

Updated 21 March 2011

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

- Age as at 6th August 2011.
- The qualifying period is from 1st September 2010 to 24th July 2011.
- The age groups to be swum for both male and female are 13 years, 14 years, 15 years, 16 years and 17 and Over. AWD events will be swum as open.
- Regional and Club relay events will be timed-finals unless there are more than 10 teams entered in the event. Relays 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 AWD 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, with the exception of HPC swimmers who have signed High Performance Centre Swimmers Entry Agreements with their regions and clubs. 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 WEDNESDAY 27th July 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 **THURSDAY 28th July 2011**.

Corrections to the psych sheets are to be sent to events@swimmingnz.org.nz by **12 MIDNIGHT MONDAY 1st AUGUST 2011**.

FINAL PSYCH SHEETS will be posted on the Swimming New Zealand website on **TUESDAY 2nd AUGUST 2011**.

Updated 21 March 2011

25m Qualifying Times

Male					Female					
13 yr	14 yr	15 yr	16 yr	17 & Over		13 yr	14 yr	15 yr	16 yr	17 & Over
FREESTYLE										
28.12	26.97	26.27	25.95	24.71	50	29.53	29.02	29.09	29.02	27.52
1:00.70	58.28	56.63	55.98	54.17	100	1:03.42	1:02.32	1:01.97	1:01.96	1:00.49
2:12.76	2:07.39	2:03.79	2:02.62	2:00.00	200	2:17.69	2:14.86	2:13.49	2:13.39	2:11.65
4:41.81	4:29.71	4:23.50	4:23.10	4:18.45	400	4:50.92	4:43.15	4:41.20	4:42.80	4:33.01
					800	10:06.25	9:54.60	9:39.02	9:48.94	9:19.61
19:11.43	18:10.65	17:41.08	17:56.70	16:49.22	1500					
BACKSTROKE										
32.83	31.53	30.60	30.16	29.13	50	34.08	33.23	33.37	33.57	31.89
1:09.15	1:06.44	1:04.21	1:04.16	1:02.79	100	1:11.76	1:10.23	1:10.06	1:10.21	1:08.35
2:30.10	2:24.02	2:20.56	2:20.10	2:16.10	200	2:34.47	2:31.07	2:31.08	2:32.34	2:26.90
BREASTSTROKE										
36.90	35.08	34.12	34.23	32.45	50	38.56	37.79	37.73	38.25	35.30
1:19.67	1:15.79	1:14.01	1:13.49	1:10.17	100	1:22.81	1:21.45	1:20.94	1:21.50	1:17.41
2:54.60	2:45.46	2:40.91	2:42.34	2:34.67	200	2:58.53	2:55.89	2:54.80	2:55.35	2:45.00
BUTTERFLY										
31.46	29.78	28.80	28.52	27.28	50	32.71	32.03	31.68	32.11	30.19
1:09.88	1:05.92	1:03.02	1:02.27	1:00.22	100	1:12.99	1:10.92	1:09.75	1:10.53	1:08.04
2:41.40	2:28.56	2:22.79	2:22.53	2:19.52	200	2:45.82	2:41.26	2:39.37	2:46.52	2:29.21
MEDLEY										
1:10.50	1:07.35	1:05.37	1:04.72	1:02.05	100	1:13.19	1:11.82	1:11.32	1:11.13	1:08.33
2:31.28	2:24.69	2:20.91	2:20.37	2:16.50	200	2:36.43	2:33.60	2:31.73	2:32.13	2:29.61
5:25.60	5:11.30	5:01.31	5:01.69	4:54.26	400	5:33.52	5:25.25	5:24.17	5:27.61	5:16.39

