

30 July 2010

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

- Age as at 3<sup>rd</sup> April 2011.
- The qualifying period is from 2<sup>nd</sup> March 2010 to 20<sup>th</sup> March 2011.
- Relays will be swum as open timed finals with all timed-finals being swum in the finals session.
- 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 50 metre times. Qualifying times swum in pools other than 50m must be converted using the SNZ Conversions.
- All swimmers shall only enter qualified events except AWD swimmers who may enter two (2) unqualified swims.
- 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 met the required individual qualifying standard may be entered in relay events.
- For 50m, 100m, 200m, 400m, 800m and 1500m events, there will be A and B Finals. B Finals will be swum when there are 20 or more swimmers that competed in the heats. The Open Championship placings will be determined from the A final.
- A maximum of two (2) international visitors may progress from heats to finals in any one event. There is no limit on international visitor entries for timed-finals but only two (2) international visitors may swim in the fastest timed-final.
- All participants must agree to comply with the Sports Anti-Doping Rules.

**ENTRIES**

**REGIONAL ASSOCIATIONS** must submit entries for SNZ members. 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 THURSDAY 24<sup>th</sup> MARCH 2011**. 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](mailto: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. Entry fees from **REGIONAL ASSOCIATIONS** to be sent to Swimming New Zealand, P.O. Box 38346, Wellington 5012.

**PSYCH SHEETS**

**PSYCH SHEETS** will be posted on the Swimming New Zealand website on **FRIDAY 25<sup>th</sup> MARCH 2011**.

Corrections and changes to psych sheets are to be sent to [events@swimmingnz.org.nz](mailto:events@swimmingnz.org.nz) by **12 MIDNIGHT TUESDAY 29<sup>th</sup> MARCH 2011**.

**FINAL PSYCH SHEETS** will be posted on the Swimming New Zealand website on **WEDNESDAY 30<sup>th</sup> March 2011**.

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50m Qualifying Times

Male		Female
<b>FREESTYLE</b>		
25.48	<b>50</b>	28.71
55.50	<b>100</b>	1:01.80
2:00.00	<b>200</b>	2:13.00
4:19.00	<b>400</b>	4:40.00
9:04.65	<b>800</b>	9:40.00
17:20.00	<b>1500</b>	18:34.40
<b>BACKSTROKE</b>		
29.00	<b>50</b>	32.90
1:02.83	<b>100</b>	1:10.00
2:16.71	<b>200</b>	2:30.55
<b>BREASTSTROKE</b>		
32.51	<b>50</b>	36.36
1:10.68	<b>100</b>	1:18.71
2:32.75	<b>200</b>	2:49.28
<b>BUTTERFLY</b>		
27.66	<b>50</b>	30.66
1:00.51	<b>100</b>	1:07.84
2:14.95	<b>200</b>	2:29.00
<b>INDIVIDUAL MEDLEY</b>		
2:16.50	<b>200</b>	2:33.00
4:55.00	<b>400</b>	5:23.75

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**AWD Qualifying Times**

**Male**

CLASS	50FR	100FR	200FR	400FR	50BK	100BK	50FLY	100FLY	CLASS	50BR	100BR	CLASS	150IM	200IM
<b>S13</b>	29.11	1:04.15	-	5:12.52	-	1:15.17	-	1:11.85	<b>SB13</b>	-	1:21.69	<b>SM13</b>	-	2:42.59
<b>S12</b>	29.58	1:04.40	-	5:07.62	-	1:13.60	-	1:11.73	<b>SB12</b>	-	1:22.79	<b>SM12</b>	-	2:38.93
<b>S11</b>	31.74	1:11.72	-	5:35.88	-	1:22.29	-	1:17.50	<b>SB11</b>	-	1:28.57	<b>SM11</b>	-	2:59.93
<b>S10</b>	29.23	1:04.28	-	4:58.95	-	1:14.55	-	1:10.41				<b>SM10</b>	-	2:39.55
<b>S9</b>	30.35	1:07.34	-	5:08.57	-	1:15.39	-	1:11.27	<b>SB9</b>	-	1:23.18	<b>SM9</b>	-	2:46.24
<b>S8</b>	32.23	1:09.96	-	5:24.12	-	1:22.07	-	1:12.95	<b>SB8</b>	-	1:27.07	<b>SM8</b>	-	2:57.50
<b>S7</b>	34.16	1:15.52	-	5:55.06	-	1:28.90	38.50	-	<b>SB7</b>	-	1:39.60	<b>SM7</b>	-	3:21.68
<b>S6</b>	36.40	1:21.37	-	6:19.44	-	1:31.35	38.38	-	<b>SB6</b>	-	1:46.66	<b>SM6</b>	-	3:19.72
<b>S5</b>	39.79	1:28.38	3:08.37	-	45.98	-	43.95	-	<b>SB5</b>	-	1:52.43	<b>SM5</b>	-	3:35.29
<b>S4</b>	46.16	1:41.63	3:38.84	-	57.36	-	56.85	-	<b>SB4</b>	-	2:00.51	<b>SM4</b>	3:10.78	-
<b>S3</b>	54.24	1:59.84	4:06.40	-	1:04.63	-	-	-	<b>SB3</b>	1:00.51	-	<b>SM3</b>	3:47.65	-

