



# **LABOUR WEEKEND SWIM MEET**

**FRIDAY, 23 OCTOBER 2009 - SESSION ONE**

**SATURDAY, 24 OCTOBER 2009 - SESSION TWO & THREE**

**SUNDAY, 25 OCTOBER 2009 - SESSION FOUR & FIVE**

**SOUTHLAND AQUATIC CENTRE**

***SPLASH PALACE***

**ELLES ROAD, INVERCARGILL**

# ORCA LABOUR WEEKEND SWIM MEET

## MEET RULES

### ENTRIES:

- ⇒ All entries are to be submitted as an electronic entries file and emailed to the address below.
- ⇒ The swimmers New Zealand ID number, including DOB & middle initial, is required.
- ⇒ Age is at the first day of the meet - Friday 23 October 2009.
- ⇒ Age groups are: 8yrs and under  
9yrs and 10yrs  
11yrs and 12yrs  
13yrs and 14yrs  
15yrs and Over
- ⇒ **The two hundred meters Backstroke, Breaststroke and Butterfly, and 400m Freestyle and Individual Medley will be swum as mixed open events but resulted as Male and Female 11 & 12yrs, 13 & 14yrs 15yrs & over. Two hundred meter Freestyle and 200m Individual Medley events will be swum as mixed open events but resulted as Male and Female 9 & 10yrs, 11 & 12yrs 13 & 14yrs 15yrs & over. Qualifying times apply for entry to 200m and 400m events. (Refer to the table of qualifying times on the next page.)**
- ⇒ **Swimmers of the age of 10yrs and under who wish to compete in the 11 and 12yrs 200m Backstroke, Breaststroke and Butterfly may do so if they have an entry time equal to or better than the qualifying time for 10yrs and under for the stroke and distance. Swimmers who swim up an age will not be allocated points in the 10yrs and under age group for swimming these events.**
- ⇒ All distances of 200m and over will be swum as timed finals either in the morning prelim session or the evening finals sessions. They will be swum in the order they appear on the schedule.
- ⇒ Event 1, Open men's 1500m Freestyle, and 2, Open Women's 800m Freestyle will be restricted to the fastest 8 entries in each event.  
A refund of entry fees for unsuccessful entrants will be made to the team Official before the conclusion of the meet.
- ⇒ Entries close no later than **Wednesday 7 October 2009 with:**  
  
**Lyn Sutherland,**  
**ph 03 217 4961 cell 021 710 029**  
**Email [lyn.suth@xtra.co.nz](mailto:lyn.suth@xtra.co.nz)**  
  
**Cheque for entry fees to be posted to Orca Swimming Club, PO Box 634, Invercargill 9840,**  
**to be received by 15 October, 2009**  
**OR**  
**Direct Credit into Account : SBS 031355 0507673 00. Please use Club Name in the Reference Field.**
- ⇒ Post entries will only be accepted if received prior to the commencement of the session in which they are to be swum. Subject to, a lane being available and double the entry fee, accompanying the entry.
- ⇒ There will be **NO** time trials.

### ENTRY FEES:

- ⇒ An entry fee of: \$6.50 per individual event  
\$12.00 per relay event.
- ⇒ Cheques are to be made payable to Orca Swimming Club INC.
- ⇒ Refunds for withdrawals will be made only if accompanied by a medical certificate.
- ⇒ All entry fees must be paid before commencement of meet

### RELAYS

- ⇒ All relays will be swum as timed finals.
- ⇒ All relays are mixed teams events, i.e. two males and two females within the age grouping.
- ⇒ A swimmer may swim up an age group but must remain in that age group for all relay events, hence a swimmer may only compete in one age group.

### AWARDS

- ⇒ Medals will be presented to the first 3 place-getters in each individual event. Ribbons for places 4th to 8<sup>th</sup> will be placed in team trays after each session.
- ⇒ A trophy will be awarded to the club scoring the highest aggregate points in two categories:
  1. Club with more than 15 swimmers
  2. Club with 15 or less entrants
- ⇒ Points will be allocated thus: 1<sup>st</sup> = 10, 2<sup>nd</sup> = 8, 3<sup>rd</sup> = 6, 4<sup>th</sup> = 5, 5<sup>th</sup> = 4, 6<sup>th</sup> = 3, 7<sup>th</sup> = 2, 8<sup>th</sup> = 1.
- ⇒ Towels will be presented to the first placed team in the relay events.
- ⇒ Individual prizes will be presented to the boy and girl scoring the highest aggregate points in each age group. Points allocation as above.
- ⇒ Spot prizes.

