

11th February 2011

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

- Age as at 3rd April 2011.
- The qualifying period is from 2nd March 2010 to 20th March 2011.
- Relays will be swum as open timed finals with all timed-finals being swum in the finals 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 50 meter times. Qualifying times swum in pools other than 50m must be converted using the SNZ Conversions.
- All swimmers shall only enter qualified events except AWD swimmers who may enter two (2) unqualified swims.
- 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 the required individual qualifying standard may be entered in relay events.
- For 50m, 100m, 200m, 400m, 800m and 1500m events, there will be A and B Finals. B Finals will be swum when there are 20 or more swimmers that competed in the heats. The Open Championship placings will be determined from the A final.
- 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 24th MARCH 2011**. 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 25th MARCH 2011**.
- Corrections and changes to psych sheets are to be sent to events@swimmingnz.org.nz by **12 MIDNIGHT TUESDAY 29th MARCH 2011**.
- **FINAL PSYCH SHEETS** will be posted on the Swimming New Zealand website on **WEDNESDAY 30th March 2011**.

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50m Qualifying Times

Male		Female
FREESTYLE		
25.48	50	28.71
55.50	100	1:01.80
2:00.00	200	2:13.00
4:19.00	400	4:40.00
9:04.65	800	9:40.00
17:20.00	1500	18:34.40
BACKSTROKE		
29.00	50	32.90
1:02.83	100	1:10.00
2:16.71	200	2:30.55
BREASTSTROKE		
32.51	50	36.36
1:10.68	100	1:18.71
2:32.75	200	2:49.28
BUTTERFLY		
27.66	50	30.66
1:00.51	100	1:07.84
2:14.95	200	2:29.00
INDIVIDUAL MEDLEY		
2:16.50	200	2:33.00
4:55.00	400	5:23.75

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AWD Qualifying Times

Male

CLASS	50FR	100FR	200FR	400FR	50BK	100BK	50FLY	100FLY	CLASS	50BR	100BR	CLASS	150IM	200IM
S13	29.11	1:04.15	-	5:12.52	-	1:15.17	-	1:11.85	SB13	-	1:21.69	SM13	-	2:42.59
S12	29.58	1:04.40	-	5:07.62	-	1:13.60	-	1:11.73	SB12	-	1:22.79	SM12	-	2:38.93
S11	31.74	1:11.72	-	5:35.88	-	1:22.29	-	1:17.50	SB11	-	1:28.57	SM11	-	2:59.93
S10	29.23	1:04.28	-	4:58.95	-	1:14.55	-	1:10.41	SB9	-	1:23.18	SM10	-	2:39.55
S9	30.35	1:07.34	-	5:08.57	-	1:15.39	-	1:11.27	SB8	-	1:27.07	SM9	-	2:46.24
S8	32.23	1:09.96	-	5:24.12	-	1:22.07	-	1:12.95	SB7	-	1:39.60	SM8	-	2:57.50
S7	34.16	1:15.52	-	5:55.06	-	1:28.90	38.50	-	SB6	-	1:46.66	SM7	-	3:21.68
S6	36.40	1:21.37	-	6:19.44	-	1:31.35	38.38	-	SB5	-	1:52.43	SM6	-	3:19.72
S5	39.79	1:28.38	3:08.37	-	45.98	-	43.95	-	SB4	-	2:00.51	SM5	-	3:35.29
S4	46.16	1:41.63	3:38.84	-	57.36	-	56.85	-	SB3	1:00.51	-	SM4	3:10.78	-
S3	54.24	1:59.84	4:06.40	-	1:04.63	-	-	-				SM3	3:47.65	-

Female

CLASS	50FR	100FR	200FR	400FR	50BK	100BK	50FLY	100FLY	CLASS	50BR	100BR	CLASS	150IM	200IM
S13	33.06	1:11.46	-	5:29.01	-	1:24.17	-	1:19.35	SB13	-	1:39.25	SM13	-	2:57.00
S12	33.60	1:13.49	-	5:54.73	-	1:27.49	-	1:21.64	SB12	-	1:34.29	SM12	-	3:03.23
S11	38.17	1:24.27	-	6:54.30	-	1:43.86	-	-	SB11	-	1:58.56	SM11	-	3:48.31
S10	34.28	1:13.40	-	5:31.31	-	1:27.46	-	1:23.62	SB9	-	1:40.67	SM10	-	3:10.19
S9	35.23	1:15.75	-	5:37.43	-	1:24.51	-	1:24.16	SB8	-	1:41.00	SM9	-	3:10.07
S8	38.11	1:21.29	-	5:52.38	-	1:34.80	-	1:29.30	SB7	-	1:53.24	SM8	-	3:25.29
S7	40.22	1:25.47	-	6:27.88	-	1:42.32	45.63	-	SB6	-	2:01.98	SM7	-	3:42.85
S6	44.12	1:34.09	-	6:53.44	-	1:47.34	48.36	-	SB5	-	2:13.19	SM6	-	3:51.44
S5	43.75	1:34.97	3:24.45	-	53.02	-	58.78	-	SB4	-	2:20.07	SM5	-	4:45.93
S4	1:02.61	2:16.74	4:41.74	-	1:12.73	-	-	-	SB3	1:18.79	-	SM4	4:07.65	-
S3	1:11.94	2:38.41	5:41.88	-	1:16.31	-	-	-				SM3	4:54.50	-

