

SWIMMING WELLINGTON'S SUMMER LONG COURSE CHAMPIONSHIPS



Friday 22nd January - Monday 25th January 2016.
Wellington Regional Aquatic Centre, Kilbirnie.

SESSION 1, FRIDAY 22 JANUARY				SESSION 2, SATURDAY 23 JANUARY				SESSION 4, SUNDAY 24 JANUARY				SESSION 6, MONDAY 25 JANUARY			
Warm-up 5.00-5.40 Start 5.50pm				Warm-up 7.30-8.10 Start 8.20am				Warm-up 7.30-8.10 Start 8.20am				Warm-up 7.30-8.10 Start 8.20am			
EVENT	MALE	FMLE	TYPE	EVENT	MALE	FMLE	TYPE	EVENT	MALE	FMLE	TYPE	EVENT	MALE	FMLE	TYPE
1500 FR	1		(TF)	200 FR	3	4	(TF)	200 IM	13	14	(TF)	100 FR	25	26	H
800 FR		2	(TF)	50 BR	5	6	HT	50 FR	15	16	H	50 BK	27	28	H
WARM-UP PROCEDURE: Lane 0 - sprint lane Lanes 1, 3, 5, 7 - Junior 13&U only Lanes 2, 4, 6, 8 - Senior 14&O only Lane 9 - Para swimmers only * Lane 1 will open as a sprint lane in the last 15 minutes of warm-up. Coaches please ensure swimmers are in the correct lanes. NO DIVING IN THE SHALLOW END.				100 BK	7	8	HT	100 BR	17	18	H	100 FL	29	30	H
				50 FL	9	10	HT	800 FR	19		(TF)	400 IM	31		(TF)
				SESSION 3, SATURDAY 23 JANUARY				SESSION 5, SUNDAY 24 JANUARY				SESSION 7, MONDAY 25 JANUARY			
				Warm-up 3.15-4.00 Start 4.10pm				Warm-up 3.15-4.00 Start 4.10pm				Warm-up 7.30-8.10 Start 8.20am			
				EVENT	MALE	FMLE	TYPE	EVENT	MALE	FMLE	TYPE	EVENT	MALE	FMLE	TYPE
400 FR	11	12	(TF)	1500 FR		20	(TF)	400 IM		32	(TF)				
50 BR	5	6	FINAL	200 BK	21	22	(TF)	200 BR	33	34	(TF)				
100 BK	7	8	FINAL	50 FR	15	16	FINAL	100 FR	25	26	FINAL				
50 FL	9	10	FINAL	100 BR	17	18	FINAL	50 BK	27	28	FINAL				
				200 FL	23	24	(TF)	100 FL	29	30	FINAL				



Scratching Rule

In accordance with SNZ Withdrawal Regulations 3 (3.2), a Swim Wellington \$30 late withdrawal fee applies to all **TIMED FINAL (TF)** events. Scratching's for timed final events should be received **15 minutes before the end of the previous session.**

Standard FINAL events; scratching's must be received within **30 minutes** of the signed preliminary results being posted.
GST No. 59-780-824

DUTY CLUB to provide the following:

- Kitchen/Tea (3)
- Marshals (2)
- Runner (1)
- Medal assistant- adult (1)
- Medal bearer- club uniform (1)

Duty Club Roster will be sent out and available in Dropbox.

First listed club to co-ordinate.

This is in addition to the technical officials clubs are required to provide.

Conditions of entry to Swim Wellington 2016 Long Course Summer Championships:

Age as at 22 January 2016. Open to registered competitive swimmers only. Swum under SNZ / FINA Rules, with over the top starts. All participants must agree to comply with the Sports' Anti-Doping Rules.

