

26 August 2011

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

- Age as at 6th March 2012.
- The qualifying period is from 1st January 2011 to 19th 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.

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PCA Entries close 7:00pm 17 February 2012.

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Entry Fee is \$15.00 per individual event.

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Entry form (with payment) can be placed in the race entry box at either pool, or e-mailed to race@swimporirua.co.nz (with payment via internet).

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All payments (Cheque or Internet) must be received by the closing date for the entry to be accepted.

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Payment via the internet is to be made to the race account (03-0547-0205093-01).

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PSYCH SHEETS

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

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Corrections to the psych sheets are to be sent to events@swimmingnz.org.nz by **12 MIDNIGHT TUESDAY 28th FEBRUARY 2012.**

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

50m Qualifying Times

Male		Female							
12-13 yr	14 yr	15 yr	16 yr	17-18 yr	12-13 yr	14 yr	15 yr	16 yr	17-18 yr
FREESTYLE									
28.84	27.70	27.10	26.80	26.30	30.25	29.92	29.60	29.50	29.20
1:03.70	1:01.00	59.00	58.50	57.50	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	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	4:58.00	4:54.00	4:52.00	4:50.00	4:48.00
19:15.00	18:33.00	18:00.00	17:55.00	17:45.00	10:15.00	10:05.00	10:00.00	9:55.00	9:50.00
BACKSTROKE									
33.40	31.90	31.10	31.05	30.85	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	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	2:39.50	2:36.00	2:35.70	2:35.39	2:34.84
BREASTSTROKE									
36.97	35.87	34.91	34.83	34.64	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	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	3:01.42	2:58.76	2:56.96	2:55.36	2:54.65
BUTTERFLY									
31.47	30.27	29.65	29.45	28.80	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	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	2:46.37	2:42.43	2:38.97	2:38.00	2:37.50
MEDLEY									
2:37.00	2:30.67	2:27.00	2:25.33	2:24.00	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	5:44.61	5:38.00	5:35.92	5:34.70	5:33.89

26 August 2011

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

Day 1 - Tues 6 th March		Day 2 - Wed 7 th March		Day 3 - Thurs 8 th March		Day 4 - Fri 9 th March		Day 5 - Sat 10 th March	
Session 1 - Heats		Session 3 - Heats		Session 5 - Heats		Session 7 - Heats		Session 9 - Heats	
Warm-up	Start: 9am	Warm-up	Start: 9am	Warm-up	Start: 9am	Warm-up	Start: 9am	Warm-up	Start: 9am
1	400m Free W 12-18 years	11	400m IM W 12-18 years	21	200m Free W 12-18 years	31	200m Free M 12-18 years	42	200m Fly W 12-18 years
2	200m IM M 12-18 years	12	400m Free M 12-18 years	22	400m IM M 12-18 years	32	100m Breast W 12-18 years	43	100m Breast M 12-18 years
3	50m Breast W 12-18 years	13	50m Fly M 12-18 years	23	100m Back W 12-18 years	33	100m Back M 12-18 years	44	50m Free W 12-18 years
4	50m Back M 12-18 years	14	50m Breast W 12-18 years	24	50m Fly M 12-18 years	34	50m Back M 12-18 years	45	50m Free M 12-18 years
5	200m Back W 12-18 years	15	100m Free W 12-18 years	25	200m Breast W 12-18 years	35	200m Breast M 12-18 years	46	200m IM W 12-18 years
6	200m Fly M 12-18 years	16	200m Back M 12-18 years	26	100m Free M 12-18 years	36	100m Fly W 12-18 years	47	100m Fly M 12-18 years
						37	800m Free (TF) W 12-18 years	48	1500m Free (TF) M 12-18 years

