

DIVISION III MEET

This meet is targeting up and coming swimmers

A Short Course Officiated Meet

Tawa Pool, Davies Street, Tawa

Sunday 19 July 2026



Door Charges - Spectators Door entry \$3.00 (cash – no eftpos), Swimmers and named officials Free.

| SESSION 1 – WARM UP 9am, START 9.30am | | | | | | | | | | |
|---------------------------------------|-----------|----|------------|----|----------|----|-----------------|----|---------|----|
| EVENT NUMBERS | | | | | | | | | | |
| | 50 Breast | | 100 Medley | | 100 Back | | 100 Fly | | 50 Free | |
| | M | F | M | F | M | F | M | F | M | F |
| 9 yrs and under | 1 | 2 | 13 | 14 | 25 | 26 | 12yrs and Under | | 43 | 44 |
| 10yrs | 3 | 4 | 15 | 16 | 27 | 28 | | | 45 | 46 |
| 11yrs | 5 | 6 | 17 | 18 | 29 | 30 | | | 47 | 48 |
| 12yrs | 7 | 8 | 19 | 20 | 31 | 32 | 37 | 38 | 49 | 50 |
| 13yrs | 9 | 10 | 21 | 22 | 33 | 34 | 39 | 40 | 51 | 52 |
| 14yrs and over | 11 | 12 | 23 | 24 | 35 | 36 | 41 | 42 | 53 | 54 |

| SESSION 2 – WARM UP 1.30pm, START 2pm | | | | | | | | |
|---------------------------------------|--------|----|----------|----|------------|----|---------|-----|
| EVENT NUMBERS | | | | | | | | |
| | 50 Fly | | 100 Free | | 100 Breast | | 50 Back | |
| | M | F | M | F | M | F | M | F |
| 9 yrs and under | 55 | 56 | 67 | 68 | 79 | 80 | 91 | 92 |
| 10yrs | 57 | 58 | 69 | 70 | 81 | 82 | 93 | 94 |
| 11yrs | 59 | 60 | 71 | 72 | 83 | 84 | 95 | 96 |
| 12yrs | 61 | 62 | 73 | 74 | 85 | 86 | 97 | 98 |
| 13yrs | 63 | 64 | 75 | 76 | 87 | 88 | 99 | 100 |
| 14yrs and over | 65 | 66 | 77 | 78 | 89 | 90 | 101 | 102 |

MEET CONDITIONS

- This Short Course Officiated meet will be conducted under Swimming NZ Pool Swimming rules and Policies, Swimming Wellington Policies and local rules.
- This meet is open to financial Swimming NZ registered competitive swimmers who meet the eligibility requirements. Age as at the date of the meet.
- No times will be accepted.
- All events will be swum as timed finals.
- Medals will be presented to the fastest three swimmers in each event.
- Finalist ribbons will be available for collection for those finishing from fourth to seventh.
- All participants must agree to comply with the Sports Anti-Doping Rules.
- Protests shall be as per SNZ Policy 008 accompanied with \$50.00 cash.
- Para swimmers are eligible to compete at this meet.
- Participants who have entered this meet 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 Swimming Wellington, PCA or the swimmer's club in accordance with the SNZ Member Protection Policy.
- Strapping of muscles/joints is not permitted unless supported by a doctor or physio certificate & sighted by the Technical Director prior to the start of the session.
- On-line entries via SNZ website close Sunday 12 July 2026 at midnight.
- Entry fee \$12 per event.
- There will be no refunds after the psych sheets are circulated.
- Porirua City Aquatics reserves the right to restrict entries, combine events or alter the programme.
- There is to be no diving during the warmup except in the allocated sprint lanes 1 and 7 for the duration of the warmup. For all other lanes, including the shallow end, pool entry must be feet first.
- Each club is to provide at least two qualified IOTs and three timekeepers per session. Please send names of nominated officials to Blair St Just at officials@swimporirua.co.nz no later than Tuesday 14 July 2026
- PCA will not be liable for any loss, damage or injury that may occur at this meet
- Technical director Brent Harris phone 027 489 1120. Meet organiser Viv Morton phone 027 645 1146 or email president@swimporirua.co.nz

Note

Times from this meet can be used to enter National Meets.