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Warm-up times, Session start times and Order of Events

Day 1 – Sun 3 rd April			Day 2 – Mon 4 th April			Day 3 – Tues 5 th April			Day 4 – Wed 6 th April			Day 5 – Thurs 7 th April			Day 6 – Fri 8 th April		
Session 1 - Heats			Session 3 - Heats			Session 5 - Heats			Session 7 - Heats			Session 9 - Heats			Session 11 – Heats		
Warm-up 8.00 – 9.45am Start 10am			Warm-up 8.00 – 9.45am Start 10am			Warm-up 8.00 – 9.45am Start 10am			Warm-up 8.00 – 9.45am Start 10am			Warm-up 8.00 – 9.45am Start 10am			Warm-up 8.00 – 9.45am Start 10am		
101	AWD 100m Back	W	113	AWD 50m Back	W	122	AWD 50m Fly	M	132	AWD 50m Free	M	144	AWD 200m Free	W	154	AWD 200m Free	M
102	AWD 400m Free	M	114	AWD 50m Back	M	123	AWD 50m Fly	W	133	AWD 50m Free	W	145	WD 100m Fly	M	155	AWD 100m Fly	W
3	100m Fly	W	15	100m Back	W	24	50m Breast	M	34	50m Breast	W	46	100m Free	W	56	50m Free	M
4	400m Free	M	16	200m Free	M	25	200m Fly	M	35	50m Back	M	47	200m Back	M	57	50m Fly	W
5	200m IM	W	17	100m Breast	W	26	200m Free	W	36	50m Back	W	48	200m Breast	W	58	100m Fly	M
6	50m Fly	M	18	100m Back	M	27	800m Free – TF	M	37	100m Free	M	49	200m Breast	M	59	200m Back	W
7	400m Free	W	19	1500m Free - TF	W	128	AWD 200m IM	M	38	200m Fly	W	50	1500m Free	M	60	400m IM	W
8	100m Breast	M	120	AWD 150m IM	W	129	AWD 200m IM	W	39	200m IM	M	151	AWD 100m Breast	W	61	400m IM	M
109	AWD 50m Breast	W	121	AWD 150m IM	M				40	50m Free	W	152	AWD 100m Free	M	162	AWD 100m Breast	M
110	AWD 50m Breast	M							41	800m Free	W				163	AWD 100m Free	W
									142	AWD 100m Back	M						
									143	AWD 400m Free	W						

Session 2 - Finals			Session 4 - Finals			Session 6 - Finals			Session 8 - Finals			Session 10 - Finals			Session 12 – 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			Warm-up 4.00-5.45pm Start 6pm			Warm-up 4.00-5.45pm Start 6pm			Warm-up 4.00-5.45pm Start 6pm		
3	100m Fly	W	15	100m Back	W	24	50m Breast	M	34	50m Breast	W	41	800m Free	W	50	1500m Free	M
4	400m Free	M	16	200m Free	M	25	200m Fly	M	35	50m Back	M	46	100m Free	W	56	50m Free	M
5	200m IM	W	17	100m Breast	W	26	200m Free	W	36	50m Back	W	47	200m Back	M	57	50m Fly	W
6	50m Fly	M	113	AWD 50m Back	W	122	AWD 50m Fly	M	132	AWD 50m Free	M	144	AWD 200m Free	W	58	100m Fly	M
101	AWD 100m Back	W	114	AWD 50m Back	M	123	AWD 50m Fly	W	133	AWD 50m Free	W	145	WD 100m Fly	M	59	200m Back	W
102	AWD 400m Free	M	18	100m Back	M	27	800m Free – Fastest TF	M	37	100m Free	M	48	200m Breast	W	154	AWD 200m Free	M
7	400m Free	W	19	1500m Free – Fastest TF	W	128	AWD 200m IM	M	38	200m Fly	W	49	200m Breast	M	155	AWD 100m Fly	W
8	100m Breast	M	120	AWD 150m IM	W	129	AWD 200m IM	W	39	200m IM	M	151	AWD 100m Breast	W	60	400m IM	W
109	AWD 50m Breast	W	121	AWD 150m IM	M	30	4 x 100m Medley Club Relay – TF	W	40	50m Free	W	152	AWD 100m Free	M	61	400m IM	M
110	AWD 50m Breast	M				31	4 x 100m Medley Club Relay – TF	M	142	AWD 100m Back	M	53	4 x 200 Free Club Relay – TF	W	162	AWD 100m Breast	M
11	4 x 100m Free Club Relay – TF	W							143	AWD 400m Free	W				163	AWD 100m Free	W
12	4 x 100m Free Club Relay – TF	M													64	4 x 200m Free Club Relay – TF	M