

Swimming Wellington 2016 Short Course Championships

6th – 7th August & 13th – 14th August 2016

Wellington Regional Aquatic Centre, Kilbirnie, Wellington

1. Meet will be swum under SNZ/FINA rules with over the top starts.
2. **This event will be swum Short Course and the start end will be from the shallow end. Please note the pool depth is 1.2m. Care is required when diving. Entry to the pool during warm-up will be feet first only (except authorised sprint lanes).**
3. Age is as at **6 August 2016. This meet is open to all SNZ registered competitive swimmers only.**
4. Qualifying times must have been obtained between **18 July 2015** and the entry closing date of **31 July 2016**. Converted times are permissible.
5. **Performances not held within the National Database will not be eligible for use to enter this Championship.**
6. Individual Timed Final Events will be swum and scored in the following age groups for both male & female: 50m All strokes: 9/u, 10, 11, 12, 13, 14, 15, 16/17,18+ 100m All strokes: 9/u, 10, 11, 12, 13, 14, 15, 16/17,18+ 200m All strokes: 10/u, 11, 12, 13, 14, 15, 16/17,18+ 400m Freestyle & IM: 11/u, 12/13, 14/15, 16/17,18+ 800m Freestyle: Open Male/Female **Top 30** 1500m Freestyle: Open Male/Female **Top 30**
7. Medals will be presented throughout the sessions, to those placed 1st, 2nd and 3rd in each event. Ribbons will be available for collection for those placed 4th – 10th. Overall age group awards will be presented for each MALE and FEMALE 9/U, 10, 11, 12, 13, 14, 15, 16/O at the end of the meet. There will be no restriction on the number of visiting swimmers.
8. 3 trophies will be awarded to Wellington Regional Clubs only -To the club team of more than four swimmers that achieves the best average individual event points over the meet, i.e. points divided by the number of swimmers, for the Club with the highest points score, and for the highest scoring club in the 12&U age. The points will be earned as 20, 14, 10, 7, 6, 5, 4, 3, 2, 1 for first to tenth inclusive.
9. All participating clubs will be expected to provide officials for the meet. These officials are in addition to the duty club requirements.
10. National Meet dress standards will be observed for all medal presentations. Same gender substitutes will be allowed.
11. **Entries will be via the SNZ Database. Entries close at 23:59:59 (Midnight) on Sunday 31 July 2016. Late entries will not be accepted.**
12. **Entry fees are \$10.00 per event including GST. Direct payment to be made via the SNZ database. SW GST number 59-780-824.**
13. For all **timed final and final events, scratching must be received by the end of the previous session. Those swimming in Final Events in the first session must withdraw by 5pm Friday 5th or 12th August 2016.** Failure to follow this withdrawal procedure will result in a \$30 late withdrawal fee payable on the day, in accordance with SNZ Regulations 3 [3.2].
14. **There will be no refunds for withdrawals after publication of the psych sheets. Swimmers withdrawing for medical reasons must provide a valid medical certificate prior the start of the meet, 6 August 2016, to be considered for a refund. Please ensure your swimmers and their families are informed.**
15. **Entry to the pool will be through the southern entrance on Kilbirnie Crescent for all Swimmers, Officials, Team Managers and Coaches. Swimming Wellington pool entry passes are to be used by Officials, Swimmers and Team Managers. Coaches NZSCTA entry passes are to be used. Passes must be shown upon entry. Visiting clubs will be issued with temporary entry passes for the weekend. Timekeepers and Duty Clubs are also asked to sign in at the southern entrance on Kilbirnie Crescent.**
16. Entry (and programmes) for **nominated Team Coaches & Team Managers** will be; 1–10 Swimmers [2], 11–20 [4], 21–35+ [6]. Programmes for Team Managers & Coaches can be uplifted from the recorders table next to the AOD room. **There will be a Team Manager and Officials Meeting held in the Marshalling Room at the beginning of Warm Up (3.00pm) on both Saturday Sessions. All Team Managers and Officials are required to attend this meeting.**
17. Entry fee \$3 for all spectators. Programmes \$3 per session.
18. Warm up is restricted to those competing in the meet. Two warm-up/ warm-down lanes will be available throughout the meet.
19. Para swimmers are eligible to compete at this meet and shall compete under the IPC Swimming rules. Para swimmers must present their classification card to the Meet Director prior to commencement of the meet. **There are no qualifying times for para swimmers (but a valid entry time must be submitted with all entries). Entries for para swimmers must be submitted manually to Bridget Tait at Events@swimwn.co.nz**
20. The organisers reserve the right to amend the programme, and to refuse entries.
21. **Participants who have entered this event agree to allow images (e.g. photography, video, etc.) to be taken by accredited media approved by Swimming Wellington. Images are only to be used for legitimate purposes by Swimming Wellington in accordance with the SNZ Member Protection Policy.**
22. SW 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.

