

08 October 2010

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

- Age as at 19<sup>th</sup> February 2011.
- The qualifying period is from 20<sup>th</sup> February 2010 to 6<sup>th</sup> February 2011.
- 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.
- 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 meter times. Qualifying times swum in pools other than 50m must be converted using the SNZ Conversions.
- 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 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 at least one required individual qualifying standard may be entered in relay events.
- No international visitor entries allowed.
- 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 MONDAY 7<sup>th</sup> FEBRUARY 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

**NORTH, CENTRAL/SOUTH VENUE PSYCH SHEETS** will be posted on the Swimming New Zealand website on **TUESDAY 8<sup>th</sup> FEBRUARY 2011**.

Corrections to the psych sheets are to be sent to [events@swimmingnz.org.nz](mailto:events@swimmingnz.org.nz) by **12 MIDNIGHT THURSDAY 10<sup>th</sup> FEBRUARY 2011**.

**FINAL NATIONAL AND NORTH, CENTRAL/SOUTH VENUE PSYCH SHEETS** will be posted on the Swimming New Zealand website on **FRIDAY 11<sup>th</sup> FEBRUARY 2011**.

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### 50m Qualifying Times

Male				Female			
10 & U	11 yr	12 yr	12 & U	10 & U	11 yr	12 yr	12 & U
<b>FREESTYLE</b>							
36.75	34.00	32.20		50	36.80	34.00	32.20
1:20.50	1:14.00	1:10.00		100	1:20.00	1:14.00	1:10.00
2:56.20	2:42.00	2:33.00		200	2:56.20	2:42.00	2:33.00
			5:25.00	400			5:21.49
<b>BACKSTROKE</b>							
42.50	39.60	37.30		50	42.30	39.60	37.70
1:31.60	1:25.31	1:19.99		100	1:31.00	1:25.50	1:20.70
3:15.00	3:02.50	2:50.75		200	3:16.60	3:03.43	2:53.09
<b>BREASTSTROKE</b>							
47.65	44.15	41.20		50	47.88	44.25	41.80
1:43.58	1:35.97	1:29.99		100	1:43.65	1:35.89	1:30.57
3:43.84	3:27.40	3:14.70		200	3:45.53	3:26.24	3:15.45
<b>BUTTERFLY</b>							
40.60	38.27	35.72		50	41.46	38.60	36.00
1:32.20	1:26.05	1:19.00		100	1:35.72	1:27.39	1:20.75
			2:53.83	200			2:55.08
<b>MEDLEY</b>							
3:20.00	3:06.00	2:54.00		200	3:20.45	3:06.00	2:54.00
			6:18.00	400			6:10.04

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

Day 1 – Sat 19 <sup>th</sup> February – Session 1				Day 1 - Sat 19 <sup>th</sup> February - Session 2				Day 2 - Sun 20 <sup>th</sup> February – Session 3			
Auckland		Warm up 7.00 – 8.00am	Start 8.15am	Auckland		Warm up 3.00 – 4.00pm	Start 4.15pm	Auckland		Warm up 7.00 – 8.00am	Start 8.15am
Wellington		Warm up 7.00 – 8.00am	Start 8.15am	Wellington		Warm up 3.00 – 4.00pm	Start 4.15pm	Wellington		Warm up 7.00 – 8.00am	Start 8.15am
1	400m IM	W 12 years & Under		29	200m Free	W 10 years & Under		55	50m Back	W 10 years & Under	
2		M 12 years & Under		30		M 10 years & Under		56		M 10 years & Under	
3	50m Breast	W 10 years & Under		31		W 11 years		57		W 11 years	
4		M 10 years & Under		32		M 11 years		58		M 11 years	
5		W 11 years		33		W 12 years		59		W 12 years	
6		M 11 years		34		M 12 years		60		M 12 years	
7		W 12 years		35	50m Fly	W 10 years & Under		61	400m Free	W 12 years & Under	
8		M 12 years		36		M 10 years & Under		62		M 12 years & Under	
9	100m Fly	W 10 years & Under		37		W 11 years		63	200m IM	W 10 years & Under	
10		M 10 years & Under		38		M 11 years		64		M 10 years & Under	
11		W 11 years		39		W 12 years		65		W 11 years	
12		M 11 years		40		M 12 years		66		M 11 years	
13		W 12 years		41	200m Breast	W 10 years & Under		67		W 12 years	
14		M 12 years		42		M 10 years & Under		68		M 12 years	
15	200m Back	W 10 years & Under		43		W 11 years		69	50m Free	W 10 years & Under	
16		M 10 years & Under		44		M 11 years		70		M 10 years & Under	
17		W 11 years		45		W 12 years		71		W 11 years	
18		M 11 years		46		M 12 years		72		M 11 years	
19		W 12 years		47	100m Back	W 10 years & Under		73		W 12 years	
20		M 12 years		48		M 10 years & Under		74		M 12 years	
21	100m Free	W 10 years & Under		49		W 11 years		75	200m Fly	W 12 years & Under	
22		M 10 years & Under		50		M 11 years		76		M 12 years & Under	
23		W 11 years		51		W 12 years		77	100m Breast	W 10 years & Under	
24		M 11 years		52		M 12 years		78		M 10 years & Under	
25		W 12 years		53	4 x 50m Med Relay	W 12 years & Under		79		W 11 years	
26		M 12 years		54		M 12 years & Under		80		M 11 years	
27	4 x 50m Free Relay	W 12 years & Under						81		W 12 years	
28		M 12 years & Under						82		M 12 years	