



# National **20** **12** COMPETITIONS

QUALIFYING CRITERIA  
AND PROGRAMMES

Published 29<sup>th</sup> July 2011



# Background and SNZ Regulations

29 July 2011

The 2012 National Competition Qualifying Times and Criteria are produced for the competitions listed below for the information of swimmers and coaches. The information is as accurate as possible as at 29<sup>th</sup> July 2011.

- NZ Open Water Championships
- NZ Junior Championship
- NZ Age Group Championships
- NZ Open Championships
- Division II Competition

National competition qualifying times and criteria for the 2012 New Zealand Short Course Championships will be published after the review of the 2011 event.

The SNZ Regulations are effective as at 29<sup>th</sup> July 2010.

- 2.1 All New Zealand Competitions shall be swum under Swimming New Zealand regulations. These regulations may also be adopted for use in Regional, inter-club, club or other competitions.
- 2.2 All members, swimmers and persons connected with SNZ National Competitions are bound by the rules and regulations of SNZ, FINA and the Sports Anti Doping Rules of Drug Free Sport New Zealand.
- 2.3 SNZ will publish annually a roster of the venues and dates for all New Zealand Competitions. New Zealand Competition qualifying times, conditions and criteria, closing date for entries, and entry fees shall be set by SNZ and shall be published no later than 31st July of each year.
- 2.4 Where the New Zealand Open Championships and the New Zealand Summer Championships are being used as a qualification meet for major competitions, the schedule of events listed in these rules may be altered to ensure appropriate qualifying opportunities for that major competition. Such alteration shall be at the discretion of and by prior approval of the SNZ Board and shall be notified with the publications of conditions and criteria in 2.3 above.
- 2.5 The qualifying period for New Zealand Open Championships starts on the first day of the preceding year's New Zealand Age Group Championships. The qualifying period for all other New Zealand Competitions starts on the first day of the preceding year's equivalent competition. The swimmers declared entry time shall be the fastest official time swum in the qualifying period.
- 2.6 Entries close at 12 midnight on the date specified by SNZ. Late entries will not be accepted.
- 2.7 A competitor at New Zealand Competitions shall be a financial member of SNZ or an invited visitor and must have achieved the qualifying time in each individual event entered except for AWD swimmers as specified in specific competition rules.

Only swimmers who have met and entered at least one required individual qualifying standard in the respective competition may be entered in relay events.

- 2.8 Regions must submit entries for SNZ members. No club entries are permitted. All entries must include swimmer details and proof of times. All relay entries must include the swimmers' names whose times were used to produce the entry time. 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.
- 2.9 New Zealand competitions shall utilise all 8 or 10 lanes depending on the venue. Heats, preliminary-finals, semi-finals, finals and timed-finals will use all available lanes.
- 2.10 Over-the-top starts for heats will generally apply for all New Zealand competitions. Over the top starts may not apply at the discretion of and subject to prior approval of SNZ. The pool will be cleared before preliminary-final, semi-final, final and timed-final starts.
- 2.11 Where championship titles are awarded by age, the age of a competitor shall be as at the first day of competition.
- 2.12 Time-trials shall not be permitted for individual events at New Zealand competitions. Time-trials for relay events may be undertaken with prior approval of the SNZ Board.
- 2.13 The names of swimmers' in each relay team, and their order of swimming, shall be advised to control at least 30 minutes before the start of the session in which the event shall be swum. The composition of the relay team may be changed from heats to finals and from that submitted at the time of submission of entries.

Please refer to the latest SNZ regulations for the seeding for each of the SNZ Competitions.

The information in this booklet will become the SNZ National Competition Fliers and will be posted on the website individually under Competitions. Any additional meet entry conditions or criteria will be added to the booklet and Fliers as it comes to hand along with the Meet Information.

29 July 2011

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

- Age as at 14<sup>th</sup> January 2012.
- The New Zealand Open Water Championships shall be swum by male and female and will consist of an Open 10km timed-final on the 14<sup>th</sup> January and an Open 5km timed-final on the 15<sup>th</sup> January.
- Medals shall be awarded for the 1st, 2nd and 3rd New Zealanders in both distances for male and female in the age categories 13-15 years, 16-17 years and Open.
- There is no limit on international visitor entries for this competition.
- Medals shall be awarded for the 1st, 2nd and 3rd Visitors in both distances for male and female in the age categories 13-15 years, 16-17 years and Open.
- All participants must agree to comply with the Sports Anti-Doping Rules.

There are no qualifying times for the 2012 New Zealand Open Water Championships.

