



2020 SHORT COURSE CHAMPIONSHIPS

ORGANISERS ON BEHALF OF SWIMMING
WELLINGTON ARE:

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AON
2020 NZ
SHORT
COURSE
SERIES



WELLINGTON

Wellington Short
Course Champs
WRAC
18-20 September

KEY DETAILS

Date: September 18th – September 20th

Open to: Competitive swimmers - all ages

Events: Timed Finals

Pool Setup: Short Course (deep end)

Venue: Wellington Regional Aquatic Centre

START TIMES

Session 1: Fri 18th Sept - Warm-up 4.00 – 4.55pm, Start 5.00pm

Session 2: Sat 19th Sept - Warm up 7.30 – 8.25pm, Start 8.30am

Session 3: Sat 19th Sept - Warm-up 3.00 – 3.55pm, Start 4.00pm

Session 4: Sun 20th Sept - Warm up 7.30 – 8.25pm, Start 8.30am

Session 5: Sun 20th Sept - Warm up 3.00 – 3.55pm, Start 4.00pm

Friday 18 th September				Saturday 19 th September				Sunday 20 th September											
Session 1				Session 2				Session 3				Session 4				Session 5			
1	100 Bk	M	9/U	44	400 Fr	M	12/U	97	400 Fr	M	15/16	154	400 IM	F	12/U	203	100 Fr	M	9/U
2	100 Bk	M	10	45	400 Fr	M	13/14	98	400 Fr	M	17&O	155	400 IM	F	13/14	204	100 Fr	M	10
3	100 Bk	M	11	46	400 Fr	F	12/U	99	400 Fr	F	15/16	158	400 IM	F	15/16	205	100 Fr	M	11
4	100 Bk	M	12	47	400 Fr	F	13/14	100	400 Fr	F	17&O	159	400 IM	F	17&O	206	100 Fr	M	12
5	100 Bk	M	13	48	100 IM	M	9/U	101	100 Fly	M	9/U	158	400 IM	M	12/U	207	100 Fr	M	13
6	100 Bk	M	14	49	100 IM	M	10	102	100 Fly	M	10	159	400 IM	M	13/14	208	100 Fr	M	14
7	100 Bk	M	15	50	100 IM	M	11	103	100 Fly	M	11	160	400 IM	M	15/16	209	100 Fr	M	15
8	100 Bk	M	16	51	100 IM	M	12	104	100 Fly	M	12	161	400 IM	M	17&O	210	100 Fr	M	16
9	100 Bk	M	17/O	52	100 IM	M	13	105	100 Fly	M	13	162	50 Bk	F	9/U	211	100 Fr	M	17/O
10	50 Br	F	9/U	53	100 IM	M	14	106	100 Fly	M	14	163	50 Bk	F	10	212	200 Bk	F	10/U
11	50 Br	F	10	54	100 IM	M	15	107	100 Fly	M	15	164	50 Bk	F	11	213	200 Bk	F	11
12	50 Br	F	11	55	100 IM	M	16	108	100 Fly	M	16	165	50 Bk	F	12	214	200 Bk	F	12
13	50 Br	F	12	56	100 IM	M	17/O	109	100 Fly	M	17/O	166	50 Bk	F	13	215	200 Bk	F	13
14	50 Br	F	13	57	200 Br	F	10/U	110	100 Br	F	9/U	167	50 Bk	F	14	216	200 Bk	F	14
15	50 Br	F	14	58	200 Br	F	11	111	100 Br	F	10	168	50 Bk	F	15	217	200 Bk	F	15
16	50 Br	F	15	59	200 Br	F	12	112	100 Br	F	11	169	50 Bk	F	16	218	200 Bk	F	16
17	50 Br	F	16	60	200 Br	F	13	113	100 Br	F	12	170	50 Bk	F	17/O	219	200 Bk	F	17/O
18	50 Br	F	17/O	61	200 Br	F	14	114	100 Br	F	13	171	50 Fly	M	9/U	220	50 Br	M	9/U
19	200 Br	M	10/U	62	200 Br	F	15	115	100 Br	F	14	172	50 Fly	M	10	221	50 Br	M	10
20	200 Br	M	11	63	200 Br	F	16	116	100 Br	F	15	173	50 Fly	M	11	222	50 Br	M	11