**Female**

CLASS	50FR	100FR	200FR	400FR	50BK	100BK	50FLY	100FLY	CLASS	50BR	100BR	CLASS	150IM	200IM
<b>S13</b>	33.06	1:11.46	-	5:29.01	-	1:24.17	-	1:19.35	<b>SB13</b>	-	1:39.25	<b>SM13</b>	-	2:57.00
<b>S12</b>	33.60	1:13.49	-	5:54.73	-	1:27.49	-	1:21.64	<b>SB12</b>	-	1:34.29	<b>SM12</b>	-	3:03.23
<b>S11</b>	38.17	1:24.27	-	6:54.30	-	1:43.86	-	-	<b>SB11</b>	-	1:58.56	<b>SM11</b>	-	3:48.31
<b>S10</b>	34.28	1:13.40	-	5:31.31	-	1:27.46	-	1:23.62				<b>SM10</b>	-	3:10.19
<b>S9</b>	35.23	1:15.75	-	5:37.43	-	1:24.51	-	1:24.16	<b>SB9</b>	-	1:40.67	<b>SM9</b>	-	3:10.07
<b>S8</b>	38.11	1:21.29	-	5:52.38	-	1:34.80	-	1:29.30	<b>SB8</b>	-	1:41.00	<b>SM8</b>	-	3:25.29
<b>S7</b>	40.22	1:25.47	-	6:27.88	-	1:42.32	45.63	-	<b>SB7</b>	-	1:53.24	<b>SM7</b>	-	3:42.85
<b>S6</b>	44.12	1:34.09	-	6:53.44	-	1:47.34	48.36	-	<b>SB6</b>	-	2:01.98	<b>SM6</b>	-	3:51.44
<b>S5</b>	43.75	1:34.97	3:24.45	-	53.02	-	58.78	-	<b>SB5</b>	-	2:13.19	<b>SM5</b>	-	4:45.93
<b>S4</b>	1:02.61	2:16.74	4:41.74	-	1:12.73	-	-	-	<b>SB4</b>	-	2:20.07	<b>SM4</b>	4:07.65	-
<b>S3</b>	1:11.94	2:38.41	5:41.88	-	1:16.31	-	-	-	<b>SB3</b>	1:18.79	-	<b>SM3</b>	4:54.50	-

Note: AWD Events will be added to the Open Championships schedule of events on the flyer on the SNZ website shortly.

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Warm-up times, Session start times and Order of Events

Day 1 – Sun 3 <sup>rd</sup> April			Day 2 – Mon 4 <sup>th</sup> April			Day 3 – Tues 5 <sup>th</sup> April			Day 4 – Wed 6 <sup>th</sup> April			Day 5 – Thurs 7 <sup>th</sup> April			Day 6 – Fri 8 <sup>th</sup> April		
Session 1 - Heats			Session 3 - Heats			Session 5 - Heats			Session 7 - Heats			Session 9 - Heats			Session 11 – Heats		
Warm-up 8.00 – 9.45am Start 10am			Warm-up 8.00 – 9.45am Start 10am			Warm-up 8.00 – 9.45am Start 10am			Warm-up 8.00 – 9.45am Start 10am			Warm-up 8.00 – 9.45am Start 10am			Warm-up 8.00 – 9.45am Start 10am		
1	100m Fly	W	9	100m Back	W	14	50m Breast	M	20	50m Breast	W	28	100m Free	W	33	50m Free	M
2	400m Free	M	10	200m Free	M	15	200m Fly	M	21	50m Back	M	29	200m Back	M	34	50m Fly	W
3	200m IM	W	11	100m Breast	W	16	200m Free	W	22	50m Back	W	30	200m Breast	W	35	100m Fly	M
4	50m Fly	M	12	100m Back	M	17	800m Free – TF	M	23	100m Free	M	31	200m Breast	M	36	200m Back	W
5	400m Free	W	13	1500m Free - TF	W				34	200m Fly	W	32	1500m Free	M	37	400m IM	W
6	100m Breast	M							25	200m IM	M				38	400m IM	M
									26	50m Free	W						
									27	800m Free	W						

Session 2 - Finals			Session 4 - Finals			Session 6 - Finals			Session 8 - Finals			Session 10 - Finals			Session 12 – Finals		
Warm-up 4.00-5.30pm Start 6pm			Warm-up 4.00-5.45pm Start 6pm			Warm-up 4.00-5.45pm Start 6pm			Warm-up 4.00-5.45pm Start 6pm			Warm-up 4.00-5.45pm Start 6pm			Warm-up 4.00-5.45pm Start 6pm		
1	100m Fly	W	9	100m Back	W	14	50m Breast	M	20	50m Breast	W	27	800m Free	W	32	1500m Free	M
2	400m Free	M	10	200m Free	M	15	200m Fly	M	21	50m Back	M	28	100m Free	W	33	50m Free	M
3	200m IM	W	11	100m Breast	W	16	200m Free	W	22	50m Back	W	29	200m Back	M	34	50m Fly	W
4	50m Fly	M	12	100m Back	M	17	800m Free – Fastest TF	M	23	100m Free	M	30	200m Breast	W	35	100m Fly	M
5	400m Free	W	13	1500m Free – Fastest TF	W	18	4 x 100m Medley Club Relay – TF	W	24	200m Fly	W	31	200m Breast	M	36	200m Back	W
6	100m Breast	M				19	4 x 100m Medley Club Relay – TF	M	25	200m IM	M	32	4 x 200 Free Club Relay – TF	W	37	400m IM	W
7	4 x 100m Free Club Relay – TF	W							26	50m Free	W				38	400m IM	M
8	4 x 100m Free Club Relay – TF	M													39	4 x 200m Free Club Relay – TF	M

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