

WELLINGTON 2010 SHORT COURSE CHAMPIONSHIPS – WRAC – KILBIRNIE

28,28 August & 4, 5 September 2010, **ALL EVENTS ARE TIMED FINALS**

Morning session Warm up 7.30am, start 8.00am : Evening Session Warm up 3.30pm Start 4.00pm

| SESSION 1 – Sat 28 Aug AM | | | | SESSION 2- Sat 28 Aug PM | | | | SESSION 3 – Sun 29 Aug AM | | | | SESSION 4 – Sun 29 Aug PM | | | |
|---|---|------|----------|---|---|-------|---------|------------------------------|---|------|--------|--|---|-------|---------|
| Duty Club: Capital | | | | Duty Club: SwimZone | | | | Duty Club: Karori, Breakers | | | | Duty Club: Raumati/Kapiti | | | |
| E | S | AGE | STR | E | S | AGE | STR | E | S | AGE | STR | E | S | AGE | STR |
| 1 | F | 9/U | 50 Fly | 32 | F | 11/U | 400 Fr | 63 | M | 9/U | 50 Fly | 94 | M | 11/U | 400 IM |
| 2 | F | 10 | 50 Fly | 33 | M | 11/U | 400 Fr | 64 | M | 10 | 50 Fly | 95 | F | 11/U | 400 IM |
| 3 | F | 11 | 50 Fly | 34 | F | 12/13 | 400 Fr | 65 | M | 11 | 50 Fly | 96 | M | 12/13 | 400 IM |
| 4 | F | 12 | 50 Fly | 35 | M | 12/13 | 400 Fr | 66 | M | 12 | 50 Fly | 97 | F | 12/13 | 400 IM |
| 5 | F | 13 | 50 Fly | 36 | F | 14/15 | 400 Fr | 67 | M | 13 | 50 Fly | 98 | M | 14/15 | 400 IM |
| 6 | F | 14 | 50 Fly | 37 | M | 14/15 | 400 Fr | 68 | M | 14 | 50 Fly | 99 | F | 14/15 | 400 IM |
| 7 | F | 15 | 50 Fly | 38 | F | 16/O | 400 Fr | 69 | M | 15 | 50 Fly | 100 | M | 16/O | 400 IM |
| 8 | F | 16/O | 50 Fly | 39 | M | 16/O | 400 Fr | 70 | M | 16/O | 50 Fly | 101 | F | 16/O | 400 IM |
| 9 | M | 9/U | 100 IM | 40 | F | 9/U | 100 Fly | 71 | F | 9/U | 100 IM | 102 | M | 9/U | 100 Fly |
| 10 | M | 10 | 100 IM | 41 | F | 10 | 100 Fly | 72 | F | 10 | 100 IM | 103 | M | 10 | 100 Fly |
| 11 | M | 11 | 100 IM | 42 | F | 11 | 100 Fly | 73 | F | 11 | 100 IM | 104 | M | 11 | 100 Fly |
| 12 | M | 12 | 100 IM | 43 | F | 12 | 100 Fly | 74 | F | 12 | 100 IM | 105 | M | 12 | 100 Fly |
| 13 | M | 13 | 100 IM | 44 | F | 13 | 100 Fly | 75 | F | 13 | 100 IM | 106 | M | 13 | 100 Fly |
| 14 | M | 14 | 100 IM | 45 | F | 14 | 100 Fly | 76 | F | 14 | 100 IM | 107 | M | 14 | 100 Fly |
| 15 | M | 15 | 100 IM | 46 | F | 15 | 100 Fly | 77 | F | 15 | 100 IM | 108 | M | 15 | 100 Fly |
| 16 | M | 16/O | 100 IM | 47 | F | 16/O | 100 Fly | 78 | F | 16/O | 100 IM | 109 | M | 16/O | 100 Fly |
| 17 | F | 10/U | 200 Fr | 48 | M | 9/U | 50 Bk | 79 | M | 10/U | 200 Fr | 110 | F | 9/U | 50 Bk |