21	200 Br	M	12	64	200 Br	F	17/O	117	100 Br	F	16	174	50 Fly	M	12	223	50 Br	M	12
22	200 Br	M	13	65	200 Bk	M	10/U	118	100 Br	F	17/O	175	50 Fly	M	13	224	50 Br	M	13
23	200 Br	M	14	66	200 Bk	M	11	119	50 Fr	M	9/U	176	50 Fly	M	14	225	50 Br	M	14
24	200 Br	M	15	67	200 Bk	M	12	120	50 Fr	M	10	177	50 Fly	M	15	226	50 Br	M	15
25	200 Br	M	16	68	200 Bk	M	13	121	50 Fr	M	11	178	50 Fly	M	16	227	50 Br	M	16
26	200 Br	M	17/O	69	200 Bk	M	14	122	50 Fr	M	12	179	50 Fly	M	17/O	228	50 Br	M	17/O
27	50 Fr	F	9/U	70	200 Bk	M	15	123	50 Fr	M	13	180	200 Fr	F	10/U	229	100 Fly	F	9/U
28	50 Fr	F	10	71	200 Bk	M	16	124	50 Fr	M	14	181	200 Fr	F	11	230	100 Fly	F	10
29	50 Fr	F	11	72	200 Bk	M	17/O	125	50 Fr	M	15	182	200 Fr	F	12	231	100 Fly	F	11
30	50 Fr	F	12	73	50 Fly	F	9/U	126	50 Fr	M	16	183	200 Fr	F	13	232	100 Fly	F	12
31	50 Fr	F	13	74	50 Fly	F	10	127	50 Fr	M	17/O	184	200 Fr	F	14	233	100 Fly	F	13
32	50 Fr	F	14	75	50 Fly	F	11	128	100 Fr	F	9/U	185	200 Fr	F	15	234	100 Fly	F	14
33	50 Fr	F	15	76	50 Fly	F	12	129	100 Fr	F	10	186	200 Fr	F	16	235	100 Fly	F	15
34	50 Fr	F	16	77	50 Fly	F	13	130	100 Fr	F	11	187	200 Fr	F	17/O	236	100 Fly	F	16
35	50 Fr	F	17/O	78	50 Fly	F	14	131	100 Fr	F	12	188	100 Br	M	9/U	237	100 Fly	F	17/O
36	200 Fr	M	10/U	79	50 Fly	F	15	132	100 Fr	F	13	189	100 Br	M	10	238	50 Bk	M	9/U
37	200 Fr	M	11	80	50 Fly	F	16	133	100 Fr	F	14	190	100 Br	M	11	239	50 Bk	M	10
38	200 Fr	M	12	81	50 Fly	F	17/O	134	100 Fr	F	15	191	100 Br	M	12	240	50 Bk	M	11
39	200 Fr	M	13	82	200 Fly	M	12/U	135	100 Fr	F	16	192	100 Br	M	13	241	50 Bk	M	12
40	200 Fr	M	14	83	200 Fly	M	13	136	100 Fr	F	17/O	193	100 Br	M	14	242	50 Bk	M	13
41	200 Fr	M	15	84	200 Fly	M	14	137	200 IM	M	10/U	194	100 Br	M	15	243	50 Bk	M	14
42	200 Fr	M	16	85	200 Fly	M	15	138	200 IM	M	11	195	100 Br	M	16	244	50 Bk	M	15
43	200 Fr	M	17/O	86	200 Fly	M	16	139	200 IM	M	12	196	100 Br	M	17/O	245	50 Bk	M	16
				87	200 Fly	M	17/O	140	200 IM	M	13	197	200 Fly	F	12/U	246	50 Bk	M	17/O
				88	100 Bk	F	9/U	141	200 IM	M	14	198	200 Fly	F	13	247	200 IM	F	10/U
				89	100 Bk	F	10	142	200 IM	M	15	199	200 Fly	F	14	248	200 IM	F	11
				90	100 Bk	F	11	143	200 IM	M	16	200	200 Fly	F	15	249	200 IM	F	12
				91	100 Bk	F	12	144	200 IM	M	17/O	201	200 Fly	F	16	250	200 IM	F	13
				92	100 Bk	F	13	145	100 IM	F	9/U	202	200 Fly	F	17/O	251	200 IM	F	14
				93	100 Bk	F	14	146	100 IM	F	10					252	200 IM	F	15
				94	100 Bk	F	15	147	100 IM	F	11					253	200 IM	F	16
				95	100 Bk	F	16	148	100 IM	F	12					254	200 IM	F	17/O
				96	100 Bk	F	17/O	149	100 IM	F	13								
								150	100 IM	F	14								
								151	100 IM	F	15								
								152	100 IM	F	16								
								153	100 IM	F	17/O								



