

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.

PCA Entries close 7:00pm 3 February 2012.

Entry Fee is \$15.00 per Event.

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

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

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

**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	50m Fly	W 11 years	57	400m Free	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		W 10 years & Under	61		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	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	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	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				