| 18 | F | 11 | 200 Fr | 49 | M | 10 | 50 Bk | 80 | M | 11 | 200 Fr | 111 | F | 10 | 50 Bk |
| 19 | F | 12 | 200 Fr | 50 | M | 11 | 50 Bk | 81 | M | 12 | 200 Fr | 112 | F | 11 | 50 Bk |
| 20 | F | 13 | 200 Fr | 51 | M | 12 | 50 Bk | 82 | M | 13 | 200 Fr | 113 | F | 12 | 50 Bk |
| 21 | F | 14 | 200 Fr | 52 | M | 13 | 50 Bk | 83 | M | 14 | 200 Fr | 114 | F | 13 | 50 Bk |
| 22 | F | 15 | 200 Fr | 53 | M | 14 | 50 Bk | 84 | M | 15 | 200 Fr | 115 | F | 14 | 50 Bk |
| 23 | F | 16/O | 200 Fr | 54 | M | 15 | 50 Bk | 85 | M | 16/O | 200 Fr | 116 | F | 15 | 50 Bk |
| 24 | M | 9/U | 100 Brst | 55 | M | 16/O | 50 Bk | 86 | F | 9/U | 100 Br | 117 | F | 16/O | 50 Bk |
| 25 | M | 10 | 100 Brst | 56 | F | 10/U | 200 Br | 87 | F | 10 | 100 Br | 118 | M | 10/U | 200 Br |
| 26 | M | 11 | 100 Brst | 57 | F | 11 | 200 Br | 88 | F | 11 | 100 Br | 119 | M | 11 | 200 Br |
| 27 | M | 12 | 100 Brst | 58 | F | 12 | 200 Br | 89 | F | 12 | 100 Br | 120 | M | 12 | 200 Br |
| 28 | M | 13 | 100 Brst | 59 | F | 13 | 200 Br | 90 | F | 13 | 100 Br | 121 | M | 13 | 200 Br |
| 29 | M | 14 | 100 Brst | 60 | F | 14 | 200 Br | 91 | F | 14 | 100 Br | 122 | M | 14 | 200 Br |
| 30 | M | 15 | 100 Brst | 61 | F | 15 | 200 Br | 92 | F | 15 | 100 Br | 123 | M | 15 | 200 Br |
| 31 | M | 16/O | 100 Brst | 62 | F | 16/O | 200 Br | 93 | F | 16/O | 100 Br | 124 | M | 16/O | 200 Br |
| | | | | | | | | | | | | | | | |
| SESSION 5 – Sat 4 Sept AM | | | | SESSION 6 – Sat 4 Sept PM | | | | SESSION 7 –Sun 5 Sept AM | | | | SESSION 8 - Sun 5 Sept PM | | | |
| Duty Club: Porirua City Aquatics | | | | Duty Club: SwimZone | | | | Duty Club, Tawa & Upper Hutt | | | | Duty Club: Capital | | | |
| 125 | F | 9/U | 100 Fr | 155 | X | Top30 | 1500Fr | 179 | M | 9/U | 100 Fr | 209 | X | T30 | 800 Fr |
| 126 | F | 10 | 100 Fr | 156 | F | 9/U | 100 Bk | 180 | M | 10 | 100 Fr | 210 | M | 9/U | 100 Bk |
| 127 | F | 11 | 100 Fr | 157 | F | 10 | 100 Bk | 181 | M | 11 | 100 Fr | 211 | M | 10 | 100 Bk |
| 128 | F | 12 | 100 Fr | 158 | F | 11 | 100 Bk | 182 | M | 12 | 100 Fr | 212 | M | 11 | 100 Bk |
| 129 | F | 13 | 100 Fr | 159 | F | 12 | 100 Bk | 183 | M | 13 | 100 Fr | 213 | M | 12 | 100 Bk |
| 130 | F | 14 | 100 Fr | 160 | F | 13 | 100 Bk | 184 | M | 14 | 100 Fr | 214 | M | 13 | 100 Bk |
| 131 | F | 15 | 100 Fr | 161 | F | 14 | 100 Bk | 185 | M | 15 | 100 Fr | 215 | M | 14 | 100 Bk |
| 132 | F | 16/O | 100 Fr | 162 | F | 15 | 100 Bk | 186 | M | 16/O | 100 Fr | 216 | M | 15 | 100 Bk |
