



# 2020 13 & OVER LONG COURSE CHAMPIONSHIPS

## KEY DETAILS

**Date:** January 18<sup>th</sup> – 20<sup>th</sup> 2020

**Open to:** Competitive swimmers – 13&O

**Format:** Heats/finals (50m - 200m events);  
timed finals (400m - 1500m events)

**Pool Setup:** Long Course

**Venue:** Wellington Regional Aquatic Centre

## POOL ENTRY

Swimming Wellington pool entry passes must be shown upon entry. Coaches are to display their NZSCTA cards throughout the meet. All technical officials and duty club volunteers are to sign in. Spectator entry fee will be \$3.

## PROGRAMMES

There will be no printed programmes available for spectators during this meet. Final programmes will be available at [www.wellington.swimming.org.nz](http://www.wellington.swimming.org.nz) From 5pm on Friday 17<sup>th</sup> January.

Results will be available on Meet Mobile.



## SESSION START TIMES

Session 1: Sat 18 Jan - Warm-up 7.30am, Start 8.20am

Session 2: Sat 18 Jan – Warm-up 3pm, Start 3.50pm

Session 3: Sun 19 Jan - Warm-up 7.30am, Start 8.20am

Session 4: Sun 19 Jan – Warm-up 3pm, Start 3.50pm

Session 5: Mon 20 Jan – Warm-up 7.30am, Start 8.20am

Session 6: Mon 20 Jan – Warm-up 3pm, Start 3.50pm

## RESPECT EXCELLENCE TEAMWORK



ORGANISERS ON BEHALF OF SWIMMING  
WELLINGTON ARE:

Angus Pashley: [Events@swimwn.co.nz](mailto:Events@swimwn.co.nz)  
Technical Director – Greg Forsythe  
[RTOP@swimwn.co.nz](mailto:RTOP@swimwn.co.nz)



KEEP UP TO DATE !  
[@SWIMWELLINGTON](https://www.instagram.com/swimwellington)



2020 MALE QUALIFYING TIMES					2020 FEMALE QUALIFYING TIMES			
13	14	15	16&O	DIST.	13	14	15	16&O
<b>FREESTYLE</b>								
0.36	0.35	0.34	0.32	50	0.38	0.37	0.36	0.35
1.15	1.11	1.10	1.09	100	1.17	1.16	1.15	1.14
2.30	2.20	2.18	2.16	200	2.35	2.30	2.29	2.28
5.10	5.00	4.50	4.40	400	5.10	5.05	5.00	4.50
		10.30	10.00	800			10.40	10.20
		19.00	18.00	1500			19.40	19.20
<b>BACKSTROKE</b>								
0.42	0.41	0.40	0.39	50	0.44	0.43	0.42	0.41
1.26	1.25	1.24	1.23	100	1.29	1.28	1.27	1.26
2.58	2.53	2.50	2.49	200	3.04	2.59	2.56	2.55
<b>BREASTSTROKE</b>								
0.45	0.44	0.43	0.42	50	0.46	0.45	0.44	0.43
1.35	1.34	1.33	1.32	100	1.39	1.38	1.37	1.36
3.14	3.13	3.12	3.11	200	3.25	3.20	3.19	3.18
<b>BUTTERFLY</b>								
0.43	0.42	0.41	0.39	50	0.43	0.42	0.41	0.40
1.27	1.26	1.25	1.22	100	1.28	1.27	1.26	1.25
3.18	3.10	3.09	3.08	200	3.18	3.12	3.11	3.10
<b>INDIVIDUAL MEDLEY</b>								
3.08	2.54	2.52	2.50	200	3.08	3.00	2.59	2.58
6.30	6.25	6.23	6.20	400	6.30	6.25	6.23	6.20

