

Updated 14 September 2010

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

- Age as at 26th September 2010.
- The qualifying period is from 27th September 2009 to 12th September 2010.
- The age groups to be swum for both male and female are 13 years, 14 years, 15 years, 16 years and 17-18 years combined. AWD events will be swum as open.
- Regional and Club relay events will be timed-finals and shall be swum as 15 and under and 16 and over.
- 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 meter times. Qualifying times swum in pools other than 25m must be converted using the SNZ Conversions. No conversions for AWD athletes, qualifying times can be swum in either 25m or 50m pools.
- Able bodied swimmers shall only enter qualified events. AWD swimmers must qualify for at least one event and may enter up to two (2) unqualified events.
- All entries must include swimmer details and proof of 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.
- A maximum of two (2) international visitors may progress from heats to finals in any one event. There is no limit on international visitor entries for timed-finals but only two (2) international visitors may swim in the fastest timed-final.
- 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 **12 MIDNIGHT on THURSDAY 16th SEPTEMBER 2010**. 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 and should include
 - Entries by swimmer with proof of time
 - Entry fee summary
 - Relay names report
 - Regional Coaches and Managers Form
- Entry fees are \$15.00 individual events and \$30.00 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 on **FRIDAY 17th SEPTEMBER 2010**.
- Corrections to the psych sheets are to be sent to events@swimmingnz.org.nz by **12 MIDNIGHT TUESDAY 21st SEPTEMBER 2010**.
- **FINAL PSYCH SHEETS** will be posted on the Swimming New Zealand website on **WEDNESDAY 22nd SEPTEMBER 2010**.

Updated 14 September 2010

25m Qualifying Times

Male					Female					
13 yr	14 yr	15 yr	16 yr	17-18 yr	13 yr	14 yr	15 yr	16 yr	17-18 yr	
FREESTYLE										
28.08	26.97	26.36	25.95	25.45	50	29.40	29.10	28.75	28.65	28.35
1:02.00	59.30	57.30	56.80	55.80	100	1:03.80	1:03.05	1:02.80	1:02.30	1:02.30
2:15.10	2:08.60	2:06.10	2:05.60	2:03.60	200	2:20.60	2:18.60	2:16.40	2:15.85	2:15.60
4:45.20	4:33.70	4:30.20	4:28.20	4:26.20	400	4:51.20	4:47.20	4:45.20	4:43.20	4:41.20
					800	10:01.40	9:51.40	9:46.40	9:41.40	9:36.40
18:49.50	18:07.50	17:34.50	17:29.50	17:19.50	1500					
BACKSTROKE										
32.55	31.05	30.25	30.20	30.00	50	33.65	33.25	33.05	32.95	32.85
1:09.64	1:06.90	1:05.43	1:05.11	1:04.67	100	1:12.80	1:11.50	1:11.09	1:10.60	1:10.40
2:29.60	2:25.60	2:22.57	2:21.60	2:20.18	200	2:36.10	2:32.60	2:32.30	2:31.97	2:31.31
BREASTSTROKE										
35.92	34.61	33.72	33.60	33.42	50	37.61	37.13	36.70	36.52	36.36
1:18.25	1:15.17	1:13.47	1:12.96	1:12.28	100	1:22.15	1:21.20	1:20.72	1:20.24	1:19.73
2:49.87	2:44.14	2:42.19	2:40.33	2:39.31	200	2:56.26	2:53.79	2:51.88	2:50.09	2:49.95
BUTTERFLY										
30.71	29.51	28.84	28.64	28.10	50	32.06	31.59	31.40	31.20	31.10
1:08.71	1:05.36	1:04.11	1:03.93	1:02.03	100	1:12.05	1:10.99	1:10.41	1:10.22	1:10.08
2:36.06	2:29.44	2:25.52	2:24.66	2:23.71	200	2:42.32	2:38.50	2:35.12	2:34.19	2:33.69
MEDLEY										
1:09.50	1:06.94	1:05.57	1:04.72	1:03.91	100	1:14.30	1:13.36	1:12.90	1:12.45	1:10.38
2:33.60	2:26.60	2:23.60	2:21.60	2:20.60	200	2:37.60	2:35.10	2:34.80	2:34.60	2:34.10
5:26.70	5:13.20	5:08.20	5:06.70	5:03.09	400	5:37.03	5:31.20	5:28.95	5:27.30	5:25.88

