

Alexandra Swimming Club Inc

Alexandra Christmas Challenge Cup 2009 Meet



Saturday 5 December 2009

Molyneux Aquatic Centre
Alexandra

9am Warm-up – 10am Start



Alexandra Swimming Club Inc

2009 Alexandra Christmas Challenge Cup

Welcome to our annual Christmas Challenge Cup Meet where clubs will be competing for the Senior and Junior Challenge Cups. The top six 50m freestyle male and female swimmers in each age group will be racing for cash in the Skins event and the afternoon concludes with the Mystery Medley Relay for Junior and Senior teams. This year we are awarding ribbons for the first three placings.

Meet Rules and Information

- ◆ The **Junior Challenge Cup** will be presented to the club with the most points in the 11 years and under events (9 years & under and 10 – 11 years).
- ◆ The **Senior Challenge Cup** will be presented to the club with the most points in the 12 years and over events (12 – 13 years, 14 – 15 years, 16 years & over).
- ◆ Points will be awarded on a 14 – 10 – 8 – 6 – 4 – 2 basis in each age group/gender for each individual event.
- ◆ Only individual events will be scored
- ◆ Ribbons will be awarded for first, second and third in each agegroup/gender for each individual event.
- ◆ There is no limit to team size.
- ◆ Heats will be seeded on entry times.
- ◆ Entries with no times will be swum in the slowest heat(s).
- ◆ There is a **maximum of 8** individual entries per swimmer.
- ◆ Swimmers may only enter **one 200m** event in the afternoon session.
- ◆ Age is as at Saturday 5 December 2009.
- ◆ Swimmers in individual events may swim up an age group but must swim in this age group for the entire meet.
- ◆ All events will be swum as mixed timed finals
- ◆ Over the top starts will be used.
- ◆ Events will be swum under Swimming New Zealand Rules.
- ◆ All participants must agree to comply with the Sports Anti-Doping Rules.
- ◆ Pool length is 25m.
- ◆ All relay teams should be club relays.

Entries

- ◆ Entries close **Thursday 26 November 2009**. Email electronic entries to alexswim@orcon.net.nz
- ◆ Post printout of entries with cheque for entry fees to:
Alexandra Christmas Challenge Cup, P O Box 223, Alexandra
- ◆ No late entries will be accepted.



Entry Fees

- ◆ Entry Fee - \$5.50 per individual event - \$8 per relay event

Warm-Up and Start Time

- ◆ Warm up will be from 9.00am to 9.55am and will be divided into two 25minute sessions. Clubs will be notified of their allotted time.
- ◆ **Start time** 10.00am.

MANAGERS MEETING at 9.30am

Pool Entry

- ◆ Spectators \$1.30 | Programmes \$2.00 |
- ◆ Competitors/Officials free entry

Lunch Break

- ◆ There will be a one hour break between sessions 1 and 2. A barbecue will be operating during the lunch break.

Timekeepers and other Officials

- ◆ Please email alexswim@orcon.net.nz with names of people who can help with timekeeping, refereeing, etc throughout the day.
- ◆ Lunch will be provided for officials.

4x25m Skins Event

- ◆ The top six females and males in each of the five age groups from the 50m freestyle event will be invited to participate in the skins events. All six swimmers race in the first heat and the slowest two drop out. Then the four remaining swimmers swim 25m and the slowest drops out. This is repeated twice more to find the winner of each age group. Each leg of the Skins Challenge will start at 2 minute intervals whether swimmers are on the blocks or not. Skins events do not carry agegroup points.
- ◆ Cash prize for the female and male winner of each age group

Mystery Medley Relay

- ◆ Each team randomly draws the order of their events at the end of the morning session - and keep it to themselves as to the actual order (keeping it a mystery to the other teams). Because everyone is doing different strokes at the same time, it is hard to see who the winner will be till the very end...
- ◆ Prizes for the winning junior and senior team

Further Information

For further information, email alexswim@orcon.net.nz or contact Jill Scott – phone 021-286-0378 (entries) or Liz Anderson phone 03-449-2377 (general).



Meet Programme

- 1 Mixed 200 IM
- 2 Mixed 50 Freestyle
- 3 Mixed 100 Backstroke
- 4 Mixed 50 Breaststroke
- 5 Mixed 100 Butterfly
- 6 Mixed 50 Backstroke
- 7 4x25m skins challenge – Juniors
male and female – two age groups **
- 8 4x25m skins challenge – Seniors
male and female – three age groups**

Lunch - 1 hour

- 9 Mixed 200 Butterfly *
- 10 Mixed 200 Breaststroke *
- 11 Mixed 200 Freestyle *
- 12 Mixed 200 Backstroke *
- 13 Mixed 100 IM
- 14 Mixed 50 Butterfly
- 15 Mixed 100 Freestyle
- 16 Mixed 100 Breaststroke
- 17 Mixed 11 & Under *4x25m Mystery Medley Relay* ***
- 18 Mixed 12 & Over *4x50m Mystery Medley Relay* ***

* Swimmers may only enter one of these 200m events

** Skins events for top six 50m freestyle female and male swimmers in each age group

*** Each team draws out the order of their medley relay during lunch

Spot prizes for competitors and officials