

SWIMMING WELLINGTON'S SUMMER LONG COURSE CHAMPIONSHIPS

Friday 16th January- Monday 19th January 2015.
Wellington Regional Aquatic Centre, Kilbirnie.



SESSION 1, FRIDAY 16 JANUARY				SESSION 2, SATURDAY 17 JANUARY				SESSION 4, SUNDAY 18 JANUARY				SESSION 6, MONDAY 19 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 FREE	1		(TF)	200 FREE	3	4	(TF)	200 IM	13	14	(TF)	100 FREE	25	26	H
800 FREE		2	(TF)	50 BREAST	501	601	CLUB	50 FREE	150	160	CLUB	50 BACK	270	280	CLUB
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.				50 BREAST	5	6	HT	50 FREE	15	16	H	50 BACK	27	28	H
				100 BACK	7	8	HT	100 BREAST	17	18	H	100 FLY	29	30	H
				50 FLY	901	101	CLUB	800 FREE	19		(TF)	400 IM	31		(TF)
				50 FLY	9	10	HT	SESSION 5, SUNDAY 18 JANUARY				SESSION 7, MONDAY 19 JANUARY			
				SESSION 3, SATURDAY 17 JANUARY				Warm-up 3.15-4.00 Start 4.10pm				Warm-up 3.15-4.00 Start 4.10pm			
EVENT	MALE	FMLE	TYPE	EVENT	MALE	FMLE	TYPE	EVENT	MALE	FMLE	TYPE	EVENT	MALE	FMLE	TYPE
400 FREE	11	12	(TF)	1500 FREE		20	(TF)	400 IM		32	(TF)	400 IM		32	(TF)
50 BREAST	5	6	FINAL	200 BACK	21	22	(TF)	200 BREAST	33	34	(TF)	200 BREAST	33	34	(TF)
100 BACK	7	8	FINAL	50 FREE	15	16	FINAL	100 FREE	25	26	FINAL	100 FREE	25	26	FINAL
50FLY	9	10	FINAL	100 BREAST	17	18	FINAL	50 BACK	27	28	FINAL	50 BACK	27	28	FINAL
				200 FLY	23	24	(TF)	100 FLY	29	30	FINAL	100 FLY	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.

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 2014 Long Course Summer Championships:

Age as at the first day of the meet. Qualifying times to have been obtained at an official meet between 17 January 2014 and 11 January 2015. **NT will not be accepted.**

1. **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
2. **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.
3. **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 throughout sessions, and presentations will include recognition of Open Champions in each stroke/distance, for male and female. 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. **Registered competitive swimmers are only eligible to compete in finals.** Medals will be presented in line with the scoring age groups throughout the session. Finalist ribbons will be available for collection by swimmers finishing 4th – 10th in their events; these should be collected during the session.
4. **SNZ registered 'club swimmers' wishing to compete in 50m events must enter the 'CLUB' specified events only. There will not be any finals for these events.**
5. **Entries close at 12:00 [midnight] on Sunday 11 January 2015.** Late entries will be considered at a cost of \$20 per event if the qualifying time has been met and where space is available. These will be exhibition swims only and close on Tuesday 13 January [midday]. All Entries to events@swimwn.co.nz, and must be accompanied by a cfile or HYV file, fee summary, entry report by swimmer, with proof of times. **Scratchings will be accepted till 5pm Thursday 15 January 2015.**
Place your Club 3 letter code at the beginning of your PDF files please i.e. RAU Proof of times.pdf
6. **Entry fees are \$9.00 per event-** You will be issued a Tax Invoice
 - ✓ **Payment in full to be made by Thursday 15 January 2015.** The conditions of entry to Swimming Wellington meets are; all entry fees are to be paid in advance.
 - ✓ Electronic payments can be made to; **WPT 030502-0166158-00.** Direct cheque bank deposit is requested into **WPT 030502-0166158-00** using your invoice as a reference please. Please advise the of your club's method of payment.
7. **There will be no refunds for withdrawals after the entries close on Sunday 11 January 2015.** For all **finals events**, scratchings must be received **within 30 minutes of the signed preliminary results being posted.** For **timed finals** scratching must be received **within 15 minutes of the end of the previous session.** Failure to follow this procedure to withdraw from a **timed final and final event** will result in a \$30 late withdrawal fee which will be charged or paid on the day, in accordance with the SNZ Regulations 3 [3.2]. Swimmers, who withdraw from the entire meet prior to the start of the meet, 16 January 2015, will receive a full refund of their entry fees by providing a valid medical certificate.
8. 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. **Entry to the pool will be through the front entrance for all Swimmers, Team Managers and Coaches. Swimming Wellington pool entry passes are to be used by Officials, Swimmers and Coaches.** 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. **Officials are required to sign in for each session.**
\$3 door entry fee will be payable by all spectators. Programmes, \$3 per session.
10. **The Organisers** will not be liable for any loss or damage during the period of the meet. All participants must agree to comply with the Sports' Anti-Doping Rules.
11. The Organisers reserve the right to amend the program if necessary, and to restrict entries.
12. **An official photographer** may be in attendance, Media will be invited to cover the event.
13. 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.

Organisers on behalf of Wellington Swimming are; Laura Bertelsen 04 5600 346 or events@swimwn.co.nz (Entries)

Meet Director- TBA

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																
0.59	0.58	0.54	0.47	0.46	0.45	0.44	0.43	50	0.59	0.58	0.54	0.47	0.46	0.45	0.44	0.43
2.13	2.00	1.52	1.47	1.36	1.35	1.34	1.33	100	2.13	2.00	1.52	1.47	1.39	1.38	1.37	1.36
4.15	4.15	4.12	3.35	3.33	3.14	3.13	3.12	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