



QUALIFYING CRITERIA  
AND PROGRAMMES

**31 July 2014**



# Background and SNZ Regulations

The *2015 National Competition Qualifying Times and Criteria* are produced for the competitions listed below for the information of swimmers and coaches. The information is as accurate as possible as at 31 July 2014.

- NZ Open Water Championships
- NZ Junior Championship
- NZ Age Group Championships
- NZ Open Championships
- Division II Competition

*National Competition Qualifying Times and Criteria* for the 2015 NZ Short Course and NZ Secondary Schools Championships will be released no later than January 31, 2015.

The SNZ Regulations are effective as at 31 July, 2014.

- 2.1 All New Zealand Competitions shall be swum under Swimming New Zealand regulations. These regulations may also be adopted for use in Regional, inter-club, club or other competitions.
- 2.2 All members, swimmers and persons connected with SNZ National Competitions are bound by the rules and regulations of SNZ, FINA and the Sports Anti Doping Rules of Drug Free Sport New Zealand.
- 2.3 SNZ will publish annually, 2 separate documents for all New Zealand Competitions. These documents will contain a roster of venues and dates, New Zealand Competition qualifying times, conditions and criteria, closing dates for entries and entry fee information. The first will be released no later than January 31 each year and cover New Zealand Competitions being conducted primarily between June and December, of that year. The second document will be published no later than 31 July each year and will relate to the New Zealand Competitions conducted between January and June the following year.
- 2.4 Where the New Zealand Open Championships and the New Zealand Short Course Championships are being used as a qualification meet for major competitions, the schedule of events listed in these rules may be altered to ensure appropriate qualifying opportunities for that major competition. Such alteration shall be at the discretion of and by prior approval of the SNZ Board and shall be notified with the publications of conditions and criteria in 2.3 above.
- 2.5 The qualifying period for all New Zealand Championships and Competitions in January through June will begin the 1 of January the previous year and for events in July through December will be July 1 of the previous year. The swimmers declared entry time shall be the fastest official time swum in the qualifying period.
- 2.6 Entries close at 12 midnight on the date specified by SNZ. Late entries will not be accepted.

- 2.7 A competitor at New Zealand Competitions shall be a financial member of SNZ or an invited visitor and must have achieved the qualifying time in each individual event entered except for para swimmers as specified in specific competition rules. Only swimmers who have met and entered at least one required individual qualifying standard in the respective competition may be entered in relay events.
- 2.8 Regions must submit entries for SNZ members. No club entries are permitted. All entries must include swimmer details and proof of times. All relay entries must include the swimmers' names whose times were used to produce the entry time. 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.
- 2.9 New Zealand competitions shall utilise all 8 or 10 lanes depending on the venue. Heats, finals and timed-finals will use all available lanes.
- 2.10 Over-the-top starts for heats will generally apply for all New Zealand competitions. Over the top starts may not apply at the discretion of and subject to prior approval of SNZ. The pool will be cleared before preliminary-final, semi-final, final and timed-final starts.
- 2.11 To be eligible to score points for a club or region and to be eligible for SNZ championship titles, a swimmer must either:
  - a) Be a New Zealand citizen or hold New Zealand Residency
  - b) Have been living in New Zealand for the 3 months prior to the SNZ competition.
- 2.12 Where championship titles are awarded by age, the age of a competitor shall be as at the first day of competition.
- 2.13 Time-trials shall not be permitted for individual events at New Zealand competitions. Time-trials for relay events may be undertaken with prior approval of the SNZ Board.
- 2.14 The names of swimmers' in each relay team, and their order of swimming, shall be advised to control at least 30 minutes before the start of the session in which the event shall be swum. The composition of the relay team may be changed from heats to finals and from that submitted at the time of submission of entries.

The information in this booklet will become the SNZ National Competition Fliers and will be posted on the website individually under Competitions. Any additional meet entry conditions or criteria will be added to the booklet and Fliers as it comes to hand along with the Meet Information.



# 2015 Swimming New Zealand Open Water Championships

10 - 11 January  
Lake Taupo

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

- Age as at 10<sup>th</sup> January 2015
- The 2015 New Zealand Open Water Championships shall be swum by male and female competitors and will consist of an Open 10km timed-final on the 10<sup>th</sup> January and an Open 5km timed-final on the 11<sup>th</sup> January
- Medals shall be awarded for the 1st, 2nd and 3rd New Zealanders in both distances for male and female competitors in the age categories 13-15 years, 16-17 years and Open.
- Swimmers wanting to wear a second swimming cap under the championship cap must ensure that it is a white cap. These will be available for purchase at the race venue
- There is no limit on international visitor entries for this competition
- Medals shall be awarded for the 1st, 2nd and 3rd Visitors in both distances for male and female in the age categories 13-15 years, 16-17 years and Open
- All participants must agree to comply with the Sports Anti-Doping Rules.
- Swimmers entering this championship must be capable of completing the full distance of the event they are entering and have experience swimming in open water situations
- In entering this championship participants agree to allow photograph, video, multimedia or film likeness taken by accredited photographers to be used for any legitimate purpose by Swimming New Zealand, their sponsors or others

**There are no qualifying times for the 2015 New Zealand Open Water Championships.**

**Saturday 10<sup>th</sup> January 2015 – 10km**

**Sunday 11<sup>th</sup> January 2015 – 5km**

### CLOSE OF ENTRIES

Entries close with Swimming New Zealand **12 MIDNIGHT on MONDAY 22nd DECEMBER 2014**. Late entries will NOT be accepted.

**NO REFUNDS** for any withdrawals (including medical) will be given once entries have closed.

### ENTRY PROCEDURE

Entries will be submitted via the SNZ National database. Individuals will be able to access and complete their entries online via the new database.

Visitors will be able to submit entries using either the TM File or spreadsheet available on the event website.

### ENTRY FEES

Entry fees are \$30.00 per event.

### PSYCH SHEETS

**PSYCH SHEETS** will be posted on the Swimming New Zealand website on **TUESDAY 23<sup>rd</sup> DECEMBER 2014**.

Corrections to the psych sheets are to be sent to [events@swimmingnz.org.nz](mailto:events@swimmingnz.org.nz) by **12 MIDNIGHT Sunday 4<sup>th</sup> JANUARY 2015**.

