

1 October 2007

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

- Age as at 11th December 2008.
- The qualifying period is from 13th December 2007 to 23rd November 2008.
- Relays will be regional and open.
- Relays will be swum as timed finals. If the number of entries is greater than the number of lanes, the slower timed finals will be swum in the heats session.
- 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 25 metre times. Qualifying times swum in pools other than 50m must be converted 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 at least one required individual qualifying standard may be entered in relay events.
- There is no limit on international visitor entries for the short course format competition.
- 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 their **REGIONAL ASSOCIATION** for their entry closing dates.

Entries close for **REGIONAL ASSOCIATIONS** with Swimming New Zealand by 12 MIDNIGHT ON **THURSDAY 27th NOVEMBER 2008**. 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
- Regional Coaches and Managers Form

Entry fees are \$12.50 individual events and \$25.00 relay events. Entry fees from **REGIONAL ASSOCIATIONS** to be sent to Swimming New Zealand, P O Box 38346, Wellington 5012.

PSYCH SHEETS

PSYCH SHEETS will be posted on the Swimming New Zealand website BY **FRIDAY 28th NOVEMBER 2008**.

Corrections and changes to psych sheets are to be sent to events@swimmingnz.org.nz by **12pm TUESDAY 2nd DECEMBER 2008**.

FINAL PSYCH SHEETS will be posted on the Swimming New Zealand website by **WEDNESDAY 3rd DECEMBER 2008**.

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25m Qualifying Times

Male		Female
	FREESTYLE	
24.80	50	28.22
53.78	100	1:00.41
1:57.01	200	2:10.44
4:13.04	400	4:35.11
	800	9:33.89
17:01.19	1500	
	BACKSTROKE	
27.38	50	31.45
59.67	100	1:07.68
2:10.61	200	2:25.72
	BREASTSTROKE	
31.67	50	35.89
1:09.02	100	1:17.60
2:29.71	200	2:46.41
	BUTTERFLY	
27.21	50	30.83
59.60	100	1:07.77
2:13.36	200	2:28.92
	MEDLEY	
1:02.10	100	1:10.24
2:12.49	200	2:29.96
4:45.62	400	5:16.60

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

Day 1 – Thurs 11 th December			Day 2 – Fri 12 th December			Day 3 – Sat 13 th December		
Session 1 - Heats			Session 3 - Heats			Session 5 - Heats		
Warm-up 7.00 – 8.45am Start 9am			Warm-up 7.00 – 8.45am Start 9am			Warm-up 7.00 – 8.45am Start 9am		
1	400m Free	M	15	400m Free	W	28	200m Fly	W
2	50m Fly	W	16	50m Fly	M	29	100m Fly	M
3	200m Fly	M	17	100m Fly	W	30	50m Breast	W
4	100m Breast	W	18	200m Back	M	31	200m Breast	M
5	50m Breast	M	19	100m Back	W	32	200m Free	W
6	100m Free	W	20	100m Breast	M	33	50m Free	M
7	100m Free	M	21	200m Breast	W	34	200m IM	W
8	400m IM	W	22	200m Free	M	35	400m IM	M
9	100m IM	M	23	50m Free	W	36	50m Back	W
10	200m Back	W	24	200m IM	M	37	100m Back	M
11	50m Back	M	25	100m IM	W	38	1500m Free	M
12	800m Free	W						
Session 2 - Finals			Session 4 - Finals			Session 6 - Finals		
Warm-up 4.00-5.30pm Start 6pm			Warm-up 4.00-5.45pm Start 6pm			Warm-up 4.00-5.45pm Start 6pm		
1	400m Free	M	15	400m Free	W	28	200m Fly	W
2	50m Fly	W	16	50m Fly	M	29	100m Fly	M
3	200m Fly	M	17	100m Fly	W	30	50m Breast	W
4	100m Breast	W	18	200m Back	M	31	200m Breast	M
5	50m Breast	M	19	100m Back	W	32	200m Free	W
6	100m Free	W	20	100m Breast	M	33	50m Free	M
7	100m Free	M	21	200m Breast	W	34	200m IM	W
8	400m IM – fastest heat	W	22	200m Free	M	35	400m IM - fastest heat	M
9	100m IM	M	23	50m Free	W	36	50m Back	W
10	200m Back	W	24	200m IM	M	37	100m Back	M
11	50m Back	M	25	100m IM	W	38	1500m Free - fastest heat	M
12	800m Free – fastest heat	W	26	4 x 100m Med Reg Relay - TF	M	39	4 x 200 Free Reg Relay - TF	W
13	4 x 200 Free Reg Relay - TF	M	27	4 x 100 Free Reg Relay - TF	W	40	4 x 100 Free Reg Relay - TF	M
14	4 x 100m Med Reg Relay - TF	W						