**Saturday 14<sup>th</sup> January 2012 – 10km**

**Sunday 15<sup>th</sup> January 2012 – 5km**

#### 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 WEDNESDAY 4<sup>th</sup> JANUARY 2012**. 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 or on the enrolment form from the SNZ website. Entries to be emailed to [events@swimmingnz.org.nz](mailto:events@swimmingnz.org.nz) and should include

- Entries by swimmer
- Entry fee summary

Entry fees are \$30.00 per events. Entry fees from **REGIONAL ASSOCIATIONS** to be sent to Swimming New Zealand, P.O. Box 38346, Wellington 5012. **SNZ will produce an invoice for the entry fee due and send to each individual region.**

#### PSYCH SHEETS

**PSYCH SHEETS** will be posted on the Swimming New Zealand website on **THURSDAY 5<sup>th</sup> JANUARY 2012**.

Corrections to the psych sheets are to be sent to [events@swimmingnz.org.nz](mailto:events@swimmingnz.org.nz) by **12 MIDNIGHT SUNDAY 8<sup>th</sup> JANUARY 2012**.

**FINAL PSYCH SHEETS** will be posted on the Swimming New Zealand website on **MONDAY 9<sup>th</sup> JANUARY 2012**.

29 July 2011

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

- Age as at 18<sup>th</sup> February 2012.
- The qualifying period is from 1<sup>st</sup> January 2011 to 5<sup>th</sup> February 2012.
- 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 meter 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 9<sup>th</sup> FEBRUARY 2012**. 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](mailto: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. **SNZ will produce an invoice for the entry fee due and send to each individual region.**

#### PSYCH SHEETS

**NORTH and CENTRAL/SOUTH VENUE PSYCH SHEETS** will be posted on the Swimming New Zealand website on **FRIDAY 10<sup>th</sup> FEBRUARY 2012**.

Corrections to the psych sheets are to be sent to [events@swimmingnz.org.nz](mailto:events@swimmingnz.org.nz) by **12 MIDNIGHT MONDAY 13<sup>th</sup> FEBRUARY 2012**.

**FINAL NATIONAL, NORTH and CENTRAL/SOUTH VENUE PSYCH SHEETS** will be posted on the Swimming New Zealand website on **TUESDAY 14<sup>th</sup> FEBRUARY 2012**.

29 July 2011

### 50m Qualifying Times

Male				Female			
10 & U	11 yr	12 yr	12 & U	10 & U	11 yr	12 yr	12 & U
<b>FREESTYLE</b>							
36.75	34.00	32.20		50	36.80	34.00	32.20
1:20.50	1:14.00	1:10.00		100	1:20.00	1:14.00	1:10.00
2:56.20	2:42.00	2:33.00		200	2:56.20	2:42.00	2:33.00
			5:25.00	400			5:25.00
<b>BACKSTROKE</b>							
42.50	39.60	37.30		50	42.30	39.60	37.70
1:31.60	1:26.00	1:20.50		100	1:31.00	1:25.50	1:21.55
3:15.00	3:02.50	2:50.75		200	3:16.60	3:04.30	2:54.50
<b>BREASTSTROKE</b>							
48.50	44.65	41.20		50	48.00	44.25	41.85
1:45.40	1:37.00	1:31.50		100	1:45.00	1:36.70	1:31.70
3:49.00	3:30.00	3:18.00		200	3:50.00	3:28.50	3:18.00
<b>BUTTERFLY</b>							
41.70	39.10	36.35		50	42.40	39.25	36.50
1:35.00	1:28.10	1:20.50		100	1:38.00	1:29.00	1:21.85
			3:10.00	200			3:15.00
<b>MEDLEY</b>							
3:20.00	3:06.00	2:54.00		200	3:20.45	3:06.00	2:54.00
			6:18.00	400			6:18.00

29 July 2011

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

Day 1 – Sat 18 <sup>th</sup> February – Session 1				Day 1 - Sat 18 <sup>th</sup> February - Session 2				Day 2 - Sun 19 <sup>th</sup> 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 7.15 – 8.15am	Start 8.30am	Wellington		Warm up 3.15 – 4.15pm	Start 4.30pm	Wellington		Warm up 7.15 – 8.15am	Start 8.30am	
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			

29 July 2011

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

- Age as at 6<sup>th</sup> March 2012.
- The qualifying period is from 1<sup>st</sup> January 2011 to 19<sup>th</sup> February 2012.
- The age groups to be swum for both male and female are 12-13 years, 14 years, 15 years, 16 years and 17-18 years combined.
- Relay events shall be swum as 15 and under and 16 and over. In any relay event swimmers 15 and under may swim in either their correct age group or 16 and 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.
- 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 meter times. Qualifying times swum in pools other than 50m 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 and is competing in the championship 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 23<sup>rd</sup> FEBRUARY 2012**. 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 hvy file. Entries to be emailed to [events@swimmingnz.org.nz](mailto: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. **SNZ will produce an invoice for the entry fee due and send to each individual region.**

#### PSYCH SHEETS

**PSYCH SHEETS** will be posted on the Swimming New Zealand website on **FRIDAY 24<sup>th</sup> FEBRUARY 2012**.

Corrections to the psych sheets are to be sent to [events@swimmingnz.org.nz](mailto:events@swimmingnz.org.nz) by **12 MIDNIGHT TUESDAY 28<sup>th</sup> FEBRUARY 2012**.

