



2005 NZ Spring Competition

Wellington Regional Aquatic Centre, Wellington – 25 – 28 September 2005



30 June 2005 version

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

- Age as at 25th September 2005.
- The age groups to be swum for both male and female are 15 and Under and 16 and Over.
- Relays are **Regional** and shall be swum as 15 and Under and 16 and Over.
- The qualifying period is from 21st August 2004 to **11th September 2005**.
- 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 will be 25 metre times. Qualifying times swum in pools other than 25m must be converted to short course times using the SNZ Conversions.
- Swimmers may enter one (1) unqualified event.
- 50m, 100m, 200m and 400m events will be rank seeded as per SNZ Regulation 4.2 with all ages seeded together. Age group finals shall be seeded in accordance with FINA Rule SW3 with age groups seeded separately.
- 800m and 1500m Free events will be swum as timed finals with all ages seeded together and the fastest timed-final race swum in the evening.
- 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. Only swimmers who have met the required individual qualifying standard may be entered in relay events.**
- A maximum of two (2) international visitors may progress from heats to finals in any one event, with the exception of timed-finals where there is no limit on international visitor entries.

25m Qualifying Times

Male			Female	
16 & Over	15 & Under		16 & Over	15 & Under
FREESTYLE				
25.00	26.05	50	28.00	28.75
55.50	56.80	100	1.01.80	1.02.60
2.00.00	2.06.60	200	2.13.00	2.16.60
4.19.00	4.32.20	400	4.40.00	4.45.70
		800	9.40.00	9.41.40
17.20.00	17.39.50	1500		
BACKSTROKE				
28.15	30.40	50	32.05	33.25
1.03.00	1.06.30	100	1.10.00	1.12.40
2.17.00	2.24.60	200	2.32.00	2.34.60
BREASTSTROKE				
31.90	34.20	50	35.90	37.70
1.11.50	1.14.50	100	1.21.00	1.22.00
2.37.50	2.46.00	200	2.54.00	2.55.00
BUTTERFLY				
27.30	29.30	50	30.70	32.05
1.01.00	1.05.60	100	1.09.00	1.11.70
2.18.50	2.32.70	200	2.33.00	2.41.40
MEDLEY				
1.04.30	1.08.00	100	1.12.30	1.14.00
2.16.50	2.24.60	200	2.33.00	2.34.60
4.55.00	5.14.20	400	5.24.00	5.32.90

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** by the date specified by the Region.

CLUBS need to check with your **REGIONAL ASSOCIATION** for their entry closing dates.

Entries close for **REGIONAL ASSOCIATIONS** with Swimming New Zealand by **12 MIDNIGHT ON THURSDAY 15th SEPTEMBER 2005**. Late entries will not be accepted.

Entries to be submitted by **REGIONAL ASSOCIATIONS** as a cfile or hyv file. Entries to be emailed to events@swimmingnz.org.nz and should include

- Entries by swimmer with proof of time – word format
- Entry fee summary – word format
- Regional Coaches and Managers Form

Entry fees are \$11.75 individual events and \$23.50 relay events.

Entry fees from **REGIONAL ASSOCIATIONS** to be sent to Swimming New Zealand, P O Box 11115, Wellington.

PSYCH SHEETS

PSYCH SHEETS will be posted on the Swimming New Zealand website by **FRIDAY 16th SEPTEMBER 2005**.

There will be no refunds for withdrawals after the psych sheets have been circulated, unless a medical certificate is produced.

Corrections and changes to psych sheets are to be sent to events@swimmingnz.org.nz by **12 MIDNIGHT TUESDAY 20th SEPTEMBER 2005**.

FINAL PSYCH SHEETS will be posted on the Swimming New Zealand website by **WEDNESDAY 21st SEPTEMBER 2005**.



