

# SWIMMING MANAWATŪ INC

## WINTER CHAMPIONSHIPS 2023

FRIDAY 14 July to SUNDAY 16 July 2023

### FREYBERG POOL, PALMERSTON NORTH

#### FRIDAY 14 July 2023

##### **SESSION 2 Warm Up 2.25pm - Start 3.00pm**

- |              |                 |                |                 |
|--------------|-----------------|----------------|-----------------|
| 1. Male Open | 800m Freestyle  | 2. Female Open | 800m Freestyle  |
| 3. Male Open | 1500m Freestyle | 4. Female Open | 1500m Freestyle |

#### SATURDAY 15 July 2023

##### **SESSION 2 Warm Up Males - 7.55am, Females - 8.25am - Start 9.00am**

- |                           |                   |                             |                   |
|---------------------------|-------------------|-----------------------------|-------------------|
| 5. Male Open              | 200m Breaststroke | 6. Female Open              | 200m Breaststroke |
| 7. Male Open              | 50m Butterfly     | 8. Female Open              | 50m Butterfly     |
| 9. Male Open              | 200m Medley       | 10. Female Open             | 200m Medley       |
| 11. Male Age Group & Para | 100m Backstroke   | 12. Female Age Group & Para | 100m Backstroke   |
| 13. Male Open             | 200m Freestyle    | 14. Female Open             | 200m Freestyle    |
| 15. Male RELAY 13&U       | 4 x 50m Freestyle | 16. Female RELAY 13&U       | 4 x 50m Freestyle |
| 17. Male RELAY 14&O       | 4 x 50m Freestyle | 18. Female RELAY 14&O       | 4 x 50m Freestyle |

##### **SESSION 3 Warm Up Females - 2.55pm, Males - 3.25pm - Start 4.00pm**

- |                             |                  |                           |                  |
|-----------------------------|------------------|---------------------------|------------------|
| 19. Female Open             | 50m Freestyle    | 20. Male Open             | 50m Freestyle    |
| 21. Female Open             | 200m Backstroke  | 22. Male Open             | 200m Backstroke  |
| 23. Female Age Group & Para | 100m Butterfly   | 24. Male Age Group & Para | 100m Butterfly   |
| 25. Female Open             | 50m Breaststroke | 26. Male Open             | 50m Breaststroke |
| 27. Female Age Group & Para | 100m Medley      | 28. Male Age Group & Para | 100m Medley      |
| 29. Female Open             | 400m Freestyle   | 30. Male Open             | 400m Freestyle   |
| 31. Female RELAY 13&U       | 4 x 50m Medley   | 32. Male RELAY 13&U       | 4 x 50m Medley   |
| 33. Female RELAY 14&O       | 4 x 50m Medley   | 34. Male RELAY 14&O       | 4 x 50m Medley   |

#### SUNDAY 16 July 2023

##### **SESSION 4 Warm Up Males - 7.55am, Females - 8.25am - Start 9.00am**

- |                           |                    |                             |                   |
|---------------------------|--------------------|-----------------------------|-------------------|
| 35. Male Open             | 400m Medley        | 36. Female Open             | 400m Medley       |
| 37. Male Age Group & Para | 100m Breaststroke  | 38. Female Age Group & Para | 100m Breaststroke |
| 39. Male Open             | 50m Backstroke     | 40. Female Open             | 50m Backstroke    |
| 41. Male Age Group & Para | 100m Freestyle     | 42. Female Age Group & Para | 100m Freestyle    |
| 43. Male Open             | 200m Butterfly     | 44. Female Open             | 200m Butterfly    |
| 45. Mixed RELAY           | 4 x 100m Freestyle |                             |                   |

# SWIMMING MANAWATU

## WINTER CHAMPIONSHIPS 2023

### MEET CONDITIONS

- **No late entries accepted**
  - **Entries close 22:00 Saturday 8 July 2023** via the SNZ database.
  - **Entry fees are \$7.50 per event (including relays) to be paid at the time of entry.**
  - Parking for **all** swimmers is in the main car park, please do not park adjacent to the pool unless you are eligible to use the disabled parking.
  - **All Club Team Managers and Coaches will be required to have a current Police Check held by Swimming New Zealand.**
  - No water is available for warm up or warm down during the sessions
  - All events will be swum as Timed Finals
  - 400m events may be restricted to fastest 24 swimmers.
  - SNZ Policy 008 apply. Scratchings from all events must be received before the conclusion of the preceding session. Session 2 scratchings must be received Friday night (14 July) before 8pm.
  - The scratching penalty fee will be \$50.00 for each event where the scratching rule is not observed. The Protest fee will be \$100.00 cash.
  - Refunds will be made up to 11 July 2023, thereafter on production of a medical certificate presented on the day.
  - All swimmers must be registered competitive members of Swimming New Zealand. Age is as at first day of the meet.
  - Swimming Manawatu reserves the right to alter the programme and limit entries should the need arise.
  - An official's break may be held half way through each session.
  - Medals will be awarded for first, second and third places. Medals are to be collected from meet control by the Club Team Manager only please.
  - **Swimmers may only enter events for which they have times in the database.**
  - **Please note: results for events 7, 8, 19, 20, 23, 24, 33, 34, 37, 38 will be published in age groups of 10 years and under, 11-12 years, 13-14 years, 15 years and over, and Open age group for Para swimmers (Open Para).**
  - Relay events 11, 12, 13, 14, 27, 28, 29, 30, 41 are open to all Clubs, Manawatu Clubs will earn points for the Norm Still Relay Trophy.
  - Time trials (\$15.00 fee) may be accepted at the discretion of the Race Secretary but only if lane space is available – heats will not be reseeded or added. Applications will be accepted on a first in basis.
  - Meet conducted under WA, SNZ & Para rules where sufficient officials are available.
  - Mixed relays must include two swimmers of each gender.
  - Clubs to provide 1 timekeeper per four swimmers in each session.
  - 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.
- Pysch sheets will be emailed wherever possible and will also be available on the Manawatu website – [www.manawatu.swimming.org.nz](http://www.manawatu.swimming.org.nz)**

All queries to: [manswim.racing@gmail.com](mailto:manswim.racing@gmail.com)