For further information contact: **The Meet Convenor**  
**Dom Flatley**  
**Cell : 027 227 6144 or**  
**PO Box 521, Invercargill**

### **QUALIFYING TIMES FOR 200M & 400M EVENTS** (Times are long course 50m times)

**NB** Ten year olds may swim up in the 200m Backstroke and Breaststroke if they have a time equal to or better than the qualifying time.\* However points gained will not be calculated in the 10yrs and under age group.

	9 & 10yrs	11 & 12 yrs	13 & 14yrs	15yrs & over
Freestyle 200m	3:10.00	2:52.00	2:40.00	2:30.00
Freestyle 400m		6:10.00	5:40.00	5:25.00
Backstroke 200m	*3:31.00	3:16.00	3:06.00	3:00.00
Breaststroke 200m	*4:12.00	3:41.00	3:30.00	3:20.00
Butterfly 200m		3:46.00	3:10.00	3:00.00
Medley 200m		3:40.00	3:25.00	3:20.00
Medley 400m		6:35.00	6:10.00	5:50.00

# ORCA LABOUR WEEKEND SWIM MEET

23, 24 & 25 OCTOBER 2009

All events to be held long course (50m).

## SESSION 1: Friday 23 October Warm up 5pm Start 6pm

(One heat only for events 1 and 2)

1	Open Male 1500m Freestyle	Timed Final
2	Open Female 800m Freestyle	Timed Final
3	Open Male 50m Freestyle	Prelim
4	Open Female 50m Freestyle	Prelim
3	Male 10yrs & under 50m Freestyle	Final
	Male 11 & 12yrs 50m Freestyle	Final
	Male 13 & 14yrs 50m Freestyle	Final
	Male 15yrs & over 50m Freestyle	Final
4	Female 10yrs & under 50m Freestyle	Final
	Female 11 & 12yrs 50m Freestyle	Final
	Female 13 & 14yrs 50m Freestyle	Final
	Female 15yrs & over 50m Freestyle	Final
5	Mixed 10yrs & under 4 x 50m Medley relay	Timed Final
6	Mixed 11 & 12yrs 4 x 50m Medley relay	Timed Final
7	Mixed 13 & 14yrs 4 x 50m Medley relay	Timed Final
8	Mixed 15yrs & over 4 x 50m Medley relay	Timed Final

## SESSION 2: Saturday 24 October Warm up 7.30am Start 8.30am

9	Mixed Open 200m Medley (Resulted as Male and Female 9 & 10yr, 11 & 12yrs, 13 & 14yrs, 15yrs and over)	Timed Final
10	Open Male 100m Breaststroke	Prelim
11	Open Female 100m Breaststroke	Prelim
12	Male 8yrs & under 50m Backstroke	Timed Final
13	Male 9 & 10 yrs 50m Backstroke	Timed Final
14	Female 8yrs & under 50m Backstroke	Timed Final
15	Female 9 & 10 yrs 50m Backstroke	Timed Final
16	Open Male 100m Backstroke	Prelim
17	Open Female 100m Backstroke	Prelim
18	Mixed Open 400m Freestyle <b>Refer to qualifying times.</b> (Resulted as Male and Female, 11 & 12yrs, 13 & 14yrs, 15yrs & over.)	Timed Final