**FINAL PSYCH SHEETS** will be posted on the Swimming New Zealand website on **Monday 5<sup>th</sup> JANUARY 2015**.



# 2015 Swimming New Zealand Junior Championships

20 - 22 February  
Wellington

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

- Age as at 20<sup>th</sup> February 2015
- The qualifying period is from 1<sup>st</sup> January 2014 to 8<sup>th</sup> February 2015
- The age groups to be swum for both male and female are 10 years and under, 11 years and 12 years.
- Relays will be regional and swum as 12 years and under. Only swimmers who have met the qualifying time and entered at least one individual in this Championship may be entered into relay events
- Individual entry times will be generated by the SNZ Database. Performances from regional and local competitions not held within the SNZ Database will not be eligible for use to enter this Championship.
- The qualifying times shown are 50 meter times. Qualifying times swum in pools other than 50m must be converted using the SNZ Conversions. Swimmers using converted times will be seeded in the slowest heats.
- All swimmers shall only enter qualified events
- All events shall be swum as timed-finals in age groups
- SNZ Regulation 2.10 regarding over the top starts in timed-finals may not apply at the discretion of, and subject to prior approval of SNZ
- All entries must include swimmer details and times. The swimmers declared entry time shall be the fastest official time swum in the qualifying period.
- No international visitor entries allowed
- All participants must agree to comply with the Sports Anti-Doping Rules
- In entering this championship participants agree to allow photograph, video, multimedia or film likeness taken by accredited photographers to be used for any legitimate purpose by Swimming New Zealand, their sponsors or others

### **CLOSE OF ENTRIES**

Entries close with Swimming New Zealand **12 MIDNIGHT on MONDAY 9<sup>th</sup> February, 2015**. Late entries will NOT be accepted.

**NO REFUNDS** for any withdrawals (including medical) will be given once entries have closed.

### **ENTRY PROCEDURE**

Entries will be submitted via the SNZ National database. Individuals will be able to access and complete their entries online via the new database.

### **ENTRY FEES**

Entry fees are \$17.50 per individual event and \$35.00 for relay events.

### **PSYCH SHEETS**

**PSYCH SHEETS** will be posted on the Swimming New Zealand website on **TUESDAY 10<sup>th</sup> FEBRUARY 2015**.

Corrections to the psych sheets are to be sent to [events@swimmingnz.org.nz](mailto:events@swimmingnz.org.nz) by **12 MIDNIGHT THURSDAY 12<sup>th</sup> FEBRUARY 2015**.

**FINAL PSYCH SHEETS** will be posted on the Swimming New Zealand website on **FRIDAY 13<sup>th</sup> FEBRUARY 2015**.



# 2015 Swimming New Zealand Junior Championships

20 - 22 February  
Wellington

## 50m Qualifying Times

Male			Female				
10 & U	11 yr	12 yr	12 & U	10 & U	11 yr	12 yr	12 & U
<b>FREESTYLE</b>							
35.52	32.73	31.12		<b>50</b>	35.01	33.36	31.32
1:18.65	1:12.71	1:08.79		<b>100</b>	1:18.45	1:13.65	1:08.83
2:52.33	2:39.11	2:32.00		<b>200</b>	2:52.33	2:42.77	2:32.00
			5:25.00	<b>400</b>			5:25.00
<b>BACKSTROKE</b>							
42.50	39.60	37.30		<b>50</b>	42.30	39.60	37.70
1:31.60	1:24.25	1:18.00		<b>100</b>	1:30.79	1:25.48	1:18.08
3:15.00	3:00.29	2:50.75		<b>200</b>	3:08.14	2:58.17	2:47.36
<b>BREASTSTROKE</b>							
48.50	44.65	41.20		<b>50</b>	48.00	44.25	41.85
1:45.40	1:36.50	1:31.50		<b>100</b>	1:45.00	1:36.70	1:31.70
3:43.81	3:28.50	3:18.00		<b>200</b>	3:43.81	3:28.50	3:18.00
<b>BUTTERFLY</b>							
41.70	39.10	36.35		<b>50</b>	42.40	39.25	36.50
1:35.00	1:28.10	1:20.50		<b>100</b>	1:38.00	1:29.00	1:22.04
			3:07.20	<b>200</b>			3:12.20
<b>MEDLEY</b>							
3:20.00	3:02.70	2:54.00		<b>200</b>	3:20.00	3:02.70	2:54.00
			6:11.20	<b>400</b>			6:11.20



# 2015 Swimming New Zealand Junior Championships

20 - 22 February  
Wellington

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

Day 1 – Fri 20 <sup>th</sup> February – Session 1			Day 2 – Sat 21 <sup>st</sup> February – Session 2			Day 2 – Sat 21 <sup>st</sup> February – Session 3			Day 3 – Sun 22 <sup>nd</sup> February – Session 4		
Warm up 2.00 - 3.40pm		Start 4.00pm	Warm up 7.00 – 7.50am		Start 8.00am	Warm up 3.00 – 3.50pm		Start 4.00pm	Warm up 7.00 – 7.50am		Start 8.00am
1	400m Free	W 12 years & Under	23	400m IM	W 12 years & Under	43	200m Free	W 10 years & Under	63	200m IM	W 10 years & Under
2		M 12 years & Under	24		M 12 years & Under	44		M 10 years & Under	64		M 10 years & Under
3	50m Breast	W 10 years & Under	25	50m Free	W 10 years & Under	45		W 11 years	65		W 11 years
4		M 10 years & Under	26		M 10 years & Under	46		M 11 years	66		M 11 years
5		W 11 years	27		W 11 years	47		W 12 years	67		W 12 years
6		M 11 years	28		M 11 years	48		M 12 years	68		M 12 years
7		W 12 years	29		W 12 years	49	50m Fly	W 10 years & Under	69	100m Breast	W 10 years & Under
8		M 12 years	30		M 12 years	50		M 10 years & Under	70		M 10 years & Under
9	200m Back	W 10 years & Under	31	200m Breast	W 10 years & Under	51		W 11 years	71		W 11 years
10		M 10 years & Under	32		M 10 years & Under	52		M 11 years	72		M 11 years
11		W 11 years	33		W 11 years	53		W 12 years	73		W 12 years
12		M 11 years	34		M 11 years	54		M 12 years	74		M 12 years
13		W 12 years	35		W 12 years	55	100m Back	W 10 years & Under	75	100m Free	W 10 years & Under
14		M 12 years	36		M 12 years	56		M 10 years & Under	76		M 10 years & Under
15	100m Fly	W 10 years & Under	37	50m Back	W 10 years & Under	57		W 11 years	77		W 11 years
16		M 10 years & Under	38		M 10 years & Under	58		M 11 years	78		M 11 years
17		W 11 years	39		W 11 years	59		W 12 years	79		W 12 years
18		M 11 years	40		M 11 years	60		M 12 years	80		M 12 years
19		W 12 years	41		W 12 years	61	4x50 Med Relay	W 12 years & under	81	200m Fly	W 12 years & Under
20		M 12 years	42		M 12 years	62	4x50 Med Relay	M 12 years & under	82		M 12 years & Under
21	4x50 Free Relay	W 12 years & under									
22	4x50 Free Relay	M 12 years & under									



