

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

- Age as at 24th September 2006.
- The age groups to be swum for both male and female are 15 and Under and 16 and Over.
- Relays shall be swum as 15 and Under and 16 and Over and are regional.
- The qualifying period is from 15th September 2005 to 10th September 2006.
- 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.
- Qualifying times, Schedule of Events and other specific criteria will be published at a later date.
- 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.
- 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.
- 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.
- **NOTE: For 8 X 25 Medley and Free Relays - these teams must have 2 male and 2 female swimmers from each age group of 15 & Under and 16 & over. For the medley relay the 4 strokes of Fly, Breast, Back and Free can be swum in any order as long as there is 2 X 25 of each of the 4 strokes. Backstroke legs will be from a dive start and the swimmer must be on their back when the head surfaces, the head must surface before the 15m mark.**

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.

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

Entries close for REGIONAL ASSOCIATIONS with Swimming New Zealand 12 MIDNIGHT on THURSDAY 14th September 2006. 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 hyp 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
- Relay names report
- 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, Wgtn.

PSYCH SHEETS

PSYCH SHEETS will be posted on the Swimming New Zealand website by FRIDAY 15th September 2006.

Corrections to the psych sheets are to be sent to events@swimmingnz.org.nz by 12 MIDNIGHT TUESDAY 19th September 2006.

FINAL PSYCH SHEETS will be posted on the Swimming New Zealand website by WEDNESDAY 20th September 2006.



2006 Spring Competition

Moana Pool, Dunedin – 24-27th September 2006



Updated 5 July 2006

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

| Day 1 - Sun 24 th Sept 2006 | | | Day 2 - Mon 25 th Sept 2006 | | | Day 3 - Tues 26 th Sept 2006 | | | Day 4 - Wed 27 th Sept 2006 | | |
|--|-------------------------------|---|--|--------------------------------|---|---|--------------------------------|---|--|---------------------------------|---|
| 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 | 14 | 50m Fly | W | 27 | 50m Back | M | 40 | 200m Fly | M |
| 2 | 200m Free | M | 15 | 50m Fly | M | 28 | 100m Breast | W | 41 | 200m Free | W |
| 3 | 200m Fly | W | 16 | 100m IM | W | 29 | 400m Free | M | 42 | 50m Breast | M |
| 4 | 100m Back | M | 17 | 400m IM | M | 30 | 50m Free | W | 43 | 50m Back | W |
| 5 | 50m Breast | W | 18 | 800m Free (Timed Finals) | W | 31 | 200m Breast | M | 44 | 50m Free | M |
| 6 | 100m Breast | M | 19 | 100m Free | M | 32 | 400m IM | W | 45 | 100m Fly | W |
| 7 | 400m Free | W | 20 | 100m Free | W | 33 | 200m IM | M | 46 | 1500m Free (Timed Finals) | M |
| 8 | 100m Fly | M | 21 | 200m Back | M | 34 | 200m Back | W | 47 | 200m IM | W |
| | | | 22 | 200m Breast | W | | | | 48 | 100m IM | M |
| Session 2 - Finals | | | Session 2 - Finals | | | Session 2 - Finals | | | Session 2 - Finals | | |
| Warm-up 4.15 - 5.30pm 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 | 14 | 50m Fly 15 & Under | W | 27 | 50m Back 15 & Under | M | 40 | 200m Fly 15 & Under | M |
| | 100m Back 16 & Over | | | 50m Fly 16 & Over | | | 50m Back 16 & Over | | | 200m Fly 16 & Over | |
| 2 | 200m Free 15 & Under | M | 15 | 50m Fly 15 & Under | M | 28 | 100m Breast 15 & Under | W | 41 | 200m Free 15 & Under | W |
| | 200m Free 16 & Over | | | 50m Fly 16 & Over | | | 100m Breast 16 & Over | | | 200m Free 16 & Over | |
| 3 | 200m Fly 15 & Under | W | 16 | 100m IM 15 & Under | W | 29 | 400m Free 15 & Under | M | 42 | 50m Breast 15 & Under | M |
| | 200m Fly 16 & Over | | | 100m IM 16 & Over | | | 400m Free 16 & Over | | | 50m Breast 16 & Over | |
| 4 | 100m Back 15 & Under | M | 17 | 400m IM 15 & Under | M | 30 | 50m Free 15 & Under | W | 43 | 50m Back 15 & Under | W |
| | 100m Back 16 & Over | | | 400m IM 16 & Over | | | 50m Free 16 & Over | | | 50m Back 16 & Over | |
| 5 | 50m Breast 15 & Under | W | 18 | 800m Free Fastest TF | W | 31 | 200m Breast 15 & Under | M | 44 | 50m Free 15 & Under | M |
| | 50m Breast 16 & Over | | | | | | 200m Breast 16 & Over | | | 50m Free 16 & Over | |
| 6 | 100m Breast 15 & Under | M | 19 | 100m Free 15 & Under | M | 32 | 400m IM 15 & Under | W | 47 | 200m IM 15 & Under | W |
| | 100m Breast 16 & Over | M | | 100m Free 16 & Over | | | 400m IM 16 & Over | | | 200m IM 16 & Over | |
| 7 | 400m Free 15 & Under | W | 20 | 100m Free 15 & Under | W | 33 | 200m IM 15 & Under | M | 48 | 100m IM 15 & Under | M |
| | 400m Free 16 & Over | W | | 100m Free 16 & Over | | | 200m IM 16 & Over | | | 100m IM 16 & Over | |
| 8 | 100m Fly 15 & Under | M | 21 | 200m Back 15 & Under | M | 34 | 200m Back 15 & Under | W | 45 | 100m Fly 15 & Under | W |
| | 100m Fly 16 & Over | M | | 200m Back 16 & Over | | | 200m Back 16 & Over | | | 100m Fly 16 & Over | |
| 9 | 4 X 50m Free Relay 15 & Under | W | 22 | 200m Breast 15 & Under | W | 35 | 4 X 50 Medley Relay 15 & Under | M | 46 | 1500m Free Fastest TF | M |
| 10 | 4 X 50m Free Relay 15 & Under | M | | 200m Breast 16 & Over | | 36 | 4 X 50 Medley Relay 15 & Under | W | | | |
| 11 | 4 X 50m Free Relay 16 & Over | W | 23 | 4 X 100 Free Relay 15 & Under | M | 37 | 4 X 50 Medley Relay 16 & Over | M | 49 | 4 X 100 Medley Relay 15 & Under | W |
| 12 | 4 X 50m Free Relay 16 & Over | M | 24 | 4 X 100 Free Relay 15 & Under | W | 38 | 4 X 50 Medley Relay 16 & Over | W | 50 | 4 X 100 Medley Relay 15 & Under | M |
| 13 | 8 X 25m Medley Relay See note | | 25 | 4 X 100 Medley Relay 16 & Over | M | 39 | 8 X 25 Free Relay See note | | 51 | 4 X 100 Free Relay 16 & Over | W |
| | | | 26 | 4 X 100 Medley Relay 16 & Over | W | | | | 52 | 4 X 100 Free Relay 16 & Over | M |