



LABOUR WEEKEND SWIM MEET

FRIDAY, 22 OCTOBER 2010 - SESSION ONE

SATURDAY, 23 OCTOBER 2010 - SESSION TWO & THREE

SUNDAY, 24 OCTOBER 2010 - SESSION FOUR & FIVE

****** New Event – ORCA Challenge Club Relay – Big \$\$\$\$ Prizes ******

SOUTHLAND AQUATIC CENTRE

SPLASH PALACE

ELLES ROAD, INVERCARGILL

ORCA LABOUR WEEKEND SWIM MEET

MEET RULES

ENTRIES:

- ⇒ All entries are to be submitted as an electronic entries file and emailed to the address below.
- ⇒ The swimmers New Zealand ID number, including DOB & middle initial, is required.
- ⇒ Age is at the first day of the meet - Friday 22 October 2010.
- ⇒ Age groups are: 10yrs and Under
11yrs and 12yrs
13yrs and 14yrs
15yrs and Over
- ⇒ **The two hundred meters Backstroke, Breaststroke and Butterfly, and 400m Freestyle and Individual Medley will be swum as mixed open events but resulted as Male and Female 11 & 12yrs, 13 & 14yrs 15yrs & over. Two hundred meter Freestyle and 200m Individual Medley events will be swum as mixed open events but resulted as Male and Female 10yrs & under, 11 & 12yrs 13 & 14yrs 15yrs & over. Qualifying times apply for entry to 200m and 400m events. (Refer to the table of qualifying times on the next page.)**
- ⇒ **Swimmers of the age of 10yrs and under who wish to compete in the 11 and 12yrs 200m Backstroke, Breaststroke and Butterfly may do so if they have an entry time equal to or better than the qualifying time for 10yrs and under for the stroke and distance. Swimmers who swim up an age will not be allocated points in the 10yrs and under age group for swimming these events.**
- ⇒ All distances of 200m and over will be swum as timed finals either in the morning prelim session or the evening finals sessions. They will be swum in the order they appear on the schedule.
- ⇒ Event 1, Open men's 1500m Freestyle, and 2, Open Women's 800m Freestyle will be restricted to the fastest 8 entries in each event.
A refund of entry fees for unsuccessful entrants will be made to the team Official before the conclusion of the meet.
- ⇒ Entries close no later than **Friday 8 October 2010 with:**

Lyn Sutherland,
ph 03 217 4961 cell 021 710 029
Email lyn.suth@xtra.co.nz

Cheque for entry fees to be posted to Orca Swimming Club, PO Box 634, Invercargill 9840,
to be received by 15 October, 2010
OR
Direct Credit into Account : SBS 031355 0507673 00. Please use Club Name in the Reference Field.
- ⇒ Post entries will only be accepted if received prior to the commencement of the session in which they are to be swum. Subject to, a lane being available and double the entry fee, accompanying the entry.
- ⇒ There will be **NO** time trials.

ENTRY FEES:

- ⇒ An entry fee of: \$6.50 per individual event
\$12.00 per relay event.
- ⇒ Cheques are to be made payable to Orca Swimming Club INC.
- ⇒ Refunds for withdrawals will be made only if accompanied by a medical certificate.
- ⇒ All entry fees must be paid before commencement of meet

RELAYS

- ⇒ All relays will be swum as timed finals.
- ⇒ All relays (excluding the ORCA Challenge) are mixed teams events, i.e. two males and two females within the age grouping.
- ⇒ A swimmer may swim up an age group but must remain in that age group for all relay events, hence a swimmer may only compete in one age group.
- ⇒ **ORCA Challenge** Relay for Saturday night is an 8 person relay, comprising of a boy and girl from each age group from their club. **** PRIZE MONEY for 1st - \$400, 2nd - \$200 and 3rd - \$80 ****
(On application amalgamated club teams may be accepted depending on numbers entered – please contact Meet Convenor)