1. Qualifying times to have been obtained at an official meet between 16 January 2015 and 17 January 2016. **NT will not be accepted.**
2. **Scoring Age Groups:** 50m & 100m Events: 9/U, 10, 11, 12, 13, 14, 15, 16/17, 18&O 200m Events: 10/U, 11, 12, 13, 14, 15, 16/17, 18&O (except 200 Fly)
400m Events and 200 Fly: 11/U, 12, 13, 14, 15, 16/17, 18&O 800 & 1500m Events: 13/U, 14, 15, 16/17, 18&O
3. **Points awarded:** 15, 11, 8, 7, 6, 5, 4, 3, 2, and 1 for places 1-10 inclusive, with an additional 20 points per NZ record broken. There will be no visitors' limits in any race.
4. **Prizes will be awarded for the Age Group Meet winner in each age group of 9/U, 10, 11, 12, 13, 14, 15, 16/17, 18&O, Male & Female.** Medals will be presented in accordance with the scoring age groups throughout sessions. Presentations will include recognition of Open Champions in each stroke/distance, for male and female. Finalist ribbons will be available for collection by swimmers finishing 4th –10th in all events. The meet will be swum under SNZ rules, with over the top starts.
5. 50 and 100m events will be swum as graded scratch heats with age group finals; all other events will be swum as multi-age graded scratch timed finals.
6. **Entries close at 11:59.59pm on Sunday 17 January 2016. Entries through the SNZ database only. Late entries (exhibition swims only) will be considered at a cost of \$20 per event where space is available.** Requests for late entries to be made by midday Tuesday 19 January. Clubs are asked to provide a PDF file of entries. Please ensure your club code is shown at the beginning of the file name for your PDF (i.e. RAU Proof of times.pdf). There will be no refunds for withdrawals after the entries close. Swimmers who withdraw from the meet for medical reasons prior to Session 1 must provide a medical certificate for consideration.
7. **Entry fees are \$9.00 per event (including GST. SW GST number 59-780-824)**
 - a. Direct payment (credit card) via SNZ website.
 - b. 1 Club Invoice will be issued for those selecting the 'pay later' option: **direct bank deposit only into WPT 030502-0166158-00** upon receipt of Invoice
8. **Scratchings - For all events** (without penalty): will be accepted until 5pm Thursday 21 January 2016. **For finals:** must be received within 30 minutes of the preliminary results being posted. **For timed finals:** must be received 30 minutes before the start of session 1 or before the end of the previous session (Sessions 2-7). Failure to follow scratching procedure will result in a \$30 late withdrawal penalty (in accordance with the SNZ Regulations). Over the top starts will be used for **ALL EVENTS**. Club seating will be allocated for the weekend. All clubs are to provide technical officials for the meet. 10 lanes will be used for all events. The meet will be conducted under SNZ rules.
9. Club seating will be allocated for the weekend.
10. **Entry to the pool will be through the side entrance on Kilbirnie Crescent for all Swimmers, Team Managers and Coaches. Swimming Wellington pool entry passes are to be used by Officials, Swimmers, Team Managers and Coaches and must be shown upon entry. Visiting clubs will be issued with temporary entry passes for the weekend.** 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. Timekeepers and duty clubs are asked to sign in at the side entrance on Kilbirnie Crescent.
11. **Spectator entry will continue to be through the front entrance; Spectators entry fees \$3 per session, \$3 programmes. All session entry /programmes passes will be available at \$32.00.**
12. **The Organisers** will not be liable for any loss or damage during the period of the meet.
13. **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 or host Club in accordance with the SNZ Member Protection Policy. Club photographers should seek prior approval from the Meet Director.**
14. All Clubs are to provide technical officials for the meet.
15. The Organisers reserve the right to amend the program if necessary, and to restrict entries.
16. 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 the commencement of the meet.
17. **Organisers on behalf of Wellington Swimming are;** Bridget Tait 04 5600 346 or events@swimwn.co.nz (Entries) Meet Director-

50m Qualifying Times-

MALE								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	0.42	0.41	0.37	0.36	0.35	0.34	0.32	50	0.45	0.42	0.41	0.39	0.38	0.37	0.36	0.35
1.43	1.36	1.29	1.25	1.15	1.11	1.10	1.09	100	1.42	1.35	1.29	1.25	1.17	1.16	1.15	1.14
3.12	3.12	3.10	2.58	2.46	2.30	2.28	2.26	200	3.12	3.12	3.10	2.58	2.46	2.40	2.39	2.38
5.45	5.45	5.45	5.40	5.30	5.20	5.15	5.10	400	5.40	5.40	5.40	5.38	5.35	5.25	5.20	5.15
11.20	11.20	11.20	11.20	11.20	10.45	10.40	10.20	800	11.30	11.30	11.30	11.30	11.30	11.25	11.24	11.23
20.50	20.50	20.50	20.50	20.50	20.20	19.50	19.00	1500	21.00	21.00	21.00	21.00	21.00	20.50	20.00	19.50
Backstroke																
0.51	0.48	0.47	0.43	0.42	0.41	0.40	0.39	50	0.51	0.47	0.46	0.45	0.44	0.43	0.42	0.41
1.55	1.48	1.41	1.37	1.26	1.25	1.24	1.23	100	1.55	1.47	1.41	1.37	1.29	1.28	1.27	1.26
3.36	3.36	3.30	3.10	2.58	2.53	2.50	2.49	200	3.36	3.36	3.30	3.15	3.04	2.59	2.56	2.55
Breaststroke																
0.58	0.57	0.53	0.46	0.45	0.44	0.43	0.42	50	0.59	0.58	0.54	0.47	0.46	0.45	0.44	0.43
2.12	1.59	1.51	1.46	1.35	1.34	1.33	1.32	100	2.13	2.00	1.52	1.47	1.39	1.38	1.37	1.36
4.14	4.14	4.14	3.34	3.32	3.13	3.12	3.11	200	4.15	4.15	4.12	3.35	3.33	3.20	3.19	3.18
Butterfly																
0.54	0.52	0.51	0.44	0.43	0.42	0.41	0.39	50	0.53	0.52	0.51	0.44	0.43	0.42	0.41	0.40
2.07	2.01	1.48	1.39	1.27	1.26	1.25	1.22	100	2.05	1.57	1.48	1.39	1.28	1.27	1.26	1.25
3.51	3.51	3.51	3.24	3.18	3.10	3.09	3.08	200	3.51	3.51	3.51	3.24	3.18	3.12	3.11	3.10
Medley																
3.41	3.41	3.35	3.09	3.08	2.54	2.52	2.50	200	3.38	3.38	3.30	3.09	3.08	3.00	2.59	2.58
6.45	6.45	6.45	6.40	6.35	6.25	6.23	6.20	400	6.45	6.45	6.45	6.40	6.38	6.36	6.35	6.30