**FINAL PSYCH SHEETS** will be posted on the Swimming New Zealand website on **WEDNESDAY 29<sup>th</sup> FEBRUARY 2012**.

29 July 2011

50m Qualifying Times

Male					Female					
<b>12-13 yr</b>	14 yr	15 yr	16 yr	17-18 yr	<b>12-13 yr</b>	14 yr	15 yr	16 yr	17-18 yr	
<b>FREESTYLE</b>										
28.84	27.70	27.10	26.80	26.30	<b>50</b>	30.25	29.92	29.60	29.50	29.20
1:03.70	1:01.00	59.00	58.50	57.50	<b>100</b>	1:05.50	1:04.75	1:04.50	1:04.00	1:04.00
2:18.50	2:12.00	2:09.50	2:09.00	2:07.00	<b>200</b>	2:24.00	2:22.00	2:19.80	2:19.25	2:19.00
4:52.00	4:40.50	4:37.00	4:35.00	4:33.00	<b>400</b>	4:58.00	4:54.00	4:52.00	4:50.00	4:48.00
					<b>800</b>	10:15.00	10:05.00	10:00.00	9:55.00	9:50.00
19:15.00	18:33.00	18:00.00	17:55.00	17:45.00	<b>1500</b>					
<b>BACKSTROKE</b>										
33.40	31.90	31.10	31.05	30.85	<b>50</b>	34.50	34.13	33.90	33.80	33.70
1:11.78	1:08.87	1:07.58	1:07.27	1:06.79	<b>100</b>	1:14.50	1:13.30	1:12.80	1:12.30	1:12.10
2:33.00	2:29.00	2:26.49	2:25.67	2:24.53	<b>200</b>	2:39.50	2:36.00	2:35.70	2:35.39	2:34.84
<b>BREASTSTROKE</b>										
36.97	35.87	34.91	34.83	34.64	<b>50</b>	38.87	38.38	37.90	37.71	37.45
1:20.75	1:17.72	1:15.82	1:15.32	1:14.76	<b>100</b>	1:24.82	1:23.73	1:23.24	1:22.75	1:22.24
2:55.29	2:49.38	2:47.40	2:45.44	2:44.44	<b>200</b>	3:01.42	2:58.76	2:56.96	2:55.36	2:54.65
<b>BUTTERFLY</b>										
31.47	30.27	29.65	29.45	28.80	<b>50</b>	32.99	32.55	32.30	32.13	32.00
1:10.70	1:07.25	1:06.07	1:05.78	1:03.81	<b>100</b>	1:13.95	1:12.86	1:12.27	1:12.07	1:11.96
2:40.29	2:33.41	2:29.44	2:28.49	2:27.50	<b>200</b>	2:46.37	2:42.43	2:38.97	2:38.00	2:37.50
<b>MEDLEY</b>										
2:37.00	2:30.67	2:27.00	2:25.33	2:24.00	<b>200</b>	2:41.33	2:38.67	2:38.30	2:38.00	2:37.50
5:33.50	5:20.00	5:15.00	5:13.50	5:09.96	<b>400</b>	5:44.61	5:38.00	5:35.92	5:34.70	5:33.89