PROGRAMME OF EVENTS											
Day 1 Saturday 18 January				Day 2 Sunday 19 January				Day 3 Monday 20 January			
<b>SESSION 1</b> Session begins at 8.20am				<b>SESSION 3</b> Session begins at 8.20am				<b>SESSION 5</b> Session begins at 8.20am			
1	200 IM	F	HEAT	11	800 Free	M	T/F	23	1500 Free	M	T/F
2	50 Back	M	HEAT	12	800 Free	F	T/F	24	1500 Free	F	T/F
3	50 Back	F	HEAT	13	200 IM	M	HEAT	25	200 Breast	M	HEAT
4	100 Breast	M	HEAT	14	100 Free	F	HEAT	26	200 Breast	F	HEAT
5	100 Breast	F	HEAT	15	100 Free	M	HEAT	27	100 Back	M	HEAT
6	50 Fly	M	HEAT	16	200 Back	F	HEAT	28	100 Back	F	HEAT
7	50 Fly	F	HEAT	17	200 Back	M	HEAT	29	200 Fly	M	HEAT
8	200 Free	M	HEAT	18	50 Breast	F	HEAT	30	200 Fly	F	HEAT
9	200 Free	F	HEAT	19	50 Breast	M	HEAT	31	50 Free	M	HEAT
				20	100 Fly	F	HEAT	32	50 Free	F	HEAT
				21	100 Fly	M	HEAT				
<b>SESSION 2</b> Session begins at 3.50pm				<b>SESSION 4</b> Session begins at 3.50pm				<b>SESSION 6</b> Session begins at 3.50pm			
10	400 Free	M	T/F	22	400 Free	F	T/F	33	400 IM	M	T/F
1	200 IM	F	FINAL	13	200 IM	M	FINAL	34	400 IM	F	T/F
2	50 Back	M	FINAL	14	100 Free	F	FINAL	25	200 Breast	M	FINAL
3	50 Back	F	FINAL	15	100 Free	M	FINAL	26	200 Breast	F	FINAL
4	100 Breast	M	FINAL	16	200 Back	F	FINAL	27	100 Back	M	FINAL
5	100 Breast	F	FINAL	17	200 Back	M	FINAL	28	100 Back	F	FINAL
6	50 Fly	M	FINAL	18	50 Breast	F	FINAL	29	200 Fly	M	FINAL
7	50 Fly	F	FINAL	19	50 Breast	M	FINAL	30	200 Fly	F	FINAL
8	200 Free	M	FINAL	20	100 Fly	F	FINAL	31	50 Free	M	FINAL
9	200 Free	F	FINAL	21	100 Fly	M	FINAL	32	50 Free	F	FINAL



