Swimming New Zealand website on **WEDNESDAY 10th MARCH 2010**.

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25m Qualifying Times

Male				Female				
13 yr	14 yr	15 yr	16 & O	13 yr	14 yr	15 yr	16 & O	
FREESTYLE								
29.80	28.60	28.40	27.90	50	31.20	31.00	30.90	30.85
1:04.90	1:03.00	1:02.80	1:00.70	100	1:08.20	1:07.95	1:07.90	1:06.85
2:23.00	2:19.00	2:17.50	2:13.00	200	2:29.00	2:27.00	2:26.55	2:24.30
5:00.35	4:50.00	4:48.90	4:42.15	400	5:15.00	5:09.00	5:07.00	5:04.70
				800	10:55.00	10:42.00	10:38.35	10:37.00
19:57.70	19:35.00	19:24.50	18:58.90	1500				
BACKSTROKE								
34.90	33.50	33.25	32.35	50	36.20	36.00	35.90	35.85
1:14.05	1:13.60	1:13.45	1:11.40	100	1:19.00	1:17.80	1:17.60	1:16.75
2:42.05	2:37.00	2:35.30	2:34.35	200	2:51.00	2:46.50	2:46.00	2:44.50
BREASTSTROKE								
39.35	38.20	37.95	37.15	50	40.70	40.60	40.55	39.50
1:25.95	1:23.00	1:22.10	1:20.70	100	1:29.50	1:29.00	1:28.95	1:26.15
3:06.45	2:59.00	2:57.05	2:55.00	200	3:14.00	3:13.00	3:12.00	3:05.15
BUTTERFLY								
35.20	33.60	33.40	33.00	50	35.50	35.00	34.90	34.80
1:18.45	1:14.65	1:14.55	1:13.65	100	1:20.00	1:19.50	1:19.10	1:18.00
2:53.45	2:51.00	2:49.60	2:48.45	200	2:57.75	2:56.00	2:55.30	2:54.85
MEDLEY								
1:17.90	1:15.00	1:14.90	1:14.80	100	1:20.00	1:19.50	1:19.00	1:18.00
2:46.00	2:41.00	2:40.00	2:39.00	200	2:52.00	2:49.00	2:48.00	2:47.15
5:56.95	5:50.50	5:49.00	5:43.65	400	6:13.00	6:10.00	6:07.80	6:03.65

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Warm-up Times, Session Start Times and Order of Events

Day 1 - Wed 17 th March			Day 2 - Thurs 18 th March			Day 3 - Fri 19 th March			Day 4 - Sat 20 th March		
Session 1 - Heats			Session 3 - Heats			Session 5 - Heats			Session 7 - Heats		
Warm-up 7.30 - 8.45am Start 9am			Warm-up 7.30 - 8.45am Start 9am			Warm-up 7.30 - 8.45am Start 9am			Warm-up 7.30 - 8.45am Start 9am		
1	200m Back	M 13 years M 14 years M 15 years M 16 & Over	14	200m IM	M 13 years M 14 years M 15 years M 16 & Over	26	800m Free (Timed Finals)	W 13 years W 14 years W 15 years W 16 & Over	39	1500m Free (Timed Finals)	M 13 years M 14 years M 15 years M 16 & Over
2	200m Back	W 13 years W 14 years W 15 years W 16 & Over	15	200m IM	W 13 years W 14 years W 15 years W 16 & Over	27	200m Fly	M 13 years M 14 years M 15 years M 16 & Over	40	100m Fly	W 13 years W 14 years W 15 years W 16 & Over
3	100m Breast	M 13 years M 14 years M 15 years M 16 & Over	16	100m Back	M 13 years M 14 years M 15 years M 16 & Over	28	200m Fly	W 13 years W 14 years W 15 years W 16 & Over	41	200m Breast	M 13 years M 14 years M 15 years M 16 & Over
4	100m Breast	W 13 years W 14 years W 15 years W 16 & Over	17	100m Back	W 13 years W 14 years W 15 years W 16 & Over	29	100m Free	M 13 years M 14 years M 15 years M 16 & Over	42	200m Breast	W 13 years W 14 years W 15 years W 16 & Over
5	50m Fly	M 13 years M 14 years M 15 years M 16 & Over	18	50m Breast	M 13 years M 14 years M 15 years M 16 & Over	30	100m Free	W 13 years W 14 years W 15 years W 16 & Over	43	100m Fly	M 13 years M 14 years M 15 years M 16 & Over
6	50m Fly	W 13 years W 14 years W 15 years W 16 & Over	19	50m Breast	W 13 years W 14 years W 15 years W 16 & Over	31	50m Back	M 13 years M 14 years M 15 years M 16 & Over	44	50m Free	W 13 years W 14 years W 15 years W 16 & Over
7	400m Free (Timed Finals)	M 13 years M 14 years M 15 years M 16 & Over	20	200m Free	M 13 years M 14 years M 15 years M 16 & Over	32	50m Back	W 13 years W 14 years W 15 years W 16 & Over	45	50m Free	M 13 years M 14 years M 15 years M 16 & Over
8	400m Free (Timed Finals)	W 13 years W 14 years W 15 years W 16 & Over	21	200m Free	W 13 years W 14 years W 15 years W 16 & Over	33	400m IM (Timed Finals)	M 13 years M 14 years M 15 years M 16 & Over	46	400m IM (Timed Finals)	W 13 years W 14 years W 15 years W 16 & Over
9	100 IM	M 13 years M 14 years M 15 years M 16 & Over	22	4x50m Free Reg	W 14 & Under	34	100 IM	W 13 years W 14 years W 15 years W 16 & Over	47	4 x 50m Med Reg	M 14 & Under
10	4x50m Free Club	W 14 & Under	23		M 14 & Under	35	4x50m Med Club	W 14 & Under	48		W 14 & Under
11		M 14 & Under	24	4x50m Free Reg	M 15 & Over	36		M 14 & Under	49	4 x 50m Med Reg	M 15 & Over
12	4x50m Free Club	M 15 & Over	25		W 15 & Over	37	4x50m Med Club	M 15 & Over	50		W 15 & Over
13		W 15 & Over				38		W 15 & Over			
Session 2 - Finals			Session 4 - Finals			Session 6 - Finals			Session 8 - Finals		
Warm-up 4.30 - 5.30pm Start 6pm			Warm-up 4.30 - 5.45pm Start 6pm			Warm-up 4.30 - 5.45pm Start 6pm			Warm-up 4.30 - 5.45pm Start 6pm		
Finals of all events in age groups as above			Finals of all events in age groups as above			Finals of all events in age groups as above			Finals of all events in age groups as above		

NOTE: 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.