Meet Organisers: Henrietta Latham Operations@swimwn.co.nz

Bridget Tait Events@swimwn.co.nz

Meet Director – Greg Forsythe

Swimming Wellington 2016 Short Course Championships

6th - 7th August & 13th - 14th August 2016

WEEKEND 1 Saturday 6th and Sunday 7th August 2016

Session 1- Saturday 6th				Session 2- Sunday 7th				Session 3- Sunday 7th			
Warm-up: 3-3.45pm				Warm-up: 7.30-8.15am				Warm-up: 3-3.45pm			
Start: 3.50pm				Start: 8.20am				Start: 3.50pm			
1	400 Fr	F	11/U	44	800 Fr	M	Top30	82	400 Fr	M	14/15
2	400 Fr	F	12/13	45	800 Fr	F	Top30	83	400 Fr	M	16/O
3	400 Fr	M	11/U	46	200 Bk	M	10/U	84	400 Fr	F	14/15
4	400 Fr	M	12/13	47	200 Bk	M	11	85	400 Fr	F	16/O
5	50 Br	F	9/U	48	200 Bk	M	12	86	50 Fly	M	9/U
6	50 Br	F	10	49	200 Bk	M	13	87	50 Fly	M	10
7	50 Br	F	11	50	200 Bk	M	14	88	50 Fly	M	11
8	50 Br	F	12	51	200 Bk	M	15	89	50 Fly	M	12
9	50 Br	F	13	52	200 Bk	M	16/O	90	50 Fly	M	13
10	50 Br	F	14	53	200 Bk	F	10/U	91	50 Fly	M	14
11	50 Br	F	15	54	200 Bk	F	11	92	50 Fly	M	15
12	50 Br	F	16/O	55	200 Bk	F	12	93	50 Fly	M	16/O
13	50 Br	M	9/U	56	200 Bk	F	13	94	50 Fly	F	9/U
14	50 Br	M	10	57	200 Bk	F	14	95	50 Fly	F	10
15	50 Br	M	11	58	200 Bk	F	15	96	50 Fly	F	11
16	50 Br	M	12	59	200 Bk	F	16/O	97	50 Fly	F	12
17	50 Br	M	13	60	100 Fr	M	9/U	98	50 Fly	F	13
18	50 Br	M	14	61	100 Fr	M	10	99	50 Fly	F	14
19	50 Br	M	15	62	100 Fr	M	11	100	50 Fly	F	15
20	50 Br	M	16/O	63	100 Fr	M	12	101	50 Fly	F	16/O
21	100 Bk	F	9/U	64	100 Fr	M	13	102	200IM	M	10/U
22	100 Bk	F	10	65	100 Fr	M	14	103	200IM	M	11
23	100 Bk	F	11	66	100 Fr	M	15	104	200IM	M	12
24	100 Bk	F	12	67	100 Fr	M	16/O	105	200IM	M	13
25	100 Bk	F	13	68	200 Fly	F	10/U	106	200IM	M	14
26	100 Bk	F	14	69	200 Fly	F	11	107	200IM	M	15
27	100 Bk	F	15	70	200 Fly	F	12	108	200IM	M	16/O
28	100 Bk	F	16/O	71	200 Fly	F	13	109	100 Fr	F	9/U
29	100 Bk	M	9/U	72	200 Fly	F	14	110	100 Fr	F	10
30	100 Bk	M	10	73	200 Fly	F	15	111	100 Fr	F	11
31	100 Bk	M	11	74	200 Fly	F	16/O	112	100 Fr	F	12
32	100 Bk	M	12	75	200 Fly	M	10/U	113	100 Fr	F	13
33	100 Bk	M	13	76	200 Fly	M	11	114	100 Fr	F	14
34	100 Bk	M	14	77	200 Fly	M	12	115	100 Fr	F	15
35	100 Bk	M	15	78	200 Fly	M	13	116	100 Fr	F	16/O
36	100 Bk	M	16/O	79	200 Fly	M	14				
37	200 IM	F	10/U	80	200 Fly	M	15				
38	200 IM	F	11	81	200 Fly	M	16/O				
39	200 IM	F	12								
40	200 IM	F	13								
41	200 IM	F	14								
42	200 IM	F	15								
43	200 IM	F	16/O								