**SESSION 3: Saturday 24 October Warm up 4.30pm Start 5.30pm**

19	Mixed Open 200m Butterfly <b>Refer to qualifying times.</b> (To be resulted as Male and Female, 11 & 12yrs, 13 & 14yrs, 15yrs & over)	Timed Final
10	Male 10yrs & under 100m Breaststroke	Final
	Male 11 & 12yrs 100m Breaststroke	Final
	Male 13 & 14yrs 100m Breaststroke	Final
	Male 15yrs & over 100m Breaststroke	Final
11	Female 10yrs & under 100m Breaststroke	Final
	Female 11 & 12yrs 100m Breaststroke	Final
	Female 13 & 14yrs 100m Breaststroke	Final
	Female 15yrs & over 100m Breaststroke	Final
20	Male 8yrs & under 50m Breaststroke	Timed Final
21	Male 9 & 10yrs 50m Breaststroke	Timed Final
22	Female 8yrs & under 50m Breaststroke	Timed Final
23	Female 9 & 10yrs 50m Breaststroke	Timed Final
16	Male 10yrs & under 100m Backstroke	Final
	Male 11 & 12yrs 100m Backstroke	Final
	Male 13 & 14yrs 100m Backstroke	Final
	Male 15yrs & over 100m Backstroke	Final
17	Female 10yrs & under 100m Backstroke	Final
	Female 11 & 12yrs 100m Backstroke	Final
	Female 13 & 14yrs 100m Backstroke	Final
	Female 15yrs & over 100m Backstroke	Final
24	Mixed Open 200m Breaststroke <b>Refer to qualifying times.</b> (To be resulted as Male and Female, 11 & 12yrs, 13 & 14yrs, 15yrs & over)	Timed Final

**SESSION 4: Sunday 25 October Warm up 8.30am Start 9.30am**

25	Mixed Open 400m Medley <b>Refer to qualifying times.</b> (To be resulted as Male and Female, 11 & 12yrs, 13 & 14yrs, 15yrs & over)	Timed Final
26	Male Open 100m Freestyle	Prelim
27	Female Open 100m Freestyle	Prelim
28	Male 8yrs & under 50m Butterfly	Timed Final
29	Male 9 & 10yrs 50m Butterfly	Timed Final
30	Female 8yrs & under 50m Butterfly	Timed Final
31	Female 9 & 10yrs 50m Butterfly	Timed Final
32	Male Open 100m Butterfly	Prelim
33	Female Open 100m Butterfly	Prelim
34	Mixed Open 200m Freestyle <b>Refer to qualifying times.</b> (To be resulted as Male and Female, 10yrs & under, 11 & 12yrs, 13 & 14yrs, 15yrs & over)	Timed Final

**SESSION 5: Sunday 25 October Warm up 2.30pm Start 3.30pm**

35	Mixed Open 200m Backstroke <b>Refer to qualifying times.</b> (To be resulted as Male and Female, 11 & 12yrs, 13 & 14yrs, 15yr & over)	Timed Final
26	Male 10yrs & under 100m Freestyle	Final
	Male 11 & 12yrs 100m Freestyle	Final
	Male 13 & 14yrs 100m Freestyle	Final
	Male 15yrs & over 100m Freestyle	Final
27	Female 10yrs & under 100m Freestyle	Final
	Female 11 & 12yrs 100m Freestyle	Final
	Female 13 & 14yrs 100m Freestyle	Final
	Female 15yrs & over 100m Freestyle	Final
36	Male 8yrs & under 50m Freestyle	Timed Final
37	Female 8yrs & under 50m Freestyle	Timed Final
32	Male 10yrs & under 100m Butterfly	Final
	Male 11 & 12yrs 100m Butterfly	Final
	Male 13 & 14yrs 100m Butterfly	Final
	Male 15yrs & over 100m Butterfly	Final
33	Female 10yrs & under 100m Butterfly	Final
	Female 11 & 12yrs 100m Butterfly	Final
	Female 13 & 14yrs 100m Butterfly	Final
	Female 15yrs & over 100m Butterfly	Final
38	Mixed 10yrs & under 4 x 50m Freestyle relay	Timed Final
39	Mixed 11 & 12yrs 4 x 50m Freestyle relay	Timed Final
40	Mixed 13 & 14yrs 4 x 50m Freestyle relay	Timed Final
41	Mixed 15yrs & over 4 x 50m Freestyle relay	Timed Final

**\*\*\* Event – Handicapped Races involving the Age Group Winners of the 100's  
of Each Stroke (Male & Female)  
With a Handicapped GRAND FINAL – Stroke Versus Stroke...**

**\*\*\*\*\* CASH PRIZES \*\*\*\*\***

(More Information to come)