# 2015 Swimming New Zealand Age Group Championships

5 - 9 May  
Wellington

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

- Age as at 5<sup>th</sup> May 2015
- The qualifying period is from 1<sup>st</sup> January 2014 to 19<sup>th</sup> April 2015
- The age groups to be swum for both male and female are 12-13 years combined, 14 years, 15 years, 16 years and 17-18 years combined
- Swimmers, who wish to enter 50m events, must have achieved a qualifying time in the 100m or 200m of the particular event and also achieved the published qualifying time for the 50m event. e.g. 50m Butterfly, the swimmer must have qualified in either the 100m or 200m Butterfly and achieved the 50m Butterfly qualifying time. A swimmer that qualifies in the 200m IM event may enter one 50m event of their choice as long as they have the 50m events qualifying time.
- Relay events shall be swum as 15 and under and 16 and over. In any relay event swimmers 15 and under may swim in either their correct age group or 16 and over, but not both. Relays will be swum as heats and finals if the number of entries is greater than the number of lanes and will be swum at the end of the respective sessions. Only swimmers who have met the qualifying time and entered at least one individual event in this Championship may be entered into relay events
- Individual entry times will be generated by the SNZ Database. Performances from regional and local competitions not held within the National Database will not be eligible for use to enter this Championship.
- The qualifying times shown are 50 meter times. Qualifying times swum in pools other than 50m must be converted using the SNZ Conversions. Swimmers using converted times will be seeded in the slowest heats.
- All swimmers shall only enter qualified events
- 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.

- In entering this championship participants agree to allow photograph, video, multimedia or film likeness taken by accredited photographers to be used for any legitimate purpose by Swimming New Zealand, their sponsors or others

### **CLOSE OF ENTRIES**

Entries close with Swimming New Zealand **12 MIDNIGHT on MONDAY 20<sup>th</sup> April, 2015**. Late entries will NOT be accepted.

**NO REFUNDS** for any withdrawals (including medical) will be given once entries have closed.

### **ENTRY PROCEDURE**

Entries will be submitted via the SNZ National database. Individuals will be able to access and complete their entries online via the new database.

Visitors will be able to submit entries using either the TM File or spreadsheet available on the event website.

### **ENTRY FEES**

Entry fees are \$17.50 per individual event and \$35.00 for relay events.

### **PSYCH SHEETS**

**PSYCH SHEETS** will be posted on the Swimming New Zealand website on **TUESDAY 21<sup>st</sup> APRIL 2015**.

Corrections to the psych sheets are to be sent to [events@swimmingnz.org.nz](mailto:events@swimmingnz.org.nz) by **12 MIDNIGHT THURSDAY 23<sup>rd</sup> APRIL 2015**.

**FINAL PSYCH SHEETS** will be posted on the Swimming New Zealand website on **FRIDAY 24<sup>th</sup> APRIL 2015**.



# 2015 Swimming New Zealand Age Group Championships

5 - 9 May  
Wellington

## 50m Qualifying Times

Male					Female					
12-13 yr	14 yr	15 yr	16 yr	17-18 yr	12-13 yr	14 yr	15 yr	16 yr	17-18 yr	
<b>FREESTYLE</b>										
29.64	27.83	27.08	26.87	25.60	<b>50</b>	30.00	29.88	29.70	29.52	29.45
1:03.70	1:00.50	59.00	58.29	56.90	<b>100</b>	1:05.50	1:04.50	1:04.00	1:03.75	1:03.50
2:18.50	2:12.00	2:09.50	2:06.70	2:04.50	<b>200</b>	2:21.05	2:20.50	2:17.00	2:16.80	2:16.50
4:52.00	4:40.00	4:34.93	4:32.00	4:28.00	<b>400</b>	4:58.00	4:54.00	4:52.00	4:48.50	4:47.00
					<b>800</b>	10:15.00	10:05.00	10:00.00	9:55.00	9:50.00
19:15.00	18:33.00	18:00.00	17:55.00	17:45.00	<b>1500</b>					
<b>BACKSTROKE</b>										
36.17	33.52	32.80	32.55	31.95	<b>50</b>	35.20	35.00	34.65	34.45	34.20
1:11.78	1:08.87	1:07.38	1:07.27	1:05.70	<b>100</b>	1:14.50	1:13.30	1:12.80	1:12.30	1:12.10
2:33.00	2:29.00	2:26.49	2:25.67	2:24.53	<b>200</b>	2:39.50	2:36.00	2:35.70	2:34.80	2:34.50
<b>BREASTSTROKE</b>										
38.21	37.17	36.22	35.81	34.64	<b>50</b>	40.30	40.05	39.57	39.46	39.13
1:20.75	1:17.72	1:15.82	1:15.32	1:14.76	<b>100</b>	1:24.82	1:23.73	1:23.24	1:22.75	1:22.24
2:55.29	2:49.38	2:47.40	2:45.44	2:44.44	<b>200</b>	3:01.42	2:58.76	2:56.96	2:55.36	2:54.65
<b>BUTTERFLY</b>										
32.39	31.99	30.40	29.62	27.96	<b>50</b>	32.07	31.96	31.81	31.67	31.48
1:10.70	1:07.25	1:06.07	1:05.78	1:03.36	<b>100</b>	1:13.95	1:12.86	1:12.27	1:12.07	1:11.96
2:40.29	2:33.41	2:29.44	2:28.49	2:27.50	<b>200</b>	2:46.37	2:42.43	2:38.97	2:38.00	2:37.50
<b>MEDLEY</b>										
2:37.00	2:30.67	2:27.00	2:25.33	2:24.00	<b>200</b>	2:41.33	2:38.67	2:38.30	2:38.00	2:37.50
5:33.50	5:20.00	5:15.00	5:13.50	5:09.96	<b>400</b>	5:44.61	5:38.00	5:35.92	5:34.70	5:33.89