There will be continuous warm up and warm down available – 2 lanes only



WEEKEND 2 Saturday 13th and Sunday 14th August 2016

Session 4- Saturday 13th				Session 5- Sunday 14th				Session 6- Sunday 14th			
Warm-up: 3-3.45pm				Warm-up: 7.30-8.15am				Warm-up: 3-3.45pm			
Start: 3.50pm				Start: 8.20am				Start: 3.50pm			
117	400IM	F	11/U	160	1500 Fr	M	Top30	200	200 Fr	M	10/U
118	400IM	F	12/13	161	1500 Fr	F	Top30	201	200 Fr	M	11
119	400IM	M	11/U	162	100 IM	M	9/U	202	200 Fr	M	12
120	400IM	M	12/13	163	100 IM	M	10	203	200 Fr	M	13
121	50 Bk	F	9/U	164	100 IM	M	11	204	200 Fr	M	14
122	50 Bk	F	10	165	100 IM	M	12	205	200 Fr	M	15
123	50 Bk	F	11	166	100 IM	M	13	206	200 Fr	M	16/O
124	50 Bk	F	12	167	100 IM	M	14	207	400 IM	F	14/15
125	50 Bk	F	13	168	100 IM	M	15	208	400 IM	F	16/O
126	50 Bk	F	14	169	100 IM	M	16/O	209	400 IM	M	14/15
127	50 Bk	F	15	170	100 IM	F	9/U	210	400 IM	M	16/O
128	50 Bk	F	16/O	171	100 IM	F	10	211	100 Fly	F	9/U
129	50 Bk	M	9/U	172	100 IM	F	11	212	100 Fly	F	10
130	50 Bk	M	10	173	100 IM	F	12	213	100 Fly	F	11
131	50 Bk	M	11	174	100 IM	F	13	214	100 Fly	F	12
132	50 Bk	M	12	175	100 IM	F	14	215	100 Fly	F	13
133	50 Bk	M	13	176	100 IM	F	15	216	100 Fly	F	14
134	50 Bk	M	14	177	100 IM	F	16/O	217	100 Fly	F	15
135	50 Bk	M	15	178	200 Br	M	10/U	218	100 Fly	F	16/O
136	50 Bk	M	16/O	179	200 Br	M	11	219	100 Fly	M	9/U
137	200 Fr	F	10/U	180	200 Br	M	12	220	100 Fly	M	10
138	200 Fr	F	11	181	200 Br	M	13	221	100 Fly	M	11
139	200 Fr	F	12	182	200 Br	M	14	222	100 Fly	M	12
140	200 Fr	F	13	183	200 Br	M	15	223	100 Fly	M	13
141	200 Fr	F	14	184	200 Br	M	16/O	224	100 Fly	M	14
142	200 Fr	F	15	185	200 Br	F	10/U	225	100 Fly	M	15
143	200 Fr	F	16/O	186	200 Br	F	11	226	100 Fly	M	16/O
144	100 Br	M	9/U	187	200 Br	F	12	227	50 Free	F	9/U
145	100 Br	M	10	188	200 Br	F	13	228	50 Free	F	10
146	100 Br	M	11	189	200 Br	F	14	229	50 Free	F	11
147	100 Br	M	12	190	200 Br	F	15	230	50 Free	F	12
148	100 Br	M	13	191	200 Br	F	16/O	231	50 Free	F	13
149	100 Br	M	14	192	50 Free	M	9/U	232	50 Free	F	14
150	100 Br	M	15	193	50 Free	M	10	233	50 Free	F	15
151	100 Br	M	16/O	194	50 Free	M	11	234	50 Free	F	16/O
152	100 Br	F	9/U	195	50 Free	M	12				
153	100 Br	F	10	196	50 Free	M	13				
154	100 Br	F	11	197	50 Free	M	14				
155	100 Br	F	12	198	50 Free	M	15				
156	100 Br	F	13	199	50 Free	M	16/O				
157	100 Br	F	14								
158	100 Br	F	15								
159	100 Br	F	16/O								

Swimmers can record an 800m time from their 1500m swim. These extracted times will not be scored nor placed.