2020 QUALIFYING TIMES

MALE								FREESTYLE								FEMALE								
9/U	10	11	12	13	14	15	16+	9/U	10	11	12	13	14	15	16+	9/U	10	11	12	13	14	15	16+	
0.45	0.43	0.42	0.40	0.35	0.34	0.34	0.33	50	0.45	0.43	0.42	0.40	0.37	0.36	0.35	0.35								
1:33	1:31	1:25	1:20	1:12	1:08	1:08	1:08	100	1:33	1:31	1:25	1:20	1:14	1:10	1:10	1:10								
3.19	3.19	3.04	2.53	2.38	2.34	2.32	2.28	200	3.19	3.19	3.04	2.53	2.44	2.42	2.41	2.39								
6.12	6.12	6.12	6.12	5.35	5.24	5.24	5.24	400	6.12	6.12	6.12	6.12	5.50	5.42	5.42	5.38								

MALE								BACKSTROKE								FEMALE								
9/U	10	11	12	13	14	15	16+	9/U	10	11	12	13	14	15	16+	9/U	10	11	12	13	14	15	16+	
0.51	0.50	0.48	0.45	0.40	0.39	0.38	0.37	50	0.51	.50	0.48	0.45	0.42	0.41	0.41	0.40								
1:47	1:43	1:37	1:28	1:24	1:20	1:20	1:20	100	1:47	1:43	1:37	1:28	1:24	1:24	1:24	1:24								
3.37	3.37	3.24	3.10	3.00	2.55	2.50	2.49	200	3.37	3.37	3.26	3.14	3.06	3.01	3.00	2.58								

MALE								BREASTSTROKE								FEMALE								
9/U	10	11	12	13	14	15	16+	9/U	10	11	12	13	14	15	16+	9/U	10	11	12	13	14	15	16+	
0.59	0.56	0.52	0.49	0.45	0.44	0.43	0.42	50	0.59	0.56	0.52	0.49	0.46	0.45	0.45	0.44								
2.15	2.01	1.53	1.47	1.36	1.33	1.32	1.31	100	2.06	1.56	1.44	1.40	1.39	1.38	1.38	1.37								
4.11	4.11	3.50	3.38	3.21	3.14	3.12	3.10	200	4.02	4.02	3.42	3.29	3.28	3.27	3.20	3.20								

MALE								BUTTERFLY								FEMALE								
9/U	10	11	12	13	14	15	16+	9/U	10	11	12	13	14	15	16+	9/U	10	11	12	13	14	15	16+	
0.54	0.50	0.47	0.44	0.40	0.39	0.39	0.38	50	0.55	0.51	0.47	0.44	0.41	0.40	0.40	0.40								
2.01	1.53	1.44	1.40	1.28	1.25	1.24	1.24	100	2.01	1.54	1.45	1.41	1.35	1.30	1.29	1.28								
3.37	3.37	3.37	3.37	3.08	3.06	3.04	3.03	200	3.42	3.42	3.42	3.42	3.25	3.20	3.20	3.18								

MALE								INDIVIDUAL MEDLEY								FEMALE								
9/U	10	11	12	13	14	15	16+	9/U	10	11	12	13	14	15	16+	9/U	10	11	12	13	14	15	16+	
1:51	1:41	1:37	1:32	1:26	1:24	1:24	1:24	100	1:51	1:41	1:37	1:32	1:26	1:24	1:24	1:24								
3:22	3:22	3:16	2:56	2:50	2:50	2:50	2:50	200	3:22	3:22	3:16	3:04	3:00	3:00	3:00	3:00								
7.02	7.02	7.02	7.02	6.31	6.24	6.24	6.18	400	7.02	7.02	7.02	7.02	6.53	6.47	6.47	6.43								

Access all Swimming Wellington Meet information on Meet Mobile

CHANGING THE WAY SWIM MEETS ARE EXPERIENCED:



Swimmers can check heat sheets and event timelines from anywhere to make sure they're at the starting block on time.