| 133 | M | 10/U | 200 IM | 163 | F | 16/O | 100 Bk | 187 | F | 10/U | 200 IM | 217 | M | 16/O | 100 Bk |
| 134 | M | 11 | 200IM | 164 | M | 10/U | 200 Bk | 188 | F | 11 | 200IM | 218 | F | 10/U | 200 Bk |
| 135 | M | 12 | 200 IM | 165 | M | 11 | 200 Bk | 189 | F | 12 | 200 IM | 219 | F | 11 | 200 Bk |
| 136 | M | 13 | 200 IM | 166 | M | 12 | 200 Bk | 190 | F | 13 | 200 IM | 220 | F | 12 | 200 Bk |
| 137 | M | 14 | 200IM | 167 | M | 13 | 200 Bk | 191 | F | 14 | 200IM | 221 | F | 13 | 200 Bk |
| 138 | M | 15 | 200 IM | 168 | M | 14 | 200 Bk | 192 | F | 15 | 200 IM | 222 | F | 14 | 200 Bk |
| 139 | M | 16/O | 200 IM | 169 | M | 15 | 200 Bk | 193 | F | 16/O | 200 IM | 223 | F | 15 | 200 Bk |
| 140 | F | 9/U | 50 Br | 170 | M | 16/O | 200 Bk | 194 | M | 9/U | 50 Br | 224 | F | 16/O | 200 Bk |
| 141 | F | 10 | 50 Br | 171 | F | 9/U | 50 Fr | 195 | M | 10 | 50 Br | 225 | M | 9/U | 50 Fr |
| 142 | F | 11 | 50 Br | 172 | F | 10 | 50 Fr | 196 | M | 11 | 50 Br | 226 | M | 10 | 50 Fr |
| 143 | F | 12 | 50 Br | 173 | F | 11 | 50 Fr | 197 | M | 12 | 50 Br | 227 | M | 11 | 50 Fr |
| 144 | F | 13 | 50 Br | 174 | F | 12 | 50 Fr | 198 | M | 13 | 50 Br | 228 | M | 12 | 50 Fr |
| 145 | F | 14 | 50 Br | 175 | F | 13 | 50 Fr | 199 | M | 14 | 50 Br | 229 | M | 13 | 50 Fr |
| 146 | F | 15 | 50 Br | 176 | F | 14 | 50 Fr | 200 | M | 15 | 50 Br | 230 | M | 14 | 50 Fr |
| 147 | F | 16/O | 50 Br | 177 | F | 15 | 50 Fr | 201 | M | 16/O | 50 Br | 231 | M | 15 | 50 Fr |
| 148 | M | 10/U | 200 FI | 178 | F | 16/O | 50 Fr | 202 | F | 10/U | 200 FI | 232 | M | 16/O | 50 Fr |
| 149 | M | 11 | 200 FI | Duty Club to provide: 2 experienced marshals, 3 door persons, 3 refreshment people, 1 medal bearer, 1 adult ribbon assistant, 1 office runner | | | | 203 | F | 11 | 200 FI | There will be continuous warm up and warm down available in the 6m end of the pool | | | |
| 150 | M | 12 | 200 FI | | | | | 204 | F | 12 | 200 FI | | | | |
| 151 | M | 13 | 200 FI | | | | | 205 | F | 13 | 200 FI | | | | |
| 152 | M | 14 | 200 FI | | | | | 206 | F | 14 | 200 FI | | | | |
| 153 | M | 15 | 200 FI | | | | | 207 | F | 15 | 200 FI | | | | |
| 154 | M | 16/O | 200 FI | | | | | 208 | F | 16/O | 200 FI | | | | |
| Both 1500 and 800m Freestyle are Mixed Open events that will be scored as placed. Swimmers can record an 800m time from their 1500m swim – EV 233 & 234, but these extracted times will not be scored nor placed. | | | | | | | | | | | | | | | |