Session 2 - Finals		Session 4 - Finals		Session 6 - Finals		Session 8 - Finals		Session 10 - Finals	
Warm-up	Start: 6pm	Warm-up	Start: 6pm	Warm-up	Start: 6pm	Warm-up	Start: 6pm	Warm-up	Start: 6pm
1	400m Free W 12-13 years	11	400m IM W 12-13 years	21	200m Free W 12-13 years	37	800m Free W 12-13 years	48	1500m Free M 12-13 years
	W 14 years		W 14 years		W 14 years		W 14 years		W 14 years
	W 15 years		W 15 years		W 15 years		W 15 years		W 15 years
	W 16 years		W 16 years		W 16 years		W 16 years		W 16 years
	W 17-18 years		W 17-18 years		W 17-18 years		W 17-18 years		W 17-18 years
2	200m IM M 12-13 years	12	400m Free M 12-13 years	22	400m IM M 12-13 years			43	100m Breast M 12-13 years
	M 14 years		M 14 years		M 14 years				M 14 years
	M 15 years		M 15 years		M 15 years				M 14 years
	M 16 years		M 16 years		M 16 years				M 15 years
	M 17-18 years		M 17-18 years		M 17-18 years				M 16 years
3	50m Breast W 12-13 years	13	50m Fly W 12-13 years	23	100m Back W 12-13 years			44	50m Free W 12-13 years
	W 14 years		W 14 years		W 14 years				W 14 years
	W 15 years		W 15 years		W 15 years				W 15 years
	W 16 years		W 16 years		W 16 years				W 15 years
	W 17-18 years		W 17-18 years		W 17-18 years				W 16 years
4	50m Back M 12-13 years	14	50m Breast M 12-13 years	24	50m Fly M 12-13 years			45	50m Free M 12-13 years
	M 14 years		M 14 years		M 14 years				M 14 years
	M 15 years		M 15 years		M 15 years				M 14 years
	M 16 years		M 16 years		M 16 years				M 15 years
	M 17-18 years		M 17-18 years		M 17-18 years				M 16 years
5	200m Back W 12-13 years	15	100m Free W 12-13 years	25	200m Breast W 12-13 years			46	200m IM W 12-13 years
	W 14 years		W 14 years		W 14 years				W 14 years
	W 15 years		W 15 years		W 15 years				W 14 years
	W 16 years		W 16 years		W 16 years				W 15 years
	W 17-18 years		W 17-18 years		W 17-18 years				W 16 years
6	200m Fly M 12-13 years	16	200m Back M 12-13 years	26	100m Free M 12-13 years			47	100m Fly W 12-13 years
	M 14 years		M 14 years		M 14 years				M 12-13 years
	M 15 years		M 15 years		M 15 years				M 14 years
	M 16 years		M 16 years		M 16 years				M 15 years
	M 17-18 years		M 17-18 years		M 17-18 years				M 16 years
7	4x50m Free C Relay M 15 & Under	17	4x50m Free R Relay W 15 & Under	27	4x50m Med C Relay W 15 & Under			48	100m Fly M 12-13 years
8	4x50m Free C Relay W 15 & Under	18	4x50m Free R Relay M 15 & Under	28	4x50m Med C Relay M 15 & Under			49	100m Fly M 12-13 years
9	4x50m Free C Relay M 16 & Over	19	4x50m Free R Relay W 16 & Over	29	4x50m Med C Relay W 16 & Over			50	100m Fly M 12-13 years
10	4x50m Free C Relay W 16 & Over	20	4x50m Free R Relay M 16 & Over	30	4x50m Med C Relay M 16 & Over			51	100m Fly M 12-13 years
								52	100m Fly M 12-13 years
								53	100m Fly M 12-13 years
								54	100m Fly M 12-13 years
								55	100m Fly M 12-13 years
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								97	100m Fly M 12-13 years
								98	100m Fly M 12-13 years
								99	100m Fly M 12-13 years
								100	100m Fly M 12-13 years

C Relay = Club Relay
R Relay = Regional Relay

Relay heats will be held if entries exceed 10