



State New Zealand Short Course Championships

29 Sept - 3 Oct 2013
Wellington

Updated 8 May 2013

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

- Age as at 29th September 2013
- The qualifying period is from 1st July 2012 to 15th September 2013
- In the morning session there will be timed final races swum in the following age groups; 13 years, 14 years, 15 years, 16 years and 17-18 and 19 & over for the top 10 ranked swimmers in each age group, all other swimmers will be rank seeded in combined age groups. Para swimmers events will be swum as open.
- Evening sessions will have timed finals based on performances from the morning sessions. There will be 4 finals, one Open Final, 17/18 years, 15/16 years and 13/14 years and for some events there will be a para swimmers final. The Open final takes precedence, swimmers may not withdraw from the open final to swim in the age finals. Swimmers may not swim in both the open final and an age group final.
- Regional and Club relay events will be timed-finals unless there are more than 10 teams entered in the event. Relays shall be swum as 15 and under and 16 and over.
- Age group medals will be presented to the following age groups during the evening sessions based on performances in the morning timed finals; 13 years, 14 years, 15 years, 16 years and 17-18 years. Open medals will be presented based on the evening open final.
- Individual entry times may be verified against the SNZ Results Database. Performances from regional and local competitions not held within the Results Database may not be eligible for entry to national competitions.
- The qualifying times shown are 25 meter times. Qualifying times swum in pools other than 25m must be converted using the SNZ Conversions. No conversions for para swimmers, qualifying times can be swum in either 25m or 50m pools.
- Able bodied swimmers shall only enter qualified events. Para swimmers must qualify for at least one event and may enter up to two (2) unqualified para swimming events.
- All entries must include swimmer details and proof of times. The swimmers declared entry time shall be the fastest official time swum in the qualifying period. All relay entries must include swimmers' names whose times were used to produce the entry time. Only swimmers who have qualified and entered at least one individual event may be entered in relay events.

- A maximum of two (2) international visitors may swim in each age category of evening finals. There is no limit on international visitor entries for morning timed-finals but only two (2) international visitors may swim in the fastest timed-final for the 800 and 1500 meters.
- All participants must agree to comply with the Sports Anti-Doping Rules.

ENTRIES

REGIONAL ASSOCIATIONS must submit entries for SNZ members, with the exception of HPC swimmers who have signed High Performance Centre Swimmers Entry Agreements with their regions and clubs. No club entries are permitted. **CLUBS** entries and fees are to be submitted to their **REGIONAL ASSOCIATION**.

CLUBS need to check with their **REGIONAL ASSOCIATION** for their entry closing dates.

Entries close for **REGIONAL ASSOCIATIONS** with Swimming New Zealand **12 MIDNIGHT on TUESDAY 17th September 2013**. Late entries will not be accepted.

NO REFUNDS for any withdrawals (including medical) will be given once entries have closed.

Entries to be submitted by **REGIONAL ASSOCIATIONS** as a cfile or hyv file. Entries to be emailed to events@swimmingnz.org.nz and should include

- Entries by swimmer with proof of time
- Entry fee summary
- Relay names report
- Regional Coaches and Managers Form

Entry fees are \$15.00 individual events and \$30.00 relay events. Swimming New Zealand will send an invoice for entries to each region. These can be paid by Direct Debit or by sending a cheque to; Swimming New Zealand, P.O. Box 38346, Wellington 5012.

PSYCH SHEETS

PSYCH SHEETS will be posted on the Swimming New Zealand website on **WEDNESDAY 18th SEPTEMBER 2013**.

Corrections to the psych sheets are to be sent to events@swimmingnz.org.nz by **12 MIDNIGHT THURSDAY 19th SEPTEMBER 2013**.

FINAL PSYCH SHEETS will be posted on the Swimming New Zealand website on **FRIDAY 20th SEPTEMBER 2013**.

Updated 8 May 2013

25m Qualifying Times

Qualifying times are direct conversions from the Mayfair Pools 2013 New Zealand Age Group Championships.

