



# SWIMMING WELLINGTON 2013 LONG COURSE SUMMER CHAMPIONSHIPS

Wellington Regional Aquatic Centre, Kilbirnie, Friday 18 January - Monday 21 January 2013

SESSION 1, FRIDAY 18 JANUARY					SESSION 2, SATURDAY 19 JANUARY					SESSION 4, SUNDAY 20 JANUARY					SESSION 6, MONDAY 21 JANUARY									
Warm up 3.45-4.45pm Start 5pm					Warm up 7.15-8.15am Start 8.30am					Warm up 7.15-8.15am Start 8.30am					Warm up 7.15-8.15am Start 8.30am									
FMLE	MALE	DIS	STK	TYPE	FMLE	MALE	DIS	STK	TYPE	FMLE	MALE	DIS	STK	TYPE	FMLE	MALE	DIS	STK	TYPE					
1		800	FREE	(TF)		5	400	FREE	(TF)		15	800	FREE	(TF)	25		400	FREE	(TF)					
	2	1500	FREE	(TF)	6		400	IM	(TF)	16	17	100	BACK	HT		26	400	IM	(TF)					
3	4	200	BRST	(TF)	8	7	50	BACK	HT	18	19	50	FLY	HT	27	28	100	FLY	HT					
<b>DUTY CLUB: Capital</b>					10	9	100	BRST	HT	20	21	200	FREE	(TF)	29	30	50	BRST	HT					
					12	11	50	FREE	HT						31	32	100	FREE	HT					
					<b>DUTY CLUB: Porirua City Aquatics</b>					<b>DUTY CLUB: Karori</b>					<b>DUTY CLUB: Capital</b>									
					SESSION 3, SATURDAY 19 JANUARY					SESSION 5, SUNDAY 20 JANUARY					SESSION 7, MONDAY 21 JANUARY									
Swimming Wellington bank account WPT 030502-0166158-00 For direct credit payments ONE PAYMENT PER CLUB PLEASE.					Warm up 3.15-4.15pm Start 4.30pm					Warm up 3.15-4.15pm Start 4.30pm					Warm up 3.15-4.15pm Start 4.30pm									
					FMLE	MALE	DIS	STK	TYPE	FMLE	MALE	DIS	STK	TYPE	FMLE	MALE	DIS	STK	TYPE					
										22		1500	FREE	(TF)	33	34	200	BACK	(TF)					
										14	13	200	FLY	(TF)		23	200	IM	(TF)	27	28	100	FLY	FINAL
										8	7	50	BACK	FINAL	16	17	100	BACK	FINAL	29	30	50	BRST	FINAL
										10	9	100	BRST	FINAL	18	19	50	FLY	FINAL	31	32	100	FREE	FINAL
Swimming Wellington is GST registered GST NO. 59-780-824										24		200	IM	(TF)										
					<b>DUTY CLUB: SwimZone</b>					<b>DUTY CLUB: Tawa, Raumati</b>					<b>DUTY CLUB: SwimZone</b>									
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**Duty Club** to provide the following:

- ✓ 2 door supervisor [1 for raffles, 1 for officials sign in]
- ✓ 3 kitchen
- ✓ 2 marshals,
- ✓ 1 office runner
- ✓ 1 **adult** medal assistant
- ✓ 1 medal bearer in club uniform

**The first listed club to coordinate**

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

**Warm up procedure:** Warm up will be in two parts.

**13 & Under** – AM 7.15am – 7.45am – PM 3.15pm – 3.45pm

**14 & Over** – AM 7.45 – 8.15am - PM 3.45 – 4.15pm

**Coaches please ensure times are adhered to.**

**Note:**

**Swimming Wellington has secured the full use of the Programmes Pool for warm up and warm down throughout the meet.**

**IMPORTANT!!!!!!! READ THE SCRATCHING RULE - Condition of entry #4**

In accordance with SNZ Withdrawal Regulations 3 [3.2], a Swim Wellington \$30 late withdrawal fee applies to all **timed final (TF)** events. Scratchings for **timed final (TF)** should be received 15 minutes, before the end of the previous session. Standard FINAL events; scratchings must be received within 30 minutes of the signed preliminary results being posted.

### Conditions of entry to Swim Wellington 2013 Long Course Summer Championships:

**Age is at 18 January 2013.** Times to have been obtained at an official meet between 19 January 2012 and 09 January 2013. **No times not accepted.**

1. **Scoring Age Groups will be:** 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 will be:** 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 & 0, male & female.**  
Medals will be presented throughout the sessions, and presentations will include recognition of Open Champions in each stroke/distance, both 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. Medals will be presented in line with the scoring age groups throughout the session. Finalist ribbons will be available for collection by swimmers finishing 4<sup>th</sup> – 10<sup>th</sup> in their events, these should be collected during the session.
4. **There will be no refunds for withdrawals after the entries close on Wednesday 9 January 2013.** 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 payable 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, 18 January 2013, will receive a full refund of their entry fees by providing a valid medical certificate.
5. 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.
6. **Entries close at 12:00pm [midday] on Wednesday 09 January 2013. Late entries will be considered at a cost of \$20 per event if the qualifying time has been met and where space is available. They will be exhibition swims only and close on Friday 11 January [midday].**  
All Entries to [Operations@swimwn.co.nz](mailto:Operations@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 17 January 2013.**
7. **Entry fees are \$9.00 per event.**
  - ✓ The Treasurer will issue a Tax Invoice
  - ✓ **Payment in full to be made by Thursday 17 January 2013. 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 Treasurer of your club's payment method
8. **Entry to the pool will be through the front entrance for all Swimmers, Team Managers and Coaches. Swimmers from Capital, Karori and Tawa who have an existing WCC Membership may use these. Swim Wellington pool entry passes are to be used by swimmers and officials. 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.** \$2 door entry fee will be payable by all spectators. Programmes, \$2 per session.
9. **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.
10. The Organisers reserve the right to amend the program if necessary, and to restrict entries.
11. **An official photographer** may be in attendance, Media will be invited to cover the event.
12. **Organisers on behalf of Wellington Swimming are;**  
Henrietta Latham 04 5600381 or 027 5021854 (Entries) Sandy Turner 04 9381098 (Treasurer)  
Greg Forsythe 04-476 0060 (Officials/Publicity/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
<b>Freestyle</b>																
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
<b>Backstroke</b>																
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
<b>Breaststroke</b>																
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
<b>Butterfly</b>																
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
<b>Medley</b>																
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