29 July 2011

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

Day 1 - Tues 6 <sup>th</sup> March			Day 2 - Wed 7 <sup>th</sup> March			Day 3 - Thurs 8 <sup>th</sup> March			Day 4 - Fri 9 <sup>th</sup> March			Day 5 - Sat 10 <sup>th</sup> March		
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 12-18 years	12	400m IM	W 12-18 years	23	200m Free	W 12-18 years	33	200m Free	M 12-18 years	44	200m Fly	W 12-18 years
2	200m IM	M 12-18 years	13	400m Free	M 12-18 years	24	400m IM	M 12-18 years	34	100m Breast	W 12-18 years	45	100m Breast	M 12-18 years
3	50m Breast	W 12-18 years	14	50m Fly	W 12-18 years	25	100m Back	W 12-18 years	35	100m Back	M 12-18 years	46	50m Free	W 12-18 years
4	50m Back	M 12-18 years	15	50m Breast	M 12-18 years	26	50m Fly	M 12-18 years	36	50m Back	W 12-18 years	47	50m Free	M 12-18 years
5	200m Back	W 12-18 years	16	100m Free	W 12-18 years	27	200m Breast	W 12-18 years	37	200m Breast	M 12-18 years	48	200m IM	W 12-18 years
6	200m Fly	M 12-18 years	17	200m Back	M 12-18 years	28	100m Free	M 12-18 years	38	100m Fly	W 12-18 years	49	100m Fly	M 12-18 years
7	100m IM	W 12-18 years	18	100m IM	M 12-18 years				39	800m Free (TF)	W 12-18 years	50	1500m Free (TF)	M 12-18 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 12-13 years W 14 years W 15 years W 16 years W 17-18 years	12	400m IM	W 12-13 years W 14 years W 15 years W 16 years W 17-18 years	23	200m Free	W 12-13 years W 14 years W 15 years W 16 years W 17-18 years	39	800m Free	W Fastest TF M 12-13 years M 14 years M 15 years M 16 years M 17-18 years	50	1500m Free	M Fastest TF W 12-13 years W 14 years W 15 years W 16 years W 17-18 years
2	200m IM	M 12-13 years M 14 years M 15 years M 16 years M 17-18 years	13	400m Free	M 12-13 years M 14 years M 15 years M 16 years M 17-18 years	24	400m IM	M 12-13 years M 14 years M 15 years M 16 years M 17-18 years	34	100m Breast	W 12-13 years W 14 years W 15 years W 16 years W 17-18 years	45	100m Breast	M 12-13 years M 14 years M 15 years M 16 years M 17-18 years
3	50m Breast	W 12-13 years W 14 years W 15 years W 16 years W 17-18 years	14	50m Fly	W 12-13 years W 14 years W 15 years W 16 years W 17-18 years	25	100m Back	W 12-13 years W 14 years W 15 years W 16 years W 17-18 years	35	100m Back	M 12-13 years M 14 years M 15 years M 16 years M 17-18 years	46	50m Free	W 12-13 years W 14 years W 15 years W 16 years W 17-18 years
4	50m Back	M 12-13 years M 14 years M 15 years M 16 years M 17-18 years	15	50m Breast	M 12-13 years M 14 years M 15 years M 16 years M 17-18 years	26	50m Fly	M 12-13 years M 14 years M 15 years M 16 years M 17-18 years	36	50m Back	W 12-13 years W 14 years W 15 years W 16 years W 17-18 years	47	50m Free	M 12-13 years M 14 years M 15 years M 16 years M 17-18 years
5	200m Back	W 12-13 years W 14 years W 15 years W 16 years W 17-18 years	16	100m Free	W 12-13 years W 14 years W 15 years W 16 years W 17-18 years	27	200m Breast	W 12-13 years W 14 years W 15 years W 16 years W 17-18 years	37	200m Breast	M 12-13 years M 14 years M 15 years M 16 years M 17-18 years	48	200m IM	W 12-13 years W 14 years W 15 years W 16 years W 17-18 years
6	200m Fly	M 12-13 years M 14 years M 15 years M 16 years M 17-18 years	17	200m Back	M 12-13 years M 14 years M 15 years M 16 years M 17-18 years	28	100m Free	M 12-13 years M 14 years M 15 years M 16 years M 17-18 years	38	100m Fly	W 12-13 years W 14 years W 15 years W 16 years W 17-18 years	49	100m Fly	M 12-13 years M 14 years M 15 years M 16 years M 17-18 years
8	4x50m Free C Relay	M 15 & Under	19	4x50m Free R Relay	W 15 & Under	29	4x50m Med C Relay	W 15 & Under	40	4x50m Med R Relay	M 15 & Under			
9	4x50m Free C Relay	W 15 & Under	20	4x50m Free R Relay	M 15 & Under	30	4x50m Med C Relay	M 15 & Under	41	4x50m Med R Relay	W 15 & Under			
10	4x50m Free C Relay	M 16 & Over	21	4x50m Free R Relay	W 16 & Over	31	4x50m Med C Relay	W 16 & Over	42	4x50m Med R Relay	M 16 & Over			
11	4x50m Free C Relay	W 16 & Over	22	4x50m Free R Relay	M 16 & Over	32	4x50m Med C Relay	M 16 & Over	43	4x50m Med R Relay	W 16 & Over			