Male					Female					
13 yr	14 yr	15 yr	16 yr	17 & Over	13 yr	14 yr	15 yr	16 yr	17 & Over	
FREESTYLE										
27.99	26.85	26.25	25.95	25.45	50	29.40	29.07	28.75	28.65	28.35
1:02.00	58.80	57.30	56.59	55.20	100	1:03.80	1:02.80	1:02.30	1:02.05	1:01.80
2:15.10	2:08.60	2:06.10	2:04.60	2:02.40	200	2:20.60	2:17.60	2:16.40	2:15.10	2:13.60
4:45.20	4:33.20	4:30.20	4:28.20	4:23.20	400	4:51.20	4:47.20	4:45.20	4:43.20	4:41.20
					800	10:01.40	9:51.40	9:46.40	9:41.40	9:36.40
18:49.50	18:07.50	17:34.50	17:29.50	17:19.50	1500					
BACKSTROKE										
32.55	31.05	30.25	30.20	30.00	50	33.65	33.28	33.05	32.95	32.85
1:10.08	1:07.17	1:05.88	1:05.57	1:05.09	100	1:12.80	1:11.60	1:11.10	1:10.60	1:10.40
2:29.60	2:25.60	2:23.09	2:22.27	2:21.13	200	2:36.10	2:32.60	2:32.30	2:31.99	2:31.44
BREASTSTROKE										
35.97	34.87	33.91	33.83	33.64	50	37.87	37.38	36.90	36.71	36.45
1:18.75	1:15.72	1:13.82	1:13.32	1:12.76	100	1:22.82	1:21.73	1:21.24	1:20.75	1:20.24
2:51.29	2:45.38	2:43.40	2:41.44	2:40.44	200	2:57.42	2:54.76	2:52.96	2:51.36	2:50.65
BUTTERFLY										
30.77	29.57	28.95	28.75	28.10	50	32.29	31.85	31.60	31.43	31.30
1:09.30	1:05.85	1:04.67	1:04.38	1:02.41	100	1:12.55	1:11.46	1:10.87	1:10.67	1:10.56
2:37.49	2:30.61	2:26.64	2:25.69	2:24.70	200	2:43.57	2:39.63	2:36.17	2:35.20	2:34.70
MEDLEY										
1:10.50	1:07.35	1:05.37	1:04.72	1:02.05	100	1:13.19	1:11.82	1:11.32	1:11.13	1:08.33
2:33.60	2:27.27	2:23.60	2:21.93	2:20.60	200	2:37.93	2:35.27	2:34.90	2:34.60	2:34.10
5:26.70	5:13.20	5:08.20	5:06.70	5:03.16	400	5:37.81	5:30.20	5:29.12	5:27.90	5:27.09

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Para Swimmers Qualifying Times - OPEN -

Male																
CLASS	50FR	100FR	200FR	400FR	50BK	100BK	50FLY	100FLY		CLASS	50BR	100BR		CLASS	150IM	200IM
S14	36.87	1:19.86	2:50.18	-	-	1:31.14	-	-		SB14	-	1:37.10				
S13	37.98	1:23.72	-	6:47.83	-	1:38.09	-	1:33.76		SB13	-	1:46.60		SM13	-	3:32.17
S12	38.60	1:24.04	-	6:41.44	-	1:36.05	-	1:33.61		SB12	-	1:48.04		SM12	-	3:27.40
S11	41.42	1:33.59	-	7:18.31	-	1:47.39	-	1:41.14		SB11	-	1:55.58		SM11	-	3:54.80
S10	38.14	1:23.89	-	6:30.11	-	1:37.29	-	1:31.89						SM10	-	3:28.21
S9	39.61	1:27.88	-	6:42.67	-	1:38.39	-	1:33.00		SB9	-	1:48.55		SM9	-	3:36.93
S8	42.05	1:31.30	-	7:02.96	-	1:47.10	-	1:35.20		SB8	-	1:53.63		SM8	-	3:51.63
S7	44.57	1:38.56	-	7:43.34	-	1:56.01	50.24	-		SB7	-	2:09.98		SM7	-	4:23.18
S6	47.50	1:46.18	-	8:15.15	-	1:59.21	50.08	-		SB6	-	2:19.19		SM6	-	4:20.63
S5	51.92	1:55.33	4:05.82	-	1:00.00	-	57.35	-		SB5	-	2:26.72		SM5	-	4:40.94
S4	1:00.23	2:12.63	4:45.58	-	1:14.85	-	-	-		SB4	-	2:37.26		SM4	4:08.96	-
S3	1:10.78	2:36.39	5:21.54	-	1:24.34	-	-	-		SB3	1:18.97	-		SM3	4:57.08	-

