

# 2010 Otago Swimming Championships

28<sup>th</sup> -31<sup>st</sup> January 2010, Moana Pool, Dunedin



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

- Age as at 28th January 2010
- Relays will be mixed – each relay team must contain at least one boy and one girl.
- The standard times shown are 50 metre times. Entry times swum in pools other than 50m must be converted using the SNZ Conversions.
- Entry times may be slower than the standard times; however the standard times should be used as a guide for the required entry standard. Medals, ribbons and points will not be awarded to swimmers who do not achieve standard times.
- Over the top starts may be used for Heats and Time Finals.
- All entries must include swimmer details and times. Individual entries with “no times” (NT) will not be accepted. All relay entries must include swimmers’ names.
- Visitor entries will be allowed.
- All participants must agree to comply with the Sports Anti Doping Rules.
- The 800m may be swum within the 1500m event – each event must be entered.
- All scratchings must be made by Team Managers to the Recorder. The SNZ Scratching Regulations 3.1 & 3.2 will apply.
- Time trials may be permitted if there are lanes and time available at a charge of \$5 per time trial. Time trials must be arranged and paid for by Team Managers.
- Pool entry passes will be issued to swimmers and team officials. These will allow free entry to the competition pools only during the warm-up and competition periods. Outside of these times normal pool entry charges will apply.
- Individual events: Medals will be awarded to the first 3 place getters from Otago in the final. Visitors will be awarded a medal according to their placing in the final if they finish in the first 3 places. Ribbons will be awarded to the top 8 finalists who do not receive medals.
- Relay events: Ribbons will be awarded to the first 3 teams.
- Points will be awarded to Finalists as follows: 18, 14, 12, 10, 8, 6, 4, 2

## **Entries**

Entries close with Swimming Otago at 12 midnight on Wednesday 20<sup>th</sup> January 2010. Late entries will not be accepted.

Refunds for any withdrawals (including medical) will be given only at the discretion of the Meet Director.

Entries are to be submitted by Clubs as a cfile or hyv file to [swimming.otago@xtra.co.nz](mailto:swimming.otago@xtra.co.nz).

Entries must include:

- Entries by swimmer – word format
- Entry fee summary – word format
- Relay names report
- Club Coaches and Managers Form

Entry fees are \$7.00 individual events and \$10.00 relay events.

Entry fees have to be received by Swimming Otago, P O Box 79, Dunedin by Tuesday 26<sup>th</sup> January 2010.

## **Psych Sheets**

Psych Sheets will be posted on the Swimming Otago website by Friday 22<sup>nd</sup> January 2010

[www.swimotago.org.nz](http://www.swimotago.org.nz)

Corrections to [swimming.otago@xtra.co.nz](mailto:swimming.otago@xtra.co.nz) by Midnight on Sunday 24<sup>th</sup> January 2010

