

26 August 2011

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

- Age as at 11th April 2012.
- The qualifying period is from 1st January 2011 to 25th 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.

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PCA Entries close 7:00pm 23 March 2012.

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Entry Fee is \$15.00 per 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 **TUESDAY 3rd APRIL 2012.**

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Corrections to psych sheets are to be sent to events@swimmingnz.org.nz by **MIDNIGHT THURSDAY 5th APRIL 2012.**

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

25m Qualifying Times

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

26 August 2011

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

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