

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

- Age as at 23rd September 2007.
- The age groups to be swum for both male and female are 15 & Under and 16 & Over.
- Relays shall be swum as 15 and Under and 16 and Over and are regional.
- The qualifying period is from 24th September 2006 to 9th September 2007.
- 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 meter 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**
- All participants must agree to comply with the Sports Anti-Doping Rules

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 13th September 2007**. 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 hvy 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 11-115, Wellington

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

PSYCH SHEETS

PSYCH SHEETS will be posted on the Swimming New Zealand website by **FRIDAY 14th September 2007**.

Corrections to the psych sheets are to be sent to events@swimmingnz.org.nz by **12 MIDNIGHT TUESDAY 18th September 2007**.

FINAL PSYCH SHEETS will be posted on the Swimming New Zealand website by **WEDNESDAY 19th September 2007**.

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

Day 1 – Sun 23 rd Sept 2007			Day 2 – Mon 24 th Sept 2007			Day 3 – Tues 25 th Sept 2007			Day 4 – Wed 26 th Sept 2007		
Session 1 - Heats			Session 3 - Heats			Session 5 - Heats			Session 7 - 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
9-13	Relays - see note below		22	200m Breast	W	35-39	Relays - see note below		48	100m IM	M
			23-26 Relays - see note below						49-52 Relays - see note below		
Session 2 - Finals			Session 4 - Finals			Session 6 - Finals			Session 8 - 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 Pg 1		25	4 x 100 Medley Relay 16 & Over	M	39	8 x 25 Free Relay See note Pg 1		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

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