Fans can flag and track their favourite swimmers in real time, without needing to be at the meet.

Coaches can flag their swimmers and/or teams as favourites and then easily drill down into heat and lane assignments.

Meet Conditions:

1. Meet will be swum short course under SNZ/FINA rules except where local rules and conditions apply.
2. All events will be swum as timed finals. Starts will be from the deep end.
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 18th September 2020.
5. Qualifying times must have been obtained between **4th March 2019** and the entry closing date of **6th September 2020** and be held within SNZ database. Converted times are permissible.
6. Individual timed final events will be swum and scored in the following age groups for both male & female: 50m & 100m all events: 9/u, 10, 11, 12, 13, 14, 15, 16, 17+, 200m backstroke, breaststroke, freestyle & IM: 10/u, 11, 12, 13, 14, 15, 16, 17+, 200m butterfly 12/u, 13, 14, 15, 16, 17+, 400m Freestyle & IM: 12/u, 13/14, 15/16, 17+.
7. Medals will be presented throughout the sessions, to those placed 1st, 2nd and 3rd in each event. Ribbons will be available for collection for those placed 4th – 10th. Club uniform tops for medal presentations. Same gender substitutions permitted.
8. Age group points will be earned as 20, 14, 10, 7, 6, 5, 4, 3, 2, 1 for first to tenth inclusive. Three trophies will be awarded to Wellington Regional Clubs only. (1) To the club team of more than four swimmers that achieves the best average individual event points over the meet, i.e. points divided by the number of swimmers; (2) for the Club with the highest points score; (3) for the highest scoring club in the 12&U age.
9. Marshalling will operate throughout the meet.
10. Entry fees are \$11.00 per event per swimmer.
11. Entries and payment will be via the SNZ Database, pay later not an option. Entries open on 10 August 2020 and close at 23:59:59 (Midnight) on Sunday 6 September 2020. Late entries will NOT be accepted.
12. Initial psych sheets will be posted on the website on the Tuesday 8th September and final psych sheets on the Friday 11th September.
13. There will be no refunds for withdrawals after 5pm on Friday 11th September. Swimmers may withdraw without penalty from Session 1 by email (events@swimwn.co.nz) before 5pm on Thursday 17th September or with the recorder at the venue 1 (one) hour prior to the start of the session one. For subsequent sessions, withdrawals must be submitted before the completion of the session prior. 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.
14. Classified para swimmers (including those with provisional classification) are eligible to compete at this meet. Para swimmers are requested to report to the Technical Director prior to the warm-up. Entries for para swimmers must be submitted manually by email to events@swimwn.co.nz on or before Sunday, 6th September 2020
15. Strapping of muscles/joints is not permitted unless supported by a doctor or physio certificate and sighted by the Technical Director prior to the first session the strapping is applied.
16. 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.
17. Swimming Wellington reserves the right to restrict entries and amend the programme.
18. Swimming Wellington will not be liable for any loss, damage or injury that may occur at this meet.
19. All Participants must agree to comply with the Sports Anti-Doping Rules.
20. Protests shall be lodged as per SNZ policy 008 with \$100.

CLUB / SPECTATOR INFORMATION

1. All participating Swimming Wellington clubs will be required to provide officials for this meet. Qualified visiting officials are welcome, and may apply via email RTOP@swimwn.co.nz by 5pm Tuesday 15 September.
2. A seating plan will be published on the SW website on Wednesday 16th September
3. There will be an officials meeting in the marshaling room 20 minutes prior to the start of each session.
4. Duty Club requirements will be advised by SW in the drop box.
5. Entry for all swimmers, officials, team managers and coaches will be via the southern entrance on Kilbirnie Crescent. Swimmers and coaches 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.
6. 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.
7. There will be no printed programmes available for spectators during this meet. Final programmes for the first session will be available via www.wellington.swimming.org.nz at midday on Thursday September 17th. Subsequent session programmes will be published in between sessions.
8. There will be a team manager meeting in the marshaling room 15 minutes before the start of warm-up (3.45pm) on the Friday afternoon.
9. Spectator entry fee; \$3 for all 16/O and \$2 for all 15/U.

WARM UP PROCEDURE

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 (any) para swimmers for the first 35 minutes of each warm-up.

Shallow end lanes 6/7/8/9: During warm-ups and for warm-up and cool down (only) throughout meet. Feet first entry at all times.