Qualifying Times 2016

Male

Short Course

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	0.43	0.42	0.40	0.35	0.34	0.34	0.33	50	0.45	0.43	0.42	0.40	0.37	0.36	0.35	0.35
1.43	1.35	1.29	1.25	1.15	1.13	1.12	1.11	100	1.43	1.35	1.29	1.25	1.18	1.17	1.17	1.16
3.17	3.17	3.02	2.53	2.38	2.34	2.32	2.28	200	3.17	3.17	3.02	2.53	2.44	2.42	2.41	2.39
6.10	6.10	6.10	6.00	5.35	5.25	5.24	5.24	400	6.10	6.10	6.10	6.00	5.50	5.44	5.42	5.38
11.20	11.20	11.20	11.20	11.20	10.45	10.45	10.45	800	11.30	11.30	11.30	11.30	11.30	11.25	11.25	11.23
21.12	21.12	21.12	21.12	21.12	20.40	20.40	20.23	1500	22.00	22.00	22.00	22.00	22.00	21.40	21.40	21.40
Backstroke																
0.51	0.50	0.48	0.45	0.40	0.39	0.38	0.37	50	0.51	.50	0.48	0.45	0.42	0.41	0.41	0.40
1.51	1.47	1.41	1.36	1.24	1.23	1.23	1.21	100	1.51	1.47	1.41	1.36	1.29	1.28	1.28	1.27
3.35	3.35	3.22	3.10	3.00	2.55	2.50	2.49	200	3.35	3.35	3.24	3.14	3.06	3.01	3.00	2.58
Breaststroke																
0.59	0.56	0.52	0.49	0.45	0.44	0.43	0.42	50	0.59	0.56	0.52	0.49	0.46	0.45	0.45	0.44
2.14	2.00	1.52	1.47	1.36	1.33	1.32	1.31	100	2.05	1.55	1.43	1.40	1.39	1.38	1.38	1.37
4.09	4.09	3.48	3.38	3.21	3.14	3.12	3.10	200	4.00	4.00	3.40	3.29	3.28	3.27	3.20	3.20
Butterfly																
0.54	0.50	0.47	0.44	0.40	0.39	0.39	0.38	50	0.55	0.51	0.47	0.44	0.41	0.40	0.40	0.40
2.00	1.52	1.43	1.40	1.28	1.25	1.24	1.24	100	2.00	1.53	1.44	1.41	1.35	1.30	1.29	1.28
3.35	3.35	3.35	3.30	3.08	3.06	3.04	3.03	200	3.40	3.40	3.40	3.35	3.25	3.20	3.20	3.18
Individual Medley																
1.56	1.49	1.42	1.38	1.27	1.26	1.26	1.26	100	1.56	1.48	1.42	1.38	1.30	1.29	1.29	1.29
3.26	3.26	3.26	3.14	3.01	2.56	2.55	2.54	200	3.26	3.26	3.26	3.14	3.07	2.55	2.54	2.53
7.00	7.00	7.00	6.58	6.31	6.25	6.24	6.18	400	7.00	7.00	7.00	6.58	6.53	6.50	6.47	6.43

Warm-up Procedure

A warm-up procedure will be advertised at the pool during the meet, please ensure swimmers follow these instructions. Diving is only permitted in specified lanes during warm-up; all other entry to the water must be **FEET FIRST**. The meet will start from the northern end of the pool and there will be 2 lanes available for the duration of the meet for warm-up and warm-down purposes towards the southern end of the pool. Please pay attention to pool signage for direction to these lanes.

Only competitors are able to use warm-up and warm-down facilities.