Female																
CLASS	50FR	100FR	200FR	400FR	50BK	100BK	50FLY	100FLY		CLASS	50BR	100BR		CLASS	150IM	200IM
S14	40.78	1:28.32	3:08.98	-	-	1:38.22	-	-		SB14	-	1:54.80				
S13	43.14	1:33.25	-	7:09.35	-	1:49.84	-	1:43.55		SB13	-	2:09.52		SM13	-	3:50.98
S12	43.85	1:35.90	-	7:42.91	-	1:54.17	-	1:46.54		SB12	-	2:03.05		SM12	-	3:59.10
S11	49.80	1:49.97	-	9:00.64	-	2:15.53	-	-		SB11	-	2:34.72		SM11	-	4:57.93
S10	44.73	1:35.79	-	7:12.35	-	1:54.14	-	1:49.12						SM10	-	4:08.19
S9	45.97	1:38.85	-	7:20.33	-	1:50.28	-	1:49.82		SB9	-	2:11.37		SM9	-	4:08.03
S8	49.73	1:36.08	-	7:39.84	-	2:03.71	-	1:56.53		SB8	-	2:11.81		SM8	-	4:27.90
S7	52.48	1:51.54	-	8:26.17	-	2:13.52	59.55	-		SB7	-	2:27.77		SM7	-	4:50.81
S6	57.57	2:02.79	-	8:59.52	-	2:20.07	1:03.11	-		SB6	-	2:39.18		SM6	-	5:02.01
S5	57.09	2:03.93	4:26.80	-	1:09.19	-	1:16.71	-		SB5	-	2:53.81		SM5	-	6:13.12
S4	1:21.71	2:58.44	6:07.66	-	1:34.91	-	-	-		SB4	-	3:02.79		SM4	5:23.18	-
S3	1:33.88	3:26.72	7:26.13	-	1:39.58	-	-	-		SB3	1:42.81	-		SM3	6:24.31	-