AWARDS

- ⇒ Medals will be presented to the first 3 place-getters in each individual event. Ribbons for places 4th to 8th will be placed in team trays after each session.
- ⇒ A trophy will be awarded to the club scoring the highest aggregate points in two categories:
 1. Club with more than 15 swimmers
 2. Club with 15 or less entrants
- ⇒ Points will be allocated thus: 1st = 10, 2nd = 8, 3rd = 6, 4th = 5, 5th = 4, 6th = 3, 7th = 2, 8th = 1.
- ⇒ Towels will be presented to the first placed team in the relay events – excluding the “Orca Challenge”
- ⇒ Individual prizes will be presented to the boy and girl scoring the highest aggregate points in each age group. Points allocation as above.
- ⇒ Spot prizes.

For further information contact: **The Meet Convenor - Dom Flatley**
Cell : 027 227 6144 or
PO Box 521, Invercargill

QUALIFYING TIMES FOR 200M & 400M EVENTS (Times are long course 50m times)				
NB Ten year olds and under may swim up in the 200m Backstroke and Breaststroke if they have a time equal to or better than the qualifying time. * However points gained will not be calculated in the 10yrs and under age group.				
	10yrs and under	11 & 12 yrs	13 & 14yrs	15yrs & over
Freestyle 200m	3:10.00	2:52.00	2:40.00	2:30.00
Freestyle 400m		6:10.00	5:40.00	5:25.00
Backstroke 200m	*3:31.00	3:16.00	3:06.00	3:00.00
Breaststroke 200m	*4:12.00	3:41.00	3:30.00	3:20.00
Butterfly 200m		3:46.00	3:10.00	3:00.00
Medley 200m		3:40.00	3:25.00	3:20.00
Medley 400m		6:35.00	6:10.00	5:50.00

ORCA LABOUR WEEKEND SWIM MEET

22, 23 & 24 OCTOBER 2010

All events to be held long course (50m).

SESSION 1: Friday 22 October Warm up 5pm Start 6pm

1	Open Male 1500m Freestyle	Timed Final
2	Open Female 800m Freestyle	Timed Final
3	Male 10yrs & under 50m Freestyle	Timed Final
4	Male 11 & 12yrs 50m Freestyle	Timed Final
5	Male 13 & 14yrs 50m Freestyle	Timed Final
6	Male 15yrs & over 50m Freestyle	Timed Final
7	Female 10yrs & under 50m Freestyle	Timed Final
8	Female 11 & 12yrs 50m Freestyle	Timed Final
9	Female 13 & 14yrs 50m Freestyle	Timed Final
10	Female 15yrs & over 50m Freestyle	Timed Final
11	Mixed 10yrs & under 4 x 50m Medley relay	Timed Final
12	Mixed 11 & 12yrs 4 x 50m Medley relay	Timed Final
13	Mixed 13 & 14yrs 4 x 50m Medley relay	Timed Final
14	Mixed 15yrs & over 4 x 50m Medley relay	Timed Final

SESSION 2: Saturday 24 October Warm up 7.30am Start 8.30am

15	Mixed Open 200m Medley (Resulted as Male and Female 10yr and under, 11 & 12yrs, 13 & 14yrs, 15yrs and over)	Timed Final
16	Open Male 100m Breaststroke	Prelim
17	Open Female 100m Breaststroke	Prelim
18	Mixed Open 50m Backstroke (Resulted as Male and Female 10yr and under, 11 & 12yrs, 13 & 14yrs, 15yrs and over)	Timed Final
19	Open Male 100m Backstroke	Prelim
20	Open Female 100m Backstroke	Prelim
21	Mixed Open 400m Freestyle Refer to qualifying times. (Resulted as Male and Female, 11 & 12yrs, 13 & 14yrs, 15yrs & over.)	Timed Final

