



2011

South Island Championships

23-25 September 2011, Splash Palace, Invercargill

This meet will be swum under SNZ Regulations.

- Age as at 23rd September 2011
- The qualifying period is from the 3rd September 2010 to the 11th September 2011
- The 2011 South Island Championships will be swum as Short Course (25m)
- Age groups are 13 years and under, 14-15 years and 16 years and over.
- Relays will be regional and swum for both male and female as 13 years and under, 14-15 years and 16 years and over. Swimmers may swim up an age group but not in more than one age group per event.
- All 100m (excluding 100IM), 200m and 400m events will be swum as heats and an A final for each age group.
- All 50m events, the 100IM and relays will be swum as age group timed finals.
- The 800m and 1500m freestyle will be swum as open timed finals resulted to age groups.
- Qualifying times are published as short course 25m. Qualifying times swum in pools other than 25m must be converted using the SNZ Conversions.
- Swimmers may enter one (1) unqualified event.
- Individual and relay events shall be scored as follows 1st = 10, 2nd = 8, 3rd = 6, 4th = 5, 5th = 4, 6th = 3, 7th = 2, 8th = 1
- Regional individual and relay competition points will be accumulated over the meet and are to be divided by the number of competitors in the team (at the commencement of the meet) to find the overall winning team. A trophy will be awarded to the winning region.
- Club individual competition points shall be accumulated over the meet. A trophy will be awarded to the club with 11 or more swimmers and a trophy will be awarded to the club with 10 or less swimmers who accumulate the most points.
- All entries must include swimmers details and proof of times. The swimmers declared entry time shall be the fastest official time swum in the qualifying period. No Times (NTs) and Custom Times will not be accepted. All relay entries must include swimmers names whose times were used to produce the entry time.
- A maximum of two (2) visitors may progress from heats to finals in any one event, with the exception of timed finals where there is no limit on visitors.

ENTRIES

Regional Associations must submit entries. No club entries are permitted.

Club entries and fees are to be submitted to their **Regional Association**.

Clubs need to check with their **Regional Association** for their entry closing date.

Entries close for **Regional Associations** with **Swimming Southland on Tuesday 13th of September 2011** Late entries will not be accepted.

Refunds for any withdrawals (including medical) will be given at the discretion of the host region.

Entries to be submitted by **Regional Associations** as a cfile or hyv file. Entries to be emailed to admin@swimsouthland.org.nz and should include

- * Entries by swimmer with proof of time – word format
- * Entry fee summary – word format
- * Relay names report
- * Regional Coaches and Managers form

Entry fees are **\$8.50** Individual event and **\$15** Relay events. Regions will be invoiced for their entry fees after psych sheets have been checked and confirmed. Entry fees from regional associations to be sent to Swimming Southland PO Box 13 Gore.

PSYCH SHEETS

PSHCH SHEETS will be posted on the Swimming Southland website

(www.swimsouthland.org.nz) by Wednesday 14th September 2011.

Corrections to psych sheets are to be sent to admin@swimsouthland.org.nz by midnight Monday 19th September 2011.

Final Psych sheets will be posted on the Swimming Southland website by Tuesday 20th September 2011.



SOUTH ISLAND

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25m Qualifying Times

Male			Female		
13 & U	14&15 yr	16 & O	13 & U	14&15 yr	16 & O
FREESTYLE					
29.80	28.60	27.90	50	31.20	31.00
1:04.90	1:03.00	1:00.70	100	1:08.20	1:07.95
2:23.00	2:19.00	2:13.00	200	2:29.00	2:27.00
5:00.35	4:50.00	4:42.15	400	5:15.00	5:09.00
			800	10:55.00	10:42.00
19:57.70	19:35.00	18:58.90	1500		10:37.00
BACKSTROKE					
34.35	33.27	32.35	50	36.20	35.99
1:13.90	1:12.56	1:10.44	100	1:18.07	1:17.18
2:41.33	2:36.26	2:32.45	200	2:48.84	2:45.93
BREASTSTROKE					
38.89	37.67	36.74	50	40.70	40.36
1:24.66	1:22.00	1:20.00	100	1:28.38	1:27.94
3:03.61	2:57.47	2:53.13	200	3:11.53	3:10.55
BUTTERFLY					
34.61	33.09	32.54	50	35.04	34.57
1:17.05	1:13.50	1:12.53	100	1:18.89	1:18.46
2:50.35	2:48.17	2:45.73	200	2:55.22	2:53.61
MEDLEY					
1:16.72	1:14.07	1:13.79	100	1:20.00	1:19.50
2:46.00	2:41.00	2:37.54	200	2:52.00	2:49.00
5:55.60	5:45.42	5:39.04	400	6:08.38	6:05.58