Updated 21 March 2011

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	-

Updated 21 March 2011

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

Day 1 – Sat 6 th August			Day 2 – Sun 7 th August			Day 3 – Mon 8 th August			Day 4 – Tue 9 th August		
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	50m Fly	W Open	14	100m Free	W Open	27	400m Free	W Open	40	200m IM	W Open
2	50m Fly	M Open	15	100m Free	M Open	28	400m Free	M Open	41	200m IM	M Open
3	200m Free	W Open	16	100m Breast	W Open	29	200m Breast	W Open	42	50m Free	W Open
4	200m Free	M Open	17	100m Breast	M Open	30	200m Breast	M Open	43	50m Free	M Open
5	200m Fly	W Open	18	400m IM	W Open	31	100m Fly	W Open	44	200m Back	W Open
6	200m Fly	M Open	19	400m IM	M Open	32	100m Fly	M Open	45	200m Back	M Open
7	100m Back	W Open	20	50m Back	W Open	33	100m IM	W Open	46	50m Breast	W Open
8	100m Back	M Open	21	50m Back	M Open	34	100m IM	M Open	47	50m Breast	M Open
9	4x50m Free CR	W 15 & Under	22	4x50m Free RR	W 15 & Under	135	150m IM	M AWD	148	150m IM	W AWD
10	4x50m Free CR	M 15 & Under	23	4x50m Free RR	M 15 & Under	36	4x50m Medley CR	W 15 & Under	49	4x50m Medley RR	W 15 & Under
11	4x50m Free CR	W 16 & Over	24	4x50m Free RR	M 16 & Over	37	4x50m Medley CR	M 15 & Under	50	4x50m Medley RR	M 15 & Under
12	4x50m Free CR	M 16 & Over	25	4x50m Free RR	M 16 & Over	38	4x50m Medley CR	W 16 & Over	51	4x50m Medley RR	W 16 & Over
13	1500m Free (TF)	M Open	26	800m Free	W Open	39	4x50m Medley CR	M 16 & Over	52	4x50m Medley RR	M 16 & Over
Session 2 - Finals			Session 4 - Finals			Session 6 - Finals			Session 8 - Finals		
Warm-up 3.15 – 4.30pm Start 5pm			Warm-up 3.15 – 4.45pm Start 5pm			Warm-up 3.15 – 4.45pm Start 5pm			Warm-up 3.15 – 4.45pm Start 5pm		
1	50m Fly	W 17 & Over	14	100m Free	W 17 & Over	27	400m Free	W 17 & Over	40	200m IM	W 17 & Over
		W 13 years			W 13 years			W 13 years			W 13 years
		W 14 years			W 14 years			W 14 years			W 14 years
		W 15 years			W 15 years			W 15 years			W 15 years
		W 16 years			W 16 years			W 16 years			W 16 years
101		W AWD	114		W AWD	127		W AWD	140		W AWD
2	50m Fly	M 17 & Over	15	100m Free	M 17 & Over	28	400m Free	M 17 & Over	41	200m IM	M 17 & Over
		M 13 years			M 13 years			M 13 years			M 13 years
		M 14 years			M 14 years			M 14 years			M 14 years
		M 15 years			M 15 years			M 15 years			M 15 years
		M 16 years			M 16 years			M 16 years			M 16 years
102		M AWD	115		M AWD	128		M AWD	141		M AWD
3	200m Free	W 17 & Over	16	100m Breast	W 17 & Over	29	200m Breast	W 17 & Over	42	50m Free	W 17 & Over
		W 13 years			W 13 years			W 13 years			W 13 years
		W 14 years			W 14 years			W 14 years			W 14 years
		W 15 years			W 15 years			W 15 years			W 15 years
		W 16 years			W 16 years			W 16 years			W 16 years
103		W AWD	116		W AWD	30		W 17 & Over	142		W AWD
4	200m Free	M 17 & Over	17	100m Breast	M 17 & Over		200m Breast	M 13 years	43	50m Free	M 17 & Over
		M 13 years			M 13 years			M 14 years			M 13 years
		M 14 years			M 14 years			M 15 years			M 14 years
		M 15 years			M 15 years			M 16 years			M 15 years
		M 16 years			M 16 years			W 17 & Over			M 16 years
104		M AWD	117		M AWD	31		W 13 years	143		M AWD
5	200m Fly	W 17 & Over	18	400m IM	W 17 & Over		100m Fly	W 14 years	44	200m Back	W 17 & Over
		W 13 years			W 13 years			W 15 years			W 13 years
		W 14 years			W 14 years			W 16 years			W 14 years
		W 15 years			W 15 years			W AWD			W 15 years
		W 16 years			W 16 years			M 17 & Over			W 16 years
6	200m Fly	M 17 & Over	19	400m IM	M 17 & Over	32	100m Fly	M 13 years	45	200m Back	M 17 & Over
		M 13 years			M 13 years			M 14 years			M 13 years
		M 14 years			M 14 years			M 15 years			M 14 years
		M 15 years			M 15 years			M 16 years			M 15 years
		M 16 years			M 16 years			M AWD			M 16 years
7	100m Back	W 17 & Over	20	50m Back	W 17 & Over	33	100m IM	W 17 & Over	46	50m Breast	W 17 & Over
		W 13 years			W 13 years			W 13 years			W 13 years
		W 14 years			W 14 years			W 14 years			W 14 years
		W 15 years			W 15 years			W 15 years			W 15 years
		W 16 years			W 16 years			W 16 years			W 16 years
107		W AWD	120		W AWD	34		M 17 & Over	146		W AWD
8	100m Back	M 17 & Over	21	50m Back	M 17 & Over		100m IM	M 13 years	47	50m Breast	M 17 & Over
		M 13 years			M 13 years			M 14 years			M 13 years
		M 14 years			M 14 years			M 15 years			M 14 years
		M 15 years			M 15 years			M 16 years			M 15 years
		M 16 years			M 16 years			M AWD			M 16 years
108		M AWD	121		M AWD	135		M 150m IM	147		M AWD
13	1500m Free (FTF)	M Open	26	800m Free (FTF)	W Open	36	4x50m Medley CR	W 15 & Under	148	150m IM	W AWD
9	4x50m Free CR	W 15 & Under	22	4x50m Free RR	W 15 & Under	37	4x50m Medley CR	M 15 & Under	49	4x50m Medley RR	W 15 & Under
10	4x50m Free CR	M 15 & Under	23	4x50m Free RR	M 15 & Under	38	4x50m Medley CR	W 16 & Over	50	4x50m Medley RR	M 15 & Under
11	4x50m Free CR	W 16 & Over	24	4x50m Free RR	W 16 & Over	39	4x50m Medley CR	M 16 & Over	51	4x50m Medley RR	W 16 & Over
12	4x50m Free CR	M 16 & Over	25	4x50m Free RR	M 16 & Over				52	4x50m Medley RR	M 16 & Over