# 2015 Swimming New Zealand Age Group Championships

5 - 9 May  
Wellington

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

Day 1 - Tues 5 <sup>th</sup> May			Day 2 - Wed 6 <sup>th</sup> May			Day 3 - Thurs 7 <sup>th</sup> May			Day 4 - Fri 8 <sup>th</sup> May			Day 5 - Sat 9 <sup>th</sup> May		
Session 1 - Heats			Session 3 - Heats			Session 5 - Heats			Session 7 - Heats			Session 9 - Heats		
Warm-up 7.15 - 8.50am Start 9am			Warm-up 7.15 - 8.50am Start 9am			Warm-up 7.15 - 8.50am Start 9am			Warm-up 7.15 - 8.50am Start 9am			Warm-up 7.15 - 8.50am Start 9am		
1	200m Free	M 13 & Over	12	200m IM	M 13 & Over	19	400m Free	M 13 & Over	28	400m IM	M 13 & Over	34	100m Free	M 13 & Over
2	200m Free	F 13 & Over	13	200m IM	F 13 & Over	20	200m Breast	F 13 & Over	29	200m Back	F 13 & Over	35	100m Free	F 13 & Over
3	100m Breast	M 13 & Over	14	100m Back	M 13 & Over	21	200m Breast	M 13 & Over	30	200m Back	M 13 & Over	36	200m Fly	M 13 & Over
4	100m Breast	F 13 & Over	15	100m Back	F 13 & Over	22	50m Free	F 13 & Over	31	100m Fly	F 13 & Over	37	200m Fly	F 13 & Over
5	50m Fly	M 13 & Over	16	50m Breast	M 13 & Over	23	50m Free	M 13 & Over	32	100m Fly	M 13 & Over	38	50m Back	M 13 & Over
6	50m Fly	F 13 & Over	17	50m Breast	F 13 & Over				33	800m Free	F 13 & Over	39	50m Back	F 13 & Over
7	400m IM	M 13 & Over	18	400m Free	F 13 & Over							40	1500m Free	M 13 & Over

Session 2 - Finals			Session 4 - Finals			Session 6 - Finals			Session 8 - Finals			Session 10 - Finals		
Warm-up 4.15 - 5.30pm Start 6pm			Warm-up 4.15 - 5.50pm Start 6pm			Warm-up 4.15 - 5.50pm Start 6pm			Warm-up 4.15 - 5.50pm Start 6pm			Warm-up 4.15 - 5.50pm Start 6pm		
1	200m Free	M 12-13 years M 14 years M 15 years M 16 years M 17-18 years	12	200m IM	M 12-13 years M 14 years M 15 years M 16 years M 17-18 years	19	400m Free	M 12-13 years M 14 years M 15 years M 16 years M 17-18 years	28	400m IM	M 12-13 years M 14 years M 15 years M 16 years M 17-18 years	34	100m Free	M 12-13 years M 14 years M 15 years M 16 years M 17-18 years
2	200m Free	F 12-13 years F 14 years F 15 years F 16 years F 17-18 years	13	200m IM	F 12-13 years F 14 years F 15 years F 16 years F 17-18 years	20	200m Breast	F 12-13 years F 14 years F 15 years F 16 years F 17-18 years	29	200m Back	F 12-13 years F 14 years F 15 years F 16 years F 17-18 years	35	100m Free	F 12-13 years F 14 years F 15 years F 16 years F 17-18 years
3	100m Breast	M 12-13 years M 14 years M 15 years M 16 years M 17-18 years	14	100m Back	M 12-13 years M 14 years M 15 years M 16 years M 17-18 years	21	200m Breast	M 12-13 years M 14 years M 15 years M 16 years M 17-18 years	30	200m Back	M 12-13 years M 14 years M 15 years M 16 years M 17-18 years	36	200m Fly	M 12-13 years M 14 years M 15 years M 16 years M 17-18 years
4	100m Breast	F 12-13 years F 14 years F 15 years F 16 years F 17-18 years	15	100m Back	F 12-13 years F 14 years F 15 years F 16 years F 17-18 years	22	50m Free	F 12-13 years F 14 years F 15 years F 16 years F 17-18 years	31	100m Fly	F 12-13 years F 14 years F 15 years F 16 years F 17-18 years	37	200m Fly	F 12-13 years F 14 years F 15 years F 16 years F 17-18 years
5	50m Fly	M 12-13 years M 14 years M 15 years M 16 years M 17-18 years	16	50m Breast	M 12-13 years M 14 years M 15 years M 16 years M 17-18 years	23	50m Free	M 12-13 years M 14 years M 15 years M 16 years M 17-18 years	32	100m Fly	M 12-13 years M 14 years M 15 years M 16 years M 17-18 years	38	50m Back	M 12-13 years M 14 years M 15 years M 16 years M 17-18 years
6	50m Fly	F 12-13 years F 14 years F 15 years F 16 years F 17-18 years	17	50m Breast	F 12-13 years F 14 years F 15 years F 16 years F 17-18 years	24	4x200 Free R Relay	F 15 & Under	33	800m Free (FTF)	F 13-18 years	39	50m Back	F 12-13 years F 14 years F 15 years F 16 years F 17-18 years
					25	4x200 Free R Relay	M 15 & Under					40	1500m Free (FTF)	M 13-18 years
					26	4x200 Free C Relay	F 16 & Over					41	4x100 Medley R Relay	F 15 & Under
					27	4x200 Free C Relay	M 16 & Over					42	4x100 Medley R Relay	M 15 & Under
7	400m IM	M 12-13 years M 14 years M 15 years M 16 years M 17-18 years	18	400m Free	F 12-13 years F 14 years F 15 years F 16 years F 17-18 years							43	4x100 Medley C Relay	F 16 & Over
8	4x100m Free R Relay	F 15 & Under										44	4x100 Medley C Relay	M 16 & Over
9	4x100m Free R Relay	M 15 & Under												
10	4x100m Free C Relay	F 16 -18												
11	4x100m Free C Relay	M 16 -18												

