



SWIMMING WELLINGTON'S SUMMER 2018 LONG COURSE CHAMPIONSHIPS



Saturday 20 January - Monday 22 January 2018 at Wellington Regional Aquatic Centre, Kilbirnie



WARM-UP PROCEDURE:	Session 1 - Saturday 20 January					Session 3 - Sunday 21 January					Session 5 - Monday 22 January				
	Warm-up: 7.30-8.10am					Warm-up: 7.30-8.10am					Warm-up: 7.30-8.10am				
	Start: 8.20am					Start: 8.20am					Start: 8.20am				
	No.	Event	M/F	Age	Type	No.	Event	M/F	Age	Type	No.	Event	M/F	Age	Type
Lanes 1-2 - Junior 13&U only Lanes 3-9 - Senior 14&O only Lane 9 - Para swimmers if required Lane 0, 1, 8, 9 - sprint lane Coaches please ensure swimmers are in the correct lanes <i>The programmes pool will be available for warm up/ down during the sessions</i>	1	200IM	F	All	H	11	800FR	F	TOP20	TF	23	1500FR	M	TOP20	TF
	2	50BK	M	All	H	12	800FR	M	TOP20	TF	24	1500FR	F	TOP20	TF
	3	50BK	F	All	H	13	200IM	M	All	H	25	200FL	M	All	H
	4	100BR	M	All	H	14	100FR	F	All	H	26	200FL	F	All	H
	5	100BR	F	All	H	15	100FR	M	All	H	27	100BK	M	All	H
	6	50FL	M	All	H	16	200BK	F	All	H	28	100BK	F	All	H
	7	50FL	F	All	H	17	200BK	M	All	H	29	200BR	M	All	H
	8	200FR	M	All	H	18	50BR	F	All	H	30	200BR	F	All	H
	9	200FR	F	All	H	19	50BR	M	All	H	31	50FR	M	All	H
NO DIVING IN THE SHALLOW END.						20	100FL	F	All	H	32	50FR	F	All	H
						21	100FL	M	All	H					
DUTY CLUB to provide the following: Refreshments (2) Marshals (2) Door (2) Results (1) Medal Assistant- Adult (1) Medal Bearer (1) Club Duty Roster will be sent out and available in Dropbox. Club listed first is to co-ordinate. This is in addition to the technical official's clubs are required to provide. SW GST number 59-780-824	Session 2 - Saturday 20 January					Session 4 - Sunday 21 January					Session 6 - Monday 22 January				
	Warm-up: 3.15-4.00pm					Warm-up: 3.15-4.00pm					Warm-up: 3.15-4.00pm				
	Start: 4.10pm					Start: 4.10pm					Start: 4.10pm				
	No.	Event	M/F	Age	Type	No.	Event	M/F	Age	Type	No.	Event	M/F	Age	Type
	10	400FR	M	ALL	TF	22	400FR	F	ALL	TF	33	400IM	M	All	TF
	1	200IM	F	All	FINAL	13	200IM	M	All	FINAL	34	400IM	F	All	TF
	2	50BK	M	All	FINAL	14	100FR	F	All	FINAL	25	200FL	M	All	FINAL
	3	50BK	F	All	FINAL	15	100FR	M	All	FINAL	26	200FL	F	All	FINAL
	4	100BR	M	All	FINAL	16	200BK	F	All	FINAL	27	100BK	M	All	FINAL
	5	100BR	F	All	FINAL	17	200BK	M	All	FINAL	28	100BK	F	All	FINAL
6	50FL	M	All	FINAL	18	50BR	F	All	FINAL	29	200BR	M	All	FINAL	
7	50FL	F	All	FINAL	19	50BR	M	All	FINAL	30	200BR	F	All	FINAL	
8	200FR	M	All	FINAL	20	100FL	F	All	FINAL	31	50FR	M	All	FINAL	
9	200FR	F	All	FINAL	21	100FL	M	All	FINAL	32	50FR	F	All	FINAL	





Conditions of entry:

Age as at 20 January 2018, **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 swum at an official meet between 20 January 2017 and 14 January 2018. **NT's will not be accepted**
2. **Entries open Monday 11 December at 8:00am, closing at 11:59 pm on Sunday 14 January 2018. Entries through the SNZ database only.**
3. 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.
4. **Entry fees are \$11.00 per event (GST Incl.) Payment must be made at the time of entry via Swimming NZ, using credit or debit card. Pay later not an option for this meet.**
5. **Scratchings – TIMED FINALS/FINALS:** all scratching must be received within 30 minutes of the preliminary results being posted. Failure to follow scratching rules will result in a \$30 late withdrawal penalty (in accordance with the SW Rules).
6. **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 Clubs in accordance with the SNZ Member Protection Policy. Club photographers should seek prior approval from the Meet organiser prior to the start of the meet, as per the Swimming Wellington Photography Policy.**
7. 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 commencement of the meet. **There are no qualifying times for para swimmers (but a valid entry time must be submitted with all entries). Entries for para swimmers must be submitted manually to Events@swimwn.co.nz**
8. **Strapping on a swimmer is not permitted unless sighted by the Meet Director/or Referee and supported by a Doctors/ or Physio certificate prior to the start of the meet**

Age Groups and Scoring

9. **Scoring Age Groups:** 50m, 100m, 200m & 400m Events: 13&U, 14, 15, 16/17, 18&O 800 & 1500m Events: 15/U, 16&O
10. **Points awarded:** 15, 11, 8, 7, 6, 5, 4, 3, 2, and 1 (1-10 placing) with an additional 20 points per NZ record broken. There will be no visitors' limits in any race.
11. Finalist ribbons will be available for collection by swimmers finishing 4th –10th in all events.
12. 50m-200m events will be swum as graded scratch heats with age group finals. 400m-1500m will be swum as timed finals.

Club / Spectator information

13. Club allocated seating will be provided for the weekend. Spectators are asked to use the 'Spectator Allocated seating'.
14. **Entry to the pool will be through the side entrance on Kilbirnie Crescent for All Swimmers, Team Managers, Officials and Coaches. Swimming Wellington pool entry passes must be shown upon entry. Coaches are to show their NZSCTA cards. Visiting clubs will be issued with temporary entry passes for the weekend.** Timekeepers and duty clubs are asked to sign in at the side entrance on Kilbirnie Crescent.
15. **Spectator entry will be through the main entrance; Spectators entry fees \$3 per session, \$3 programmes. All session entry /programmes pass will be available at \$35.00.**
16. 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 alongside the AOD room.
17. All clubs are to provide technical officials for the meet.
18. **The Organisers** will not be liable for any loss or damage during the period of the meet.
19. The Organisers reserve the right to amend the program if necessary, and to restrict entries.

Organisers on behalf of Wellington Swimming are; Events@swimwn.co.nz (Entries)

Meet Director- TBA





MALE			50m Qualification Times			FEMALE		
13/U	14	15	16/O	EVENT	13/U	14	15	16/O
Freestyle								
0.36	0.35	0.34	0.32	50m	0.38	0.37	0.36	0.35
1.15	1.11	1.10	1.09	100m	1.17	1.16	1.15	1.14
2.30	2.20	2.18	2.16	200m	2.35	2.30	2.29	2.28
5.10	5.00	4.50	4.40	400m	5.10	5.05	5.00	4.50
		10.30	10.00	800m			10.40	10.20
		19.00	18.00	1500m			19.40	19.20
Backstroke								
0.42	0.41	0.40	0.39	50m	0.44	0.43	0.42	0.41
1.26	1.25	1.24	1.23	100m	1.29	1.28	1.27	1.26
2.58	2.53	2.50	2.49	200m	3.04	2.59	2.56	2.55
Breaststroke								
0.45	0.44	0.43	0.42	50m	0.46	0.45	0.44	0.43
1.35	1.34	1.33	1.32	100m	1.39	1.38	1.37	1.36
3.14	3.13	3.12	3.11	200m	3.25	3.20	3.19	3.18
Butterfly								
0.43	0.42	0.41	0.39	50m	0.43	0.42	0.41	0.40
1.27	1.26	1.25	1.22	100m	1.28	1.27	1.26	1.25
3.18	3.10	3.09	3.08	200m	3.18	3.12	3.11	3.10
Individual Medley								
3.08	2.54	2.52	2.50	200m	3.08	3.00	2.59	2.58
6.30	6.25	6.23	6.20	400m	6.30	6.25	6.23	6.20