C Relay = Club Relay  
R Relay = Regional Relay

Relay heats will be held if entries exceed 10

29 July 2011

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

- Age as at 11<sup>th</sup> April 2012.
- **The qualifying period is from 1<sup>st</sup> January 2011 to 25<sup>th</sup> March 2012.**
- The 2012 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 16-18.
- 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.
- Medals 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 meter 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 2012 NZ Open Championships or the 2012 NZ Age Group Championships is ineligible to enter the 2012 NZ 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 MONDAY 2<sup>nd</sup> APRIL 2012**. 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](mailto: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. **SNZ will produce an invoice for the entry fee due and send to each individual region.**

#### PSYCH SHEETS

**PSYCH SHEETS** will be posted on the Swimming New Zealand website on **TUESDAY 3<sup>rd</sup> APRIL 2012**.

Corrections to psych sheets are to be sent to [events@swimmingnz.org.nz](mailto:events@swimmingnz.org.nz) by **MIDNIGHT THURSDAY 5<sup>th</sup> APRIL 2012**.

**FINAL PSYCH SHEETS** will be posted on the Swimming New Zealand website on **FRIDAY 6<sup>th</sup> APRIL 2012**.

29 July 2011

**25m Qualifying Times**

Male				Female				
13 yr	14 yr	15 yr	16 & O	13 yr	14 yr	15 yr	16 & O	
<b>FREESTYLE</b>								
29.80	28.60	28.40	27.90	<b>50</b>	31.20	31.00	30.90	30.85
1:04.90	1:03.00	1:02.80	1:00.70	<b>100</b>	1:08.20	1:07.95	1:07.90	1:06.85
2:23.00	2:19.00	2:17.50	2:13.00	<b>200</b>	2:29.00	2:27.00	2:26.55	2:24.30
5:00.35	4:50.00	4:48.90	4:42.15	<b>400</b>	5:15.00	5:09.00	5:07.00	5:04.70
				<b>800</b>	10:55.00	10:42.00	10:38.35	10:37.00
19:57.70	19:35.00	19:24.50	18:58.90	<b>1500</b>				
<b>BACKSTROKE</b>								
34.35	33.27	33.05	32.35	<b>50</b>	36.20	36.02	35.85	35.43
1:14.34	1:12.83	1:12.86	1:10.92	<b>100</b>	1:18.07	1:17.28	1:16.88	1:15.97
2:41.33	2:36.26	2:35.76	2:33.12	<b>200</b>	2:48.84	2:45.93	2:45.26	2:43.35
<b>BREASTSTROKE</b>								
38.94	37.93	37.61	36.97	<b>50</b>	40.96	40.51	40.40	39.69
1:25.16	1:22.55	1:21.81	1:20.36	<b>100</b>	1:28.75	1:28.47	1:28.38	1:26.30
3:05.03	2:58.71	2:57.51	2:54.24	<b>200</b>	3:12.69	3:11.52	3:10.67	3:05.61
<b>BUTTERFLY</b>								
34.67	33.15	33.00	32.65	<b>50</b>	35.27	34.83	34.69	34.60
1:17.64	1:13.99	1:13.99	1:12.98	<b>100</b>	1:19.39	1:18.93	1:18.51	1:17.49
2:51.78	2:49.34	2:47.96	2:46.76	<b>200</b>	2:56.47	2:54.74	2:54.03	2:53.52
<b>MEDLEY</b>								
1:16.72	1:14.07	1:13.86	1:13.79	<b>100</b>	1:20.00	1:19.50	1:19.00	1:18.00
2:46.00	2:41.67	2:40.00	2:37.87	<b>200</b>	2:52.33	2:49.17	2:48.10	2:47.15
5:55.60	5:45.42	5:44.10	5:39.04	<b>400</b>	6:09.16	6:05.58	6:03.64	5:59.98