C Relay = Club Relay  
R Relay = Regional Relay  
Relay heats will be held if entries exceed 10



# 2015 Swimming New Zealand Division II Competition

18 - 21 March  
Dunedin

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

- Age as at 18<sup>th</sup> March 2015
- The qualifying period is from 1<sup>st</sup> January 2014 to 1<sup>st</sup> March 2015
- The 2015 Division II Competition will be swum as Long Course (50m)
- The age groups to be swum for both male and female are 13 years, 14 years, 15 years and 16-18 years combined
- Relays will be regional and club and swum as 14 & under and 15 & over. In any relay event, swimmers 14 & under may swim in either their correct age group or 15 & over. Mixed relays must have 2 male and 2 female swimmers. Relays will be swum as heats and finals if the number of entries is greater than the number of lanes and will be swum at the end of the respective sessions. Only swimmers who have met the qualifying time and entered at least one individual event in this Championship may be entered into relay events
- There will be no qualifying times for 50m events. Swimmers, who wish to enter a 50m event, must have achieved a qualifying time in the 100m or 200m of the particular event. e.g. 50m Butterfly, the swimmer must have qualified in either the 100m or 200m Butterfly. A swimmer that qualifies in the 200m IM events may enter one 50m event of their choice. An entry time must be submitted for 50m events
- Individual entry times will be generated by the SNZ Database. Performances from Regional and local competitions not held within the National Database will not be eligible for use to enter this Championship.
- The qualifying times shown are 50 meter times. Qualifying times swum in pools other than 50m must be converted using the SNZ Conversions. Swimmers using converted times will be seeded in the slowest heats.
- All swimmers shall only enter qualified events
- Any swimmer who qualifies for either the 2015 NZ Open Championships or the 2015 NZ Age Group Championships in able bodied events is ineligible to enter the 2015 NZ Division II Competition. A swimmer that achieves qualifying times for the 2015 NZ Age Group Championships at the 2015 Division II Competition may enter this championship

- Participants who have entered this event agree to allow photograph, video, multimedia or film likeness taken by accredited photographers to be used for any legitimate purpose by Swimming New Zealand, their sponsors or others

### **CLOSE OF ENTRIES**

Entries close with Swimming New Zealand **12 MIDNIGHT on MONDAY 2<sup>nd</sup> March, 2015**. Late entries will NOT be accepted.

**NO REFUNDS** for any withdrawals (including medical) will be given once entries have closed.

### **ENTRY PROCEDURE**

Entries will be submitted via the SNZ National database. Individuals will be able to access and complete their entries online via the new database.

Visitors will be able to submit entries using either the TM File or spreadsheet available on the event website.

### **ENTRY FEES**

Entry fees are \$17.50 per individual event and \$35.00 for relay events.

### **PSYCH SHEETS**

**PSYCH SHEETS** will be posted on the Swimming New Zealand website on **WEDNESDAY 4<sup>th</sup> MARCH 2015**.

Corrections to psych sheets are to be sent to [events@swimmingnz.org.nz](mailto:events@swimmingnz.org.nz) by **MIDNIGHT THURSDAY 5<sup>th</sup> MARCH, 2015**.

**FINAL PSYCH SHEETS** will be posted on the Swimming New Zealand website on **FRIDAY 6<sup>th</sup> MARCH, 2015**.



# 2015 Swimming New Zealand Division II Competition

18 - 21 March  
Dunedin

## 50m Qualifying Times

Male				Female				
13 yr	14 yr	15 yr	16 - 18	13 yr	14 yr	15 yr	16 - 18	
<b>FREESTYLE</b>								
<b>50</b>								
1:06.60	1:04.70	1:04.50	1:02.40	<b>100</b>	1:09.90	1:09.65	1:09.60	1:08.55
2:26.40	2:22.40	2:20.90	2:16.40	<b>200</b>	2:32.40	2:30.40	2:29.95	2:27.70
5:07.15	4:56.80	4:55.70	4:48.95	<b>400</b>	5:21.80	5:15.80	5:13.80	5:11.50
				<b>800</b>	11:08.60	10:55.60	10:51.95	10:50.60
20:23.20	20:00.50	19:50.00	19:24.40	<b>1500</b>				
<b>BACKSTROKE</b>								
<b>50</b>								
1:16.04	1:14.53	1:14.50	1:12.62	<b>100</b>	1:19.77	1:18.98	1:18.58	1:17.67
2:44.73	2:39.66	2:39.16	2:36.52	<b>200</b>	2:52.24	2:49.33	2:48.66	2:46.75
<b>BREASTSTROKE</b>								
<b>50</b>								
1:27.16	1:24.55	1:23.81	1:22.36	<b>100</b>	1:30.75	1:30.47	1:30.38	1:28.30
3:09.03	3:02.71	3:01.51	2:58.24	<b>200</b>	3:16.69	3:15.52	3:14.67	3:09.61
<b>BUTTERFLY</b>								
<b>50</b>								
1:19.04	1:15.39	1:15.39	1:14.38	<b>100</b>	1:20.79	1:20.33	1:19.91	1:18.89
2:54.58	2:52.14	2:50.76	2:49.56	<b>200</b>	2:59.27	2:57.64	2:56.83	2:56.32
<b>MEDLEY</b>								
2:49.40	2:45.07	2:43.40	2:41.27	<b>200</b>	2:55.73	2:52.57	2:51.50	2:50.55
6:02.40	5:52.22	5:50.90	5:45.84	<b>400</b>	6:15.96	6:12.38	6:10.44	6:06.78



