



LABOUR WEEKEND SWIM MEET

FRIDAY, 21 OCTOBER 2011 - SESSION ONE

SATURDAY, 22 OCTOBER 2011 - SESSION TWO & THREE

SUNDAY, 23 OCTOBER 2011 - SESSION FOUR & FIVE

****** Remember – 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 21 October 2011.
- ⇒ Age groups are: 10yrs and Under
11yrs and 12yrs
13yrs and 14yrs
15yrs and 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 14 October 2011 with:**

David Prattley
Executive Officer
Swimming Southland
PO Box 13
Gore

email : admin@swimsouthland.org.nz
phone: 03 2088414

Cheque for entry fees to be posted to Orca Swimming Club, PO Box 634, Invercargill 9840, to be received by 18 October, 2011

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 formed depending on numbers entered, from a pool of available swimmers – drawn by ballot – please contact Meet Coordinator)
Please advise if you wish to be added to the pool of available swimmers with your entries or by end Of session 1

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: **Meet Coordinator : Barbara Grant**
Cell : 0275 180864

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

21, 22 & 23 OCTOBER 2011

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

SESSION 1: Friday 21 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 22 October Warm up 7.30am Start 8.30am

15	Open Male 200m Medley	Timed Final
16	Open Female 200m Medley	Timed Final
17	Open Male 100m Breaststroke	Prelim
18	Open Female 100m Breaststroke	Prelim
19	Open Male 50m Backstroke	Timed Final
20	Open Female 50m Backstroke	Timed Final
21	Open Male 100m Backstroke	Prelim
22	Open Female 100m Backstroke	Prelim
23	Open Male 400m Freestyle	Timed Final
24	Open Female 400m Freestyle	Timed Final

SESSION 3: Saturday 22 October Warm up 4.30pm Start 5.30pm

25	Open Male 200m Butterfly	Timed Final
26	Open Female 200m Butterfly	Timed Final
17	Male 10yrs & under 100m Breaststroke	Final
	Male 11 & 12yrs 100m Breaststroke	Final
	Male 13 & 14yrs 100m Breaststroke	Final
	Male 15yrs & over 100m Breaststroke	Final
18	Female 10yrs & under 100m Breaststroke	Final
	Female 11 & 12yrs 100m Breaststroke	Final
	Female 13 & 14yrs 100m Breaststroke	Final
	Female 15yrs & over 100m Breaststroke	Final
27	Open Male 50m Breaststroke	Timed Final
28	Open Female 50m Breaststroke	Timed Final
21	Male 10yrs & under 100m Backstroke	Final
	Male 11 & 12yrs 100m Backstroke	Final
	Male 13 & 14yrs 100m Backstroke	Final
	Male 15yrs & over 100m Backstroke	Final
22	Female 10yrs & under 100m Backstroke	Final
	Female 11 & 12yrs 100m Backstroke	Final
	Female 13 & 14yrs 100m Backstroke	Final
	Female 15yrs & over 100m Backstroke	Final
29	Open Male 200m Breaststroke	Timed Final
30	Open Female 200m Breaststroke	Timed Final
31	ORCA Challenge Club Relay – 8 person relay comprising of a boy and girl from each age group from their club.	

SESSION 4: Sunday 23 October Warm up 8.30am Start 9.30am

32	Open Male 400m Medley	Timed Final
33	Open Female 400m Medley	Timed Final
34	Open Male 100m Freestyle	Prelim
35	Open Female 100m Freestyle	Prelim
36	Open Male 50m Butterfly	Timed Final
37	Open Female 50m Butterfly	Timed Final
38	Open Male 100m Butterfly	Prelim
39	Open Female 100m Butterfly	Prelim
40	Open Male 200m Freestyle	Timed Final
41	Open Female 200m Freestyle	Timed Final

SESSION 5: Sunday 23 October Warm up 2.00 pm Start 3.00 pm

42	Open Male 200m Backstroke	Timed Final
43	Open Female 200m Backstroke	Timed Final
34	Male 10yrs & under 100m Freestyle	Final
	Male 11 & 12yrs 100m Freestyle	Final
	Male 13 & 14yrs 100m Freestyle	Final
	Male 15yrs & over 100m Freestyle	Final
35	Female 10yrs & under 100m Freestyle	Final
	Female 11 & 12yrs 100m Freestyle	Final
	Female 13 & 14yrs 100m Freestyle	Final
	Female 15yrs & over 100m Freestyle	Final
38	Male 10yrs & under 100m Butterfly	Final
	Male 11 & 12yrs 100m Butterfly	Final
	Male 13 & 14yrs 100m Butterfly	Final
	Male 15yrs & over 100m Butterfly	Final
39	Female 10yrs & under 100m Butterfly	Final
	Female 11 & 12yrs 100m Butterfly	Final
	Female 13 & 14yrs 100m Butterfly	Final
	Female 15yrs & over 100m Butterfly	Final
44	Mixed 10yrs & under 4 x 50m Freestyle relay	Timed Final
45	Mixed 11 & 12yrs 4 x 50m Freestyle relay	Timed Final
46	Mixed 13 & 14yrs 4 x 50m Freestyle relay	Timed Final
47	Mixed 15yrs & over 4 x 50m Freestyle relay	Timed Final

