

31 July 2009

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

- Age as at 20th February 2010.
- The qualifying period is from 21st February 2009 to 31st January 2010.
- The age groups to be swum for both male and female are 10 years and under, 11 years and 12 years.
- Relays will be regional and swum as 12 years and under.
- 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 50 metre times. Qualifying times swum in pools other than 50m must be converted using the SNZ Conversions.
- All swimmers shall only enter qualified events.
- All events shall be swum as timed-finals in age groups.
- SNZ Regulation 2.10 regarding over the top starts in timed-finals may not apply at the discretion of, and subject to prior approval of SNZ.
- 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.
- No international visitor entries allowed.
- 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 FEBRUARY 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

NORTH, CENTRAL AND SOUTH VENUE PSYCH SHEETS will be posted on the Swimming New Zealand website on **FRIDAY 5th FEBRUARY 2010**.

Corrections to the psych sheets are to be sent to events@swimmingnz.org.nz by **12 MIDNIGHT TUESDAY 9th FEBRUARY 2010**.

FINAL NATIONAL AND NORTH, CENTRAL AND SOUTH VENUE PSYCH SHEETS will be posted on the Swimming New Zealand website on **WEDNESDAY 10th FEBRUARY 2010**.

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50m Qualifying Times

Male				Female			
10 & U	11 yr	12 yr	12 & U	10 & U	11 yr	12 yr	12 & U
FREESTYLE							
36.75	34.00	32.20		36.80	34.00	32.20	
1:20.50	1:14.00	1:10.00		1:20.00	1:14.00	1:10.00	
2:56.20	2:42.00	2:33.00		2:56.20	2:42.00	2:33.00	
			5:25.00	400			5:25.00
BACKSTROKE							
42.50	39.60	37.30		42.30	39.60	37.70	
1:31.60	1:26.00	1:20.50		1:31.00	1:25.50	1:21.55	
3:15.00	3:02.50	2:50.75		3:16.60	3:04.30	2:54.50	
BREASTSTROKE							
48.50	44.65	41.20		48.00	44.25	41.85	
1:45.40	1:37.00	1:31.50		1:45.00	1:36.70	1:31.70	
3:49.00	3:30.00	3:18.00		3:50.00	3:28.50	3:18.00	
BUTTERFLY							
41.70	39.10	36.35		42.40	39.25	36.50	
1:35.00	1:28.10	1:20.50		1:38.00	1:29.00	1:21.85	
			3:10.00	200			3:15.00
MEDLEY							
3:20.00	3:06.00	2:54.00		3:20.45	3:06.00	2:54.00	
			6:18.00	400			6:18.00

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

Day 1 – Sat 20 th February – Session 1			Day 1 - Sat 20 th February - Session 2			Day 2 - Sun 21 st February – Session 3		
Hamilton	Warm up 7.00 – 8.00am	Start 8.15am	Hamilton	Warm up 3.00 – 4.00pm	Start 4.15pm	Hamilton	Warm up 7.00 – 8.00am	Start 8.15am
Wellington	Warm up 7.30 – 8.30am	Start 8.45am	Wellington	Warm up 3.30 – 4.30pm	Start 4.45pm	Wellington	Warm up 7.30 – 8.30am	Start 8.45am
Christchurch	Warm up 7.30 – 8.30am	Start 8.45am	Christchurch	Warm up 3.30 – 4.30pm	Start 4.45pm	Christchurch	Warm up 7.30 – 8.30am	Start 8.45am
1	400m IM	W 12 years & Under	29	200m Free	W 10 years & Under	55	50m Back	W 10 years & Under
2		M 12 years & Under	30		M 10 years & Under	56		M 10 years & Under
3	50m Breast	W 10 years & Under	31		W 11 years	57		W 11 years
4		M 10 years & Under	32		M 11 years	58		M 11 years
5		W 11 years	33		W 12 years	59		W 12 years
6		M 11 years	34		M 12 years	60		M 12 years
7		W 12 years	35	50m Fly	W 10 years & Under	61	400m Free	W 12 years & Under
8		M 12 years	36		M 10 years & Under	62		M 12 years & Under
9	100m Fly	W 10 years & Under	37		W 11 years	63	200m IM	W 10 years & Under
10		M 10 years & Under	38		M 11 years	64		M 10 years & Under
11		W 11 years	39		W 12 years	65		W 11 years
12		M 11 years	40		M 12 years	66		M 11 years
13		W 12 years	41	200m Breast	W 10 years & Under	67		W 12 years
14		M 12 years	42		M 10 years & Under	68		M 12 years
15	200m Back	W 10 years & Under	43		W 11 years	69	50m Free	W 10 years & Under
16		M 10 years & Under	44		M 11 years	70		M 10 years & Under
17		W 11 years	45		W 12 years	71		W 11 years
18		M 11 years	46		M 12 years	72		M 11 years
19		W 12 years	47	100m Back	W 10 years & Under	73		W 12 years
20		M 12 years	48		M 10 years & Under	74		M 12 years
21	100m Free	W 10 years & Under	49		W 11 years	75	200m Fly	W 12 years & Under
22		M 10 years & Under	50		M 11 years	76		M 12 years & Under
23		W 11 years	51		W 12 years	77	100m Breast	W 10 years & Under
24		M 11 years	52		M 12 years	78		M 10 years & Under
25		W 12 years	53	4 x 50m Med Relay	W 12 years & Under	79		W 11 years
26		M 12 years	54		M 12 years & Under	80		M 11 years
27	4 x 50m Free Relay	W 12 years & Under				81		W 12 years
28		M 12 years & Under				82		M 12 years