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## Programme

<p><b>Session 1 - Thursday evening 28th January 2010</b> Warm-up 6pm Start 6.30pm</p> <p>Event 1    800m Freestyle            Mixed Timed Final Event 2    1500m Freestyle            Mixed Timed Final</p>	<p><b>Session 4 - Saturday morning 30th January 2010</b> Warm-up 8am Start 8.45am</p> <p>Event 10    100m Breaststroke            Mixed Heats Event 11    200m Backstroke            Mixed Heats Event 12    50m Freestyle            Mixed Heats Event 13    200m Butterfly            Mixed Heats</p>	<p><b>Session 6 - Sunday morning 31st January 2010</b> Warm-up 8am Start 8.45am</p> <p>Event 17    100m Butterfly            Mixed Heats Event 18    50m Backstroke            Mixed Heats Event 19    100m Freestyle            Mixed Heats Event 20    50m Breaststroke            Mixed Heats Event 21    200m IM            Mixed Heats</p>
<p><b>Session 2 - Friday morning 29th January 2010</b> Warm-up 8am Start 8.45am</p> <p>Event 3    100m Backstroke            Mixed Heats Event 4    200m Breaststroke            Mixed Heats Event 5    50m Butterfly            Mixed Heats Event 6    200m Freestyle            Mixed Heats</p>	<p><b>Session 5 - Saturday evening 30th January 2010</b> Warm-up 3.15pm Start 4.00pm</p> <p>Event 14    400m Freestyle            Mixed Timed Final Event 10    100m Breaststroke            age/sex Final Event 11    200m Backstroke            age/sex Final Event 12    50m Freestyle            age/sex Final Event 13    200m Butterfly            age/sex Final Event 15    200m Medley relay            Mixed Timed Final Event 16    200m Medley relay            Mixed Timed Final</p>	<p><b>Session 7 - Sunday afternoon 31st January 2010</b> Warm-up 1pm Start 1.45pm</p> <p>Event 17    100m Butterfly            age/sex Finals Event 18    50m Backstroke            age/sex Finals Event 19    100m Freestyle            age/sex Finals Event 20    50m Breaststroke            age/sex Finals Event 21    200m IM            age/sex Finals Event 22    Zenith Alternate Trophy    selected Event 23    Festival Cup            selected</p>
<p><b>Session 3 - Friday evening 29th January 2010</b> Warm-up 5pm Start 5.45pm</p> <p>Event 7    400m IM            Mixed Timed Final Event 3    100m Backstroke            age/sex Final Event 4    200m Breaststroke            age/sex Final Event 5    50m Butterfly            age/sex Final Event 6    200m Freestyle            age/sex Final Event 8    200m Freestyle relay            Mixed Timed Final Event 9    200m Freestyle relay            Mixed Timed Final</p>		

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## Standard Times

Event	Women						
	9 & U	11 & U	10-11	13 & U	12-13	14-15	16 & O
50 Free	1:05.00		48.00		39.00	37.00	37.00
100 Free	2:10.00		1:40.00		1:25.00	1:20.00	1:20.00
200 Free		3:35.00			3:03.00	2:52.00	2:52.00
400 Free		7:10.00			6:06.00	5:44.00	5:44.00
800 Free				12:11.00		11:28.00	11:28.00
1500 Free				22:51.00		21:30.00	21:30.00
50 Back	1:10.00		55.00		46.00	44.00	44.00
100 Back	2:20.00		1:56.00		1:40.00	1:35.00	1:35.00
200 Back		4:09.00			3:35.00	3:24.00	3:24.00
50 Breast	1:15.00		1:01.00		52.00	49.00	49.00
100 Breast	2:30.00		2:08.00		1:52.00	1:46.00	1:46.00
200 Breast		4:35.00			4:01.00	3:48.00	3:48.00
50 Fly	1:15.00		58.00		47.00	43.00	43.00
100 Fly	2:30.00		2:00.00		1:42.00	1:32.00	1:32.00
200 Fly				3:39.00		3:18.00	3:18.00
200 IM		4:04.00			3:32.00	3:21.00	3:21.00
400 IM				7:04.00		6:42.00	6:42.00

Event	Men						
	9 & U	11 & U	10-11	13 & U	12-13	14-15	16 & O
50 Free	1:05.00		48.00		38.00	35.00	34.00
100 Free	2:10.00		1:40.00		1:23.00	1:16.00	1:14.00
200 Free		3:35.00			2:58.00	2:43.00	2:39.00
400 Free		7:10.00			5:57.00	5:27.00	5:18.00
800 Free				11:54.00		10:54.00	10:36.00
1500 Free				22:18.00		20:26.00	19:53.00
50 Back	1:10.00		55.00		45.00	42.00	41.00
100 Back	2:20.00		1:56.00		1:38.00	1:31.00	1:29.00
200 Back		4:09.00			3:31.00	3:16.00	3:11.00
50 Breast	1:15.00		1:01.00		51.00	47.00	46.00
100 Breast	2:30.00		2:08.00		1:50.00	1:42.00	1:40.00
200 Breast		4:35.00			3:57.00	3:39.00	3:35.00
50 Fly	1:15.00		58.00		46.00	41.00	40.00
100 Fly	2:30.00		2:00.00		1:40.00	1:28.00	1:26.00
200 Fly				3:35.00		3:09.00	3:05.00
200 IM		4:04.00			3:28.00	3:13.00	3:09.00
400 IM				6:56.00		6:26.00	6:18.00