

3 December 2009

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.
- 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.
- 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 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 | | | | | | | | | | |
| 27.86 | 26.83 | 26.29 | 25.94 | 25.52 | 50 | 29.71 | 29.39 | 29.08 | 28.98 | 28.20 |
| 1:01.50 | 59.06 | 57.12 | 56.66 | 55.67 | 100 | 1:04.00 | 1:03.27 | 1:03.01 | 1:02.53 | 1:01.90 |
| 2:13.96 | 2:08.75 | 2:05.96 | 2:05.49 | 2:03.53 | 200 | 2:21.26 | 2:19.32 | 2:17.15 | 2:16.59 | 2:14.59 |
| 4:42.96 | 4:32.55 | 4:28.83 | 4:26.96 | 4:24.97 | 400 | 4:52.13 | 4:48.12 | 4:46.27 | 4:44.31 | 4:42.25 |
| | | | | | 800 | 10:03.27 | 9:53.77 | 9:48.56 | 9:43.85 | 9:38.98 |
| 18:52.02 | 18:10.39 | 17:38.13 | 17:33.01 | 17:23.66 | 1500 | | | | | |
| BACKSTROKE | | | | | | | | | | |
| 30.96 | 29.76 | 29.00 | 28.83 | 28.47 | 50 | 32.83 | 32.45 | 32.28 | 32.18 | 31.60 |
| 1:06.72 | 1:04.26 | 1:02.95 | 1:02.13 | 1:01.35 | 100 | 1:11.32 | 1:10.41 | 1:09.98 | 1:09.55 | 1:07.56 |
| 2:25.37 | 2:20.89 | 2:18.01 | 2:16.22 | 2:14.52 | 200 | 2:33.85 | 2:31.03 | 2:30.75 | 2:30.02 | 2:25.73 |
| BREASTSTROKE | | | | | | | | | | |
| 35.27 | 33.97 | 33.28 | 32.85 | 32.44 | 50 | 37.52 | 37.04 | 36.81 | 36.59 | 35.54 |
| 1:16.89 | 1:14.05 | 1:12.54 | 1:11.60 | 1:10.70 | 100 | 1:21.01 | 1:19.98 | 1:19.48 | 1:19.00 | 1:16.74 |
| 2:45.89 | 2:39.78 | 2:36.52 | 2:34.48 | 2:32.55 | 200 | 2:53.88 | 2:51.66 | 2:50.59 | 2:49.55 | 2:44.70 |
| BUTTERFLY | | | | | | | | | | |
| 30.05 | 28.94 | 28.35 | 27.98 | 27.63 | 50 | 31.75 | 31.34 | 31.15 | 30.96 | 30.07 |
| 1:06.53 | 1:04.08 | 1:02.77 | 1:01.96 | 1:01.18 | 100 | 1:10.51 | 1:09.61 | 1:09.18 | 1:08.76 | 1:06.79 |
| 2:28.54 | 2:23.07 | 2:20.14 | 2:18.32 | 2:16.59 | 200 | 2:34.92 | 2:32.95 | 2:32.00 | 2:31.07 | 2:26.75 |
| 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 |
| 2:31.13 | 2:24.85 | 2:21.93 | 2:20.02 | 2:18.98 | 200 | 2:37.84 | 2:35.42 | 2:35.04 | 2:34.86 | 2:31.06 |
| 5:23.84 | 5:11.25 | 5:05.54 | 5:01.57 | 4:57.79 | 400 | 5:34.47 | 5:30.20 | 5:28.15 | 5:26.14 | 5:16.81 |

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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 | 33 | 800m Free (TF) | W 13-18 years | 44 | 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 | 34 | 200m Free | M 13-18 years | 45 | 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 | 35 | 100m Breast | W 13-18 years | 46 | 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 | 36 | 100m Back | M 13-18 years | 47 | 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 | 37 | 50m Back | W 13-18 years | 48 | 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 | 38 | 200m Breast | M 13-18 years | 49 | 200m IM | W 13-18 years |
| 7 | 100m IM | W 13-18 years | 18 | 100m IM | M 13-18 years | | | | 39 | 100m Fly | W 13-18 years | 50 | 100m Fly | M 13-18 years |

