




SWIMMING WELLINGTON 2014 LONG COURSE SUMMER CHAMPIONSHIPS

Wellington Regional Aquatic Centre, Kilbirnie, Friday 17 January - Monday 20 January 2014

SESSION 1, FRIDAY 17 JANUARY					SESSION 2, SATURDAY 18 JANUARY					SESSION 4, SUNDAY 19 JANUARY					SESSION 6, MONDAY 20 JANUARY				
Warm up 5.00-5.40 Start 5.45pm					Warm up 7.30-8.15am Start 8.20am					Warm up 7.30-8.15am Start 8.20am					Warm up 7.30-8.15am Start 8.20am				
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
DUTY CLUB: Rotation duty roster to follow					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
					DUTY CLUB: Rotation duty roster to follow					DUTY CLUB: Rotation duty roster to follow					DUTY CLUB: Rotation duty roster to follow				
SESSION 3, SATURDAY 18 JANUARY					SESSION 5, SUNDAY 19 JANUARY					SESSION 7, MONDAY 20 JANUARY									
Warm up 3.15-4.00pm Start 4.05pm					Warm up 3.15-4.00pm Start 4.05pm					Warm up 3.15-4.00pm Start 4.05pm									
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	IM	(TF)		23	200	FLY	(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
					12	11	50	FREE	FINAL	24		200	FLY	(TF)					
					DUTY CLUB: Rotation duty roster to follow					DUTY CLUB: Rotation duty roster to follow					DUTY CLUB: Rotation duty roster to follow				

Duty Club to provide the following:

- ✓ 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 lanes will be split between Junior and Senior lanes as shown below

13 & Under Lanes 1, 3, 5 and 7 Juniors only warm up

14 & Over Lanes 2, 4, 6 and 8 Seniors only warm up

Coaches please ensure swimmers are in the correct lanes

NO DIVING IN THE SHALLOW END AT ALL

Sprint Lanes - Lanes 0 [25m sprint only] & Lane 9 [50m sprints only]

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 2014 Long Course Summer Championships:

Age as at the first day of the meet. Times to have been obtained at an official meet between 18 January 2013 and 10 January 2014. **No times will not be 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 4th – 10th in their events, these should be collected during the session.
4. **There will be no refunds for withdrawals after the entries close on Friday 10 January 2014.** 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, 17 January 2014, 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 Friday 10 January 2014.** 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 14 January [midday].
All Entries to 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 16 January 2014 @ 5pm.** **Please place your Club 3 letter code at the beginning of your PDF files please i.e. RAU Proof of times.pdf**
7. **Entry fees are \$9.00 per event.**
 - ✓ The Treasurer will issue a Tax Invoice
 - ✓ **Payment in full to be made by Thursday 16 January 2014. 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.
8. **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.
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)
Greg Forsythe 04-476 0060 (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
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