29 July 2011

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

Day 1 - Wed 11 <sup>th</sup> April			Day 2 – Thurs 12 <sup>th</sup> April			Day 3 – Fri 13 <sup>th</sup> April			Day 4 – Sat 14 <sup>th</sup> April		
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 13-18 years	14	200m IM	M 13-18 years	26	800m Free (TF)	W 13-18 years	39	1500m Free (TF)	M 13-18 years
2	200m Back	W 13-18 years	15	200m IM	W 13-18 years	27	200m Fly	M 13-18 years	40	100m Fly	W 13-18 years
3	100m Breast	M 13-18 years	16	100m Back	M 13-18 years	28	200m Fly	W 13-18 years	41	200m Breast	M 13-18 years
4	100m Breast	W 13-18 years	17	100m Back	W 13-18 years	29	100m Free	M 13-18 years	42	200m Breast	W 13-18 years
5	50m Fly	M 13-18 years	18	50m Breast	M 13-18 years	30	100m Free	W 13-18 years	43	100m Fly	M 13-18 years
6	50m Fly	W 13-18 years	19	50m Breast	W 13-18 years	31	50m Back	M 13-18 years	44	50m Free	W 13-18 years
7	400m Free (TF)	M 13-18 years	20	200m Free	M 13-18 years	32	50m Back	W 13-18 years	45	50m Free	M 13-18 years
8	400m Free (TF)	W 13-18 years	21	200m Free	W 13-18 years	33	400m IM (TF)	M 13-18 years	46	400m IM (TF)	W 13-18 years
9	100m IM	M 13-18 years				34	100m IM	W 13-18 years			
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		
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	39	1500m Free (FTF)	M 13-18 years
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 (FTF)	M 13-18 years	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 (FTF)	W 13-18 years	21	200m Free	W 13 years W 14 years W 15 years W 16 & Over	33	400m IM (FTF)	M 13-18 years	46	400m IM (FTF)	W 13-18 years
9	100 IM	M 13 years M 14 years M 15 years M 16 & Over				34	100 IM	W 13 years W 14 years W 15 years W 16 & Over	47	4 x 50m Medley RR	M 14 & Under
10	4x50m Free CR	W 14 & Under	22	4x50m Free RR	W 14 & Under	35	4x50m Medley CR	W 14 & Under	48	4 x 50m Medley RR	W 14 & Under
11	4x50m Free CR	M 14 & Under	23	4x50m Free RR	M 14 & Under	36	4x50m Medley CR	M 14 & Under	49	4 x 50m Medley RR	M 15 & Over
12	4x50m Free CR	W 15 & Over	24	4x50m Free RR	W 15 & Over	37	4x50m Medley CR	W 15 & Over	50	4 x 50m Medley RR	W 15 & Over
13	4x50m Free CR	M 15 & Over	25	4x50m Free RR	M 15 & Over	38	4x50m Medley CR	M 15 & Over			

29 July 2011

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

- Age as at 25<sup>th</sup> March 2011 2012.
- The qualifying period is from 1<sup>st</sup> January 2011 to 11<sup>th</sup> March 2012.
- Relays will be swum as open timed finals with all timed-finals being swum in the finals session.
- 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 meter times. Qualifying times swum in pools other than 50m 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 the required individual qualifying standard may be entered in relay events.
- For 50m, 100m, 200m, 400m, 800m and 1500m events, there will be A and B Finals. B Finals will be swum when there are 20 or more swimmers that competed in the heats. The Open Championship placings will be determined from the A final.
- There are no qualifying times for the 800m and 1500m events. The top 16 submitted times in each of these events will gain entry to the championship.
- 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 15<sup>th</sup> MARCH 2012**. 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](mailto: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. **SNZ will produce an invoice for the entry fee due and send to each individual region.**

## PSYCH SHEETS

**PSYCH SHEETS** will be posted on the Swimming New Zealand website on **FRIDAY 16<sup>th</sup> MARCH 2012**.

Corrections and changes to psych sheets are to be sent to [events@swimmingnz.org.nz](mailto:events@swimmingnz.org.nz) by **12 MIDNIGHT MONDAY 19<sup>th</sup> MARCH 2012**.

**FINAL PSYCH SHEETS** will be posted on the Swimming New Zealand website on **TUESDAY 20<sup>th</sup> March 2012**.

29 July 2011

**50m Qualifying Times**

Male		Female
<b>FREESTYLE</b>		
25.48	<b>50</b>	28.71
55.50	<b>100</b>	1:01.80
2:00.00	<b>200</b>	2:13.00
4:19.00	<b>400</b>	4:40.00
	<b>800</b>	
	<b>1500</b>	
<b>BACKSTROKE</b>		
29.00	<b>50</b>	32.90
1:02.83	<b>100</b>	1:10.00
2:16.71	<b>200</b>	2:30.55
<b>BREASTSTROKE</b>		
32.51	<b>50</b>	36.36
1:10.68	<b>100</b>	1:18.71
2:32.75	<b>200</b>	2:49.28
<b>BUTTERFLY</b>		
27.66	<b>50</b>	30.66
1:00.51	<b>100</b>	1:07.84
2:14.95	<b>200</b>	2:29.00
<b>INDIVIDUAL MEDLEY</b>		
2:16.50	<b>200</b>	2:33.00
4:55.00	<b>400</b>	5:23.75