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Day 1 - Sun 29 th September			Day 2 - Mon 30 th October			Day 3 - Tues 1 st October			Day 4 - Wed 2 nd October			Day 5 - Thurs 3 rd October		
Session 1 - Heats			Session 3 - Heats			Session 5 - Heats			Session 7 - Heats			Session 9 - Heats		
Warm-up 7.15 - 8.45am Start 9am			Warm-up 7.15 - 8.45am Start 9am			Warm-up 7.15 - 8.45am Start 9am			Warm-up 7.15 - 8.45am Start 9am			Warm-up 7.15 - 8.45am Start 9am		
1	200m Free	M 13 & Over	13	100m Free	W 13 & Over	24	200m IM	M 13 & Over	35	200m IM	W 13 & Over	47	100m Breast	W 13 & Over
2	50m Breast	W 13 & Over	14	400m IM	M 13 & Over	25	200m Back	W 13 & Over	36	100m Free	M 13 & Over	48	200m Fly	M 13 & Over
3	100m Back	M 13 & Over	15	50m Fly	W 13 & Over	26	50m Fly	M 13 & Over	37	100m Fly	W 13 & Over	49	200m Free	W 13 & Over
4	200m Fly	W 13 & Over	16	50m Free	M 13 & Over	27	100m IM	W 13 & Over	38	50m Breast	M 13 & Over	50	200m Back	M 13 & Over
5	100m Breast	M 13 & Over	17	200m Breast	W 13 & Over	28	400m Free	M 13 & Over	39	50m Back	W 13 & Over	251	150m IM - Para	W Open
6	100m Back	W 13 & Over	218	150m IM - Para	M Open	29	50m Free	W 13 & Over	40	50m Back	M 13 & Over	52	1500m Free (TF)	M 13 & Over
7	100m Fly	M 13 & Over	19	800m Free (TF)	W 13 & Over	30	200m Breast	M 13 & Over	41	400m Free	W 13 & Over			
8	400m IM	W 13 & Over							42	100m IM	M 13 & Over			
Session 2 - Finals			Session 4 - Finals			Session 6 - Finals			Session 8 - Finals			Session 10 - Finals		
Warm-up 4.15 - 5.30pm Start 6pm			Warm-up 4.15 - 5.50pm Start 6pm			Warm-up 4.15 - 5.50pm Start 6pm			Warm-up 4.15 - 5.50pm Start 6pm			Warm-up 4.15 - 5.50pm Start 6pm		
101	200m Free	M Open	113	100m Free	W Open	124	200m IM	M Open	135	200m IM	W Open	147	100m Breast	W Open
301		M 17/18 years	313		W 17/18 years	324		M 17/18 years	335		W 17/18 years	347		W 17/18 years
401		M 15/16 years	413		W 15/16 years	424		M 15/16 years	435		W 15/16 years	447		W 15/16 years
501		M 13/14 years	513		W 13/14 years	524		M 13/14 years	535		W 13/14 years	547		W 13/14 years
201		M AWD	213		W AWD	224		M AWD	235		W AWD	247		W AWD
102	50m Breast	W Open	114	400m IM	M Open	125	200m Back	W Open	136	100m Free	M Open	148	200m Fly	M Open
302		W 17/18 years	314		W 17/18 years	325		W 17/18 years	336		M 17/18 years	348		M 17/18 years
402		W 15/16 years	414		M 15/16 years	425		W 15/16 years	436		M 15/16 years	448		M 15/16 years
502		W 13/14 years			M 13/14 years			W 13/14 years			M 13/14 years			M 13/14 years
202		W AWD	115	50m Fly	W Open	126	50m Fly	M Open	236		M AWD	149	200m Free	W Open
103	100m Back	M Open	315		W 17/18 years	326		M 17/18 years	137	100 Fly	W Open	349		W 17/18 years
303		M 17/18 years	415		W 15/16 years	426		M 15/16 years	337		W 17/18 years	449		W 15/16 years
403		M 15/16 years	515		W 13/14 years	526		M 13/14 years	437		W 15/16 years			W 13/14 years
503		M 13/14 years	215		W AWD	226		M AWD	537		W 13/14 years	249		W AWD
203		M AWD	116	50m Free	M Open	127	100m IM	W Open	237		W AWD	150	200m Back	M Open
104	200m Fly	W Open	316		M 17/18 years	327		M 17/18 years	138	50m Breast	M Open	350		M 17/18 years
304		W 17/18 years	416		M 15/16 years	427		W 15/16 years	338		M 17/18 years	450		M 15/16 years
404		W 15/16 years	516		M 13/14 years	527		W 13/14 years	438		M 15/16 years	550		M 13/14 years
504		W 13/14 years	216		M AWD	227		W AWD	538		M 13/14 years	251	150m IM - Para	W Open
105	100m Breast	M Open	117	200m Breast	W Open	128	400m Free	M Open	238		M AWD	52	1500m Free (FTF)	M Open
305		M 17/18 years	317		W 17/18 years	328		M 17/18 years	139	50m Back	W Open			
405		M 15/16 years	417		W 15/16 years	428		M 15/16 years	339		W 17/18 years			
505		M 13/14 years	517		W 13/14 years			M 13/14 years	439		W 15/16 years			
205		M AWD	218	150m IM - Para	M Open	228		M AWD	539		W 13/14 years			
106	100m Back	W Open	19	800m Free (FTF)	W Open	129	50m Free	W Open	239		W AWD			
306		W 17/18 years	20	4x50m Free R Relay	M 15 & Under	329		W 17/18 years	140	50m Back	M Open			
406		W 15/16 years	21	4x50m Free R Relay	W 15 & Under	429		W 15/16 years	340		M 17/18 years			
506		W 13/14 years	22	4x50m Free R Relay	M 16 & Over	529		W 13/14 years	440		M 15/16 years			
206		W AWD	23	4x50m Free R Relay	W 16 & Over	229		W AWD	540		M 13/14 years			
107	100m Fly	M Open				130	200m Breast	M Open	240		M AWD			
307		M 17/18 years				330		M 17/18 years	141	400m Free	W Open			
407		M 15/16 years				430		M 15/16 years	341		W 17/18 years			
507		M 13/14 years				530		M 13/14 years	441		W 15/16 years			
207		M AWD				31	4x50m Med C Relay	W 15 & Under	541		W 13/14 years			
108	400m IM	W Open				32	4x50m Med C Relay	M 15 & Under	241		W AWD			
308		W 17/18 years				33	4x50m Med C Relay	W 16 & Over	142	100m IM	M Open			
408		W 15/16 years				34	4x50m Med C Relay	M 16 & Over	342		M 17/18 years			
508		W 13/14 years							442		M 15/16 years			
9	4x50m Free C Relay	M 15 & Under							542		M 13/14 years			
10	4x50m Free C Relay	W 15 & Under							242		M AWD			
11	4x50m Free C Relay	M 16 & Over							43	4x50m Med R Relay	W 15 & Under			
12	4x50m Free C Relay	W 16 & Over							44	4x50m Med R Relay	M 15 & Under			
									45	4x50m Med R Relay	W 16 & Over			
									46	4x50m Med R Relay	M 16 & Over			

Relay heats will be held if entries exceed 10

C Relay = Club Relay
R Relay = Regional Relay