

31 July 2008

This meet will be swum under SNZ Regulations with the specific conditions & criteria:

- Age as at 27th September 2009.
- The qualifying period is from 28th September 2008 to 13th September 2009.
- The age groups to be swum for both male and female are 13-14, 15-16, and 17 & Over.
- Relays shall be swum as 15 & Under and 16 & Over and are Regional.
- Individual entry times may be verified against the SNZ Results Database. Performances from regional and local competitions not held within the Results Database may not be eligible for entry to national competitions.
- The qualifying times will be 25 metre times. Qualifying times swum in pools other than 50m must be converted using the SNZ Conversions.
- Swimmers may enter one (1) unqualified event.
- All entries must include swimmer details and times. The swimmers declared entry time shall be the fastest official time swum in the qualifying period. All relay entries must include swimmers names whose times were used to produce the entry time.
- A maximum of two (2) international visitors may progress from heats to finals in any one event, with the exception of timed-finals where there is no limit on international visitor entries.
- NOTE: For the 8 x 25m Medley and Free Relays – these teams must have 2 male and 2 female swimmers from each age group of 15 & Under and 16 & Over. For the medley relay the 4 strokes of Fly, Breast, Back and Free can be swum in any order as long as there is 2 x 25m of each of the 4 strokes. Backstroke legs will be from a dive start and the swimmer must be on their back when the head surfaces and the head must surface before the 15m mark.
- All participants must agree to comply with the Sports Anti-Doping Rules.

ENTRIES

REGIONAL ASSOCIATIONS must submit entries for SNZ members. No club entries are permitted. **CLUBS** entries and fees are to be submitted to their **REGIONAL ASSOCIATION**.

CLUBS need to check with their **REGIONAL ASSOCIATION** for their entry closing dates.

Entries close for **REGIONAL ASSOCIATIONS** with Swimming New Zealand **12 MIDNIGHT on THURSDAY 17th SEPTEMBER 2009**. Late entries will not be accepted.

NO REFUNDS for any withdrawals (including medical) will be given once entries have closed.

Entries to be submitted by **REGIONAL ASSOCIATIONS** as a cfile or hyv file. Entries to be emailed to events@swimmingnz.org.nz and should include:

- Entries by swimmer with proof of time – word format
- Entry fee summary – word format
- Relay names report
- Regional Coaches and Managers Form

Entry fees are \$12.50 individual events and \$25.00 relay events. Entry fees from **REGIONAL ASSOCIATIONS** to be sent to Swimming New Zealand, P.O. Box 38346, Wellington 5012.

PSYCH SHEETS

PSYCH SHEETS will be posted on the Swimming New Zealand website on **FRIDAY 18th SEPTEMBER 2009**.

Corrections to the psych sheets are to be sent to events@swimmingnz.org.nz by **12 MIDNIGHT TUESDAY 22nd SEPTEMBER 2009**.

FINAL PSYCH SHEETS will be posted on the Swimming New Zealand website on **WEDNESDAY 23rd SEPTEMBER 2009**.

25m Qualifying Times

Male				Female		
13-14	15-16	17 & O		13-14	15-16	17 & O
FREESTYLE						
27.30	25.50	25.00	50	29.60	28.40	28.00
59.00	56.20	55.50	100	1:04.50	1:02.20	1:01.80
2:09.50	2:03.00	2:00.00	200	2:19.80	2:14.80	2:13.00
4:37.00	4:25.60	4:19.00	400	4:52.00	4:42.85	4:40.00
			800	9:55.00	9:40.70	9:40.00
18:00.00	17:29.75	17:20.00	1500			
BACKSTROKE						
31.10	29.30	28.15	50	33.90	32.65	32.05
1:07.80	1:04.65	1:03.00	100	1:12.80	1:11.20	1:10.00
2:26.50	2:20.80	2:17.00	200	2:35.70	2:33.30	2:32.00
BREASTSTROKE						
36.00	33.05	31.90	50	38.00	36.80	35.90
1:18.00	1:13.00	1:11.50	100	1:23.50	1:22.00	1:21.00
2:50.00	2:41.75	2:37.50	200	2:57.50	2:56.00	2:54.00
BUTTERFLY						
29.70	28.30	27.80	50	32.40	31.40	30.70
1:06.20	1:03.30	1:01.00	100	1:12.50	1:10.35	1:09.00
2:30.00	2:25.60	2:18.50	200	2:39.50	2:37.20	2:33.00
MEDLEY						
1:08.50	1:06.15	1:04.30	100	1:14.50	1:13.15	1:12.30
2:27.00	2:20.55	2:16.50	200	2:38.20	2:35.00	2:33.00
5:15.00	5:09.00	4:55.00	400	5:36.00	5:28.00	5:24.00