# 2015 Swimming New Zealand Division II Competition

18 - 21 March  
Dunedin

## Warm-up Times, Session Start Times and Order of Events

Day 1 - Wed 18 <sup>th</sup> March				Day 2 - Thurs 19 <sup>th</sup> March				Day 3 - Fri 20 <sup>th</sup> March				Day 4 - Sat 21 <sup>st</sup> March			
Session 1 - Heats				Session 3 - Heats				Session 5 - Heats				Session 7 - Heats			
Warm-up 7.30 - 8.50am Start 9am				Warm-up 7.30 - 8.50am Start 9am				Warm-up 7.30 - 8.50am Start 9am				Warm-up 7.30 - 8.50am Start 9am			
1	200m Back	M	13-18 years	13	200m IM	M	13-18 years	25	800m Free (TF)	W	13-18 years	38	1500m Free (TF)	M	13-18 years
2	200m Back	W	13-18 years	14	200m IM	W	13-18 years	26	200m Fly	M	13-18 years	39	100m Fly	W	13-18 years
3	100m Breast	M	13-18 years	15	100m Back	M	13-18 years	27	200m Fly	W	13-18 years	40	200m Breast	M	13-18 years
4	100m Breast	W	13-18 years	16	100m Back	W	13-18 years	28	100m Free	M	13-18 years	41	200m Breast	W	13-18 years
5	50m Fly	M	13-18 years	17	50m Breast	M	13-18 years	29	100m Free	W	13-18 years	42	100m Fly	M	13-18 years
6	50m Fly	W	13-18 years	18	50m Breast	W	13-18 years	30	50m Back	M	13-18 years	43	50m Free	W	13-18 years
7	400m Free (TF)	M	13-18 years	19	200m Free	M	13-18 years	31	50m Back	W	13-18 years	44	50m Free	M	13-18 years
8	400m Free (TF)	W	13-18 years	20	200m Free	W	13-18 years	32	400m IM (TF)	M	13-18 years	45	400m IM (TF)	W	13-18 years
Session 2 - Finals				Session 4 - Finals				Session 6 - Finals				Session 8 - Finals			
Warm-up 4.30 - 5.30pm Start 6pm				Warm-up 4.30 - 5.50pm Start 6pm				Warm-up 4.30 - 5.50pm Start 6pm				Warm-up 4.30 - 5.50pm Start 6pm			
1	200m Back	M	13 years	13	200m IM	M	13 years	25	800m Free (FTF)	W	13-18 years	38	1500m Free (FTF)	M	13-18 years
		M	14 years			M	14 years	26	200m Fly	M	13 years	39	100m Fly	W	13 years
		M	15 years			M	15 years			M	14 years			W	14 years
		M	16 & Over			M	16 & Over			M	15 years			W	15 years
2	200m Back	W	13 years	14	200m IM	W	13 years			M	16 & Over			W	16 & Over
		W	14 years			W	14 years	27	200m Fly	W	13 years	40	200m Breast	M	13 years
		W	15 years			W	14 years			W	14 years			M	14 years
		W	16 & Over			W	15 years			W	15 years			M	15 years
3	100m Breast	M	13 years	15	100m Back	M	13 years			W	16 & Over			M	16 & Over
		M	14 years			M	14 years	28	100m Free	M	13 years	41	200m Breast	W	13 years
		M	15 years			M	15 years			M	14 years			W	14 years
		M	16 & Over			M	16 & Over			M	15 years			W	15 years
4	100m Breast	W	13 years	16	100m Back	W	13 years			M	16 & Over			W	16 & Over
		W	14 years			W	14 years	29	100m Free	W	13 years	42	100m Fly	M	13 years
		W	15 years			W	15 years			W	14 years			M	14 years
		W	16 & Over			W	16 & Over			W	15 years			M	15 years
5	50m Fly	M	13 years	17	50m Breast	M	13 years			W	16 & Over			M	16 & Over
		M	14 years			M	14 years	30	50m Back	M	13 years	43	50m Free	W	13 years
		M	15 years			M	15 years			M	14 years			W	14 years
		M	16 & Over			M	16 & Over			M	15 years			W	15 years
6	50m Fly	W	13 years	18	50m Breast	W	13 years			M	16 & Over			W	16 & Over
		W	14 years			W	14 years	31	50m Back	W	13 years	44	50m Free	M	13 years
		W	15 years			W	15 years			W	14 years			M	14 years
		W	16 & Over			W	16 & Over			W	15 years			M	15 years
7	400m Free (FTF)	M	13-18 years	19	200m Free	M	13 years			W	16 & Over			M	16 & Over
		W	13-18 years			M	14 years	32	400m IM (FTF)	M	13-18 years	45	400m IM (FTF)	W	13-18 years
						M	15 years								
						M	16 & Over								
9	4x50m Free CR	M	14 & Under	20	200m Free	W	13 years	33	4x50m Free CR	X	14 & Under	46	4x50m Free CR	X	15 & Over
10	4x50m Free CR	W	14 & Under			W	14 years	34	4x50m Medley CR	W	14 & Under	47	4 x 50m Medley RR	M	14 & Under
11	4x50m Free CR	M	15 & Over			W	15 years	35	4x50m Medley CR	M	14 & Under	48	4 x 50m Medley RR	W	14 & Under
12	4x50m Free CR	W	15 & Over			W	16 & Over	36	4x50m Medley CR	W	15 & Over	49	4 x 50m Medley RR	M	15 & Over
				21	4x50m Free RR	M	14 & Under	37	4x50m Medley CR	M	15 & Over	50	4 x 50m Medley RR	W	15 & Over
				22	4x50m Free RR	W	14 & Under								
				23	4x50m Free RR	M	15 & Over								
				24	4x50m Free RR	W	15 & Over								



# 2015 Swimming New Zealand Open Championships

14 - 17 April  
Henderson | Auckland

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

- Age as at 14<sup>th</sup> April 2015
- The qualifying period is from 1<sup>st</sup> January 2014 to 29<sup>th</sup> March 2015
- Relays will be swum as open timed finals with all timed-finals being swum in the finals session. If entries exceed the lanes available, subsequent timed finals will be swum at the end of the morning's heats session. Only swimmers who have met the qualifying time and entered at least one individual event in this Championship may be entered into relay events
- Individual entry times will be generated by the SNZ Database. Performances from Regional and local competitions not held within the National Database will not be eligible for use to enter this Championship.
- The qualifying times shown are 50m Long Course times. Only Long Course times can be used for qualification.
- All swimmers shall only enter qualified events
- All entries must include swimmer details and 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
- For 50m, 100m, 200m and 400m events there will be A and B finals. B finals will be swum when there are 18 or more swimmers that competed in the heats. The 800m and 1500m races will be timed finals. The Open Championship placing's 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
- Participants who have entered this event agree to allow photograph, video, multimedia or film likeness taken by accredited photographers to be used for any legitimate purpose by Swimming New Zealand, their sponsors or others

### **CLOSE OF ENTRIES**

Entries close with Swimming New Zealand **12 MIDNIGHT on Tuesday 30<sup>th</sup> March, 2015**. Late entries will NOT be accepted.