Updated 14 September 2010

AWD Qualifying Times

- OPEN -

Male														
CLASS	50FR	100FR	200FR	400FR	50BK	100BK	50FLY	100FLY	CLASS	50BR	100BR	CLASS	150IM	200IM
S13	34.84	1:16.78	-	6:14.03	-	1:29.96	-	1:25.99	SB13	-	1:37.77	SM13	-	3:14.59
S12	35.40	1:17.08	-	6:08.17	-	1:28.09	-	1:25.85	SB12	-	1:39.09	SM12	-	3:10.21
S11	37.99	1:25.83	-	6:41.98	-	1:38.49	-	1:32.76	SB11	-	1:46.00	SM11	-	3:35.34
S10	34.98	1:16.94	-	5:57.78	-	1:29.23	-	1:24.27				SM10	-	3:10.95
S9	36.33	1:20.60	-	6:09.30	-	1:30.23	-	1:25.30	SB9	-	1:39.56	SM9	-	3:18.96
S8	38.57	1:23.73	-	6:27.91	-	1:38.22	-	1:27.31	SB8	-	1:44.21	SM8	-	3:32.44
S7	40.88	1:30.39	-	7:04.94	-	1:46.40	46.07	-	SB7	-	1:59.21	SM7	-	4:01.37
S6	43.56	1:37.38	-	7:34.12	-	1:49.33	45.93	-	SB6	-	2:07.65	SM6	-	3:59.03
S5	47.62	1:45.77	3:45.45	-	55.03	-	52.60	-	SB5	-	2:14.56	SM5	-	4:17.66
S4	55:24	2:01.64	4:21.92	-	1:08.65	-	1:08.04	-	SB4	-	2:24.23	SM4	3:48.33	-
S3	1:04.92	2:23.43	4:54.89	-	1:17.35	-	-	-	SB3	1:12.42	-	SM3	4:32.46	-

Female														
CLASS	50FR	100FR	200FR	400FR	50BK	100BK	50FLY	100FLY	CLASS	50BR	100BR	CLASS	150IM	200IM
S13	39.56	1:25.52	-	6:33.77	-	1:40.73	-	1:34.97	SB13	-	1:58.78	SM13	-	3:31.84
S12	40.21	1:27.95	-	7:04.55	-	1:44.71	-	1:37.71	SB12	-	1:52.85	SM12	-	3:39.29
S11	45.68	1:40.86	-	8:15.84	-	2:04.30	-	-	SB11	-	2:21.90	SM11	-	4:33.24
S10	41.02	1:27.85	-	6:36.52	-	1:44.68	-	1:40.08				SM10	-	3:47.62
S9	42.16	1:30.66	-	6:43.84	-	1:41.15	-	1:40.72	SB9	-	2:00.49	SM9	-	3:47.48
S8	45.61	1:37.29	-	7:01.74	-	1:53.46	-	1:46.88	SB8	-	2:00.88	SM8	-	4:05.70
S7	48.13	1:42.29	-	7:44.22	-	2:02.46	54.62	-	SB7	-	2:15.53	SM7	-	4:26.71
S6	52.80	1:52.61	-	8:14.81	-	2:08.46	57.88	-	SB6	-	2:25.99	SM6	-	4:36.99
S5	52.36	1:53.66	4:04.69	-	1:03.46	-	1:10.35	-	SB5	-	2:39.41	SM5	-	5:42.20
S4	1:14.94	2:43.65	5:37.19	-	1:27.04	-	-	-	SB4	-	2:47.64	SM4	4:56.40	-
S3	1:26.10	3:09.59	6:49.16	-	1:31.33	-	-	-	SB3	1:34.29	-	SM3	5:52.46	-