| 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 | 33 | 800m Free | W Fastest TF | 44 | 1500m Free | M Fastest TF |
| | | W 14 years | | | W 14 years | | | W 14 years | 34 | 200m Free | M 13 years | 45 | 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 |
| 2 | 200m IM | M 13 years | 13 | 400m Free | M 13 years | 24 | 400m IM | M 13 years | | | M 17-18 years | | | W 17-18 years |
| | | M 14 years | | | M 14 years | | | M 14 years | 35 | 100m Breast | W 13 years | 46 | 100m Breast | M 13 years |
| | | M 15 years | | | M 15 years | | | M 15 years | | | W 14 years | | | M 14 years |
| | | M 16 years | | | M 16 years | | | M 16 years | | | W 15 years | | | M 15 years |
| | | M 17-18 years | | | M 17-18 years | | | M 17-18 years | | | W 16 years | | | M 16 years |
| 3 | 50m Breast | W 13 years | 14 | 50m Fly | W 13 years | 25 | 100m Back | W 13 years | | | W 17-18 years | | | M 17-18 years |
| | | W 14 years | | | W 14 years | | | W 14 years | 36 | 100m Back | M 13 years | 47 | 50m Free | 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 |
| 4 | 50m Back | M 13 years | 15 | 50m Breast | M 13 years | 26 | 50m Fly | M 13 years | | | M 17-18 years | | | W 17-18 years |
| | | M 14 years | | | M 14 years | | | M 14 years | 37 | 50m Back | W 13 years | 48 | 50m Free | M 13 years |
| | | M 15 years | | | M 15 years | | | M 15 years | | | W 14 years | | | M 14 years |
| | | M 16 years | | | M 16 years | | | M 16 years | | | W 15 years | | | M 15 years |
| | | M 17-18 years | | | M 17-18 years | | | M 17-18 years | | | W 16 years | | | M 16 years |
| 5 | 200m Back | W 13 years | 16 | 100m Free | W 13 years | 27 | 200m Breast | W 13 years | | | W 17-18 years | | | M 17-18 years |
| | | W 14 years | | | W 14 years | | | W 14 years | 38 | 200m Breast | M 13 years | 49 | 200m IM | 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 |
| 6 | 200m Fly | M 13 years | 17 | 200m Back | M 13 years | 28 | 100m Free | M 13 years | | | M 17-18 years | | | W 17-18 years |
| | | M 14 years | | | M 14 years | | | M 14 years | 39 | 100m Fly | W 13 years | 50 | 100m Fly | M 13 years |
| | | M 15 years | | | M 15 years | | | M 15 years | | | W 14 years | | | M 14 years |
| | | M 16 years | | | M 16 years | | | M 16 years | | | W 15 years | | | M 15 years |
| | | M 17-18 years | | | M 17-18 years | | | M 17-18 years | | | W 16 years | | | M 16 years |
| 7 | 100m IM | W 13 years | 18 | 100m IM | M 13 years | 29 | 4x50m Med C Relay | W 15 & Under | | | W 17-18 years | | | M 17-18 years |
| | | W 14 years | | | M 14 years | 30 | 4x50m Med C Relay | M 15 & Under | 40 | 4x50m Med R Relay | M 15 & Under | | | |
| | | W 15 years | | | M 15 years | 31 | 4x50m Med C Relay | W 16 & Over | 41 | 4x50m Med R Relay | W 15 & Under | | | |
| | | W 16 years | | | M 16 years | 32 | 4x50m Med C Relay | M 16 & Over | 42 | 4x50m Med R Relay | M 16 & Over | | | |
| | | W 17-18 years | | | M 17-18 years | | | | 43 | 4x50m Med R Relay | W 16 & Over | | | |
| 8 | 4x50m Free C Relay | M 15 & Under | 19 | 4x50m Free R Relay | W 15 & Under | | | | | | | | | |
| 9 | 4x50m Free C Relay | W 15 & Under | 20 | 4x50m Free R Relay | M 15 & Under | | | | | | | | | |
| 10 | 4x50m Free C Relay | M 16 & Over | 21 | 4x50m Free R Relay | W 16 & Over | | | | | | | | | |
| 11 | 4x50m Free C Relay | W 16 & Over | 22 | 4x50m Free R Relay | M 16 & Over | | | | | | | | | |