Warm-up Times, Session Start Times and Order of Events

Day 1 – Sun 27 th Sept 2009			Day 2 – Mon 28 th Sept 2009			Day 3 – Tues 29 th Sept 2009			Day 4 – Wed 30 th Sept 2009		
Session 1 - Heats			Session 3 - Heats			Session 5 - Heats			Session 7 - Heats		
Warm-up 7.15 - 8.45am Start 9am			Warm-up 7.15 - 8.45am Start 9am			Warm-up 7.15 - 8.45am Start 9am			Warm-up 7.15 - 8.45am Start 9am		
1	100m Back	W	14	50m Fly	W	27	50m Back	M	40	200m Fly	M
2	200m Free	M	15	50m Fly	M	28	100m Breast	W	41	200m Free	W
3	200m Fly	W	16	100m IM	W	29	400m Free	M	42	50m Breast	M
4	100m Back	M	17	400m IM	M	30	50m Free	W	43	50m Back	W
5	50m Breast	W	18	800m Free (Timed Finals)	W	31	200m Breast	M	44	50m Free	M
6	100m Breast	M	19	100m Free	M	32	400m IM	W	45	100m Fly	W
7	400m Free	W	20	100m Free	W	33	200m IM	M	46	1500m Free (Timed Finals)	M
8	100m Fly	M	21	200m Back	M	34	200m Back	W	47	200m IM	W
9-13	Relays – see note below		22	200m Breast	W	35-39	Relays – see note below		48	100m IM	M
			23-26	Relays – see note below					49-52	Relays – see note below	
Session 2 - Finals			Session 4 - Finals			Session 6 - Finals			Session 8 - Finals		
Warm-up 4.15 - 5.30pm Start 6pm			Warm-up 4.15 - 5.45pm Start 6pm			Warm-up 4.15 - 5.45pm Start 6pm			Warm-up 4.15 - 5.45pm Start 6pm		
Finals of all events in age groups as above			Finals of all events in age groups as above			Finals of all events in age groups as above			Finals of all events in age groups as above		
1	100m Back	W 13-14 years W 15-16 years W 17 & Over	14	50m Fly	W 13-14 years W 15-16 years W 17 & Over	27	50m Back	M 13-14 years M 15-16 years M 17 & Over	40	200m Fly	M 13-14 years M 15-16 years M 17 & Over
2	200m Free	M 13-14 years M 15-16 years M 17 & Over	15	50m Fly	M 13-14 years M 15-16 years M 17 & Over	28	100m Breast	W 13-14 years W 15-16 years W 17 & Over	41	200m Free	W 13-14 years W 15-16 years W 17 & Over
3	200m Fly	W 13-14 years W 15-16 years W 17 & Over	16	100m IM	W 13-14 years W 15-16 years W 17 & Over	29	400m Free	M 13-14 years M 15-16 years M 17 & Over	42	50m Breast	M 13-14 years M 15-16 years M 17 & Over
4	100m Back	M 13-14 years M 15-16 years M 17 & Over	17	400m IM	M 13-14 years M 15-16 years M 17 & Over	30	50m Free	W 13-14 years W 15-16 years W 17 & Over	43	50m Back	W 13-14 years W 15-16 years W 17 & Over
5	50m Breast	W 13-14 years W 15-16 years W 17 & Over	18	800m Free (Fastest TF)	W 13-14 years W 15-16 years W 17 & Over	31	200m Breast	M 13-14 years M 15-16 years M 17 & Over	44	50m Free	M 13-14 years M 15-16 years M 17 & Over
6	100m Breast	M 13-14 years M 15-16 years M 17 & Over	19	100m Free	M 13-14 years M 15-16 years M 17 & Over	32	400m IM	W 13-14 years W 15-16 years W 17 & Over	47	200m IM	W 13-14 years W 15-16 years W 17 & Over
7	400m Free	W 13-14 years W 15-16 years W 17 & Over	20	100m Free	W 13-14 years W 15-16 years W 17 & Over	33	200m IM	M 13-14 years M 15-16 years M 17 & Over	48	100m IM	M 13-14 years M 15-16 years M 17 & Over
8	100m Fly	M 13-14 years M 15-16 years M 17 & Over	21	200m Back	M 13-14 years M 15-16 years M 17 & Over	34	200m Back	W 13-14 years W 15-16 years W 17 & Over	45	100m Fly	W 13-14 years W 15-16 years W 17 & Over
9	4 x 50m Free Relay	W 15 & under	22	200m Breast	W 13-14 years	35	4 x 50m Medley Relay	M 15 & under	46	1500m Free (Fastest TF)	M 13-14 years
10	4 x 50m Free Relay	M 15 & under			W 15-16 years	36	4 x 50m Medley Relay	W 15 & under			M 15-16 years
11	4 x 50m Free Relay	W 16 & over			W 17 & Over	37	4 x 50m Medley Relay	M 16 & over			M 17 & Over
12	4 x 50m Free Relay	M 16 & over	23	4 x 100m Free Relay	M 15 & under	38	4 x 50m Medley Relay	W 16 & over	49	4 x 100m Medley Relay	W 15 & under
13	8 x 25m Medley Relay	See note Pg 1	24	4 x 100m Free Relay	W 15 & under	39	8 x 25m Free Relay	See note Pg 1	50	4 x 100m Medley Relay	M 15 & under
			25	4 x 100m Medley Relay	M 16 & over				51	4 x 100m Free Relay	W 16 & over
			26	4 x 100m Medley Relay	W 16 & over				52	4 x 100m Free Relay	M 16 & over

NOTE: Relays will be swum as heats and finals if the number of entries is greater than the number of lanes and will be swum at the end of the respective sessions.
2009 National Championships Qualifying Criteria and Programmes Booklet