**NO REFUNDS** for any withdrawals (including medical) will be given once entries have closed.

### **ENTRY PROCEDURE**

Entries will be submitted via the SNZ National database. Individuals will be able to access and complete their entries online via the new database.

Visitors will be able to submit entries using either the TM File or spreadsheet available on the event website.

### **ENTRY FEES**

Entry fees are \$17.50 per individual event and \$35.00 for relay events.

### **PSYCH SHEETS**

**PSYCH SHEETS** will be posted on the Swimming New Zealand website on **WEDNESDAY 1<sup>st</sup> APRIL, 2015**.

Corrections and changes to psych sheets are to be sent to [events@swimmingnz.org.nz](mailto:events@swimmingnz.org.nz) by **12 MIDNIGHT MONDAY 6<sup>th</sup> APRIL 2015**.

**FINAL PSYCH SHEETS** will be posted on the Swimming New Zealand website on **TUESDAY 7<sup>th</sup> April 2015**.



# 2015 Swimming New Zealand Open Championships

14 - 17 April  
Henderson | Auckland

## 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



# 2015 Swimming New Zealand Open Championships

14 - 17 April  
Henderson | Auckland

## Para Swimmers Qualifying Times

### Male

CLASS	50FR	100FR	200FR	400FR	50BK	100BK	50FLY	100FLY	CLASS	50BR	100BR	CLASS	150IM	200IM
<b>S14</b>	37.43	1:21.58	3:02.81	-	-	1:34.78	-	1:29.85	<b>SB14</b>	-	1:43.44	<b>SM14</b>	-	3:25.23
<b>S13</b>	36.00	1:19.13	-	6:11.08	-	1:28.99	-	1:25.05	<b>SB13</b>	-	1:37.41	<b>SM13</b>	-	3:14.84
<b>S12</b>	35.01	1:17.77	-	6:16.07	-	1:30.17	-	1:26.47	<b>SB12</b>	-	1:42.53	<b>SM12</b>	-	3:17.22
<b>S11</b>	39.34	1:28.55	-	7:04.72	-	1:42.65	-	1:35.00	<b>SB11</b>	-	1:50.25	<b>SM11</b>	-	3:40.01
<b>S10</b>	34.97	1:16.47	-	6:09.95	-	1:30.46	-	1:24.10				<b>SM10</b>	-	3:16.46
<b>S9</b>	37.91	1:22.92	-	6:22.67	-	1:33.50	-	1:29.01	<b>SB9</b>	-	1:38.86	<b>SM9</b>	-	3:22.38
<b>S8</b>	39.51	1:26.32	-	6:39.47	-	1:38.48	-	1:32.08	<b>SB8</b>	-	1:40.69	<b>SM8</b>	-	3:36.39
<b>S7</b>	42.04	1:32.07	-	7:08.61	-	1:46.33	46.06	-	<b>SB7</b>	-	2:00.56	<b>SM7</b>	-	3:54.28
<b>S6</b>	44.37	1:38.68	-	7:21.64	-	1:52.72	46.47	-	<b>SB6</b>	-	2:05.01	<b>SM6</b>	-	4:01.71
<b>S5</b>	48.84	1:44.41	3:41.96	-	54.22	-	52.20	-	<b>SB5</b>	-	2:24.67	<b>SM5</b>	-	4:13.89
<b>S4</b>	57.15	2:05.43	4:30.32	-	1:08.35	-	1:03.51	-	<b>SB4</b>	-	2:23.30	<b>SM4</b>	3:50.25	-
<b>S3</b>	1:06.06	2:27.60	4:57.73	-	1:07.95	-	1:32.11	-	<b>SB3</b>	1:14.20	-	<b>SM3</b>	4:23.58	-
<b>S2</b>	1:34.00	3:17.47	7:06.76	-	1:35.21	-	-	-	<b>SB2</b>	1:28.40	-	<b>SM2</b>	-	-

### Female

CLASS	50FR	100FR	200FR	400FR	50BK	100BK	50FLY	100FLY	CLASS	50BR	100BR	CLASS	150IM	200IM
<b>S14</b>	42.98	1:31.97	3:23.07	-	-	1:45.93	-	1:44.07	<b>SB14</b>	-	1:57.87	<b>SM14</b>	-	3:48.07
<b>S13</b>	41.46	1:29.58	-	6:55.37	-	1:46.76	-	1:40.20	<b>SB13</b>	-	2:03.37	<b>SM13</b>	-	3:45.45
<b>S12</b>	40.75	1:29.07	-	7:05.18	-	1:44.79	-	1:39.01	<b>SB12</b>	-	1:56.17	<b>SM12</b>	-	3:46.36
<b>S11</b>	47.20	1:42.62	-	7:51.07	-	1:59.13	-	2:05.45	<b>SB11</b>	-	2:18.22	<b>SM11</b>	-	4:16.71
<b>S10</b>	42.58	1:31.70	-	6:52.41	-	1:40.76	-	1:41.19				<b>SM10</b>	-	3:46.08
<b>S9</b>	43.53	1:33.66	-	6:45.48	-	1:44.39	-	1:42.95	<b>SB9</b>	-	1:59.42	<b>SM9</b>	-	3:51.05
<b>S8</b>	46.94	1:39.92	-	7:09.88	-	1:56.13	-	1:47.33	<b>SB8</b>	-	1:57.68	<b>SM8</b>	-	3:56.73
<b>S7</b>	48.09	1:43.60	-	7:34.17	-	2:03.82	52.59	-	<b>SB7</b>	-	2:15.54	<b>SM7</b>	-	4:22.08
<b>S6</b>	53.25	1:52.64	-	8:06.77	-	2:08.84	56.83	-	<b>SB6</b>	-	2:27.08	<b>SM6</b>	-	4:42.12
<b>S5</b>	54.39	2:02.61	5:24.60	-	1:04.13	-	1:05.50	-	<b>SB5</b>	-	2:21.56	<b>SM5</b>	-	5:16.44
<b>S4</b>	1:08.37	2:31.32	6:37.63	-	1:17.29	-	1:39.76	-	<b>SB4</b>	-	2:45.39	<b>SM4</b>	4:36.80	-
<b>S3</b>	1:22.28	2:59.23	5:52.83	-	1:27.42	-	1:39.77	-	<b>SB3</b>	1:37.92	-	<b>SM3</b>	6:17.44	-
<b>S2</b>	1:48.10	3:42.67	7:27.96	-	1:44.71	-	-	-	<b>SB2</b>	1:48.80	-	<b>SM2</b>	-	-