Programmes will be available on Porirua City Aquatics

www.swimporirua.co.nz website from Thursday 16 July 2026.

This is a Manual Meet – Automatic timing will not be used.

Eligibility

To be eligible to enter an event, your fastest official short course or converted short course time must be **lower than** the event time listed.

| MALE TIME TO BE SLOWER THAN | | | | | | | | EVENT | FEMALE TIME TO BE SLOWER THAN | | | | | | | | |
|--------------------------------|---------|---------|---------|---------|---------|---------|----------------|-------------------|----------------------------------|---------|---------|---------|---------|---------|---------|----------------|--|
| 9 & U | 10 | 11 | 12 | 13 | 14 | 15 | 16+O | | 9 & U | 10 | 11 | 12 | 13 | 14 | 15 | 16+O | |
| | | | | | | | SEE NOTE BELOW | | | | | | | | | SEE NOTE BELOW | |
| 36.31 | 34.24 | 31.67 | 30.00 | 30.50 | 29.50 | 28.80 | 28.40 | 50 Free | 38.24 | 35.04 | 34.00 | 33.40 | 32.30 | 31.30 | 31.20 | 30.90 | |
| 1.16.24 | 1.16.11 | 1.11.16 | 1.07.00 | 1.05.00 | 1.03.00 | 1.01.00 | 59.80 | 100 Free | 1.23.40 | 1.17.74 | 1.11.44 | 1.10.00 | 1.08.50 | 1.06.30 | 1.05.70 | 1.05.40 | |
| 43.38 | 41.18 | 38.31 | 36.50 | 35.30 | 34.00 | 33.30 | 32.50 | 50 Back | 44.66 | 41.57 | 38.00 | 37.75 | 37.50 | 36.70 | 36.20 | 35.50 | |
| 1.33.80 | 1.28.99 | 1.23.16 | 1.18.50 | 1.16.50 | 1.13.00 | 1.11.50 | 1.10.50 | 100 Back | 136.66 | 1.31.05 | 1.21.99 | 1.20.00 | 1.19.00 | 1.17.40 | 1.16.20 | 1.14.80 | |
| 49.85 | 46.30 | 42.63 | 41.00 | 39.80 | 39.00 | 37.50 | 36.30 | 50 Breast | 51.07 | 47.48 | 45.00 | 43.50 | 42.60 | 41.80 | 40.60 | 39.90 | |
| 1.54.00 | 1.41.34 | 1.35.79 | 1.31.00 | 1.28.00 | 1.23.90 | 1.21.00 | 1.19.80 | 100 Breast | 1.42.93 | 1.44.92 | 1.33.43 | 1.33.00 | 1.32.50 | 1.29.60 | 1.29.30 | 1.29.00 | |
| 43.48 | 39.26 | 35.34 | 35.00 | 34.50 | 33.50 | 32.50 | 31.20 | 50 Fly | 42.92 | 40.60 | 37.00 | 36.80 | 36.30 | 35.70 | 34.90 | 34.30 | |
| 1.20.00 | | | | 1.16.80 | 1.14.50 | 1.12.50 | 1.10.90 | 100 Fly | 1.28.71 | | | | 1.22.50 | 1.20.20 | 1.17.70 | 34.30 | |
| 1.35.26 | 1.28.29 | 1.20.97 | 1.18.00 | 1.15.50 | 1.13.50 | 1.12.20 | 1.10.30 | 100 IM | 1.38.48 | 1.31.50 | 1.24.00 | 1.21.00 | 1.20.60 | 1.17.40 | 1.16.80 | 1.15.80 | |

** Please note FASTLANE will not accept entries from swimmers 15 and over in an event where their times are faster than the times for 14 years old listed below.

Providing these swimmers are slower than the times listed for their age group/event, they will need to enter manually by emailing details (name, phone number, registration event number & entry time) to race@swimporirua.co.nz. Entries fees for these events are to be paid into account no 030547 0205093 00 – the account name is Porirua City Aquatics Incorporated. Please Include your name and Div III as the reference.