SESSION 3: Saturday 23 October Warm up 4.30pm Start 5.30pm

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| 22 | Mixed Open 200m Butterfly
Refer to qualifying times.
(To be resulted as Male and Female, 11 & 12yrs, 13 & 14yrs, 15yrs & over) | Timed Final |
| 16 | Male 10yrs & under 100m Breaststroke | Final |
| | Male 11 & 12yrs 100m Breaststroke | Final |
| | Male 13 & 14yrs 100m Breaststroke | Final |
| | Male 15yrs & over 100m Breaststroke | Final |
| 17 | Female 10yrs & under 100m Breaststroke | Final |
| | Female 11 & 12yrs 100m Breaststroke | Final |
| | Female 13 & 14yrs 100m Breaststroke | Final |
| | Female 15yrs & over 100m Breaststroke | Final |
| 23 | Mixed Open 50m Breaststroke
(Resulted as Male and Female 10yr and under, 11 & 12yrs, 13 & 14yrs, 15yrs and over) | Timed Final |
| 19 | Male 10yrs & under 100m Backstroke | Final |
| | Male 11 & 12yrs 100m Backstroke | Final |
| | Male 13 & 14yrs 100m Backstroke | Final |
| | Male 15yrs & over 100m Backstroke | Final |
| 20 | Female 10yrs & under 100m Backstroke | Final |
| | Female 11 & 12yrs 100m Backstroke | Final |
| | Female 13 & 14yrs 100m Backstroke | Final |
| | Female 15yrs & over 100m Backstroke | Final |
| 24 | Mixed Open 200m Breaststroke
Refer to qualifying times.
(To be resulted as Male and Female, 11 & 12yrs, 13 & 14yrs, 15yrs & over) | Timed Final |
| 25 | ORCA Challenge Club Relay – 8 person relay comprising of a boy and girl from each age group from their club. | |

SESSION 4: Sunday 24 October Warm up 8.30am Start 9.30am

26	Mixed Open 400m Medley Refer to qualifying times. (To be resulted as Male and Female, 11 & 12yrs, 13 & 14yrs, 15yrs & over)	Timed Final
27	Male Open 100m Freestyle	Prelim
28	Female Open 100m Freestyle	Prelim
29	Mixed Open 50m Butterfly (Resulted as Male and Female 10yr and under, 11 & 12yrs, 13 & 14yrs, 15yrs and over)	Timed Final
30	Male Open 100m Butterfly	Prelim
31	Female Open 100m Butterfly	Prelim
32	Mixed Open 200m Freestyle Refer to qualifying times. (To be resulted as Male and Female, 10yrs & under, 11 & 12yrs, 13 & 14yrs, 15yrs & over)	Timed Final

SESSION 5: Sunday 24 October Warm up 2.30pm Start 3.30pm

33	Mixed Open 200m Backstroke Refer to qualifying times. (To be resulted as Male and Female, 11 & 12yrs, 13 & 14yrs, 15yr & over)	Timed Final
27	Male 10yrs & under 100m Freestyle	Final
	Male 11 & 12yrs 100m Freestyle	Final
	Male 13 & 14yrs 100m Freestyle	Final
	Male 15yrs & over 100m Freestyle	Final
28	Female 10yrs & under 100m Freestyle	Final
	Female 11 & 12yrs 100m Freestyle	Final
	Female 13 & 14yrs 100m Freestyle	Final
	Female 15yrs & over 100m Freestyle	Final
30	Male 10yrs & under 100m Butterfly	Final
	Male 11 & 12yrs 100m Butterfly	Final
	Male 13 & 14yrs 100m Butterfly	Final
	Male 15yrs & over 100m Butterfly	Final
31	Female 10yrs & under 100m Butterfly	Final
	Female 11 & 12yrs 100m Butterfly	Final
	Female 13 & 14yrs 100m Butterfly	Final
	Female 15yrs & over 100m Butterfly	Final
34	Mixed 10yrs & under 4 x 50m Freestyle relay	Timed Final
35	Mixed 11 & 12yrs 4 x 50m Freestyle relay	Timed Final
36	Mixed 13 & 14yrs 4 x 50m Freestyle relay	Timed Final
37	Mixed 15yrs & over 4 x 50m Freestyle relay	Timed Final