Male

2010 Short Course Qualification times

Female

| 9/U | 10 | 11 | 12 | 13 | 14 | 15 | 16/O | Event | 9/U | 10 | 11 | 12 | 13 | 14 | 15 | 16/O |
|--------------------------|-------|-------|-------|-------|-------|-------|-------|-------------|-------|-------|-------|-------|-------|-------|-------|-------|
| Freestyle | | | | | | | | | | | | | | | | |
| 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 |
| 1.43 | 1.35 | 1.29 | 1.25 | 1.15 | 1.13 | 1.12 | 1.11 | 100 | 1.43 | 1.35 | 1.29 | 1.25 | 1.18 | 1.17 | 1.17 | 1.16 |
| 3.17 | 3.17 | 3.02 | 2.53 | 2.38 | 2.34 | 2.32 | 2.28 | 200 | 3.17 | 3.17 | 3.02 | 2.53 | 2.44 | 2.42 | 2.41 | 2.39 |
| 6.10 | 6.10 | 6.10 | 6.00 | 5.35 | 5.25 | 5.24 | 5.24 | 400 | 6.10 | 6.10 | 6.10 | 6.00 | 5.50 | 5.44 | 5.42 | 5.38 |
| 11.20 | 11.20 | 11.20 | 11.20 | 11.20 | 10.45 | 10.45 | 10.45 | 800 | 11.30 | 11.30 | 11.30 | 11.30 | 11.30 | 11.25 | 11.25 | 11.23 |
| 21.12 | 21.12 | 21.12 | 21.12 | 21.12 | 20.40 | 20.40 | 20.23 | 1500 | 22.00 | 22.00 | 22.00 | 22.00 | 22.00 | 21.40 | 21.40 | 21.40 |
| Backstroke | | | | | | | | | | | | | | | | |
| 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 |
| 1.51 | 1.47 | 1.41 | 1.36 | 1.24 | 1.23 | 1.23 | 1.21 | 100 | 1.51 | 1.47 | 1.41 | 1.36 | 1.29 | 1.28 | 1.28 | 1.27 |
| 3.35 | 3.35 | 3.22 | 3.10 | 2.57 | 2.52 | 2.50 | 2.49 | 200 | 3.35 | 3.35 | 3.24 | 3.14 | 3.06 | 3.01 | 3.00 | 2.58 |
| Breaststroke | | | | | | | | | | | | | | | | |
| 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 |
| 2.14 | 2.00 | 1.52 | 1.47 | 1.36 | 1.33 | 1.32 | 1.31 | 100 | 2.14 | 2.00 | 1.52 | 1.47 | 1.39 | 1.38 | 1.38 | 1.37 |
| 4.09 | 4.09 | 3.50 | 3.38 | 3.21 | 3.14 | 3.12 | 3.10 | 200 | 4.09 | 4.09 | 3.48 | 3.38 | 3.29 | 3.28 | 3.27 | 3.20 |
| Butterfly | | | | | | | | | | | | | | | | |
| 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 |
| 2.00 | 1.50 | 1.43 | 1.40 | 1.28 | 1.25 | 1.24 | 1.24 | 100 | 2.00 | 1.53 | 1.44 | 1.41 | 1.35 | 1.30 | 1.29 | 1.28 |
| 3.35 | 3.35 | 3.35 | 3.30 | 3.08 | 3.06 | 3.04 | 3.03 | 200 | 3.40 | 3.40 | 3.40 | 3.35 | 3.25 | 3.20 | 3.20 | 3.18 |
| Individual Medley | | | | | | | | | | | | | | | | |
| 1.56 | 1.49 | 1.42 | 1.38 | 1.27 | 1.26 | 1.26 | 1.26 | 100 | 1.56 | 1.48 | 1.42 | 1.38 | 1.30 | 1.29 | 1.29 | 1.29 |
| 3.26 | 3.26 | 3.26 | 3.14 | 3.01 | 2.56 | 2.55 | 2.54 | 200 | 3.26 | 3.26 | 3.26 | 3.14 | 3.07 | 2.55 | 2.54 | 2.53 |
| 7.00 | 7.00 | 7.00 | 6.58 | 6.31 | 6.25 | 6.24 | 6.18 | 400 | 7.00 | 7.00 | 7.00 | 6.58 | 6.53 | 6.50 | 6.47 | 6.43 |