## Meet Conditions:

1. Meet will be swum long course under SNZ/FINA rules except where local rules and conditions apply.
2. The start will be from the deep end, there will be over the top starts
3. This meet is open to **financial SNZ registered competitive** swimmers. Overseas competitors may compete subject to providing a signed Travel Authorisation Form/Letter from their national federation.
4. Age as at 18<sup>th</sup> January 2020.
5. Qualifying times must have been obtained between **12<sup>th</sup> January 2019** and the entry closing date of **12<sup>th</sup> January 2020** and be held within SNZ database as approved meet times. Converted times are permissible.
6. Events will be swum and scored in the following age groups: 50m, 100m & 200m Events: 13, 14, 15, 16, 17&O; 400m Events: 13, 14, 15, 16&O and 800 & 1500m Events: 15/U, 16&O
7. 800m and 1500m races will be limited to: 15&U top 20 males and top 20 females. 16&O top 20 males and top 20 females
8. 50m-200m events will be swum as graded scratch heats with age group finals. 400m-1500m events will be swum as timed finals.
9. Medals will be presented throughout the sessions, to those placed 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in each event. Ribbons will be available for collection for those placed 4<sup>th</sup> – 10<sup>th</sup>. Club uniform tops for medal presentations. Same gender substitutes permitted.
10. Age group points will be earned as 20, 14, 10, 7, 6, 5, 4, 3, 2, 1 for first to tenth inclusive. Overall age group awards will be presented for each MALE and FEMALE 13, 14, 15, 16 & 17/O at the end of the meet.
11. Self-marshalling will operate during the morning sessions and marshaling will operate during the evening sessions.
12. Entry fees are \$11.00 per event per swimmer.
13. Entries and payment will be via the SNZ Database, pay later not an option. Entries open on Monday 9<sup>th</sup> December 2019 and close at 23:59:59 (Midnight) on Sunday 12<sup>th</sup> January 2020. Late entries will NOT be accepted.
14. Initial psych sheets will be posted on the website on the Tuesday 14<sup>th</sup> January and final psych sheets on the Friday 17<sup>th</sup> January.
15. There will be no refunds for withdrawals after 5pm on Friday 17th January. For timed finals: Swimmers may withdraw without penalty from Session 1 by email ([events@swimwn.co.nz](mailto:events@swimwn.co.nz)) before 5pm on Friday 17th January or with the recorder at the venue up to 1 (one) hour prior to the start of the session one. For subsequent sessions, withdrawals for timed finals must be submitted before the completion of the session prior. For heats and finals: swimmers not wishing to take part in a final for which they have qualified (including reserves) must withdraw within 30 minutes following the official heat results for that event being published. Withdrawals that fail to comply with these conditions, or swimmers who fail to marshal, will incur a \$30 penalty. Valid medical certificates will be taken into consideration.
16. Classified para swimmers (including provisional classification) are eligible to compete at this meet for events that they hold an approved time. Para swimmers are requested to report to the Technical Director prior to the warm-up of the first session that they compete at the meet. Entries for para swimmers must be submitted manually by email to [events@swimwn.co.nz](mailto:events@swimwn.co.nz) on or before Sunday, 12<sup>th</sup> January 2020
17. Strapping of muscles/joints is not permitted unless supported by a doctor or physio certificate and sighted by the Technical Director prior to the start of the meet.
18. By entering this meet, swimmers 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 Swim Wellington in accordance with the SNZ Member Protection Policy.
19. Swimming Wellington reserves the right to restrict entries and amend the programme.
20. Swimming Wellington will not be liable for any loss, damage or injury that may occur at this meet.
21. All Participants must agree to comply with the Sports Anti-Doping Rules.
22. Protests shall be lodged as per SNZ policy 008 with a fee of \$100.

## CLUB / SPECTATOR INFORMATION

1. There will be a team manager meeting in the marshaling room at 7.15am prior to session 1.
2. All participating Wellington clubs will be required to provide officials for this meet. Visiting officials may apply via email [RTOP@swimwn.co.nz](mailto:RTOP@swimwn.co.nz) by 5pm Tuesday 14<sup>th</sup> January.
3. A seating plan will be published on the SW website on Wednesday 15<sup>th</sup> January.
4. There will be an officials meeting in the marshaling room 20 minutes prior to the start of each session.
5. Duty Club requirements will be advised by SW in the drop box.
6. Entry for all swimmers, officials, team managers and coaches will be via the southern entrance on Kilbirnie Crescent. Swimmers to present Swimming Wellington pool entry passes. Coaches are to display their NZSCTA cards throughout the meet. Visiting clubs will be issued with temporary entry passes for the weekend. Officials (including timekeepers and duty clubs volunteers) are required to sign in on entry.
7. 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 signing in desk on entry via Kilbirnie Crescent.
8. Entry fee \$3 for all spectators.

## WARM-UP PROCEDURE

**Warm-up duration:** 45 minutes

**All lanes:** General Swimming unless specified. Feet first entry except in specified dive lanes.

**Lanes 0/1 & 8/9:** To become dive lanes for the last 20 minutes of each warm-up

**Lane 2:** Designated pace lane

**Lane 9:** Designated to para swimmers (if any) for the first 25 minutes of each warm-up