# 2015 Swimming New Zealand Open Championships

14 - 17 April  
Henderson | Auckland

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

Day 1 – Tues 14 <sup>th</sup> April			Day 2 – Wed 15 <sup>th</sup> April			Day 3 – Thurs 16 <sup>th</sup> April			Day 4 – Fri 17 <sup>th</sup> April		
Session 1 - Heats			Session 3 - Heats			Session 5 - Heats			Session 7 - Heats		
Warm-up 8.00 – 9.50am Start 10am			Warm-up 8.00 – 9.50am Start 10am			Warm-up 8.00 – 9.50am Start 10am			Warm-up 8.00 – 9.50am Start 10am		
1	100m Breast	M	12	400m IM	M	23	100m Free	F	34	200m Back	F
2	100m Fly	F	13	200m Fly	F	24	100m Fly	M	35	100m Free	M
3	400m Free	M	14	200m Free	M	25	200m Back	M	36	400m IM	F
4	400m Free	F	15	100m Back	F	26	200m Breast	F	37	1500m Free	M
5	50m Fly	M	16	200m Fly	M	27	200m Breast	M	38	50m Free	F
6	50m Back	F	17	200m Free	F	28	50m Fly	F	39	50m Back	M
7	100m Back	M	18	50m Breast	M	29	50m Free	M	40	50m Breast	F
8	100m Breast	F	19	1500m Free	F	30	800m Free	F	41	4x100m Medley	M
9	200m IM	M	20	800m Free	M	131	150m IM (Para)	M	42	4x100m Medley	F
10	200m IM	F	121	150m IM (Para)	F	32	4x100m Free	M			
11	4x200m Free	M	22	4x100m Free	F	33	4x200m Free	F			

Session 2 - Finals			Session 4 - Finals			Session 6 - Finals			Session 8 - Finals		
Warm-up 5.00-6.30pm Start 7.00pm			Warm-up 5.00-6.50pm Start 7.00pm			Warm-up 5.00-6.50pm Start 7.00pm			Warm-up 5.00-6.50pm Start 7.00pm		
101	Para 100m Breast	M	12	400m IM	M	123	Para 100m Free	F	34	200m Back	F
1	100m Breast	M	13	200m Fly	F	23	100m Free	F	135	Para 100m Free	M
102	Para 100m Fly	F	114	Para 200m Free	M	124	Para 100m Fly	M	35	100m Free	M
2	100m Fly	F	14	200m Free	M	24	100m Fly	M	36	400m IM	F
103	Para 400m Free	M	115	Para 100m Back	F	25	200m Back	M	37	1500m Free	M
3	400m Free	M	15	100m Back	F	26	200m Breast	F	138	Para 50m Free	F
104	Para 400m Free	F	16	200m Fly	M	27	200m Breast	M	38	50m Free	F
4	400m Free	F	117	Para 200m Free	F	128	Para 50m Fly	F	139	Para 50m Back	M
105	Para 50m Fly	M	17	200m Free	F	28	50m Fly	F	39	50m Back	M
5	50m Fly	M	118	Para 50m Breast	M	129	Para 50m Free	M	140	Para 50m Breast	F
106	Para 50m Back	F	18	50m Breast	M	29	50m Free	M	40	50m Breast	F
6	50m Back	F	19	1500m Free	F	30	800m Free	F	41	4x100m Medley	M
107	Para 100m Back	M	20	800m Free	M	131	Para 150m IM	M	42	4x100m Medley	F
7	50m Back	M	121	Para 150m IM	F	32	4x100m Free	M			
108	Para 100m Breast	F	22	4x100m Free	F	33	4x200m Free	F			
8	100m Breast	F									
109	Para 200m IM	M									
9	200m IM	M									
110	Para 200m IM	F									
10	200m IM	F									
11	4x200m Free	M									





# CONVERSION TABLES

For the purposes of all National Meets, pools of length 36 2/3 yards will be treated as if they were 33 1/3 metres and pools of length 55 yards will be treated as if they were of length 50 metres.

If a conversion does not exist then another pool of suitable length must be used for that event.

## Conversion from 33 1/3 metres or 36 2/3 yards times to 50 metre times:

Freestyle	100m	add	0.85 secs
	200m		1.70 secs
	400m		3.40 secs
	800m		6.80 secs
	1500m		12.75 secs
Backstroke	100m	add	0.85 secs
	200m		1.70 secs
Breaststroke	100m	add	1.00 secs
	200m		2.00 secs
Butterfly	100m	add	0.70 secs
	200m		1.40 secs
Medley	400m	add	3.40 secs

## Conversion from 55 yards time to 50 metre time:

No conversion – just use same time

Note: That only the preceding conversions may be used for National Meets

## Conversion from 25 metre times to 50 metre times.

Freestyle	50m	add	0.85 secs
	100m		1.70 secs
	200m		3.40 secs
	400m		6.80 secs
	800m		13.60 secs
Backstroke	1500m		25.50 secs
	50m	add	0.85 secs
	100m		1.70 secs
	200m		3.40 secs
	Breaststroke	50m	add
100m			2.00 secs
200m			4.00 secs
Butterfly	50m	add	0.70 secs
	100m		1.40 secs
	200m		2.80 secs
Medley	200m	add	3.40 secs
	400m		6.80 secs