



SWIMMING WELLINGTON 2012 LONG COURSE SUMMER CHAMPIONSHIPS

Wellington Regional Aquatic Centre, Kilbirnie, Friday 20 January - Monday 23 January 2012

SESSION 1, FRIDAY 20 JANUARY					SESSION 2, SATURDAY 21 JANUARY						SESSION 4, SUNDAY 22 JANUARY						SESSION 6, MONDAY 23 JANUARY					
Warm up 4.00-4.45pm Start 5pm					Warm up 7.30-8.15am Start 8.30am						Warm up 7.30-8.15am Start 8.30am						Warm up 7.30-8.15am Start 8.30am					
	AGE	DIS	STK	TYPE	GIRL	BOY	AGE	DIS	STK	TYPE	GIRL	BOY	AGE	DIST	STK	TYPE	GIRL	BOY	AGE	DIST	STK	TYPE
1	Female	800	FREE	TF	3		9/U-18/0	400	FREE	TF	13		FEMALE	1500	FREE	TF	25		9/U-18/0	400	IM	TF
2	Male	1500	FREE	TF		4	9/U-18/0	400	IM	TF	14	15	9/U-18/0	100	BACK	HT		26	9/U-18/0	400	Free	TF
					5	6	9/U-18/0	50	BACK	HT		16	9/U-18/0	200	IM	TF	27	28	9/U-18/0	100	FLY	HT
DUTY CLUB: CAPITAL					7	8	9/U-18/0	100	BREAST	HT	17	18	9/U-18/0	50	FLY	HT	29	30	9/U-18/0	50	BREAST	HT
					9	10	9/U-18/0	50	FREE	HT	19	20	9/U-18/0	200	FREE	TF	31	32	9/U-18/0	100	FREE	HT
					DUTY CLUB: Porirua City Aquatics						DUTY CLUB: Karori, Upper Hutt						DUTY CLUB: Capital					
SESSION 3, SATURDAY 21 JANUARY					SESSION 5, SUNDAY 22 JANUARY						SESSION 7, MONDAY 23 JANUARY											
Warm up 3.30-4.15pm Start 4.30pm					Warm up 3.30-4.15pm Start 4.30pm						Warm up 3.30-4.15pm Start 4.30pm											
	AGE	DIS	STK	TYPE	GIRL	BOY	AGE	DIS	STK	TYPE	GIRL	BOY	AGE	DIS	STK	TYPE	GIRL	BOY	AGE	DIS	STK	TYPE
Swimming Wellington bank account WPT 030502-0166158-00 For direct credit payments					11	12	9/U-18/0	200	FLY	TF		21	Male	800	FREE	TF	33	34	9/U-18/0	200	BACK	TF
					5	6	9/U-18/0	50	BACK	FINAL	14	15	9/U-18/0	100	BACK	FINAL	27	28	9/U-18/0	100	Fly	FINAL
Swimming Wellington is GST registered GST NO. 59-780-824					7	8	9/U-18/0	100	BRST	FINAL	22	23	9/U-18/0	200	BRST	TF	29	30	9/U-18/0	50	BRST	FINAL
					9	10	9/U-18/0	50	FREE	FINAL	17	18	9/U-18/0	50	FLY	FINAL	31	32	9/U-18/0	100	FREE	FINAL
					DUTY CLUB: SwimZone						DUTY CLUB: Tawa, Raumati						DUTY CLUB: SwimZone					
					DUTY CLUB: SwimZone						DUTY CLUB: Tawa, Raumati						DUTY CLUB: SwimZone					

Duty Club to provide the following:

- ✓ 2 door supervisor [1 for raffles, 1 for officials sign in]
- ✓ 3 kitchen
- ✓ 2 marshals,
- ✓ 1 office runners
- ✓ 1 **adult** medal assistant
- ✓ 1 medal bearer in club uniform

The first listed club to coordinate

This is in addition to the technical officials clubs are required to provide

FOR TIMED FINAL EVENTS – READ THE SCRATCHING RULE

In accordance with SNZ Withdrawal Regulations 3 [3.2], a Swim Wellington \$30 late withdrawal fee applies to all timed final events. Scratching should be received 15 minutes, prior to the end of the previous session.

Conditions of entry:

1. **Age is at 20 January 2012.** Times to have been obtained at an official meet between 21 January 2011 and 11 January 2012. **No times not accepted.**
2. **Scoring Age Groups will be:** 50m & 100m events = 9/U, 10, 11, 12, 13, 14, 15, 16/17, 18&O: 200m events = 10/u, 11, 12, 13, 14, 15, 16/17, 18&O (except 200 fly)
400m events and 200 fly = 11/U 12, 13, 14, 15, 16/17, 18&O: 800 & 1500m events = 13/u, 14, 15, 16/17, 18&O
3. **Points will be:** 15, 11, 8, 7, 6, 5, 4, 3, 2, 1 for places 1-10 inclusive, with an additional 20 points per NZ record broken. There will be no visitors' limits in any race.
4. **Prizes will be awarded for the Age Group Meet Winner in each age group of 9/u, 10, 11, 12, 13, 14, 15, 16/17, 18 & O, male & female.**
Medals will be presented throughout the sessions, and presentations will include recognition of Open Champions in each stroke/distance, both male and female. 50 and 100m events will be swum as graded scratch heats with age group finals; all other events will be swum as multi-age graded scratch timed finals. Medals will be presented in line with the scoring age groups throughout the session. Finalist ribbons will be available for collection by swimmers finishing 4th – 10th in their events, these should be collected during the session.
5. **There will be no refunds for withdrawals after the entries close on Wednesday 11 January 2012.** For all **timed final and final events**, scratchings must be received within 15 minutes of the previous session ending. Failure to follow this procedure to withdraw from a **timed final and final event**, will result in a \$30 late withdrawal fee payable on the day, in accordance with the SNZ Regulations 3 [3.2]. Swimmers who withdraw from the entire meet prior to the start of the meet, 20 January 2012, will receive a full refund of their entry fees by providing a valid medical certificate.
6. Over the top starts will be used for all events except evening finals. Club seating will be allocated for the weekend. All clubs are to provide technical officials for the meet. 10 lanes will be used for all events. The meet will be conducted under SNZ rules.
7. **PCA Entries close 7:00pm 12 December 2011.**
Entry Fee is \$9.00 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 (with payment via internet).
All payments (Cheque or Internet) must be received by the closing date for the entry to be accepted.
8. **Payment via the internet is to be made to the race account (03-0547-0205093-01).**
9. **Entry to the pool will be through the front entrance for all Swimmers, Team Managers and Coaches, who will be issued with passes.**
\$2 door entry fee will be payable by all spectators. Programmes, \$2 per session. Entry and programmes for **nominated Team Coaches & Team Managers** will be; 1–10 Swimmers [2], 11-20 [4], 21-35+ [6]. **Officials are required to sign in for each session.**
10. **The Organisers** will not be liable for any loss or damage during the period of the meet. All participants must agree to comply with the Sports' Anti-Doping Rules.
11. The Organisers reserve the right to amend the program if necessary, and to refuse entries.
12. **An official photographer** may be in attendance, Media will be invited to cover the event.
13. **Organisers on behalf of Wellington Swimming are:**
Henrietta Latham 04 5600381 or 027 5021854 (Entries) Sandy Turner 04 9381098 (Treasurer)
Greg Forsythe 04-476 0060 (Officials/Publicity/Meet Director) Kay Hudson 027 2220286 (Late entries/Scratchings)



50m Qualifying Times-

MALE

FEMALE

9/U	10	11	12	13	14	15	16/O	Event	9/U	10	11	12	13	14	15	16/O
Freestyle																
0.45	0.42	0.41	0.37	0.36	0.35	0.34	0.32	50	0.45	0.42	0.41	0.39	0.38	0.37	0.36	0.35
1.43	1.36	1.29	1.25	1.15	1.11	1.10	1.09	100	1.42	1.35	1.29	1.25	1.17	1.16	1.15	1.14
3.12	3.12	3.10	2.48	2.46	2.30	2.28	2.26	200	3.12	3.12	3.10	2.48	2.46	2.40	2.39	2.38
5.45	5.45	5.45	5.40	5.30	5.20	5.15	5.10	400	5.40	5.40	5.40	5.38	5.35	5.25	5.20	5.15
11.20	11.20	11.20	11.20	11.20	10.45	10.40	10.20	800	11.30	11.30	11.30	11.30	11.30	11.25	11.24	11.23
20.50	20.50	20.50	20.50	20.50	20.20	19.50	19.00	1500	21.00	21.00	21.00	21.00	21.00	20.50	20.00	19.50
Backstroke																
0.51	0.48	0.47	0.43	0.42	0.41	0.40	0.39	50	0.51	0.47	0.46	0.45	0.44	0.43	0.42	0.41
1.55	1.48	1.41	1.37	1.26	1.25	1.24	1.23	100	1.55	1.47	1.41	1.37	1.29	1.28	1.27	1.26
3.36	3.36	3.30	3.10	2.58	2.53	2.50	2.49	200	3.37	3.37	3.35	3.32	3.10	2.58	2.56	2.55
Breaststroke																
0.59	0.58	0.54	0.47	0.46	0.45	0.44	0.43	50	0.58	0.53	0.52	0.47	0.46	0.45	0.44	0.43
2.14	2.01	1.52	1.47	1.36	1.35	1.34	1.33	100	2.13	2.00	1.52	1.47	1.39	1.38	1.37	1.36
4.15	4.15	4.12	3.35	3.33	3.14	3.13	3.12	200	4.12	4.12	4.10	3.35	3.33	3.20	3.19	3.18
Butterfly																
0.54	0.52	0.51	0.44	0.43	0.42	0.41	0.39	50	0.53	0.52	0.51	0.44	0.43	0.42	0.41	0.40
2.07	2.01	1.48	1.39	1.27	1.26	1.25	1.22	100	2.05	1.57	1.48	1.39	1.28	1.27	1.26	1.25
3.51	3.51	3.51	3.24	3.22	3.10	3.09	3.08	200	3.51	3.51	3.51	3.24	3.22	3.12	3.11	3.10
Medley																
3.41	3.41	3.35	3.09	3.08	2.54	2.52	2.50	200	3.38	3.38	3.30	3.09	3.08	3.00	2.59	2.58
6.45	6.45	6.45	6.40	6.35	6.25	6.23	6.20	400	6.45	6.45	6.45	6.40	6.38	6.36	6.35	6.30