29 July 2011

**AWD Qualifying Times**

**Male**

CLASS	50FR	100FR	200FR	400FR	50BK	100BK	50FLY	100FLY	CLASS	50BR	100BR	CLASS	150IM	200IM
S13	29.11	1:04.15	-	5:12.52	-	1:15.17	-	1:11.85	SB13	-	1:21.69	SM13	-	2:42.59
S12	29.58	1:04.40	-	5:07.62	-	1:13.60	-	1:11.73	SB12	-	1:22.79	SM12	-	2:38.93
S11	31.74	1:11.72	-	5:35.88	-	1:22.29	-	1:17.50	SB11	-	1:28.57	SM11	-	2:59.93
S10	29.23	1:04.28	-	4:58.95	-	1:14.55	-	1:10.41				SM10	-	2:39.55
S9	30.35	1:07.34	-	5:08.57	-	1:15.39	-	1:11.27	SB9	-	1:23.18	SM9	-	2:46.24
S8	32.23	1:09.96	-	5:24.12	-	1:22.07	-	1:12.95	SB8	-	1:27.07	SM8	-	2:57.50
S7	34.16	1:15.52	-	5:55.06	-	1:28.90	38.50	-	SB7	-	1:39.60	SM7	-	3:21.68
S6	36.40	1:21.37	-	6:19.44	-	1:31.35	38.38	-	SB6	-	1:46.66	SM6	-	3:19.72
S5	39.79	1:28.38	3:08.37	-	45.98	-	43.95	-	SB5	-	1:52.43	SM5	-	3:35.29
S4	46.16	1:41.63	3:38.84	-	57.36	-	56.85	-	SB4	-	2:00.51	SM4	3:10.78	-
S3	54.24	1:59.84	4:06.40	-	1:04.63	-	-	-	SB3	1:00.51	-	SM3	3:47.65	-

**Female**

CLASS	50FR	100FR	200FR	400FR	50BK	100BK	50FLY	100FLY	CLASS	50BR	100BR	CLASS	150IM	200IM
S13	33.06	1:11.46	-	5:29.01	-	1:24.17	-	1:19.35	SB13	-	1:39.25	SM13	-	2:57.00
S12	33.60	1:13.49	-	5:54.73	-	1:27.49	-	1:21.64	SB12	-	1:34.29	SM12	-	3:03.23
S11	38.17	1:24.27	-	6:54.30	-	1:43.86	-	-	SB11	-	1:58.56	SM11	-	3:48.31
S10	34.28	1:13.40	-	5:31.31	-	1:27.46	-	1:23.62				SM10	-	3:10.19
S9	35.23	1:15.75	-	5:37.43	-	1:24.51	-	1:24.16	SB9	-	1:40.67	SM9	-	3:10.07
S8	38.11	1:21.29	-	5:52.38	-	1:34.80	-	1:29.30	SB8	-	1:41.00	SM8	-	3:25.29
S7	40.22	1:25.47	-	6:27.88	-	1:42.32	45.63	-	SB7	-	1:53.24	SM7	-	3:42.85
S6	44.12	1:34.09	-	6:53.44	-	1:47.34	48.36	-	SB6	-	2:01.98	SM6	-	3:51.44
S5	43.75	1:34.97	3:24.45	-	53.02	-	58.78	-	SB5	-	2:13.19	SM5	-	4:45.93
S4	1:02.61	2:16.74	4:41.74	-	1:12.73	-	-	-	SB4	-	2:20.07	SM4	4:07.65	-
S3	1:11.94	2:38.41	5:41.88	-	1:16.31	-	-	-	SB3	1:18.79	-	SM3	4:54.50	-

29 July 2011

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

Day 1 – Sun 25 <sup>th</sup> March	Day 2 – Mon 26 <sup>th</sup> March	Day 3 – Tues 27 <sup>th</sup> March	Day 4 – Wed 28 <sup>th</sup> March	Day 5 – Thurs 29 <sup>th</sup> March	Day 6 – Fri 30 <sup>th</sup> March
Session 1 - Heats	Session 3 - Heats	Session 5 - Heats	Session 7 - Heats	Session 9 - Heats	Session 11 – Heats
Warm-up 8.00 – 9.45am Start 10am	Warm-up 8.00 – 9.45am Start 10am	Warm-up 8.00 – 9.45am Start 10am	Warm-up 8.00 – 9.45am Start 10am	Warm-up 8.00 – 9.45am Start 10am	Warm-up 8.00 – 9.45am Start 10am
101 AWD 100m Back W	114 AWD 50m Back W	125 AWD 50m Fly M	136 AWD 50m Free M	146 AWD 200m Free W	155 AWD 200m Free M
102 AWD 400m Free M	115 AWD 50m Back M	126 AWD 50m Fly W	137 AWD 50m Free W	147 AWD 100m Fly M	156 AWD 100m Fly W
3 400m IM M	16 100m Back W	27 200m Free W	38 100m Free M	48 100m Free W	57 50m Free M
4 100m Fly W	17 200m Free M	28 200m Fly M	39 200m Fly W	49 200m Back M	58 50m Free W
5 400m Free M	18 100m Breast W	29 200m IM W	40 200m Breast M	50 200m Breast W	59 100m Fly M
6 400m IM W	19 100m Back M	30 800m Free W	41 1500m Free M	51 200m IM M	60 200m Back W
7 100m Breast M	20 400m Free W	31 50m Breast M	42 50m Breast W	152 AWD 100m Breast W	61 800m Free (TF) M
8 50m Breast W	21 50m Back M	132 AWD 200m IM M	143 AWD 100m Back M	153 AWD 100m Free M	62 1500m Free (TF) W
9 50m Fly M	22 50m Fly W	133 AWD 200m IM W	144 AWD 400m Free W		163 AWD 100m Breast M
110 AWD 50m Breast W	123 AWD 150m IM W				164 AWD 100m Free W
111 AWD 50m Breast M	124 AWD 150m IM M				

