



# 2006 New Zealand Summer Long Course Championships

## World Championships Trials

West Wave Aquatic Centre, Auckland – 12-16 December 2006

Updated December 2006

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

- Age as at 12<sup>th</sup> December 2006.
- Relays will be regional and open.
- Relays will be swum as heats and finals if the number of entries is greater than the number of lane and will be swum at the end of the respective sessions.
- The qualifying period is from 6<sup>th</sup> December 2005 to 26<sup>th</sup> November 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.
- The qualifying times shown are 50 metre times. Qualifying times swum in pools other than 50m must be converted to long course using the SNZ Conversions.
- All swimmers shall only enter qualified events.
- 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 preliminary-finals or finals in any one event, with the exception of timed-finals where there is no limit on international visitor entries.
- 50m, 100m events will be swum as heats, semi-finals and finals.
- 200m, 400m, 800m, 1500m Free and 400m IM events will be swum as heats and finals.

### 50m Qualifying Times

Male		Female
<b>FREESTYLE</b>		
25.50	50	28.80
55.50	100	1.01.80
2.00.00	200	2.13.00
4.19.00	400	4.40.00
	800	9.40.00
17.20.00	1500	
<b>BACKSTROKE</b>		
29.00	50	32.90
1.03.00	100	1.10.00
2.17.00	200	2.32.00
<b>BREASTSTROKE</b>		
32.90	50	36.90
1.11.50	100	1.21.00
2.37.50	200	2.54.00
<b>BUTTERFLY</b>		
28.00	50	31.40
1.01.00	100	1.09.00
2.18.50	200	2.33.00
<b>MEDLEY</b>		
2.16.50	200	2.33.00
4.55.00	400	5.24.00

### 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 by 12 MIDNIGHT ON THURSDAY 30<sup>th</sup> NOVEMBER 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 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 - 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 1<sup>st</sup> DECEMBER 2006.

Corrections and changes to psych sheets are to be sent to [events@swimmingnz.org.nz](mailto:events@swimmingnz.org.nz) by 12pm TUESDAY 5<sup>th</sup> DECEMBER 2006.

FINAL PSYCH SHEETS will be posted on the Swimming New Zealand website by WEDNESDAY 6<sup>th</sup> DECEMBER 2006.



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

Day 1 - Tues 12 <sup>th</sup> Dec				Day 2 - Wed 13 <sup>th</sup> Dec				Day 3 - Thurs 14 <sup>th</sup> Dec				Day 4 - Fri 15 <sup>th</sup> Dec				Day 5 - Sat 16 <sup>th</sup> Dec			
Session 1 - Heats				Session 3 - Heats				Session 5 - Heats				Session 7 - Heats				Session 9 - Heats			
Warm-up 7 - 8.45am Start 9am				Warm-up 7 - 8.45am Start 9am				Warm-up 7 - 8.45am Start 9am				Warm-up 7 - 8.45am Start 9am				Warm-up 7 - 8.45am Start 9am			
1	200 Free	M		12	50 Breast	M		17	400 Free	M		26	50 Free	W		35	200 Breast	W	
2	400 IM	W		13	100 Free	W		18	200 Fly	W		27	100 Free	M		36	200 Fly	M	
3	100 Back	M		14	50 Free	M		19	200 Back	M		28	200 IM	W		37	200 Free	W	
4	50 Fly	W		15	4x200 Free	M		20	100 Breast	W		29	50 Back	M		38	4x100 Medley	M	
5	200 Breast	M		16	4x100 Free	W		21	50 Fly	M		30	100 Fly	W					
6	50 Breast	W						22	200 Back	W		31	100 Breast	M					
7	100 Fly	M						23	200 IM	M		32	50 Back	W					
8	100 Back	W						24	400 Free	W		33	1500 Free	M					
9	400 IM	M						25	4x100 Medley	W		34	4x100 Free	M					
10	800 Free	W																	
11	4x200 Free	W																	
Session 2 - Finals				Session 4 - Finals				Session 6 - Finals				Session 8 - Finals				Session 10 - Finals			
Warm-up 4-5.30pm Start 6pm				Warm-up 4-5.45pm Start 6pm				Warm-up 4-5.45pm Start 6pm				Warm-up 4-5.45pm Start 6pm				Warm-up 4-5.45pm Start 6pm			
1	200 Free	F	M	13	100 Free	S	W	17	400 Free	F	M	20	100 Breast	F	W	33	1500 Free	F	M
2	400 IM	F	W	12	50 Breast	S	M	18	200 Fly	F	W	21	50 Fly	F	M	35	200 Breast	F	W
3	100 Back	S	M	4	50 Fly	F	W	19	200 Back	F	M	26	50 Free	S	W	36	200 Fly	F	M
4	50 Fly	S	W	3	100 Back	F	M	20	100 Breast	S	W	27	100 Free	S	M	37	200 Free	F	W
5	200 Breast	F	M	6	50 Breast	F	W	21	50 Fly	S	M	28	200 IM	F	W	29	50 Back	F	M
6	50 Breast	S	W	7	100 Fly	F	M	22	200 Back	F	W	29	50 Back	S	M	30	100 Fly	F	W
7	100 Fly	S	M	8	100 Back	F	W	23	200 IM	F	M	30	100 Fly	S	W	31	100 Breast	F	M
8	100 Back	S	W	14	50 Free	S	M	24	400 Free	F	W	31	100 Breast	S	M	32	50 Back	F	W
9	400 IM	F	M	10	800 Free	F	W	12	50 Breast	F	M	32	50 Back	S	W	27	100 Free	F	M
11	4x200 Free	F	W	15	4x200 Free	F	M	13	100 Free	F	W	34	4x100 Free	F	M	26	50 Free	F	W
				16	4x100 Free	F	W	14	50 Free	F	M					38	4x100 Medley	F	M
								25	4x100 Medley	F	W								

**NOTE:** Relays will be swum as heats and finals if the number of entries is greater than the number of lane and will be swum at the end of the respective sessions.