MEET CONDITIONS

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| <p>1 The meet is open to all registered swimmers who have obtained the listed time standards between 5 September 2009 and the closing date of 23 August 2010. Converted times are permissible. NO TIMES WILL NOT BE ACCEPTED</p> <p>2 Age is as at 28 August 2010.</p> <p>3 The meet will be swum under SNZ rules except that there will be over the top starts for all events.</p> <p>4 Individual Timed Final Events will be swum and scored in the following age groups for both male & female: 50m All strokes: 9/u, 10, 11, 12, 13, 14, 15, 16/O 100m All strokes: 9/u, 10, 11, 12, 13, 14, 15, 16/O. 200m All strokes: 10/u, 11, 12, 13, 14, 15, 16/O 400m Freestyle & IM: 11/u, 12/13, 14/15, 16/O 800m Freestyle: Open Male/Female 1500m Freestyle: Open Male/Female</p> <p>5 Medals will be presented to each of the first three place getters in each individual event. Ribbons will be awarded to other finalists. Swimmer of age group awards will be for each of MALE and FEMALE 9/U, 10,11, 12,13, 14,15, 16/O. Medals will be presented progressively throughout all the sessions. There will be no restriction on the number of visiting swimmers.</p> <p>6 3 trophies will be awarded to Wellington Clubs only as (1) to the club team of more than four swimmers that achieves the best average individual event points over the meet, ie: points divided by the number of swimmers (2) for the Club with the highest points score, and (3) for the highest scoring club in the 12&U age group. The points will be earned as 20, 14,10, 7, 6, 5, 4, 3, 2, 1 for first to tenth inclusive</p> <p>7 All participating clubs will be expected to provide officials for the conduct of the meet, and these persons are in addition to the duty club requirements</p> <p>8 National meet dress standards are to be observed for all presentation. Same gender substitutes will be allowed.</p> <p>9 Entries close on Monday 23 August 2010 @ 7pm. They are to be submitted as a HY3 or cfile and must be accompanied with a "by swimmer" printout with proof of time, and entry fee summary to; Operations@swimwn.co.nz Henrietta Latham NO LATE ENTRIES ACCEPTED.</p> | <p>10 Entry fees of \$7 per event accompanied by a fee summary are to be made by 28 August 2010 and sent to: Viv Morton, 6 Exploration Way, Whitby, Porirua, 5024. Electronic payments can be made to; WPT 030502-0166158-00. Swimmers cannot compete unless their entry fees have been received by Swimming Wellington prior to the commencement of the meet. This is a non negotiable condition of entry.</p> <p>11. In accordance with SNZ Withdrawal Regulations 3. [3.2], a SW \$30 late withdrawal fee applies, payable on the day.</p> <p>12. There will be NO REFUNDS [including medical] once entries have closed.</p> <p>13 Entry to the pool will be via the rear side door. \$1 door entry fee will be payable by all spectators. Free admission for officials and swimmers registered for the session. programmes \$2 per session. Entry and programmes for nominated Team Coaches & Team Managers will be 1 – 10 Swimmers [2], 11-20 [3], 21-35 [4], 36+ [5]. Officials/Team Coaches/Managers are required to sign in.</p> <p>14. There will be an all events programme for each week @ a cost of \$8 per week. Clubs will be allocated programmes in accordance with the number of entries per club.</p> <p>15. Warm up is restricted to those competing in the meet.</p> <p>16. The organisers reserve the right to amend the programme in any way, and to refuse entries. SW will not be liable for any loss or damage during the period of the meet.</p> <p>17. All participants must agree to comply with the Sports Anti-Doping Rules</p> <p>18.Meet Organizers: Entries - Henrietta Latham - 5600381 Treasurer - Viv Morton - 2347071 Meet Director - ????</p> |
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