Session 2 - Finals	Session 4 - Finals	Session 6 - Finals	Session 8 - Finals	Session 10 - Finals	Session 12 – Finals
Warm-up 4.30-6.00pm Start 6.30pm	Warm-up 4.30-6.20pm Start 6.30pm	Warm-up 4.30-6.20pm Start 6.30pm	Warm-up 4.30-6.20pm Start 6.30pm	Warm-up 4.30-6.20pm Start 6.30pm	Warm-up 4.30-6.20pm Start 6.30pm
3 400m IM M	16 100m Back W	27 200m Free W	38 100m Free M	48 100m Free W	57 50m Free M
4 100m Fly W	17 200m Free M	28 200m Fly M	39 200m Fly W	49 200m Back M	58 50m Free W
5 400m Free M	18 100m Breast W	125 AWD 50m Fly M	40 200m Breast M	146 AWD 200m Free W	59 100m Fly M
101 AWD 100m Back W	114 AWD 50m Back W	126 AWD 50m Fly W	136 AWD 50m Free M	147 WD 100m Fly M	155 AWD 200m Free M
102 AWD 400m Free M	115 AWD 50m Back M	29 200m IM W	137 AWD 50m Free W	50 200m Breast W	156 AWD 100m Fly W
6 400m IM W	19 100m Back M	31 50m Breast M	30 800m Free W	51 200m IM M	59 200m Back W
7 100m Breast M	20 400m Free W	132 AWD 200m IM M	42 50m Breast W	152 AWD 100m Breast W	41 1500m Free M
8 50m Back W	21 50m Back M	133 AWD 200m IM W	143 AWD 100m Back M	153 AWD 100m Free M	163 AWD 100m Breast M
9 50m Fly M	22 50m Fly W	34 4x100m Medley CR W	144 AWD 400m Free W	53 4x200 Free CR M	164 AWD 100m Free W
110 AWD 50m Breast W	123 AWD 150m IM W	35 4x100m Medley CR M	45 4x200 Free CR W		
111 AWD 50m Breast M	124 AWD 150m IM M				
12 4x100m Free CR W					
13 4x100m Free CR M					



# CONVERSION TABLES

29 July 2011

For the purposes of all National Meets, pools of length 36 2/3 yards will be treated as if they were 33 1/3 metres and pools of length 55 yards will be treated as if they were of length 50 metres.

If a conversion does not exist then another pool of suitable length must be used for that event.

## Conversion from 25 metre times to 50 metre times.

### Conversion from 33 1/3 metres or 36 2/3 yards times to 50 metre times.

Freestyle	100m	add	0.85 secs
	200m		1.70 secs
	400m		3.40 secs
	800m		6.80 secs
	1500m		12.75 secs
Backstroke	100m	add	0.85 secs
	200m		1.70 secs
Breaststroke	100m	add	1.00 secs
	200m		2.00 secs
Butterfly	100m	add	0.70 secs
	200m		1.40 secs
Medley	400m	add	3.40 secs

### Conversion from 55 yards time to 50 metre time.

No conversion – just use same time

Note: That only the preceding conversions may be used for National Meets

Freestyle	50m	add	0.85 secs
	100m		1.70 secs
	200m		3.40 secs
	400m		6.80 secs
	800m		13.60 secs
Backstroke	1500m		25.50 secs
	50m	add	0.85 secs
	100m		1.70 secs
	200m		3.40 secs
	Breaststroke	50m	add
100m			2.00 secs
200m			4.00 secs
Butterfly	50m	add	0.70 secs
	100m		1.40 secs
	200m		2.80 secs
Medley	200m	add	3.40 secs
	400m		6.80 secs