South Island Swimming Championships

Splash Palace Invercargill 23–25 September 2011

Session 1 Friday 23 September 8.00am warm up; 9.00am start	Session 3 Saturday 24 September 8.00am warm up; 9.00am start	Session 5 Sunday 25 September 8.00am warm up; 9.00am start
Prelims 1 Female 400 IM Prelims 2 Male 400 IM Finals 3 Female 13 & U 50 Fly Finals 4 Female 14-15 50 Fly Finals 5 Female 16 & O 50 Fly Finals 6 Male 13 & U 50 Fly Finals 7 Male 14-15 50 Fly Finals 8 Male 16 & O 50 Fly Prelims 9 Female 200 Free Prelims 10 Male 200 Free Prelims 11 Female 200 Breast Prelims 12 Male 200 Breast Finals-S 13 Female 800 Free Finals 14 Female 13 & U 200 Medley Regional Relay Finals 15 Male 13 & Under 200 Medley Regional Relay Finals 16 Female 14-15 200 Medley Relay Finals 17 Male 14-15 200 Medley Regional Relay	Prelims 26 Female 200 Fly Prelims 27 Male 200 Fly Prelims 28 Female 100 Free Prelims 29 Male 100 Free Prelims 30 Female 100 Back Prelims 31 Male 100 Back Prelims 32 Female 200 IM Prelims 33 Male 200 IM Finals-S 34 Male 1500 Free Finals 35 Female 14-15 200 Freestyle Regional Relay Finals 36 Male 14-15 200 Freestyle Regional Relay Finals 37 Female 16 & O 200 Freestyle Regional Relay Finals 38 Male 16 & Over 200 Freestyle Regional Relay	Finals 47 Female 13 & U 100 IM Finals 48 Female 14-15 100 IM Finals 49 Female 16 & O 100 IM Finals 50 Male 13 & U 100 IM Finals 51 Male 14-15 100 IM Finals 52 Male 16 & O 100 IM Prelims 53 Female 200 Back Prelims 54 Male 200 Back Prelims 55 Female 100 Breast Prelims 56 Male 100 Breast Prelims 57 Female 400 Free Prelims 58 Male 400 Free Prelims 59 Female 100 Fly Prelims 60 Male 100 Fly Finals 61 Female 13 & U 200 Free Regional Relay Finals 62 Male 13 & U 200 Free Regional Relay
Session 2 Friday 23 September 5.00pm warm up; 6.00pm start	Session 4 Saturday 24 September 3.30pm warm up; 4.30pm start	Session 6 Sunday 25 September 3.30pm warm up; 4.30pm start
Finals 1 Female 400 IM Finals 2 Male 400 IM Finals 9 Female 200 Free Finals 10 Male 200 Free Finals 18 Female 13 & U 50 Back Finals 19 Female 14-15 50 Back Finals 20 Female 16 & O 50 Back Finals 21 Male 13 & U 50 Back Finals 22 Male 14-15 50 Back Finals 23 Male 16 & O 50 Back Finals 11 Female 200 Breast Finals 12 Male 200 Breast Finals-1 13 Female 800 Free(fastest T/F) Finals 24 Female 16 & O 200 Medley Regional Relay Finals 25 Male 16 & O 200 Medley Regional Relay	Finals 26 Female 200 Fly Finals 27 Male 200 Fly Finals 28 Female 100 Free Finals 29 Male 100 Free Finals 39 Female 13 & U 50 Breast Finals 40 Female 14-15 50 Breast Finals 41 Female 16 & O 50 Breast Finals 42 Male 13 & U 50 Breast Finals 43 Male 14-15 50 Breast Finals 44 Male 16 & O 50 Breast Finals 30 Female 100 Back Finals 31 Male 100 Back Finals 32 Female 200 IM Finals 33 Male 200 IM Finals-1 34 male 1500 Free (fastest T/F) Finals 45 Female 400 Medley Regional Relay Finals 46 Male 400 Medley Regional Relay	Finals 53 Female 200 Back Finals 54 Male 200 Back Finals 63 Female 13 & U 50 Free Finals 64 Female 14-15 50 Free Finals 65 Female 16 & O 50 Free Finals 66 Male 13 & U 50 Free Finals 67 Male 14-15 50 Free Finals 68 Male 16 & O 50 Free Finals 55 Female 100 Breast Finals 56 Male 100 Breast Finals 57 Female 400 Free Finals 58 Male 400 Free Finals 59 Female 100 Fly Finals 60 Male 100 Fly Finals 69 Female 400 Free Regional Relay Finals 70 Male 400 Free Regional Relay