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

Day 1 – Sun 25 th Sept 2005			Day 2 – Mon 26 th Sept 2005			Day 3 – Tues 27 th Sept 2005			Day 4 – Wed 28 th Sept 2005		
Session 1 - Heats			Session 1 - Heats			Session 1 - Heats			Session 1 - Heats		
Warm-up 7.15 - 8.45am Start 9am			Warm-up 7.15 - 8.45am Start 9am			Warm-up 7.15 - 8.45am Start 9am			Warm-up 7.15 - 8.45am Start 9am		
1	100m Back	W	11	50m Fly	W	22	50m Back	M	32	50m Breast	M
2	200m Free	M	12	50m Fly	M	23	100m Breast	W	33	200m Free	W
3	200m Fly	W	13	100m IM	W	24	400m Free	M	34	1500m Free (Timed Finals)	M
4	100m Back	M	14	400m IM	M	25	200m Back	W	35	100m Fly	W
5	50m Breast	W	15	800m Free (Timed Finals)	W	26	200m Breast	M	36	50m Free	M
6	100m Breast	M	16	100m Free	M	27	400m IM	W	37	200m IM	W
7	400m Free	W	17	100m Free	W	28	200m IM	M	38	100m IM	M
8	100m Fly	M	18	200m Back	M	29	50m Free	W	39	50m Back	W
			19	200m Breast	W				40	200m Fly	M
Session 2 - Finals			Session 2 - Finals			Session 2 - Finals			Session 2 - Finals		
Warm-up 4.15 - 5.45pm Start 6pm			Warm-up 4.15 - 5.45pm Start 6pm			Warm-up 4.15 - 5.45pm Start 6pm			Warm-up 4.15 - 5.45pm Start 6pm		
1	100m Back 15 & Under	W	11	50m Fly 15 & Under	W	22	50m Back 15 & Under	M	32	50m Breast 15 & Under	M
1a	100m Back 16 & Over		11a	50m Fly 16 & Over		22a	50m Back 16 & Over		32a	50m Breast 16 & Over	
2	200m Free 15 & Under	M	12	50m Fly 15 & Under	M	23	100m Breast 15 & Under	W	33	200m Free 15 & Under	W
2a	200m Free 16 & Over		12a	50m Fly 16 & Over		23a	100m Breast 16 & Over		33a	200m Free 16 & Over	
3	200m Fly 15 & Under	W	13	100m IM 15 & Under	W	24	400m Free 15 & Under	M	34	1500m Free Fastest TF	M
3a	200m Fly 16 & Over		13a	100m IM 16 & Over		24a	400m Free 16 & Over				
4	100m Back 15 & Under	M	14	400m IM 15 & Under	M	25	200m Back 15 & Under	W	35	100m Fly 15 & Under	W
4a	100m Back 16 & Over		14a	400m IM 16 & Over		25a	200m Back 16 & Over		35a	100m Fly 16 & Over	
5	50m Breast 15 & Under	W	15	800m Free Fastest TF	W	26	200m Breast 15 & Under	M	36	50m Free 15 & Under	M
5a	50m Breast 16 & Over					26a	200m Breast 16 & Over		36a	50m Free 16 & Over	
6	100m Breast 15 & Under	M	16	100m Free 15 & Under	M	27	400m IM 15 & Under	W	37	200m IM 15 & Under	W
6a	100m Breast 16 & Over	M	16a	100m Free 16 & Over		27a	400m IM 16 & Over		37a	200m IM 16 & Over	
7	400m Free 15 & Under	W	17	100m Free 15 & Under	W	28	200m IM 15 & Under	M	38	100m IM 15 & Under	M
7a	400m Free 16 & Over	W	17a	100m Free 16 & Over		28a	200m IM 16 & Over		38a	100m IM 16 & Over	
8	100m Fly 15 & Under	M	18	200m Back 15 & Under	M	29	50m Free 15 & Under	W	39	50m Back 15 & Under	W
8a	100m Fly 16 & Over	M	18a	200m Back 16 & Over		29a	50m Free 16 & Over		39a	50m Back 16 & Over	
9	4 X 50m Free Relay 15 & Under	W	19	200m Breast 15 & Under	W	30	4 X 50 Medley Relay 15 & Under	M	40	200m Fly 15 & Under	M
9a	4 X 50m Free Relay 15 & Under	M	19a	200m Breast 16 & Over		30a	4 X 50 Medley Relay 15 & Under	W	40a	200m Fly 16 & Over	
10	4 X 200 Free Relay 16 & Over	W	20	4 X 100 Free Relay 15 & Under	M	31	4 X 50 Medley Relay 16 & Over	M	41	4 X 100 Medley Relay 15 & Under	W
10a	4 x 200 Free Relay 16 & Over	M	20a	4 X 100 Free Relay 15 & Under	W	31a	4 X 50 Medley Relay 16 & Over	W	41a	4 X 100 Medley Relay 15 & Under	M
			21	4 X 100 Medley Relay 16 & Over	M				42	4 X 100 Free Relay 16 & Over	W
			21a	4 X 100 Medley Relay 16 & Over	W				42a	4 X 100 Free Relay 16 & Over	M