


SWIMMING WELLINGTON 2010 LONG COURSE SUMMER CHAMPIONSHIPS

Wellington Regional Aquatic Centre, Kilbirnie, Friday 22 January ~ Monday 25 January 2010

SESSION 1, FRIDAY 22 JANUARY					SESSION 2, SATURDAY 23 JANUARY						SESSION 4, SUNDAY 24 JANUARY						SESSION 6, MONDAY 25 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	STRK	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	4	11/U-16/0	400	FREE	TF	13		FEMALE	1500	FREE	TF	25	26	11/U-16/0	400	IM	TF
2	Male	1500	FREE	TF	5	6	9/U-16/0	50	BACK	HT	14	15	9/U-16/0	100	BACK	HT	27	28	9/U-16/0	100	FLY	HT
					7	8	9/U-16/0	100	BRST	HT		16	10/U-16/0	200	IM	TF	29	30	9/U-16/0	50	BRST	HT
DUTY CLUB: Capital					9	10	9/U-16/0	50	FREE	HT	17	18	9/U-16/0	50	FLY	HT	31	32	9/U-16/0	100	FREE	HT
 NZCT <small>NZ COMMUNITY TRUST</small>					DUTY CLUB: Porirua City Aquatics						DUTY CLUB: Karori, Upper Hutt						DUTY CLUB: Capital					
					SESSION 3, SATURDAY 23 JANUARY						SESSION 5, SUNDAY 24 JANUARY						SESSION 7, MONDAY 25 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					
Swimming Wellington bank account WPT 030502-0166158-00 For direct credit payments Swimming Wellington is GST registered GST NO. 59-780-824					GIRL	BOY	AGE	DIS	STK	TYPE	GIRL	BOY	AGE	DIS	STK	TYPE	GIRL	BOY	AGE	DIS	STK	TYPE
					11	12	10/U-16/0	200	FLY	TF		21	Male	800	FREE	TF	33	34	10/U-16/0	200	BACK	TF
					5	6	9/U-16/0	50	BACK	FINAL	14	15	9/U-16/0	100	BACK	FINAL	27	28	9/U-16/0	100	Fly	FINAL
					7	8	9/U-16/0	100	BRST	FINAL	22	23	10/U-16/0	200	BRST	TF	29	30	9/U-16/0	50	BRST	FINAL
					9	10	9/U-16/0	50	FREE	FINAL	17	18	9/U-16/0	50	FLY	FINAL	31	32	9/U-16/0	100	FREE	FINAL
						24		10/U-16/0	200	IM	TF											
					DUTY CLUB: SwimZone						DUTY CLUB: Tawa, Raumati, Kapiti						DUTY CLUB: SwimZone					

Duty Club to provide the following: 3 door, 3 kitchen, 2 marshals, 2 office runners, 1 medal bearer in club uniform & 1 **adult** medal assistant.
The first listed club to coordinate
This is in addition to the technical officials clubs are required to provide.

WELLINGTON

Entry Fee [inclusive of GST]	No. of Entries	Amount paid
\$7.00 per event	@\$7.00	\$

Conditions of entry:

- Age is at 22 January 2010.** Qualifying times shall have been swum at an official meet between 16th January 2009 and 18th January 2010. Qualifying times swum in other than a 50m pool must be converted using SNZ conversion tables. **No times not accepted.**
- Scoring Age Groups will be:** 50m & 100m events = 9/U, 10, 11, 12, 13, 14, 15, 16/over: 200m events = 10/u, 11, 12, 13, 14, 15, 16/o (except 200 fly)
400m events and 200 fly = 11/U 12, 13, 14, 15, 16/O: 800 & 1500m events = 13/u, 14, 15, 16/0
- 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.
- Prizes will be awarded for the Age Group Meet Winner in each age group of 9/u, 10, 11, 12, 13, 14, 15, 16/0, male & female.**
Medals will be presented in line with the scoring age groups, 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. Finalist ribbons will be available for collection by swimmers finishing 4th – 10th in their events and these should be collected during the session by the swimmer.
- There will be no refunds for withdrawals [including medical] after the entries close on Monday 18 January 2010.**
- 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.
- Entries close at 12:00pm [lunchtime] on Monday 18 January 2010; late entries will not be accepted.** Entries to be forwarded to Operations@swimwn.co.nz, and must be accompanied by a **cfile or hyv file, fee summary, entry report by swimmer with proof of times.**
- Entry fees of \$7 per event, accompanied by a fee summary, should be sent by 18 January 2010 to:** Viv Morton, 6 Exploration Way, Whitby, Porirua, 5024, [one cheque per club]. Electronic payments can be made to; **WPT 030502-0166158-00.** The conditions of this meet is that all entry fees are to be paid in advance. **In accordance with SNZ Withdrawal Regulations 3. [3.2], a SW \$30 late withdrawal fee applies to timed finals and finals, payable on the day by the swimmer's club.**
- Entry to the pool** will be via the rear side door. \$1 door entry fee will be payable by all spectators. Free admission for officials and swimmers registered for the session. 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], 36+ [8]. **Officials/Team Coaches/Managers are required to sign in.**
- 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.
- The Organisers reserve the right to amend the program if necessary, and to refuse entries.
- An official photographer** may be in attendance, Media will be invited to cover the event.
- Organisers on behalf of Wellington Swimming are;** Henrietta Latham 04 5600381 or 027 5021854 (Entries) Viv Morton 04-2347071 (Treasurer)
Greg Forsythe 04-476 0060 (Officials/Publicity) TBA (Meet Director)



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	0.42	0.37	0.37	0.34	0.34	0.32	50	0.45	0.42	0.42	0.37	0.37	0.36	0.36	0.35
1.43	1.36	1.29	1.25	1.15	1.11	1.11	1.10	100	1.42	1.35	1.29	1.25	1.17	1.16	1.16	1.15
3.12	3.12	3.12	2.48	2.48	2.30	2.30	2.27	200	3.12	3.12	3.12	2.48	2.48	2.40	2.40	2.39
5.45	5.45	5.45	5.45	5.30	5.20	5.15	5.10	400	5.40	5.40	5.40	5.40	5.35	5.25	5.20	5.15
11.20	11.20	11.20	11.20	11.20	10.45	10.45	10.20	800	11.30	11.30	11.30	11.30	11.30	11.25	11.25	11.23
21.00	21.00	21.00	21.00	20.50	20.20	19.50	19.00	1500	21.50	21.50	21.50	21.50	21.00	20.50	20.00	19.50
Backstroke																
0.51	0.48	0.48	0.43	0.43	0.40	0.40	0.39	50	0.51	0.47	0.47	0.43	0.43	0.41	0.41	0.41
1.55	1.48	1.41	1.37	1.26	1.25	1.25	1.25	100	1.55	1.47	1.41	1.37	1.29	1.28	1.28	1.28
3.36	3.36	3.36	3.10	2.58	2.53	2.50	2.49	200	3.37	3.37	3.37	3.32	3.10	2.58	2.56	2.55
Breaststroke																
0.59	0.54	0.54	0.47	0.47	0.45	0.45	0.44	50	0.58	0.53	0.53	0.47	0.47	0.46	0.46	0.45
2.14	2.01	1.52	1.47	1.36	1.35	1.35	1.35	100	2.13	2.00	1.52	1.47	1.39	1.38	1.38	1.38
4.15	4.15	4.15	3.35	3.35	3.14	3.14	3.12	200	4.12	4.12	4.12	3.35	3.35	3.20	3.20	3.20
Butterfly																
0.54	0.52	0.52	0.44	0.44	0.40	0.40	0.39	50	0.53	0.52	0.52	0.44	0.44	0.41	0.41	0.41
2.07	2.01	1.48	1.39	1.27	1.26	1.26	1.26	100	2.05	1.57	1.48	1.39	1.28	1.28	1.28	1.27
3.51	3.51	3.51	3.24	3.24	3.09	3.09	3.08	200	3.51	3.51	3.51	3.24	3.24	3.10	3.10	3.10
Medley																
3.41	3.41	3.41	3.09	3.09	2.54	2.54	2.54	200	3.38	3.38	3.38	3.09	3.09	3.00	3.00	2.59
6.45	6.45	6.45	6.45	6.45	6.25	6.25	6.20	400	6.45	6.45	6.45	6.45	6.45	6.39	6.39	6.38